

**EDUCATION PROGRAM FOR BEGINNERS LEVEL 0 OF
WATER POLO COACHES 2025**

The Education program for Water Polo Coaches on level 0 is prepared to allow coaches and teachers starting their journey in water polo, as it provides foundational knowledge and practical skills necessary for effectively teaching and training athletes at the grassroots level. Understanding the basics of the sport, from water polo techniques to effective communication strategies, equips coaches with the tools to inspire and guide their athletes with confidence.

By focusing on the fundamentals of the game, this course ensures that coaches create a positive, engaging learning environment that fosters skill development, teamwork, and a love for the sport, setting the stage for long-term success both in the water and beyond.

This program should be applied during Development Water Polo Camp 2025, Varna (BUL), June 2025.

Each lecture in program will be followed by the presentations prepared per each topic.

Contents:

- Introduction to Water Polo
- Water Polo Rules and their application
- The fundamentals of Water Polo game
- Water Polo basic specific skills
- Specific training in Water Polo
- Test

The program consists two (2) parts: Theoretical and Practical.

Topics of Theoretical part for Coaches:

- Water Polo Rules and their applications
- Duties and responsibilities of Coaches
- Code of behaviour and Dress code
- Communication with Players, Delegates and Referees
- Basic Water Polo Rules test

Topics of Practical part for Coaches:

- Importance of warming up before training / match
- The importance of stretching after training/match
- Individual work / Team work



- Theoretical training of players (tactics / video) - depending on age
- Psychological approach to training children
- Socialization of children - team work

Topics of Practical part for Coaches will be performed during the games at the Development Water Polo Camp. The working hours depends of the number of participants and games organized (TBD).

Daniel Marinho, Tiago Barbosa, EA Academy

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