

SET Water Polo Club

At Home Workouts

Pool Workout #4



Warm up

- 200 Free, 100 choice, 100 kick (IM), 100 breast (single, double, triple, free w/ bk)

Main Set - 2 Parts

- Part 1 - short rest between each round
 - 4*200- 2:40
 - 2*50- kick 1:00 alt triple kick & flutter w Breast pull
 - 3*200- 2:40
 - 3*50- 1:00-Sprint - under 30
 - 2*200- 2:40
 - 4*50- kick 1:00 alt triple kick & flutter w Breast pull
 - 1*200- 2:40
 - 5*50 - 1:00 Sprint - record times for broken 250
- Part 2 - Legs & Skill
 - 8 x 75s 1:30
 - Lunge to lane x 3 + spin & repeat + flutter kick, foul drop + hold line + jump crash + free style build, over hips to shot block drill x 2 + double kick

Passing

- Both hands, up down up, tip passing, catch pass, catch slide, catch fake, releasing, entries + kick out pass, attacking zone, over the top to slam, shot blocks
- Ball work vs wall on own - 100 right wrist, 100 left wrist, step back 50 right arm, 50 left arm, 20 x faking & over hip shot, 20 faking & around blocker, 50 quick inside water wrist strong arm forward, 30 same but adding fakes and stepping away.
- Rapid fire drill - working on throwing hard and fast for 5 rounds getting at least 10 in each round.

Warm Down

- 4 x 50's alternate between free, back & breast