

LTAD Summary Framework for Water Polo

	FUNDAMENTAL	LEARNING TO PLAY	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO PERFORM	TRAINING TO WIN
Stage of Maturation	Early Childhood					
			Early Puberty			
			Late Puberty			
					Early Adulthood	
Chronological / Developmental Age	Chronological Age: - Male 6-9 years - Female 5-8 years	Chronological/ Developmental Age: - Male 9-12 years - Female 8-11 years	Developmental Age: - Male 12-16 years - Female 11-15 years	Developmental/ Chronological Age: - Male 16 - 20 years - Female 15-18 years <i>(girls fully mature at 17)</i>	Chronological Age: - Male 20 – 25 years <i>(boys fully mature at 23)</i> - Female 18 – 23 years	Chronological Age: - Male 25+ years - Female 23+ years
Pathway stages	- Build overall motor skills	- Learn all Core Water Polo Skills	- Building the engine - Consolidate Water Polo skills - Sport Selection	- Optimising/fine tune engine - Position specific skills - Test driving	- Maximising & Racing the engine	- Maximising performance - Winning the race
Development Phases	- Movement Literacy	- Skill Development	- Skill & Aerobic Development	- Competitive Game Development & Physical Development	- Specialisation and Performance Development & High level Competition Development	- Performance
Progression	- FUN and participation. - General, overall development - ABCS: Agility, Balance, Co-ordination and Speed - RJT's: Running, Jumping and Throwing. - KGBS: Kinesthetics, Gliding, Buoyancy and Striking (using an object) - PCKS: Passing, Catching, Kicking and Striking (using body) - Speed power and endurance through FUN and games - Introduction to simple rules and ethics of spor	- Peak motor development. - Shoulder, elbow, core, spine and ankle stability. - Participation in complementary sports (similar energy system and movement patterns). - FUNDamental technical skills progressively more specific skills towards the end of the stage. - Medicine ball, Swiss ball and own body exercises for strength. - FUNDamentals of ancillary capacities (<i>knowledge and experience</i>)	- Emphasis on aerobic conditioning - 2 nd Speed window - Individualisation of fitness and technical training - Shoulder, elbow, core, spine and ankle stability - Participation in complementary sports (<i>similar energy system and movement patterns</i>) - Refinement of specific technical skills - FUNDamentals of tactical preparation - Introduction to mental preparation - Moral learning	- Sport and individual specific physical conditioning - Shoulder, elbow, core, spine and ankle stability - Basic tactical preparation - Individualisation of technical/tactical skills - Basic mental preparation - Sport and individual specific <i>ancillary capacities</i> (knowledge and experience).	- Improvement of physical capacities - Shoulder, elbow, core, spine and ankle stability - Modelling all possible aspects of training and performance - Frequent prophylactic breaks. - Advanced tactical preparation - Advanced mental preparation - All aspects of training individualised and based on 5S diagnostic - Develop further ancillary capacities (knowledge and experience - <i>there is no ceiling limit</i>)	- Optimising of physical capacities

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Growth and Development Considerations	<ul style="list-style-type: none"> - Emphasis on development of generic sports skills - 1st Speed Window (agility/quickness) (PSpV1); girls 6-8 yrs, boys 7-9 yrs 	<ul style="list-style-type: none"> - Peak motor co-ordination (PMCV), emphasis on skill development before girls 11yrs, boys 12 yrs. 	<ul style="list-style-type: none"> - Growth spurt (PHV), emphasis on aerobic development; girls 12-13 yrs, boys 13-15 yrs. - 2nd Speed Window (alactic) (PSpV2); girls 12-13 yrs, boys 13-15 yrs - 1st Strength Window (PSV); girls at end of PHV 	<ul style="list-style-type: none"> - Peak Strength development (PSV), emphasis on strength development; girls 2nd strength window at onset of menarche, boys 12-18 months after PHV 	<ul style="list-style-type: none"> - Development of stamina, strength, speed, skill and suppleness. 	<ul style="list-style-type: none"> - Optimisation of stamina, strength, speed, skill and suppleness.
Water Polo Specific	<ul style="list-style-type: none"> - Aquatics & Ball Sport FUNdamentals - Hand-eye co-ordination - Any team games - Basic team play - mini-polo! games - Decision making skills 	<p>Movement skills:</p> <ul style="list-style-type: none"> - Learning and development of Core Body Movement Skills - Eggbearer - Sculling - Jumping and Scissor - Upper body movement <p>Swim skills:</p> <ul style="list-style-type: none"> - Learn to swim - Head up Front Crawl - Head up Back Crawl - Spider <p>Ball Control Skills:</p> <ul style="list-style-type: none"> - Picking up ball - Catching - Passing - Shooting <p>Tactical:</p> <ul style="list-style-type: none"> - Decision making skills 	<ul style="list-style-type: none"> - Improved swimming skills - Development of aerobic base - Maintenance & improvement of Core skills <p>Development of Secondary skills:</p> <ul style="list-style-type: none"> - Blocking - Releasing - Driving - Jumping - Driving - Shooting <p>Tactical:</p> <ul style="list-style-type: none"> - Introduction & development of Base Tactical skills - Understanding of all positions (<i>general ability to play in all</i>) 	<p>Specialisation of Position</p> <ul style="list-style-type: none"> - Development of skill relative to position: - Centre Forward - Centre Back - Drivers - Goalkeepers - Fluent in Core & Secondary skills & drills - Application in Competition context <p>Tactical Progression:</p> <ul style="list-style-type: none"> - Def tactics: Press, Zones, 6v5 - Attack and breaking down defences - Decision Making drills: Counter Attack, 1v0 to 5v4 - Responsibility/ leadership 	<ul style="list-style-type: none"> - Techniques and drills relevant to both individual & tactical play 	<ul style="list-style-type: none"> - Techniques and drills relevant to both individual & tactical play
Dry Land	<ul style="list-style-type: none"> - Swiss ball - Basic Med balls 	<ul style="list-style-type: none"> - Swiss Ball - Core Body Strength - Learning free weights <i>techniques</i> (early to mid phase) - Basic Bands - Basic body weight and resistance exercises (<i>callisthenics</i>) - Basic Med balls 	<ul style="list-style-type: none"> - When Growth spurt (PHV) occurs (girls 12-13 yrs, boys 13-15 yrs.) - Emphasis on aerobic development – swimming, running, rowing, cycling - Introduction to free weights (18m after PHV) - Swiss Ball - Core Body Strength 	<ul style="list-style-type: none"> - Individual free weights programs - Swiss Ball - Core Body Strength - Band work - Cross training (esp. boxing, martial arts) 	<ul style="list-style-type: none"> - Swiss Ball - Core Body Strength - Band work - Individual free weights programs - Cross training (esp. boxing, martial arts) 	<ul style="list-style-type: none"> - Swiss Ball - Core Body Strength - Band work - Individual free weights programs - Cross training (esp. boxing, martial arts)

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		- EMPHASIS on injury prevention land training - Other sports (eg: running) - Complementary Sports (eg: netball) - Develop suppleness	- Band work			
Other		General lifestyle awareness (eating right, positive thinking)	- Specific Lifestyle awareness (nutrition, psychology, time planning, logging, etc.) - Balancing Education & Sport	- Basic Video Analysis	- Complex Video Analysis	
Periodisation	No Periodisation, but structured programme following National guidelines with progressive development	Double Periodisation	Double Periodisation	Double Periodisation	- Double or Triple dependent on year - Aiming to peak at Internationals as per long term programme - Yearly Periodisation-international season /non season/domestic-Periodisation	- Double or Triple dependent on year - Aiming to peak at Internationals as per long term programme - Yearly Periodisation-international season /non season/domestic-Periodisation
Trident Training	General participation in sport 5-6 times per week. This should include land work and be multi-sport activity	Swimming 8-16km per week Water Polo Sport specific training 2/3+hrs Dry Land 1-2 hrs - Plus participation in other sports, particularly complementary (eg: netball)	Swimming 16km per week building to threshold at 25-30km per week Water Polo Sport specific training 5+hrs with 50%-75% each session at 20-30bbmHR Introduce concept of Ultra Short Intensity Training (USIT) Dry Land 3+hrs	Swimming 25-30km per week Water Polo Sport specific technical, tactical and fitness training Ultra Short Intensity Training (USIT) 8+hrs Dry Land 3+hrs	Swimming 25-30km per week Swimming becomes more WP specific, meterage drops to c. 15-20k lane swimming as compensated by scrimmaging & Ultra Short Intensity Training (USIT) Water Polo Sport specific technical, tactical and fitness training Ultra Short Intensity Training (USIT) 10+hrs Dry Land 4/5+ hrs	Swimming 25-30km per week Swimming becomes more WP specific, meterage drops to c. 15-20k lane swimming as compensated by scrimmaging & Ultra Short Intensity Training (USIT) Water Polo Sport specific technical, tactical and fitness training Ultra Short Intensity Training (USIT) 10+hrs Dry Land 6+ hrs
Volume/Intensity ratio		Swimming: - Low volume (<i>meterage</i>)	Swimming: - High volume (<i>meterage</i>)	Swimming: - High volume (<i>meterage</i>)	Swimming: - High volume (<i>meterage</i>)	Swimming: - High volume (<i>meterage</i>) - Variable intensity

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		- Low intensity Skill: - Low volume (<i>time</i>) - High intensity (<i>quality</i>)	- Low intensity Skill: - Low volume (<i>time</i>) - High intensity (<i>quality</i>)	- Increasing intensity Skill: - Low volume (<i>time</i>) - High intensity (<i>quality</i>)	- Variable intensity Skill: - Low volume (<i>time</i>) - High intensity (<i>quality</i>)	Skill: - Low volume (<i>time</i>) - High intensity (<i>quality</i>)
Progressive Training Ratios	Swim: 20% Dry-Land: 60% Water Polo: 20%	Swim: 25% Dry-Land: 50% (inc. other sports) Water Polo: 25%	Swim: 50% (inc. all other sports) Dry-Land: 20% Water Polo: 30%	Swim: 30% Dry-Land: 20% Water Polo: 50%	Swim: 30% Dry-Land: 15% Water Polo: 55% (inc. Swim)	Swim: 30% Dry-Land: 10% Water Polo: 60% (inc. Swim)
Total Training Hours	Sessional	5-10	14-20	20-24	24-30	24-30 +
Competition* Level	- No <i>formal</i> competition - FUN games	- Local and County	- County and Regional	- Regional and National (<i>International as development tool</i>)	- International	- International
International Competitions				- European Youth (M+F) - European Juniors (M) - World Juniors	- Commonwealth Games - Universiade - European Juniors (F) - World Juniors	- Olympic Games - World Championships - European Championships
Competition* Outcomes	- Participation - Short games - Few rules	- Concentration on development - Very simple game play - Adapted rules - Adapted equipment	- Concentration still on development - Introduction of base tactics - Try out within competition context	- Development of tactical Game play introduced over two year cycle for junior National teams - Application of techniques within competition context - Individual and Team targets relevant to long term goals - Introduction to International competition	- Individual and Team targets relevant to long term goals - Gaining experience through exposure to high level competition	- Individual and Team targets relevant to long term goals - Olympic Gold
Water Polo 21 Level	mini-polo! Club (Aquamarck)	mini-polo! Club/ Skill Development Club	Competitive Development	Competitive Development/ Performance Club	Performance Club	n/a
Coach Education	Level 1	Level 2	Level 3	Level 4	Level 5	Level 5 Individual

* A competition is defined as an event that requires alteration or modification to an athlete's training programme

** Late Entry programmes underpin this framework and are established appropriate to individual needs

Implementers and Facilitators (after Bishop, 2002)

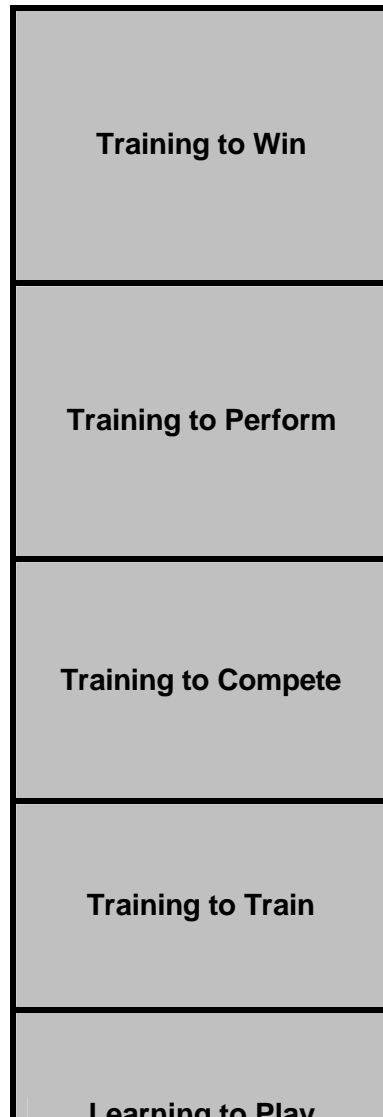
Implementers

British Water Polo
 National Centres
 Regional Centres
 ASA

British Water Polo
 National Centres
 Regional Centres
 ASA
 Clubs

British Water Polo
 National Academy
 Regional Centres
 Development Clinics
 ASA
 Clubs

British Water Polo
 National Academy
 Regional Centres
 Development Clinics
 ASA
 Clubs
 Private mini-polo!
 ASA
 LA's



Facilitators

British Water Polo
 (National Teams)
 ASA (Education &
 Development)
 Funding Agencies
 LA's
 Universities
 UKS/EIS

British Water Polo
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 ASA (Development &
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British Water Polo
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 ASA Regions

British Water Polo
 (National Teams)
 ASA (Development &
 Education)
 Funding Agencies/LA's
 ASA Regions/Countries

(National Teams)
 ASA (Development &
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