



# FLIPPA BALL DEVELOPMENT PROGRAMME

This programme consists of 10 X 35-minute lessons designed to introduce children to the basic skills of water polo, through Flippa Ball, with an emphasis on fun and participation.

## LESSON PLANS

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### LESSON 1

#### **Program Introduction (5 minutes)**

Overview of program

#### **Introductory Activity (5 minutes)**

Pre-program assessment and warm up normal swimming:

- 25m freestyle,
- 25m backstroke,
- 25m breaststroke,
- 25m sidestroke.

Treading water, 2 minutes

#### **Skill Development (20 minutes)**

##### MOVEMENT SKILLS

1. Head up freestyle
2. Up right backstroke



##### BALL HANDLING SKILLS

1. Swimming with the ball (dribbling)
2. Picking up the ball
  - Two hands (two hands allowed in flippa ball)

- One hand from underneath
- One hand press, roll and lift
- On hand grip and lift

### **Concluding Activity (5 minutes)**

- Dribble Relay
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## **LESSON 2**

### **Introductory Activity (10 minutes)**

Swimming:

- 50m f/s
- 25m back/s
- 25m head up freestyle
- 25m upright backstroke

Skill Revision:

- Swimming with the ball
- Picking up the ball, complete five of each of the three one hand methods



### **Skill Development (20 minutes)**

#### **MOVEMENT SKILLS**

3. 45, 90 & 180 degree turning
4. Up right breaststroke (as a preliminary to eggbeater kick development)

#### **BALL HANDLING SKILLS**

3. Throwing a wet pass
4. Receiving a wet pass

### **Concluding Activity (5 minutes)**

- Wet pass with partner race (5 passes each)
  - Pickup and carry relay
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## **LESSON 3**

### **Introductory Activity (10 minutes)**

Swimming:

- Freestyle 25m
- Upright backstroke 25m
- Head up Freestyle 25 m with ball (dribbling)
- Treading Water, 1 minute hands out of water

### **Skill Development (20 minutes)**

#### MOVEMENT SKILLS

5. Eggbeater kick
  - Eggbeater kick with pick up and wet pass
6. Jumping (without using the bottom)
  - Rise and pass (without using the bottom)

### **Concluding Activity (5 minutes)**

- Eggbeater race across pool
- Push-of-war partner contest



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## **LESSON 4**

### **Introductory Activity (5 minutes)**

Swimming:

- Freestyle 50m
- Head up freestyle 25 m with ball (dribbling)

Treading Water (with eggbeater kick):

- 1  
1/2  
min-  
utes  
hands



### **Skill Development (20 minutes)**

#### **BALL HANDLING SKILLS**

5. Dry passing
6. Catching (drills) right and left hand

#### **DEFENSIVE SKILLS**

1. Challenging the passer (Flippa ball style)

### **Concluding Activity (10 minutes)**

- 3 on 1 pig in the middle
  - Free space Newcombe
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## **LESSON 5**

### **Introductory Activity (5 minutes)**

Swimming:

- Freestyle 50m
- Head up freestyle 50 m with ball (dribbling)

Treading Water (with eggbeater kick):

- 10 jumps to each side alternating

### **Skill Development (20 minutes)**

#### **BALL HANDLING SKILLS**

- 5 & 6. Dry passing & catching in pairs (more drills) right and left hand

## MOVEMENT SKILLS

### 7. Stopping and starting

#### **Concluding Activity (10 minutes)**

- Passing race in pairs - 10 dry passes each (preferred, non-preferred hands)
  - 2 on 2 keepings off (no tackling)
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## **LESSON 6**

### **Introductory Activity (10 minutes)**

#### Swimming:

- Freestyle 50m with stops and starts every 10 metres
- Head up freestyle 50 m with ball (dribbling)

#### Treading Water:

- 10 consecutive jumps for height

#### Ball skills:

- 20 dry passes and catches each hand

### **Skill Development (20 minutes)**

## BALL HANDLING SKILLS

7. One action catch and throw
8. Push pass
9. Sideways flick pass
10. Sideways scoop pass
11. Catching with ball coming from the wrong side
12. Catching with the ball going to your non-preferred side
13. Rollover pass

### **Concluding Activity (10 minutes)**

- Rollover relay (in pairs, starting from the same place).
  - wet passes (passing in front)
  - dry passing (passing on the hand)
- 4 on 4 keepings off with goals

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## **LESSON 7**

### **Introductory Activity (10 minutes)**

#### Swimming

- Head up f/s 50 m with ball (dribbling) with stops and starts every 10 metres

#### Treading Water

- 15 jumps for height and sideways (5 alternating each direction)

#### Ball skills:

- 20 dry, one action, pass and catch. Each hand.
- 5 push passes
- 5 side flick passes
- 5 side scoop passes
- 5 roll over passes

### **Skill Development (20 minutes)**

#### DEFENSIVE SKILLS

2. Man to man defence  
(passing lanes)



#### ATTACKING SKILLS

1. Moving to space
2. Shooting skills
  - a) sit up no pressure
  - b) push shot
  - c) cross pass shot
  - d) rollover shot

### **Concluding Activity (10 minutes)**

- 2 on attack with shot at goals
  - 1/2 court flippa ball
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## **LESSON 8**

### **Introductory Activity (10 minutes)**

Swimming:

- Head up f/s 50 m with ball (dribbling)
- 100 metre medley

Treading Water:

- arms/hands up variations (last man standing)
- partner pushing

Ball skills:

- 20 dry, one action, pass and catch. Each hand.
- 5 push passes
- 5 side flick passes
- 5 side scoop passes
- 5 roll over passes



### **Skill Development (15 minutes)**

ATTACKING SKILLS

3. Driving
4. Shooting - from a drive (from a pass from the centre forward)
  - e) rear-back full wind up shot
  - f) rollover shot from a wet pass while driving

### **Concluding Activity (10 minutes)**

- Two teams goal shooting competition
  - 1/2 court flipa ball
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## **LESSON 9**

### **Introductory Activity (10 minutes)**

Swimming.

- Head up f/s 50 m with ball (dribbling)
- partner drag 100m alternating swimmer every 25 metres

Treading Water:

- arms/hands up variations (last man standing) racing forwards, backwards, both directions

Ball skills:

- Races: 20 dry, one action, pass and catch. Each hand.
- Passing, 5 of each: push; side flick; scoop; rollover

### **Skill Development (20 minutes)**

#### **GOAL KEEPING**

1. Defending straight shots
2. Defending angle shots
3. Passing safely



#### **ATTACKING SKILLS**

5. Setting up a balanced attack (activity -three passes and shoot off try catch)

### **Concluding Activity (10 minutes)**

- Full court grid flippa ball
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## **LESSON 10**

### **Introductory Activity (10 minutes)**

Swimming:

- 100 metres medley
- 100 metres alternating partner drag

Treading Water:

- horizontal treading water starts/stops and jumps on the whistle



Ball skills:

- passing in threes races, anti-clockwise; clockwise

### **Skill Development (10 minutes)**

#### **GENERAL GAME SKILLS**

1. Creating space
2. Moving to keep the passing lanes clear
3. Team communication

### **Concluding Activity (15 minutes)**

- Full court flippa ball
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## **FLIPPA BALL CERTIFICATE**

### **SWIMMING**

1. Head up freestyle (water polo freestyle), 20 metres
2. Upright backstroke (water polo backstroke), 20 metres
3. Switching from head up freestyle to upright backstroke to head up freestyle,

### **TREADING WATER**

Deemed to be completed correctly if good technique has been utilised and the head stays above water level t all times.

1. Egg beater kick
  - a. Utilising both arms and legs while maintaining the body 'm a vertical position, 5 minutes
  - b. Legs only, arms extended over the head (vertical with straight elbows) with the body in a vertical position, 20 seconds
  - c. Utilising both arms and legs while maintaining the body in a horizontal position, 20 seconds
2. Arms only sculling - legs to be motionless, 30 seconds

### **MOVEMENT SKILLS**

1. Jump and recover - armpits must be clear of the water with the arms raised to an extended & vertical position over the head (clap optional). The head is to remain out of the water at all times, 5 consecutive within 15 sec's
2. Deep water swimming start and stop, to be performed explosively and promptly
3. Travel two metres forwards, backwards and to both sides while facing the same direction and holding ball in the air at all times

## **BALL SKILLS**

1. Dribbling: Swim 20 metres with the ball in straight line (maintaining control)
2. Pick up the ball into a strong side-on throwing position, with one hand only,
  - a. from underneath (5 each hand)
  - b. press and roll (5 each hand)
  - c. grip and lift (optional)
3. Flip the ball quickly from one hand to the other, hands to stay shoulder width apart
  - a. 10 wet
  - b. 10 dry
4. Throw the ball accurately to a partner (one hand only)
  - a. preferred hand 10 metres
  - b. non-preferred hand 5 metres
5. Catch the ball successfully 4 times from 5 attempts (Note: quality of passes to be considered)
  - a. preferred hand from 5 metres
  - b. non-preferred hand 3 metres

## **GAME SKILLS**

1. Demonstrate a hard shot at goal with good technique from four metres
2. Demonstrate an understanding of Flippa ball by participating in a game

Edited by Mark Mason & Nick Davis

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