

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)

Part 1: General Characteristics

Phase of LTPD	Calendar age	Physical development benchmarks	Biological age v calendar age	CORE TERMS PER PHASE	DESCRIPTION OF THE PHASE	SUMMARY	DEVELOPMENTAL STAGE	WINDOW OF OPTIMAL TRAINABILITY	Calendar age	Phase of LTPD
LEARN TO PLAY	u/12	4-6 cm increase per year	Plus & minus 3 yrs ↑ ↓	Preserve pleasure	<ul style="list-style-type: none"> keep pleasure in water polo perfection of the basic skills introduction of dry land training with own body weight exercises introduction items such as warming up personal care mental skills games are a component of training process 	"Fun, safety, basic skills and understanding"	<ul style="list-style-type: none"> Early Childhood Late Childhood 	<ul style="list-style-type: none"> FUNDamental Movement Skills First Speed Window Females: 6-8yrs and Males: 7-9yrs 	u/12	LEARN TO PLAY
	u/11			Learn to learn	<ul style="list-style-type: none"> keep pleasure in water polo perfection of the basic skills introduction of dry land training with own body weight exercises introduction items such as warming up personal care mental skills games are a component of training process 				u/11	
	u/10			Pleasure/fun	<ul style="list-style-type: none"> learn to get pleasure in water polo improve ordinary swimming strokes teach water polo swimming strokes introduction to the basics of water polo games (flippa ball) game like dry land training 				u/10	

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)

Part 2a: Technical Offence

Phase of LTPD	Calendar age	Techniques in the counter-attack	Techniques in 6:6 attack	Techniques in 6:5 attack	Techniques on behalf of the offensive specialisation	Calendar age	Phase of LTPD
FUNDAMENTALS	u/10	Teaching techniques		Teaching techniques		u/10	FUNDAMENTALS
		<p>To learn and improve:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> to start forward without ball to stop without ball to start forward with ball water polo freestyle with ball 	<p>To learn:</p> <ul style="list-style-type: none"> to stop with picking up of the ball from underneath to walk fast (breast stroke kick) to walk high up (eggbeater kick) to shoot stationary to shoot from the movement after stopping the lob shot 	<p>To learn and improve</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To learn</p> <ul style="list-style-type: none"> basic body positioning to start in several directions without ball stopping to change direction (incl. to turn) to start forward with ball water polo freestyle with ball jump 1/2 turns 	<p>To learn</p> <ul style="list-style-type: none"> stopping with and pick up the ball passing to stop the ball (preparation to catch) to walk fast (breaststroke kick) to walk high up (eggbeater kick) shoot stationary the lob shot 		
LEARN TO PLAY	u/11	Improving techniques		Improving techniques		u/11	LEARN TO PLAY
		<p>To learn</p> <ul style="list-style-type: none"> the push shot and screw driver <p>To learn and improve</p> <ul style="list-style-type: none"> catching from several angles <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To improve</p> <ul style="list-style-type: none"> to start forward without ball stopping to start forward with ball water polo freestyle with ball 	<p>To learn and improve</p> <ul style="list-style-type: none"> contra jump <p>To improve</p> <ul style="list-style-type: none"> sideward moving stopping and pick up the ball with several methods passing the ball jump 1/2 turns to walk fast (breaststroke kick) to walk high up (eggbeater kick) shooting stationary shooting from the movement after stopping lob shot 	<p>To learn and improve</p> <ul style="list-style-type: none"> catching the ball the techniques of the individual attacker against an opponent (1:1). <p>To learn</p> <ul style="list-style-type: none"> shot faking sweep shot and back hand shot <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick basic body position <p>To improve</p> <ul style="list-style-type: none"> starts in several directions without ball stopping 	<p>To improve</p> <ul style="list-style-type: none"> the change of direction (incl. turn) start forward with ball water polo freestyle with ball jump 1/2 turns stopping and picking up the ball passing walking fast (breaststroke kick) walking high up shooting stationary shot from movement after stopping lob shot 		
LEARN TO PLAY	u/12	Improving techniques		Improving techniques		u/12	LEARN TO PLAY
		<p>To learn</p> <ul style="list-style-type: none"> the push shot and screw driver <p>To learn and improve</p> <ul style="list-style-type: none"> catching from several angles <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick <p>To improve</p> <ul style="list-style-type: none"> to start forward without ball stopping to start forward with ball water polo freestyle with ball 	<p>To learn and improve</p> <ul style="list-style-type: none"> contra jump <p>To improve</p> <ul style="list-style-type: none"> sideward moving stopping and pick up the ball with several methods passing the ball jump 1/2 turns to walk fast (breaststroke kick) to walk high up (eggbeater kick) shooting stationary shooting from the movement after stopping lob shot 	<p>To learn and improve</p> <ul style="list-style-type: none"> catching the ball the techniques of the individual attacker against an opponent (1:1). <p>To learn</p> <ul style="list-style-type: none"> shot faking sweep shot and back hand shot <p>To improve and perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick basic body position <p>To improve</p> <ul style="list-style-type: none"> starts in several directions without ball stopping 	<p>To improve</p> <ul style="list-style-type: none"> the change of direction (incl. turn) start forward with ball water polo freestyle with ball jump 1/2 turns stopping and picking up the ball passing walking fast (breaststroke kick) walking high up shooting stationary shot from movement after stopping lob shot 		

Part 2a: Technical Offense, Continued

TRAIN TO TRAIN		u/13		u/14		u/15		u/16															
		Perfecting techniques		Perfecting techniques		Perfecting techniques																	
		<p>To learn</p> <ul style="list-style-type: none"> picks in 1:1 and in 2:2 to shoot from jump sideward (1: 0 with very small advantage) back hand 		<p>To perfect</p> <ul style="list-style-type: none"> sideward moving stopping with several methods to pick up the ball from water passing jump 1/2 turns and contra jump to walk fast (breaststroke kick) to walk high up (eggbeater kick) shooting stationary shot from the movement after stopping the lob shot 		<p>To learn</p> <ul style="list-style-type: none"> picks To learn to move with and without ball in General Body Position <p>To improve</p> <ul style="list-style-type: none"> shot faking To improve the sweep and back hand shot 		<p>To perfect</p> <ul style="list-style-type: none"> the change of direction (incl. turns) start forward with ball water polo freestyle with ball jump 1/2 turn stopping with picking up of the ball passing walking fast walking high up shooting stationary shooting from movement after stopping lob shot 		<p>To learn</p> <ul style="list-style-type: none"> to pass from split vision (look left, pass right) <p>To improve</p> <ul style="list-style-type: none"> shot threat in front and backward shooting moving in GBP shot from movement 		<p>No specialisation, or focus on, specific preference or aptitude of the children. The centre forward is the exception and gets specific attention.</p> <p>If a player has the physical ability to become a centre forward: Learning to step out/away from 2meter defender Learning backhand Learning sweep shot Learning +jump away - shot Learning + turning - shot</p>											
		<p>To improve</p> <ul style="list-style-type: none"> push shot and screw driver 		<p>To learn and improve</p> <ul style="list-style-type: none"> to catch from several directions 		<p>To perfect</p> <ul style="list-style-type: none"> water polo swimming techniques without ball eggbeater kick starting forward without ball stopping starting forward with ball water polo freestyle with ball 		<p>To perfect and improve</p> <ul style="list-style-type: none"> catching from several directions 		<p>To perfect</p> <ul style="list-style-type: none"> catching of the ball the techniques of the individual attacker against defender (1:1) water polo swimming techniques without ball eggbeater kick General Body Position(ing) to start n several directions without ball stopping 		<p>To perfect</p> <ul style="list-style-type: none"> eggbeater sideward moving passing catching of the ball to walk high stationary shot lob shot 		<p>u/13</p>		<p>u/14</p>		<p>u/15</p>		<p>u/16</p>		<p>TRAIN TO TRAIN</p>	
		<p>TRAIN TO COMPETE</p>		<p>u/17</p>		<p>u/18</p>		<p>u/19</p>		<p>u/2</p>		<p>u/17</p>		<p>u/18</p>		<p>u/19</p>		<p>u/2</p>		<p>20+</p>		<p>TRAIN TO COMPETE</p>	
<p>Apply techniques in more complex situations</p>		<p>Apply techniques in more complex situations</p>		<p>Apply techniques in more complex situations</p>		<p>Apply techniques in more complex situations</p>		<p>Apply techniques in more complex situations</p>		<p>Techniques as above, further to perfect in complex situations</p>		<p>Techniques as above, further to perfect in complex situations</p>		<p>Techniques as above, further to perfect in complex situations</p>		<p>Techniques as above, further to perfect in complex situations</p>		<p>Techniques as above, further to perfect in complex situations</p>					
<p>Apply techniques in very complex situations and in the game</p>		<p>Apply techniques in very complex situations and in the game</p>		<p>Apply techniques in very complex situations and in the game</p>		<p>Apply techniques in very complex situations and in the game</p>		<p>Apply techniques in very complex situations and in the game</p>		<p>Techniques as above, further to perfect in very complex situations</p>		<p>Techniques as above, further to perfect in very complex situations</p>		<p>Techniques as above, further to perfect in very complex situations</p>		<p>Techniques as above, further to perfect in very complex situations</p>		<p>Techniques as above, further to perfect in very complex situations</p>					
<p>TRAIN TO WIN</p>		<p>u/19</p>		<p>u/2</p>		<p>20+</p>		<p>u/19</p>		<p>u/2</p>		<p>20+</p>		<p>TRAIN TO WIN</p>									

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)

Part 2b: Technical Defence

Phase of LTPD	Calendar age	Techniques in the counter-defense	Techniques in 6:6 defense	Techniques in 5:6 defense	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
FUNDAMENTALS	u/10	<p>Teaching techniques</p> <p>To learn and improve:</p> <ul style="list-style-type: none"> all water polo and ordinary swimming strokes eggbeater kick <p>To learn:</p> <ul style="list-style-type: none"> starting forwards stopping 	<p>Teaching techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> general body positions (including "mirroring") to start in different directions without ball to stop and change direction (including turning) <p>To learn and improve:</p> <ul style="list-style-type: none"> swimming techniques without ball eggbeater kick 	<p>Teaching techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> to move sideways to jump in different directions (towards ball) to defend the jump 1/2 turn blocking a pass and shot Learn to slide and tilt 	<p>No specialisation, the player should wherever possible be offered general movement skills. These skills do not develop only in the water, but also on land.</p>	u/10	FUNDAMENTALS
	LEARN TO PLAY	u/11	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> to perform fake attacks towards attacker, <p>To learn and improve</p> <ul style="list-style-type: none"> tilting in all directions, <p>To improve:</p> <ul style="list-style-type: none"> change of direction (including turning), starting in different directions without ball, stopping, moving sideways jumping different directions (towards ball), defending the jump 1/2 turn defending and contra jump blocking a pass and shot 	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> the techniques of individual defence against an attacker (1:1), to perform fake attacks towards attacker, to defend a backhand shot, to defend the sweep shot, <p>To learn and improve:</p> <ul style="list-style-type: none"> sliding and tilting in all directions, <p>To improve:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater kick, GBP (including "mirroring"), start in different directions without ball, stopping improve change of direction (including turning), moving sideways, techniques sliding and tilting in all directions, jumping in different directions (towards ball), defending the jump 1/2 turn and contra jump, blocking a pass and shot 	<p>Improving techniques</p> <p>To learn:</p> <ul style="list-style-type: none"> the fake attack towards shooter blocking a part of the goal <p>To improve:</p> <ul style="list-style-type: none"> eggbeater kick GBP moving sideways blocking a shot (static and active) jumping in different directions (towards ball) sliding and tilting 	<p>No specialisation, the player should be offered, as much as possible, general movement skills (especially) in the water. Those general skills development not only in the water, but also on land. The development is much more focused on their own capabilities and possibilities; NOT focused the quality of the opponent. All children learn the basics of the goalkeeper.</p> <p>To learn:</p> <ul style="list-style-type: none"> the GBP for the goalkeeper standing of the goalkeeper high-and keeping high-up -technique to jump in different directions stopping the ball with two hands (around the head) stopping the ball with one arm / hand (away from the body) stopping the bounce and lob shot, learning the intervention techniques 	u/11
u/12		<p>To improve and perfect:</p> <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater 				u/12	

Part 2b: Technical Defence, Continued

Phase of LTPD	Calendar age	Techniques in the counter-defense	Techniques in 6:6 defense	Techniques in 5:6 defense	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
TRAIN TO TRAIN		Perfecting techniques	Perfecting techniques	Perfecting techniques			
	u/13	To learn to: <ul style="list-style-type: none"> defend blockades in 1:1 and 2:2 duel To improve: <ul style="list-style-type: none"> the performance of fake attacks towards attacker 	To learn to: <ul style="list-style-type: none"> defend blockades, To improve: <ul style="list-style-type: none"> the defense of a backhand shot and sweep shot, the techniques of individual defense against an attacker (1:1), the performance of fake attacks towards attacker 	To improve: <ul style="list-style-type: none"> fake attacks to attacker blocking a part of the goal To perfect: <ul style="list-style-type: none"> eggbeater kick starting positions moving sideways blocking a shot (static and active) jumping in different directions (towards ball) techniques for sliding and tilting 	No specialisation training is done, only focus on specific preference or build of the athletes. The goalkeeper is the exception and gets specific attention (in particular the specific techniques of the goalie)	u/13	
	u/14	To perfect: <ul style="list-style-type: none"> change of direction (including turning) start in different directions without the ball and perfect water polo swimming techniques without the ball eggbeater kick stopping moving sideways jumping different directions (towards ball) sliding and tilting in all directions defending of the jump 1/2 turn and contra jump blocking of a pass and shot 	To perfect: <ul style="list-style-type: none"> water polo swimming techniques without ball, eggbeater kick , GBP`s (including mirroring"), starting in different directions without ball, stopping, change of direction (including turning), sliding and tilting in all directions, moving sideways, jumping in different directions (towards ball), defending the jump 1/2 turn and contra jump, blocking of a perfect pass and shot 		Techniques for the keeper: To improve: <ul style="list-style-type: none"> the starting positions for the goalkeeper, improve the standing of the goalkeeper, improve jumping in different directions improve stopping the ball with two hands (around the head), improve stopping the ball with one arm/hand (away from the body), improve stopping the bounce and lob shot, improving the intervention techniques If a player has the physical ability to become a centre forward, specific techniques for the 2 meter defender: 	u/14	
	u/15				To learn to: <ul style="list-style-type: none"> taking different positions in regards to the center forward (in front/besides/behind, etc.), learning changing positions relative to the center forward, teaching techniques of blocking shots from outside, learning to jump with the centre forward, learning to defend the backhand shot, learning to defend the sweep shot, learning to defend the centre forward when he/she jumps away and turns for a shot 	u/15	
	u/16					u/16	TRAIN TO TRAIN

Part 2b: Technical Defence, Continued

Phase of LTPD	Calendar age	Techniques in the counter-defense	Techniques in 6:6 defense	Techniques in 5:6 defense	Techniques on behalf of the defensive specialisation	Calendar age	Phase of LTPD
TRAIN TO COMPETE	u/17	Apply techniques in more complex situations	Apply techniques in more complex situations	Apply techniques in more complex situations		u/17	TRAIN TO COMPETE
	u/18	Techniques as above, further to perfect in complex situations	Techniques as above, further to perfect in complex situations	Techniques as above, further to perfect in complex situations	<p>Techniques for the goalkeeper: Perfect</p> <ul style="list-style-type: none"> 🌀 the starting positions for the keeper 🌀 perfect the standing of the goalkeeper 🌀 perfect jumping in different directions 🌀 perfect stopping the ball with two hands (around the head) 🌀 perfection stopping the ball with one arm/hand (away from the body) 🌀 perfect stopping the bounce and lob shots 🌀 perfect the intervention techniques <p>Centre Back Specialisation: To improve:</p> <ul style="list-style-type: none"> 🌀 taking different positions relative to the center front (a front / beside / behind, etc.) 🌀 changing positions 🌀 techniques front marking, 🌀 the technique of blocking from center defense position 🌀 the defense while offender is 'stepping away' 🌀 defending backhand and sweep shot 🌀 defending while the attacker jumps away for a shot 🌀 the defensive turn away 	u/18	
TRAIN TO WIN	u/19	Apply technique in very complex situation and in the game	Apply technique in very complex situation and in the game	Apply techniques in very complex situation and game		u/19	TRAIN TO WIN
	u/20	Techniques as above, further to perfect in very complex situations	Techniques as above, further to perfect in very complex situations	Techniques as above, further to perfect in very complex situations	Training of specialisation is done every session	u/20	
	20+					20+	

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)

Part 3a: Tactical Offence

Phase of LTPD	Calendar age	Tactical situation: counter-attack	Tactical situation: 6:6 attack	Tactical situation: 6:5	Specialisation on behalf of the offensive tactics	Calendar age	Phase of LTPD
FUNDAMENTALS	u/10	Learn 1:0	3 v 3 4 v 4 (no structure)	Intro men up without goal 4:3 (move ball, find free player) Transfer into attack context, no fixed elaboration. In this age group that 3:2 or 4:3	Simplify tactics, very little structure, no specialisation (including the position of the goalkeeper), basic game concepts; ALL ON ATTACK, find free player, move ball, create & use space, LET THE CHILDREN PLAY	u/10	FUNDAMENTALS
	u/11	Improve 1:0 Learn 2:1	Learn 4 v 4 (structure - 1 centre)	Learn set of positions (numbering 1-6) and basic lines in attack 6 on 5 according to one tactical elaboration (for example 4:2 or 3:3)	No specialisation: children must learn basic techniques on all positions, including the position of the keeper	u/11	LEARN TO PLAY
LEARN TO PLAY	u/12	Learn 3:2 situation	Practice attack 4 v 4 (structure - 1 centre) Introduce drive + outside shot Introduce 6 v 6 (mushroom)	Learn of set positions (numbering 1-6) and basic lines in attack 6 on 5 according to one tactical elaboration (for example 4:2)		u/12	
TRAIN TO TRAIN	u/13	Perfect 1:0 Improve 2:1 Improve 3:2 Learn 4:3	Improve 6 v 6 (structure - 1 centre) Learn a second system 6 v 6 (ie the attack with 2nd CF) Introduce post/up, Intro Picks / Screens, CF Rotation	Improve of the attack 6 on 5 according to one tactical elaboration (for example 4:2) Learn of the attack 6 on 5 according to second tactical elaboration (for example 3:3)	No specialisation; however, attention to specific preference or construction of the children. The goalkeeper is an exception and get specifically attention (for example using the long pass for counter attack)	u/13	TRAIN TO TRAIN
	u/14		Perfect 1:0 Perfect 2:1 Perfect 3:2 Improve 4:3 Learn 5:4 Learn 6:5	Perfect 6 v 6 (structure) Improve second system 6 v 6 Improve post/up, Intro Picks / Screens, CF Rotation		Perfect of the attack 6 on 5 according to one tactical elaboration Improve of the attack 6 on 5 according to second tactical elaboration	
	u/15	u/15					
	u/16	u/16					

Part 3a: Tactical Offence, Continued

Phase of LTPD	Calendar age	Tactical situation: counter-attack	Tactical situation: 6:6 attack	Tactical situation: 6:5	Specialisation on behalf of the offensive tactics	Calendar age	Phase of LTPD
TRAIN TO COMPETE	u/17	Perfect 1:0 Perfect 2:1 Perfect 3:2 Perfect 4:3 Improve 5:4 Improve 6:5	Perfect 6 v 6 (structure) Perfect second system 6 v 6 Perfect post/up, Intro Picks / Screens, CF Rotation Learn specific set moves	Perfect of the attack 6 on 5 according to one tactical elaboration Perfect of the attack 6 on 5 according to second tactical elaboration To learn and improving a passage of tactical elaborations	General development on all positions and improving skills in preference/specialist positions. Learning of skills in a second preference position (with exception of the goalkeeper)	u/17	TRAIN TO COMPETE
	u/18					u/18	
TRAIN TO WIN	u/19	To perfect all man up situations, also as a component of complex game situations (e.g. 1:0 situation originating from 6:6 attack)	Perfect 6 v 6 (structure) Perfect second system 6 v 6 Perfect post/up, Intro Picks / Screens, CF Rotation Perfect specific set moves and add more specific moves	Perfect of the attack 6 on 5 according to one tactical elaboration Perfect of the attack 6 on 5 according to second tactical elaboration Perfect of several passages of tactical elaborations	Perfecting of skills in one preference position. To improve and perfect skills in a second preference position (with exception of the goalkeeper)	u/19	TRAIN TO WIN
	u/20					u/20	
	20+					20+	

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)

Part 3b: Tactical Defence

Phase of LTPD	Calendar age	Tactical situation: to defend counter-attack	Tactical situation: 6 vs 6 defence	Tactical situation: man down	Specialisation on behalf of the defensive tactics	Calendar age	Phase of LTPD
FUNDAMENTALS	u/10	Learn 0:1	Learn 3 v 3 attack - ie man on man and/or inside water Learn 4 v 4 attack - i.e. man on man and/or inside water)	Learn playing a defence w a player less (give solutions; no fixed elaboration). In this age group that will be 2:3 or 3:4	No specialisation: children must learn basic techniques on all positions, including the position of the goalkeeper	u/10	FUNDAMENTALS
	u/11	Improve 0:1 Learn 1:2	Learn 4 v 4 (i.e. defense v 1 centre)	Learn playing defence w a player less (give solutions; no fixed elaboration). In this age group that will be 3:4	No specialisation: children must learn basic techniques on all positions, including the position of the goalkeeper - positioning in the pool relative to markings (eg. In relation to goal or 2m line)	u/11	LEARN TO PLAY
LEARN TO PLAY	u/12	Learn 2:3	Learn 4 v 4 defense (i.e. defense against 1 centre w front marking)	Learn the basic positions and basic lines of the defense 5:6 Learn one 5:6 defense system Learn position numbering 'a' till 'e'		u/12	
TRAIN TO TRAIN	u/13	Perfect 0:1 Improve 1:2 Improve 2:3 Learn 3:4	Improve defense 6 v 6 (eg. pressing) Learn second defence system 6 v 6 (eg. defence w extra tasks on top of pressing - drop/zone defense)	Improve 5:6 defence in one tactical system (for example 3:2 maintaining) Learn a second 5:6 tactical system (for example 4:1 defense)	Basic positioning for all players on all positions (wing, top and centre defender) Specific learning of the basic skills of the goalkeeper - maintain balance (as a concept)	u/13	TRAIN TO TRAIN
	u/14					Perfect 0:1 Perfect 1:2 Perfect 2:3 Improve 3:4 Learn 4:5 Learn 5:6	
	u/15	u/15					
	u/16	u/16					

Part 3b: Tactical Defence, Continued

Phase of LTPD	Calendar age	Tactical situation: counter-attack	Tactical situation: 6:6 attack	Tactical situation: 6:5	Specialisation on behalf of the defensive tactics	Calendar age	Phase of LTPD
TRAIN TO COMPETE	u/17	Perfect 0:1 Perfect 1:2 Perfect 2:3 Perfect 3:4 Improve 4:5 Improve 5:6	Perfect first 6 v 6 defence system (i.e. pressing) Perfect second 6 v 6 defence system (ie extra tasks on top of pressing - part drop/zone) Improve third 6 v 6 defence system (i.e. full zone defence) Improve fourth 6 v 6 defence system (i.e. a second zone defence)	Perfect 5:6 defence in one tactical system (for example 3:2 defense) Perfect a second 5 on 6 tactical system (for example 4:1 defense) Learn and improve defending passages within tactical systems, as well as 4:6 defence - develop	General development on all positions Emphasis on perfecting one position (from the player's role most logical position) Emphasis on improving a second (related) position (for example left-handed defender on position 1 with post up) Perfecting the specific skills to the goalkeeper (incl. instructing defence)	u/17	TRAIN TO COMPETE
	u/18					u/18	
TRAIN TO WIN	u/19	To perfect all man down situations, also as component of complex game situations (e.g. 0:1 situation originating from 6:6)	Perfect first 6 v 6 defence system (i.e. pressing) Perfect second 6 v 6 defence system (i.e. defence w extra tasks on top of pressing) Perfect third 6 v 6 defence system (i.e. full zone defence) Perfect fourth 6 v 6 defence system (i.e. a second zone defence) To Learn, improves and perfecting combined (several) maintaining tactics	Perfect 5:6 defence in one tactical system (for example 3:2 defense) Perfect a second 5 on 6 tactical system (for example 4:1 defense) Learn and improve defending passages within tactical systems, as well as 4:6 defence - perfect	Perfect specialist position Perfect second (related) position Perfecting the specific skills of the goalkeeper	u/19	TRAIN TO WIN
	u/20					u/20	
	20+					20+	

NSF Vannpolo - LTPD Oversikt (utviklingstrapp)



Part 4: Physical, Mental and Lifestyle

Phase of LTPD	Calendar age	Physical	Mental	Lifestyle	Calendar age	Phase of LTPD
FUNDAMENTALS	u/10	<ul style="list-style-type: none"> Arms Legs & Combo of movement Co-ordination & Balance Flexibility Speed and Locomotion Warm-up / Cool Down 	<ul style="list-style-type: none"> Self-confidence Self-esteem Positive attitude to sport Tolerance Accepting new persons 	<ul style="list-style-type: none"> Social skills Fairness Self-control Creative thinking 	u/10	FUNDAMENTALS
	LEARN TO PLAY	u/11	<ul style="list-style-type: none"> Agility Flexibility Co-ordination & Balance Balance – static and dynamic 	<ul style="list-style-type: none"> Goal setting- short term Patience Control Concentration 	<ul style="list-style-type: none"> Personal responsibility Interpersonal skills Ambition to improve 	u/11
	u/12	u/12				
TRAIN TO TRAIN	u/13	<ul style="list-style-type: none"> Strength Power Speed and Acceleration Pre-habilitation Sports specific multi-activity endurance Individual specific flexibility 	<ul style="list-style-type: none"> Motivation Goal setting medium term Determination Coping Peer pressure 	<ul style="list-style-type: none"> Independent thinking Ambition – career options Self-identity Role model role Giving back to the sport 	u/13	TRAIN TO TRAIN
	u/14				u/14	
	u/15				u/15	
	u/16				u/16	

Part 4: Physical, Mental, Lifestyle, Continue

Phase of LTPD	Calendar age	Physical	Mental	Lifestyle	Calendar age	Phase of LTPD
TRAIN TO COMPETE	u/17	<ul style="list-style-type: none"> • Multi-sprint Endurance • Strength and Power • Speed, Agility & Quickness • Position specific conditioning • Periodised training • Recovery routines 	<ul style="list-style-type: none"> • Pre-match preparation • Controlled breathing • Coping with Anticipation • Excitement and Anxiety • Goal setting – long term • Coping Peer pressure 	<ul style="list-style-type: none"> • Principle-centred values • Life management • Self-reliance • Coping with failure • Giving back to the sport 	u/17	TRAIN TO COMPETE
	u/18				u/18	
TRAIN TO WIN	u/19	<ul style="list-style-type: none"> • Multi-sprint Endurance • Strength and Power • Speed, Agility & Quickness • Position specific conditioning • Periodised training • Recovery routines • Individualised programs 	<ul style="list-style-type: none"> • Mental relaxation • Visualisation • Coping strategies • Coping Peer pressure • Self-Awareness • Profiling 	<ul style="list-style-type: none"> • Self-reliance • Patience to achieve long-term goals • Positive use of Power / Influence • Life management • Giving back to the sport 	u/19	TRAIN TO WIN
	u/20				u/20	
	20+				20+	