Eric Zeitlin

Theory of coaching

Five-day practice plan

Welcome to Boys Water Polo

-Five-day tentative schedule

Monday

-Meet and greet

-Stretch (same routine lead by captains)

 -Get in the pool swim 400, (200 freestyle)(200 Backstroke) warm up

- Treading Drills for 20 min straight “can you handle it?”

-Mostly conditioning drills, shot guns/pool hops/sprints with sets of push ups and sit ups in between sprints.

- Stretch get out and talk about expectations and intro of myself.

Tuesday

* Stretch (captains)
* Swim 400(200 back) (200 free)
* Treading drills
* Bring balls into the pool do passing drills
* Back and forth passing with a partner
* 50 dry passes (shot guns if you don’t get 50)
* Wet passes
* Get out and quick talk; ask how everybody’s feeling.
* Call it a day.

Wednesday

* Stretch
* Swim 400 (200 free) (200 fly)
* Treading with balls in hand
* Passing drills
* Whole pool passing and flow drills
* Get out of the pool and introduce the Defense” “*defense wins* championships”
* Get back in and finish with conditioning drills.
* Meet and get a break down

Thursday

* Stretch
* Swim 400 (200 free) (100 back) (100 breast stroke)
* Quick treading drills/conditioning drills
* Wet/dry passes
* Get out and introduce offence. *“The key to a good offence is doing what YOU are suppose to be doing and every given second your in the pool”*
* Get back in and run the offence to see how it looks
* Add a live D and have a controlled offence only scrimmage
* D positing
* Call it a practice

Friday

* First week almost complete!!!!
* Stretch
* Swim a 300(200 free) (100 your stroke of choice)
* Treading
* Passing drills
* Offensive positing
* Defense positing
* Live scrimmage
* Conditioning [shot guns with push ups and leg lifts]
* Shoot out (loser picks up balls)- weekly competition
* Stretch
* Call it
* Break down

Everyday you will have one goal, and that is to be the best YOU personally can be.

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents. “
-- Andrew Carnegie

“Champions aren’t made, there born”

“Tomorrows success starts today”

“Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice. “
-- Wayne Dyer

“You don’t have to be a fantastic hero to do certain things – to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals. “
-- Edmund Hillary

“Goals are not only absolutely necessary to motivate us. They are essential to really keep us alive”.
-- Robert H. Schuller

“People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success. “
-- Norman Vincent Peale

“You have a very powerful mind that can make anything happen as long as you keep yourself centered. “
-- Dr. Wayne W. Dyer