

Taster Sessions

with

EGGBEATERS

MINI WATERPOLO

Under 12's

Let's try WaterPolo

FOUR FREE TASTER SESSIONS

Every Sunday 7.15pm at ALAN HIGGS CENTRE

Introduction to Waterpolo

Put simply, there are goals at each end of the pool and the winner of the game is the team that scores the most goals by getting the ball between the posts.

Players are not allowed to touch the bottom of the pool and have to tread water the whole time. Water polo players use a movement called eggbeater which is more efficient than the normal action of treading water.

Players can move the ball by throwing it to a teammate or swimming while pushing the ball in front of them. They can only hold the ball with one hand, other than the goalkeeper who can use both hands. The match starts with a swim-off.

The ball is released in the middle of the pitch with the players lined up along their own goal lines. The first team to reach the ball has the first possession of the game.

After each goal, the team who conceded resume the match with the ball. All players for each team must be in their own half at the resumption of play.



More information available from
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