

National Sport School **Waterpolo** Assessment Criteria



Date of Assessment: ----- Assessing coaches: -----

Student's name: ----- Date of Birth: -----

		Student's Mark	Maximum Marks
TACTICAL ~ 20%			
Good knowledge of the basic positions			5
Good knowledge of the basic defense / offense			5
Good knowledge of man-up positioning			5
Good knowledge of man-down positioning			5
TECHNICAL ~ 60% Technique and skill of the sport			
Swimming without ball	50m free style		1
	100m free style		2
	100m medley		2
Swimming with ball	25m free style		2
	25m backstroke		3
	25m ball in hand		5
Leg Exercises	Free kick 25m		4
	Breast kick 25m		5
	Bicycle kick 25m		6
Passing Handling of the ball	Set of 10 short passes (less than 5 mtrs)		3
	Receiving ball without touching water (the ball cannot touch water)		3
	Keeping position while passing		3
	Moving with the ball before passing		5
	Treating (fake) before passing		3
	Long passing on hand (over 5mtrs)		3

Shooting	5 shots static position ball from water		5
	5 shots static position from pass		5
PHYSIOLOGICAL ~20% Relevant Physiological Attributes			
Balance and Coordination			4
Speed and Agility			4
Endurance			4
Strength and Power			4
Flexibility			4
TOTAL			100