

KINC 229: MEN'S VARSITY WATER POLO

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	162
Lab Hours:	162
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced swimming skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Intercollegiate competition in men's varsity water polo. This course may be taken four times. 162 lab hours.

Course Objectives

- demonstrate ability to perform various swimming and ball handling skills which are related to the game of water polo
- comprehend and execute different offenses and defenses used in water polo games
- analyze and apply water polo game strategies
- display development in the capacity to work together in group dynamics for the benefit of the team
- demonstrate improvement in physical endurance and cardiovascular fitness

Major Course Content

All lab content.

Lab Content

Men's Varsity Water Polo includes instructor guided practice and demonstration in the following content areas:

1. Swimming Fitness
 - a. Sprint Pyramids
 - b. Distance Pyramids
 - c. Medley Builds
2. Core Individual Skills
 - a. Passing
 - b. Throwing
 - c. Catching
 - d. Ball Handling Skills
 - e. Leg Strength and Mobility
 - f. Drills
3. Offensive Skills

- a. Shooting
 - i. Shooting Knowledge
 - ii. Centre Forward Shots
 - iii. Drive Shots
 - iv. Outside Shots
 - b. Setting a Centre Forward
 - c. Beating the Double Team
 - d. Transition from Offense to Defense
 - i. General Rules
 - ii. Set Plays
 - e. Fastbreak
 - i. Principles
 - ii. Drills
 - f. Power Play
 - i. Fundamentals
 - ii. General Game Plan
 - iii. Set Plays
 - g. Picks and Screens
4. Defensive Skills and Strategies
 - a. Transition from Offense to Defense
 - i. Fundamentals
 1. Centre Back
 2. Perimeter Defenders
 3. Front Court Defense
 - ii. Press
 - iii. Passing Lane
 - iv. Counter
 - v. Crash
 - b. Stopping the Centre Forward
 - i. Crashing
 - ii. Fronting
 - iii. Push Out
 - iv. Swimming
 - d. Defending Picks and Screens
 - e. Defending the Fastbreak
 - f. Defending Power Plays
 - i. Player Responsibilities
 - ii. Set Plays
 5. Goal Keeping
 - a. Body Position
 - b. Egg Beater Kick
 - c. Passing
 - d. Swimming
 - e. Thinking and Knowledge
 - f. Knowing the Shooters
 6. Terminology and Rules of the Game
 7. Mental Preparation
 - a. Relaxation and breathing techniques
 - b. Self-control methods
 - c. Mental imagery
 - d. Pre-performance routine
 8. Competition

- a. Pre-conference Competition
- b. Conference Competition
- c. Post Conference Competition

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Complete written summaries of team offenses and defenses and various types of game strategies.

Examples of Outside Assignments

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

Instruction Type(s)

Lab, Online Education Lab