

Continuing Coach Education (CCE) Workshop
Session Outline

Topic

Basic Water Polo footwork skills

Session Objectives

1. How to do eggbeater
2. How to start
3. How to turn, How to Jump

Sub-topics

1. Which part of the foot catches the water
2. Knee position
3. 3 types of turns

Learning Outcomes

1. Know the right skills
2. Know the teaching process to skill
- 3.

Session Outline

Time	Sub-Topic	Activities
0:00-0:30 (30min)	How to do eggbeater	Participants will enter the pool How to eggbeater and how to practice it
0:30-0:40 (10min)	Question & Answer	
00:40-1:10 (30min)	How to start	Participants will enter the pool Starting position checking the knee position
01:10-1:20 (10min)	Question & Answer	
01:20-1:50 (30min)	How to turn How to Jump	Participants will enter the pool Three types of turns and their use and application
01:50-2:00 (10min)	Question & Answer	