

Continuing Coach Education (CCE) Workshop
Session Outline

Topic

Basic Water Polo throwing skills

Session Objectives

1. How to throw the ball

2. How to receive the ball

- 3.

Sub-topics

1. Ball receiving and throwing form

- 2.

- 3.

Learning Outcomes

1. Know the right skills

2. Know the teaching process to skill acquisition

- 3.

Session Outline

Time	Sub-Topic	Activities
0:00-0:30 (30min)	Throwing ball (leg position)	Participants will enter the pool How to throw ball, checking leg position
0:30-0:40 (10min)	Question & Answer	
0:40-1:10 (30min)	Receiving ball	Participants will enter the pool How to receive ball
1:10-1:20 (10min)	Question & Answer	
1:20-1:50 (30min)	Throwing ball (forming)	Participants will enter the pool Ball receiving and throwing form
1:50-2:00 (10min)	Question & Answer	