

Underdogs 2017 Beginner's Course

Duration: 4 weeks

Dates:

- Monday 8th May
- Monday 15th May
- Monday 22nd May
- Monday 29th May

Cost:

- \$50 for beginners course (4 sessions) + 1 intermediate session; or
- \$15 a session

Overview:

- 1st session
 - 6:30pm – 6:45pm: Introduction and welcome
 - 6:45pm – 7:00pm: Gear allocation
 - 7:00pm – 7:45pm: Snorkel use, duck dive, underwater acclimatisation session in 2.1m pool (two lanes booked)
 - 7:45pm – 8:45pm: UWR basics in 3m pool
- 2nd session
 - 6:30pm – 6:45pm: Introduction and welcome (for anyone who missed the 1st session)
 - 6:45pm – 7:00pm: Gear allocation
 - 7:00pm – 7:45pm: Snorkel use, duck dive, underwater acclimatisation session in 2.1m pool (two lanes booked)
 - 7:45pm – 8:45pm: UWR basics in 3m pool
- 3rd session
 - 6:45pm – 7:00pm: Gear allocation
 - 7:00pm – 7:45pm: Warmups and passing drills (2.1m pool)
 - 7:45pm – 8:45pm: Drills and game (3m pool)
- 4th session
 - 6:45pm – 7:00pm: Gear allocation
 - 7:00pm – 7:45pm: Warmups and passing drills (2.1m pool)
 - 7:45pm – 8:30pm: Drills and game (3m pool)
 - 8:30pm – 8:45pm: Graduation ceremony
- Intermediate sessions (for 4 weeks)
 - 7:30pm – 7:45pm: Gear allocation
 - 7:45pm – 9:15pm: Warmups, drills and game (3m pool)

Structure:

Snorkel use, duck dive, underwater acclimatisation session (2m pool)

- Proper fitting of equipment
- Clearing the snorkel
- Swimming on surface with the snorkel
- Duck diving to the bottom
- Alternating between swimming underwater on and the surface with minimal handling of the snorkel
- Relaxing underwater
- Breath hold stationary
- Breath hold swimming
- Dolphin kick
- Ball passing

UWR basics (3m pool)

- Equalising
- 3 dimensional movements
 - o Swimming on the side (ensure head is aligned with body)
 - o Swimming upside down (warning against hitting heads on the pool floor)
- Basic ball skills
 - o Ball passing on surface (stationary)
 - o Ball passing underwater (stationary, at various depths)
 - o Ball passing while swimming with a partner
- Tackling
 - o One on one on the surface
 - o One on one underwater
- Modified game
 - o Limited contact (grabbing arms and legs okay, but no 'wrapping up' allowed)
 - o 2 zones (split playing area into half, players are assigned zones and must stay within that zone like in netball, certain players on each team can move between zones) – this is to prevent clustering – players can be rotated between zones after each point.
 - o No goalies
 - o Experienced players to help keep the ball flowing (no tackling beginners)
- Demonstration of full contact UWR by experienced players

Warmups and passing drills (2.1m pool)

- Warmups (slow, focus on relaxed movements underwater and breath hold)
- 3 dimensional movements
 - o Swimming on the side (ensure head is aligned with body)
 - o Swimming upside down (warning against hitting heads on the pool floor)
- Basic ball skills
 - o Ball passing on surface (stationary)
 - o Ball passing underwater (stationary)
 - o Ball passing while swimming with a partner

Drills and game (3m pool)

- Tackling
 - One on one on the surface
 - One on one underwater
 - Piggy in the middle (1 v 3)
 - Piggy in the middle (2 v 5)
- Modified game
 - Limited contact (grabbing arms and legs okay, but no 'wrapping up' allowed)
 - 2 zones (split playing area into half, players are assigned zones and must stay within that zone like in netball, certain players on each team can move between zones) – this is to prevent clustering – players can be rotated between zones after each point.
 - No goalies
 - Experienced players to help keep the ball flowing (no tackling beginners)

Intermediate sessions (3m)

- Warmups (slow to progressively faster pace, continuous duck dives, 15-20m underwater swims, 3 dimensional swimming)
- Intermediate ball skills
 - Fast passes (scoop and pass)
 - Passes between left and right hands
 - Pass from retracted position
- Tackling
 - Piggy in the middle
 - One on one (with pass to support player)
- Goal attack
 - Basic push off the floor using the ball
 - Goalie practice
 - Back practice
- Positions
 - Cycling with a partner
- Game (minimal modifications)
 - Limited contact (grabbing arms and legs okay, but no 'wrapping up' allowed)
 - No zones
 - Netball rules for experienced players
 - Experienced players cannot score
- Game (no modifications)
 - Experienced players to go easy on new players, but no modification of any rules.
 - Experienced players to play at max 70% intensity against other experienced players.