

FLIPPA BALL

Swimming – Head Up Freestyle

- Arches back and does flutter kick
- Keeps shoulders out of the water
- Uses high elbow recovery and short choppy strokes

Swimming – Head up Backstroke

- Able to lie flat with head and shoulders out of the water
- Arms straight reaching back with bent elbow recovery

Swimming - Distance

- 75m swim – 25 x freestyle, 25 x backstroke and 25 x breaststroke (**TEST**)
- 50 m sprint – freestyle (**TEST**)

Dribbling

- Able to keep elbows high and ball in front of the face
- Uses high elbow recovery and short choppy strokes

Eggbeater kick

- Positioned in the water as if sitting on a chair
- Kicks alternatively as if riding a bicycle with knees and feet outwards
- High and wide knees, high hips
- Heels push down and toes push to the side
- Can execute egg beater for 30 secs with hands above head (**TEST**)

Picking up the ball

- Places the palm of the hand facing up under the ball
- Lifts ball from the water with the palm and fingers
- One hand press roll and lift

Catching

- Catch one-handed
- Catches with arm extended in the direction the ball is arriving
- As the ball arrives, raises arm to meet the ball
- Draw the ball back behind the head to take the momentum

Passing

- Pass one-handed
- Passes by raising the ball above the head
- Body position is side on to the receiver
- Foot opposite to the throwing arm is forward
- Shifts weight to front foot as the throw is taken
- Slaps the water with throwing arm during follow through
- Can catch & pass the ball one-handed 10 times @ 3m and 5m (**TEST**)

Shooting

- Starts with the ball on the water and brings hips up to throw
- Body position is side on to the goals – right handers have left hip facing pool and left handers have right hip facing pool
- Takes the ball back behind the head and follows through with high elbow
- Elbow remains high
- Follows through with shot by snapping the wrist for additional power

Moving Clear of a Defender

- Releases for the ball
- Moves into free space

Basic Rules

- Can name two basic rules
- Describes the role of the referee during a game