AZEVEDO

6-8 VERIFIED COACHING

UTAH WATER POLO CLINIC

THE PATH TO GREATNESS STARTS WITH DEVELOPMENT

Led by world-renowned coach **Ricardo Azevedo**

WHEN
SAT, MARCH 6
8:30 AM – 3:00 PM

WHERE
SOUTHERN UTAH UNIV.
Cedar City, UT

WHO
HS & ADVANCED 14U
40 field players + 6 goalies

COST
$195
Per athlete

CLINIC SCHEDULE

8:30–8:45 Check-in & introduction

8:45–9:00 6-8 methodology & philosophy

9:00–9:10 Dryland & preparation to play

9:10–9:30 Sabina Training: the 12 water polo skills used during the game

9:30–10:15 Passing & posture drills: leg posture, follow-through, driving leg, ball release from 4 different points, forearm and wrist work, mobility, power within the pass, core

10:15–11:30 Multiple shooting techniques: outside power, movement with quickness, reading the situation, off-speed and other variations, beating the block, horizontal-to-vertical release

11:30–12:15 Lunch & Lecture: what makes an athlete great and how to get there

12:15–1:00 6 on 5 and 5 on 6 training: explanations and drills

1:00–1:45 Front-court offense: movement and situational training, including center, post-up and driving

1:45–2:30 Front-court defense: drive, two-meter and transition defenses ("M", zone, press, 2/3/4 zone and variations)

2:30–2:50 Penalties, time outs, lob variations & creative shots

2:50–3:00 Warm down

3:00 Pictures, discussion & questions

REGISTER NOW • $195

Spots are limited to 40 field players and 6 goalies. Scan the code to sign up through Azevedo Water Polo's registration page.