AZEVEDO

POWERED BY

2027 CLINIC · TACOMA, WA

TONY AZEVEDO PACIFIC NORTHWEST CLINIC

Led by 5x Olympian & Silver Medalist **Tony Azevedo**

SATURDAY
FEB 27
9:00 AM – 3:00 PM

SUNDAY
FEB 28
9:00 AM – Noon

WHERE
CURTIS HIGH SCHOOL POOL
Tacoma, WA

SPACE FOR
24 high school boys · 12 high school girls
12 advanced 14U · 8 goalies

CLINIC SCHEDULE

SATURDAY

9:00 Coach introductions

9:05 Group stretching

9:15 Warm-up: offensive and defensive movements, 8 laps of swimming and legs

9:20–9:50 Fundamentals of defensive movement & positioning: drive defense, zone defense/blocking and splitting defense progressions (6 min each)

9:50–10:10 Passing: zone attack progression, 3-player pressing (Italy drill), zone attack vs. split

10:15–11:15 Shooting with a purpose: Watch the Ball drive drill (eyes on goal, not the player), zone attack 1/2/3, 2/3/4, 3/4/5 (6 players per goal), 2/3/4 with splits (rotate every two), Campagna (1/2/3/4/5 vs. splits) if time

11:15–12:00 6-8 Challenge Testing: 2 buoy, radar gun, 12.5 sprint, vertical jump, med ball hold, obstacle course

12:00–12:30 Lunch

12:30–1:00 College talk with Q&A

1:00–1:30 5x6 and 6x5 movements meeting. 5x6: body position is everything, X1/X3 are your goalie's saviors, and a willingness to get stops. 6x5: ready position, how post players get free of defenders, simple rotations, six players working in unison, and positions 1 and 6 taking the ball all the way to the line so the post can move

1:35–1:45 Quick warm-up: partner 5x6 blocks, 6x5 post passing

1:45–3:00 6x5 shooting: 1/4/5/6 vs. X1/X4/X5/X3 (near side only), position 1 vs. 1 progression, triangles beating the block, 1/4/5/6 vs. all from anywhere

3:00–3:50 Three-way 6x5

3:50–4:00 Day 1 wrap-up

SUNDAY

9:00 Team announcements

9:15 How to warm up properly for a game

10:00 Tournament begins

12:00 Prizes and Q&A

REGISTER NOW

Space is limited, so reserve your spot early. Scan the code to register through Azevedo Water Polo.