



In the Backyard Pool

What is FlippaFun?

FlippaFun is a series of fun guides for kids, aged 7 to 12 to have a go and learn about water polo anytime with the whole family. Through FlippaFun, learn how to get a bit of water polo action anywhere from the classroom to the backyard pool and everywhere in between. Keep reading for games, tips, jokes and fun facts all about Water Polo.

FlippaFun is one element of the Water Polo Australia national junior water polo brand of FlippaBall. FlippaBall aims to encourage young people to give water polo a go and get involved with the sport through a number of different avenues – something for everyone. Visit the FlippaBall website to find a FlippaBall program near you.

FlippaBall.com.au



"In the Backyard Pool"

There is a high chance you have already played a fun version of Water Polo in the pool and you didn't even know it! It can be as simple as jumping in the backyard pool and throwing the ball around with friends.

And don't worry if you don't have a pool in the backyard, these games can also be played wherever you normally go swimming like the local pool, the lake or the beach!



Activities/Games

Here are some water polo game ideas for you to play with friends in the pool.

TAG

Did you know that water polo involves a lot of swimming; including swimming to catch up with a player from the other team. Practice your swimming speed by playing "Tag".

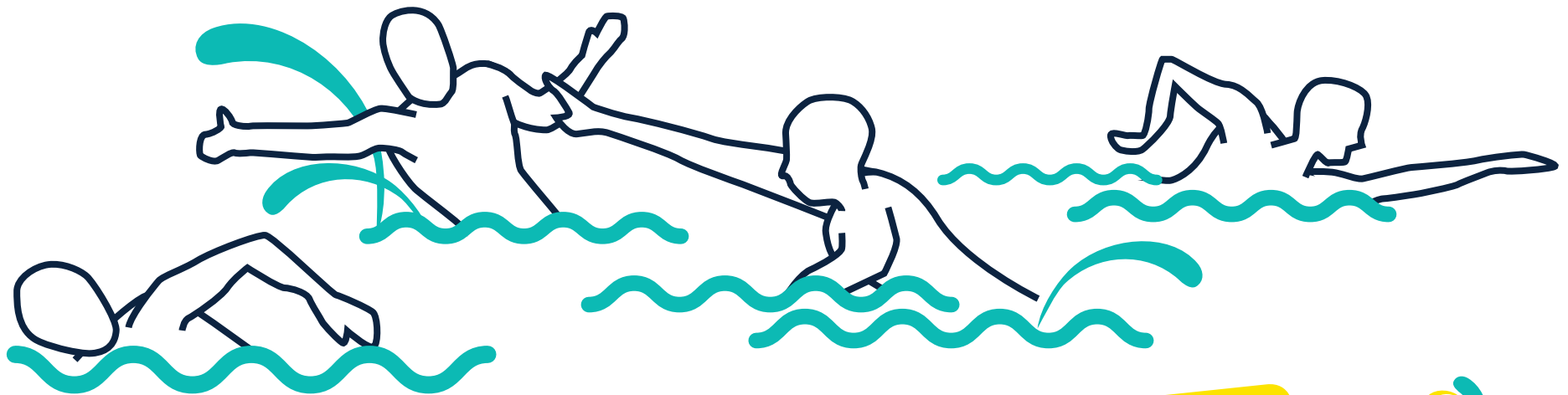
Minimum 2 players

Instructions:

1. Choose one player to be the 'Tagger'. When you are the 'Tagger', you are not allowed to touch the bottom of the pool
2. All players must stay in the water and within the allocated area (that may be the whole pool or just a certain section)
3. The 'Tagger' must close their eyes and count to 15 to allow to other players to move away
4. The 'Tagger' must swim around, without touching the bottom, to tag one other player
5. When another player is tagged, they become the new 'Tagger', must close their eyes and count 15 again. The 'Tagger' cannot re-tag the person who tagged them.

Change it up:

- Change the rules so that the 'Tagger' must have their eyes closed at all times
- Change the rules so that all players must not touch the bottom of the pool at any time
- Change the rules and play with balls so that the 'Tagger' can only tag the person holding a ball. Play with at least two balls, and the balls are not allowed to be dropped in the water for longer than 2 seconds.



Q Why can elephants swim whenever they want?
A They always have trunks with them!



LONG SHOT

Did you know that water polo involves a lot of throwing the ball to team mates; over short and long distances and only using one hand. Practice your throwing by playing "Long Shot".

Minimum 2 players

Instructions:

1. Players to pick a starting position in the pool and stand 1m away from each other, face to face, with one hand behind their back
2. Using their free hand only, one player throws the ball to the other player, who must catch with their free hand only
3. If the ball is caught; the player who threw the ball should take one step backwards
4. If the ball is dropped; the player who dropped the ball must come back to the starting position
5. The aim of the game is to see how far apart the players can get whilst still catching and throwing with one hand.

Change it up:

- Change the rules so two hands may be used for catching but one hand for throwing
- Change the rules so that all players must not touch the bottom of the pool when they have the ball
- Change the rules so that all players must not touch the bottom of the pool at any time
- Change the rules so that the players must use their non-dominant hand (i.e. if they want to use their right, they must only use their left)

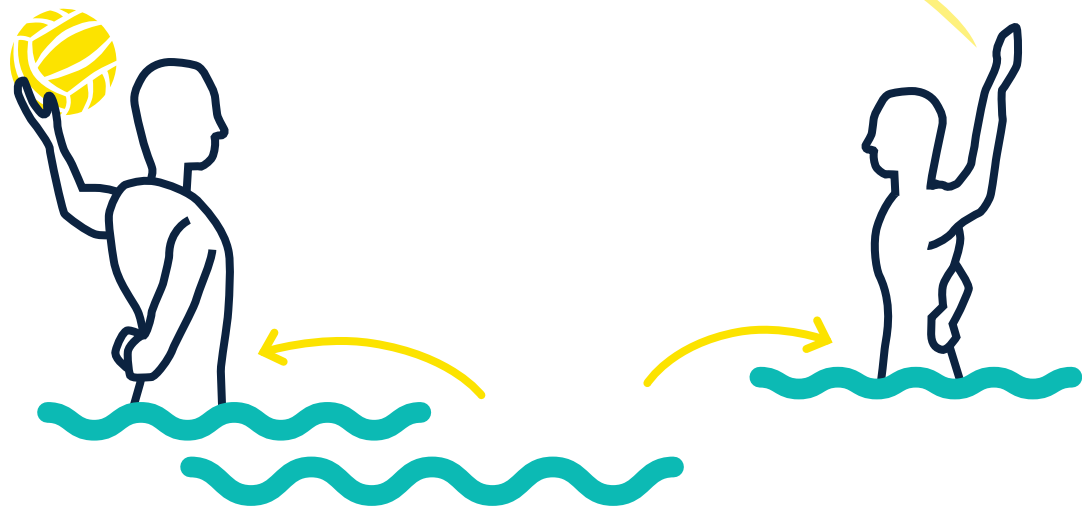


What kind of exercises are best for a water polo player?

Pool-ups!



The modern game of water polo started as a form of rugby football played in rivers and lakes in England and Scotland.



ICEBERGS

Did you know that as water polo is a team sport; it involves a lot of aspects of helping out your team mates. Practices your team skills playing "Icebergs".

Minimum 3 players

Instructions:

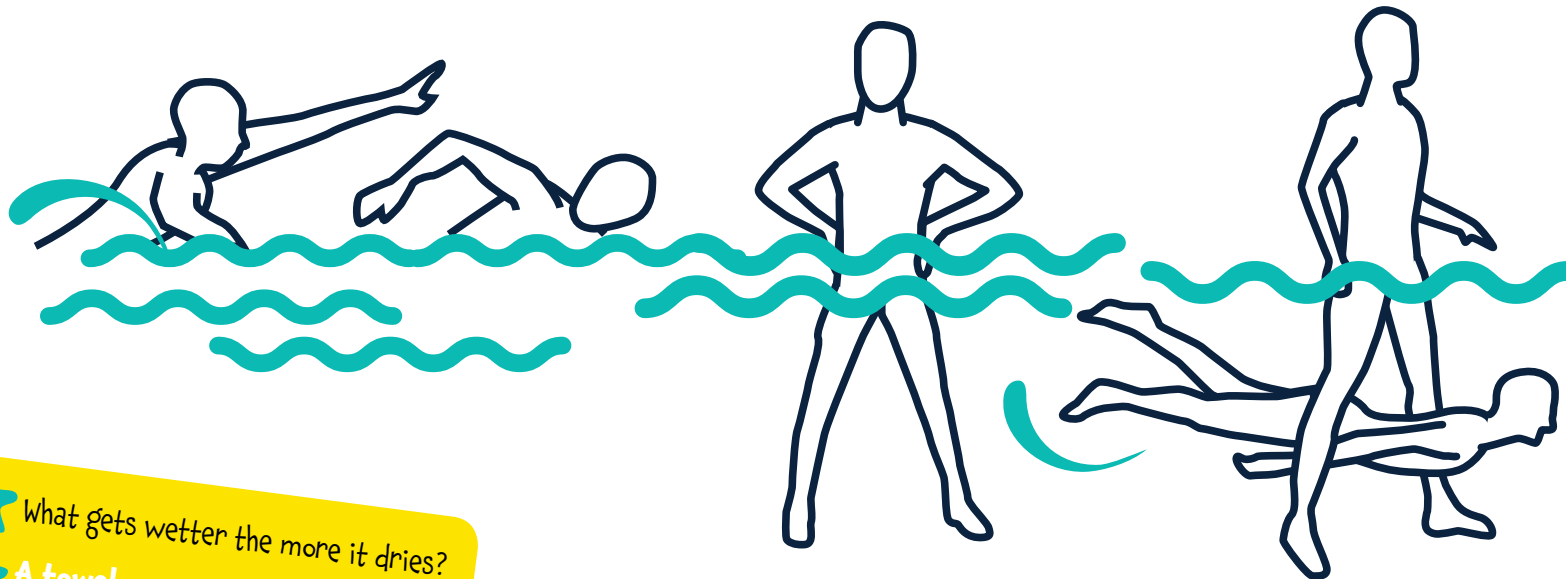
1. Choose one player to be the tagger. When you are the tagger, you are not allowed to touch the bottom of the pool
2. All players must stay in the water and within the allocated area (that may be the whole pool or just a certain section)
3. The 'Tagger' must close their eyes and count to 15 to allow to other players to move away
4. The 'Tagger' must swim around, without touching the bottom, aiming to tag one other player at a time
5. When another player is tagged, they must stay in that spot like an iceberg
6. The player can only move again when another free player swims underwater and through their legs
7. The game ends and 'Tagger' changes when all players are stuck as Icebergs.



At first it was called "water rugby" then the name was changed to "water polo" because the English pronunciation of the Balti word for ball is 'pulu'.

Change it up:

- Change the rules so that the 'Tagger' must have their eyes closed at all times
- Change the rules so that all players must not touch the bottom of the pool at any time
- Change the rules and play with balls so that the player who is an iceberg can only be released when another player swims through their legs AND they are holding a ball.



What gets wetter the more it dries?

A towel.



INTERCEPTOR

Did you know that water polo involves a lot of throwing the ball; and trying to intercept passes. Practice your intercepting skills by playing "Interceptor".

Minimum 4 players

Instructions:

1. Choose one person to be in the middle. All other players spread out around the pool
2. Players around the pool must throw the ball to each other, however cannot throw the ball back to the same person who just threw to them
3. The player in the middle must try to intercept the ball, without touching any other player
4. When the ball is intercepted, the player who threw the ball becomes the new player in the middle.

Change it up:

- Change the rules so that when you are in the middle you are not allowed to touch the bottom of the pool
- Change the rules so that only the player in the middle can touch the bottom of the pool; all other players must not have their feet touch the bottom of the pool
- Change the rules so that if you are holding the ball you cannot be touching the bottom of the pool
- Change the rules and use more than one ball being thrown at one time
- Change the rules so that there is more than one player in the middle
- Change the rules so that you can only pass and catch with one hand at a time



Men's water polo was the first team sport added to the Olympic Games in 1900. Women's water polo made its Olympic debut 100 years later at the 2000 Olympic Games in Sydney, Australia.



In what direction does a chicken swim?
Cluck-wise!



FLIPPABALL @ HOME

Did you know that "FlippaBall" is the game of modified water polo for juniors and beginners? See below the rules for how to play "FlippaBall @ Home".

Minimum 6 players

Instructions:

1. Split players into two teams, decide on the playing area, create two goals (Goals can be anything to aim/throw the ball at e.g. 2 bins, chalk marks at the end of the pool) and split players into two teams
2. The team that starts with the ball will be the team with the youngest player
3. The ball must be thrown three times before a shot at goal can be taken.
4. Players must throw and catch the ball with one hand only
5. After a goal is scored, both teams return to halfway and the team who did not score re-starts with the ball
6. No touching of other players is allowed – if a player touches a player on the other team, that player must freeze and count to 10 out loud before they can move again
7. If the ball is knocked out of the pool, the other team gets to re-start with the ball at halfway
8. If the ball is thrown out of the pool area completely (or over the pool fence) the other team gets 1 point and gets to re-start with the ball at halfway
9. Each time a goal is scored, that team should rotate players/goalies
10. The first team to score 10 goals wins.

Change it up:

- Change the rules so that you must not touch the bottom of the pool when you have the ball
- Change the rules so that you must not touch the bottom of the pool at any time



An Olympic water polo pool holds approximately 2.5 MegaLitres of water in a standard pool size of 30m long by 20m wide and at least 1.8m deep.



Challenge

Why not give yourself a water polo challenge at home? using the Challenge card, test yourself on each challenge with the aim of beating your own attempt each time.

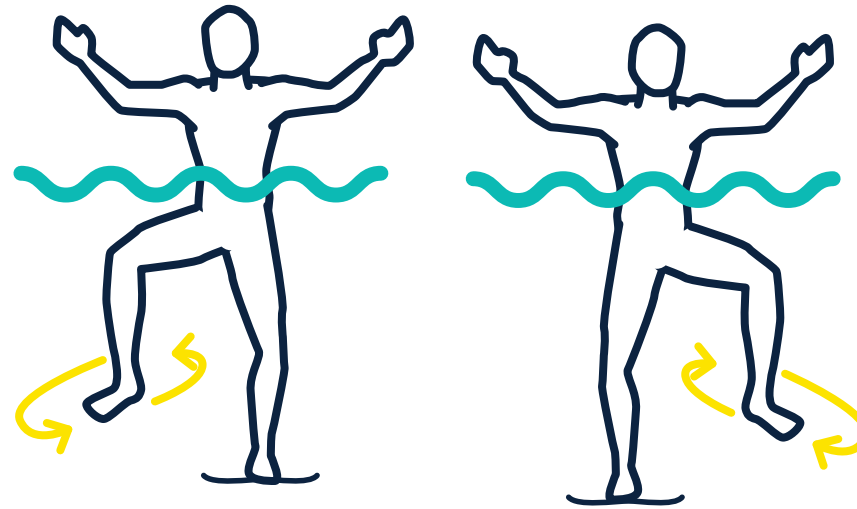
Challenge 1: Egg Beater time trial

The Egg Beater kick is one of the most important skills to learn in water polo and is how players keep their heads above the water, catch and pass the ball when not swimming.

To learn how to do the Egg Beater:

- Lift one foot up just off the bottom of the pool and draw an imaginary circle with that foot around and around
- Then put that foot down and repeat with the other foot
- Once you are comfortable with one leg at a time, practice with both legs together
- Your knees should be bent, heels down and toes facing outwards
- Use your hands for balance to start then attempt to keep your arms out of the water.

Time how long you can do the egg-beater without needing to touch the bottom of the pool.



Water polo players can swim up to 2.4km during a water polo game and the ball can be thrown as fast as 96km per hour.



What kind of dive are army men best at?



The Cannon-ball.





Challenge 2: **One Hand Juggle**

Throwing and catching the ball with one hand is one of the biggest rules in water polo and can be a bit tricky to remember sometimes.

How to juggle with one hand:

- Get into position with one hand behind your back and the ball in the other (using a ball of any size)
- Starting with the ball in one hand next to your ear, elbow facing forwards, throw the ball up in the air to just above your head and catch with the same hand.

See how many times you throw and catching the below without dropping it then swap hands and try with the other.



Challenge 3: **Dribbling Race**

Swimming with a ball in water polo is a very important skill. You need to be able to swim fast but keep control of the ball at the same time.

To learn how to dribble the ball while swimming:

- Use a normal freestyle stroke and kick to swim
- Keep your eyes on the ball and the ball on top of the water between your hands as you swim

Time how long it takes you to swim with the ball from one end of the pool and back again.

