

Shaquatics Water Polo

1 on 0 and 2 on 1 Counter Attack

1 on 0 Counter Attack

An offensive player ahead of the field with the ball should look swim to see how much time they have to get a shot off. They should swim center cage if possible and get as close to the goal as possible, without getting close enough for the goalie to jump out and swipe the ball. 3 to 4 meters away from the goal is a good distance. If the player has enough time, they should pick the ball up, elevate, pump fake and shoot. If the defense is right on their back they should shoot a wet shot, or an off the water shot.

2 on 1 Counter Attack

If the defender presses the ball at half tank or just beyond half tank, the other offensive player will give a strong side release for that ball (See Figure 1). If the defender does not go to the ball or presses the player without the ball, then the offensive player without the ball will swim to the weak side goal post about 3 meters from the goal. (See Figure 2). In the Figure 2 example, the two players will end up on the goal posts about 3 meters away from the cage.

Figure 1.

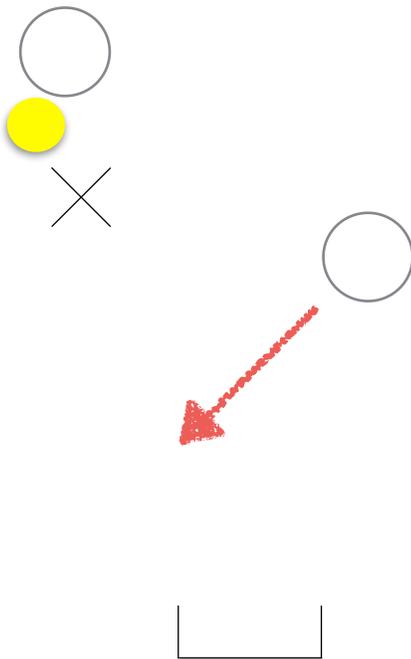


Figure 2.

