

Course Title	WATERPOLO II			
Course Code	SSWAT422-S-1			
Course Type	SPECIALISATION ELECTIVE			
Level	BSc (Level 1)			
Year / Semester	4th / Spring			
Teacher's Name	Dimitris Socratous			
ECTS	12	Lectures / week	3	Laboratories / week / 3
Course Purpose	The course's purpose is to teach the student the philosophy of coaching in team tactics in water polo. The aim is also for the student to analyze theoretically and practically the offensive and defensive tactics at a team level and finally to be able to design a training program in a season in all age categories.			
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. They analyze the theoretical principles of offensive and defensive tactics in sports games, identifying the critical elements that determine success in any strategy. 2. They apply the principles of tactical attack and defense in practical situations, effectively managing changing game conditions. 3. Design and implement strategies to counter various defense systems, such as pressing and zone defense, based on opponents' analysis. 4. They evaluate the effectiveness of regular preparations and individual and group actions, adapting strategies according to the group's needs. 5. They manage the technical and tactical preparation of goalkeepers, incorporating physical, technical, tactical, and psychological preparation. 6. They plan and execute an annual training process, considering forming, dividing into periods, and applying appropriate training methods and means to achieve athletic goals. 			
Prerequisites	PESS106: Training Principles	Corequisites	No	
Course Content	Attack tactics: Theoretical analysis of offensive tactics, equal number of attackers-defenders, surprise, player more after a foul kick.			

	<p>Defense tactics: Theoretical analysis of defensive tactics, equal number of defenders-strikers, return to defense, player less after a foul kick.</p> <p>Dealing with Defense Systems: dealing with pressing, dealing with zone defense.</p> <p>Tactical Preparation: assimilation of individual actions, assimilation of actions of the department and the whole team, games of special conditions, play with an equal number of attackers-defenders, play with an unequal number of attackers-defenders, double games.</p> <p>Goalkeeper: Technique and Tactics of the Goalkeeper, Physical Preparation, Technical and Tactical Preparation, Psychological preparation.</p> <p>Training process: training plan for one year, Forming, division into periods of cyclical annual training, Training in the Preparatory, Competitive and Transitional Period, Training Means, Training Methods.</p>
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, and questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, to become capable of performing and teaching the basic motor skills of the sport. It also described and presented how to teach each exercise/program for the sport using a trainee model.</p>
Bibliography	<ul style="list-style-type: none"> • Πλατάνου Θ., (1997) Η Υδατοσφαίριση, Β΄ Έκδοση, kegraft.Ε.Π.Ε., Αθήνα • Πλατάνου Θ., (1994) Η Φυσική Προετοιμασα των Αθλητών, Αθήνα. • Water polo fina.org - official FINA website http://www.fina.org/discipline/water-polo • Juba K., (1978), Water polo: Conditioning, techniques, strategy & play, Info Books, London, ISBN: B0007AY8JM
Assessment	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding

	<p>acquired by students regarding water polo. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures.</p> <ul style="list-style-type: none"> • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding water polo is requested. This should include at least a description of training objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes in relation to water polo. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session about water polo, following a prepared training plan that includes the training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in water polo required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on water polo. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in water polo. In addition, the exam focuses on the student's ability to connect various concepts, thus creating an integrated concept in the field of water polo and how it can apply theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of water polo to practical scenarios.
Language	Greek / English