



### **WHAT IS mini-polo! AND WHY SHOULD I START?**

**mini-polo!** is a smaller, more basic game than Water Polo itself and has been introduced to teach young players of any age up to about thirteen years old the basics of the full game.

It is also a great multi-skill activity which teaches the fundamentals of aquatics and sport as a whole, in line with Long Term Athlete Development (LTAD).

*(for more information about LTAD, please see the front desk)*

The best thing about **mini-polo!** is its wide adaptability. You can take any size of pool, whether deep or shallow, any number of young boys and girls, of different ages; ability and size and modify the game to suit your requirements. Its as simple as that...there really aren't any rules to use if you don't want to!



- Use any space of water and turn it into a fun water ball game.
- Use any small ball which is waterproof and floats.
- If there are no goals then use floats, cones or plastic bottles filled with water.
- If players are not confident in the water, involve them by having their team score by passing them the ball whilst sat on the side.
- We at Seagulls water polo will progress children from mini polo to junior polo through to senior polo.



As long as players are enjoying themselves with their friends and throwing a ball about in the water, then they're on their way to playing **mini-polo!**

