



**WATER POLO**  
SASKATCHEWAN

**Seal Certification Coaching Education  
Water Polo Saskatchewan, Inc.**

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Water Polo Saskatchewan, Inc.

Contents

Welcome to the Seal Certification – 1  
City Seal Level – 8  
Provincial Seal Level– 14  
National Seal Level – 19  
World Seal Level – 23

## (1) Welcome to the Seal Certification Program



In this section, we will:

- a) Get introduced to the reasons why you will love the Seal Certification Program
- b) Learn a little bit about Water Polo Saskatchewan
- c) Play a fun icebreaking game to get to know each other better.
- d) Get introduced to the reasons why your participants will love the Seal Certification Program.



## A) Getting Started

Water Polo Saskatchewan is proud to offer you an opportunity to teach the Seal Certification Program to young aspiring athletes in your community. Water Polo Saskatchewan has a rich history of program delivery in the province, and you are now part of this legacy!!!

The Seal Certification program is intended to add to the swimming skills already delivered through swimming lessons in your community. Whether it is a Red Cross program or otherwise, the Seal Certification Program is an excellent addition to your program offerings and to your coaches' teaching skills.

Throughout this coaching education session you will learn more about the purpose of the Seal Program in your community. Most importantly, you will learn how to perform and teach the skills that appear within the various levels of the program. Last, you will participate in interactive learning exercises to make sure that you have fun while you learn all about this program. But, watch out for the stop signs because that means that it's time for you to participate.



Brainstorm: Why do you think the Seal Certification will be a great addition to your swimming lessons program?

## B) Who is Water Polo Saskatchewan?

Water Polo was introduced into the province in 1913. Since then water polo has grown has an exciting aquatic sport and has produced many national team athletes and two Olympians who participated in the 2008 Beijing Olympics.

Water Polo Saskatchewan is the provincial sport organization that represents water polo in the province. But, is the Seal Certification Program about water polo? No. You need to be a good swimming to play water polo, but certain water polo skills can help you be a better swimmer. There are many linkages between how water polo skills can support the development of swimming. Two main linkages are skill development and physical literacy.



# Ice Breaker



## You Think You Know Somebody:

- 1) Lets get to know each other a little better before we learn about the Seal Program
- 2) Have you ever heard the phrase, “You thinking you know somebody?” Well let’s see how well you really know your fellow seal coaches.
- 3) We will each get a turn to test our colleagues on how well they really know us.
- 4) You start by saying your name and briefly explaining why you are taking the Seal Certification Program.
- 5) Then you will say three things about yourself, one of which is a lie.
- 6) Then your colleagues will try to guess which one is a like
- 7) For example: my name is \_\_\_\_\_and I am taking this course because I want to teach kids more skills.
  - a. I play water polo
  - b. I play piano
  - c. I won the lottery

Can you guess which one is a lie?

D) Why do kids love the Seal Program?

We know why your participants will love the Seal Program. One reason is that they will be very excited to receive their official Seal Certificates as they pass through the Seal levels. Can you think of other reasons?



Try to brainstorm 5 reasons why you think the participants will love the Seal Certification Program?

5 Reasons:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Now we move into the learning about the Seal Certification Levels...

# The City Seal



In this section, we will:

- a) Learn how to teach the skills involved at the City Seal Level
- b) Watch a video of these skills being performed
- c) Learn how these skills can be integrated into a swimming lessons program

A) At the City Seal Level, there are some basic skills that the participants have to be able to perform before they become certified to be a City Seal. It will be your job not only to teach these skills but also to be able to evaluate the proper performance of these skills:

- 1) Streamline and Flip Turn
- 2) To be able to swim 25m of Freestyle
- 3) To be able to swim 25m of Backstroke
- 4) To be able to swim 15m Head up Freestyle with the water polo ball
- 5) To be able to swim 15m with 5 x 360 degree turns with the ball.

1) Streamline and Flip Turn:

Tips: To be able to do a streamline and flipturn they must be comfortable with their face in the water.

Try breaking the two motions up!

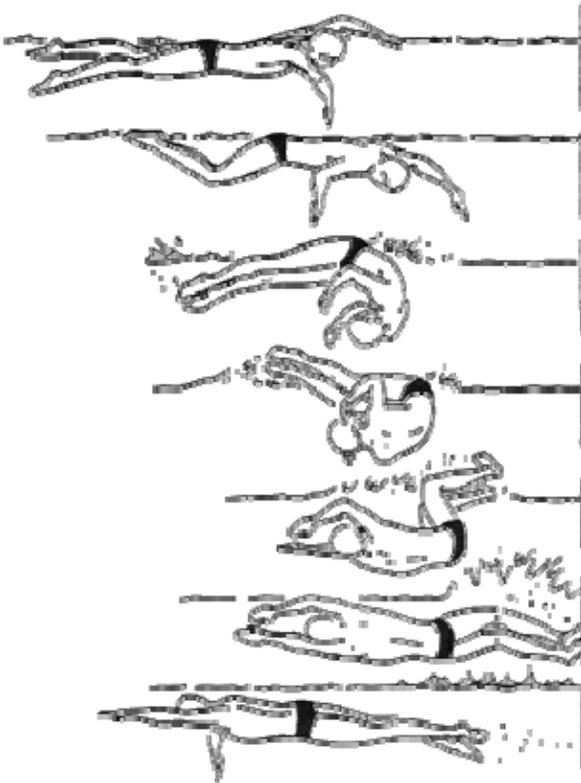
A) Streamline

Coaching Tip: Make sure they have chin against their chest. If they are struggling with this, then get them to hold a flutter board between their chin and chest.

- 1) Start in the shallow end and get them to hold a flutter board in their hands when they push off the wall.
- 2) When they look comfortable, add flutter kick.
- 3) When they are okay with that, take away the flutter board and ask them make a narrow "A" with their arms: holding one hand over the other.

## B) Flip Turn

Coaching Tip: The goal is for them to flip over themselves, so they will have to pull the water, pulling their hands towards their stomach.



You may have to get in the water to assist them with this skill.

Help them get comfortable with going over themselves and finding the wall with their feet.

Make sure their breath out their nose when they flip over, or they will get water in their nose.

## 2) 25 Meters of Freestyle

Coaching Tip: The goal is to get them to be horizontal in the water, swimming with long strokes, and breathing every three strokes.

Drill: Get them to try using a flutter board in front where they swim catch up (one hand holding the flutter board while the other is pulling through the water).

Drill: Get them to hold a small object under their chin while they hold another with one hand and breathe out the side.

### 3) 25 Meters of Backstroke

Coaching Tip: Instead of encouraging them tuck their chin onto their chest now you want to encourage them to have their chin up. You can do this by asking them to look at something on the ceiling (or in the sky) while they learn the stroke. Again you want them to be horizontal, but on their back of course, so ask them to try to keep their bellybutton dry.

Drill: If there are having issues with dragging their feet and not being horizontal, they can try catch up with their flutter board, but on their back.



The next two drills are taught inductively as opposed to analytically, can you tell me the difference?

### 4) 15 Meters Head Up With the Ball

Here is the real seal move. We are trying to get them to push the ball with their nose while they keep their head up and swim freestyle.

Coaching Tip: Again you want them to swim with long strokes and as they push the ball with their nose, they will slowly be lifting their elbows higher out of the water.

They will discover a lot about swimming freestyle while they try this motion. They will focus on pushing the ball with their nose and while they are doing that, they will observe that the ball is moving with them as they stroke.

Drill: They can start by sculling and pushing the ball. Slowly integrate the proper freestyle stroke.

5) 15 Meters with 5 x 360 degree turns with the Ball.

Here is another drill that requires an inductive teaching methodology. Let them accomplish the drill by their own means. The goal is to be able to integrate the skills already learn through the addition of new skills. You are teaching physical literacy.

Coaching Tip: Since this learning is inductive you only need to show them and give them some basic tips.

They will swim a couple of freestyle strokes and then when they take one stroke, they scull with the other, then pick up the ball underneath and spin all the way around. For an example, watch the video and notice how the motion can be broken down.

Once they have completed the skills in this level they are a City Seal. Again for examples of the skills, watch the videos online at [http://www.wpsask.ca/media\\_video.html](http://www.wpsask.ca/media_video.html)



Are you noticing something about how the Seal Program progresses?  
What are you noticing?

Integration:

Once you find out how these skills progress in the Seal Program, then they can be integrated into any swimming lessons program. We have done the integration for you using the Red Cross Swimming Lessons Program. They should receive their City Seal in Level 6.

| The Seal Program             | Red Cross Skills (w/ Corresponding Level)  |
|------------------------------|--|
| 1) Streamline And Flip Turn  | 1) Front Glide with Kick (1)<br>2) Roll Over Glides (1)<br>3) Front Glide with Flutter Kick 10m (1)<br>4) Roll Over Glide with Flutter Kick 5m (1)         |
| 2) 25m Freestyle             | 1) All Skills (1-6)<br>2) Front Crawl 10m (4)<br>3) Front Crawl 15m (5)<br>4) Front Crawl 25m (6)  |
| 3) 25m Backstroke            | 1) All Skills (1-6)<br>2) Backswim Shoulder Roll (4)<br>3) Back Crawl 15M (5)<br>4) Elementary Back Stroke 15m (6)<br>5) Back Stroke 25m (6)               |
| 4) 15m Head up with Ball     | 1) Front Swim 5m (1,2)<br>2) Front Swim 10m (3)<br>3) Front Crawl 15m (5)  |
| 5) 15m: 5 x 360 Degree Turns | 1) Surface Support Deep Water 20 sec (3)<br>2) Surface Support Deep Water 45 sec (4)<br>3) Tread Water 1 min (5)<br>4) Tread Water, deep water 1.5 min (6) |

# The Provincial Seal



In this section, we will:

- a) Learn how to teach the skills involved at the Provincial Seal Level
- b) Watch a video of these skills being performed
- c) Learn how these skills can be integrated into a swimming lessons program

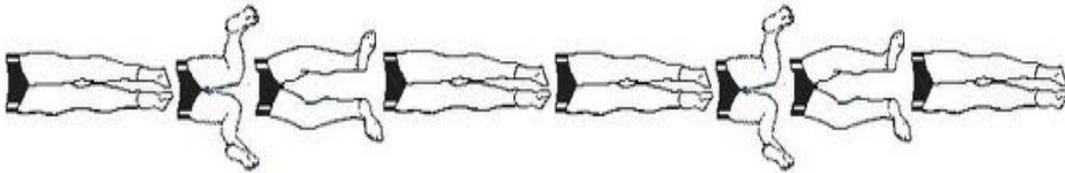
A) Now that your athletes have mastered the City Seal, they move onto the Provincial Seal Level. There is one particular skill that they will have to learn and that will be important for them throughout the rest of their Seal Certification and that is: WHIPKICK!!!! Make sure that they have a solid foundation in whipkick before progressing them through the stages.

Provincial Seal Skills:

- 1) 25m: Breaststroke
- 2) 100m: Freestyle
- 3) 15m with 5 transfers of the ball
- 4) 15m: 3 transfers + throws of the ball
- 5) 15m sliding with the ball

#### 1) 25 Meters of Breaststroke

This skill requires you to break the two motions up by kick and stroke. Focus on the whip kick first, then the arm motion will come later.



Coaching Tip: They can learn the kick anywhere. Often with whipkick it is best to teach it outside of the water or by having them hold on to the edge of the pool. The goal is to have their feet position correct (flex to point; see the above diagram), and then to make sure both their legs are working in tandem. Then add the arms. Show them the arm motion outside of the water and have them mimic it.

#### 2) 100 Meters of Freestyle

Coaching Tips: It's about style and not speed. Make sure they are using long strokes and pulling all the way through the water. Try not to make this scary for them. If they are getting tired while practicing, they can roll onto their back for a few seconds during the 4 lengths.

### 3) 15 Meters with 5 Transfers of the Ball

Like with the 360 degree turns in the City Seal Level, this skill builds on other skills they have learned. It focuses on coordination from the left side of their body to the right, or vice versa.

- They start by taking a few strokes
- Then they tread water while sculling with their bad hand
- While doing this motion, they pick up the ball underneath with their good hand
- Then transfer the ball to their other hand, and begin sculling with their good hand
- They should, after a few tries, be able to do this motion in reverse, resulting in them holding the ball in their good hand

### 4) 15 Meters: 3 Transfers + Throws of the Ball

Again this skill builds on the previous one and includes a very important part of a young person's physical literacy: Throwing!

Coaching Tip: When they throw the ball, after the transfer they transfer it back to their good hand, have them bring the ball as far back as possible and then release it as far forward as possible. This will teach them how to throw better.



### 5) 15 Meters Sliding with the Ball

This skill requires the ability to whipkick well.

Step 1) Have them hold the ball with their good hand

Step 2) Have them extend their other hand forward

Step 3) At the greatest point of extension, have them scull for a couple of seconds

Step 4) Then have them pull that same hand back towards their body

Coaching Tip: If they kick and pull their hand back at the same time, they will not go anywhere. Give them the order and tempo:



If they did all of these skills well, then they should be able to receive their Provincial Seal Certificate and Move onto the next level.

Again for examples of the skills, watch the videos online at [http://www.wpsask.ca/media\\_video.html](http://www.wpsask.ca/media_video.html)



Do you notice how some skills require different teaching styles. Think about teach whipkick. Can you name some of these styles?

Integration: They should be able to complete their Provincial Seal Certification by the time their complete the skills in their Red Cross Level 8.

| Provincial Seal                   | Red Cross Skill (Level)  |
|-----------------------------------|--|
| 1) 25m Breastroke                 | 1) Whipkick on back 10m (5)<br>2) Tread Water, deep water 1.5 min (6)<br>3) Whipkick on Front 15m (7)<br>4) Breastroke 15m (8) |
| 2) 100m Freestyle                 | 1) Distance Swim 50m (5)<br>2) Distance Swim 75m (6)<br>3) Distance Swim 150m (7)  |
| 3) 15m w/ 5 Transfers of the ball | 1) Tread Water, deep water 1.5 min (6)<br>2) Whipkick on Front 15m (7)<br>3) Breastroke 15m (8)                                |
| 4) 15m w/ 5 Transfers of the ball | 1) Tread Water, deep water 1.5 min (6)<br>2) Throwing Assist (7)<br>3) Whipkick on Front 15m (7)<br>4) Breastroke 15m (8)      |
| 5) 15m Sliding w/ a Ball          | 1) Whipkick on Front 15m (7)<br>2) Breastroke 15m (8)  |

# The National Seal



In this section, we will:

- a) Learn how to teach the skills involved at the National Seal Level
- b) Watch a video of these skills being performed
- c) Learn how these skills can be integrated into a swimming lessons program

At the National Level, building upon the skills learned in the previous level is key. Some overarching skills will be learned: physical literacy and coordination. Here are the skills learned at the National Seal Level:

- 1) 200m Crawl
- 2) 25m: Head up, 1 kick every 2<sup>nd</sup> arm
- 3) 25m: Head up, 1 kick each arm
- 4) 25m: Back, 1 kick each arm
- 5) 5 positive receipts & throws of the ball

### 1) 200m Crawl

The same tips apply from teaching how to swim 100m. It's about style and not speed. Make sure they are using long strokes and pulling all the way through the water. Try not to make this scary for them. If they are getting tired while practicing, they can roll onto their back for a few seconds during the 8 lengths, but try to encourage them to do this after they've completed at least 4 lengths.

### 2) 25 Meters: Head Up Freestyle with one whipkick every 2<sup>nd</sup> arm

Here they are starting to put different skills and motions together. Remember how important it was to learn whip kick in the Provincial Seal Level? This skill is all about coordination.

Coaching Tips: Show the tempo and order on the outside of the pool. This will help them with the coordination of things. If they are struggling, have them kick with the stroke that corresponds with the hand they throw with.

### 3) 5 Meters: Head Up Freestyle with one whipkick each arm

This requires an analytic teaching method, much like the previous skill, and it emphasizes coordination.

Coaching Tip: Each stroke, have them do a little scull to slow down the pace of their front crawl.

#### 4) 25m: Backstroke with one whipkick each arm

Essentially this uses the same teaching and learning skills as the previous two skills. The only difference is that it is done on their back. Make sure you show them the tempo and order on the outside of the pool. They may need to coordinate a whipkick with every 2<sup>nd</sup> stroke first.

#### 5) 5 positive receipts & throws of the ball

The first thing anyone needs to know is what a positive pass is. A positive pass is with the ball coming from the same side as a person's good hand. It is called positive because it is arriving from a person's "good side".

To do this skill, they need to incorporate treading water (or whipkick) and sculling with their other (non-throwing) hand. It is an inductive teaching skill in that the participants will learn as they repeat the skill; however, there are some tips that you can provide.

Coaching Tip: You want them to avoid falling on their back when they receive and release the ball. A trick to preventing this is for them to lean a little on their non-throwing side.

Have them go in a group of three and form three points in a triangle. If they are right handed, then the ball will be passed clockwise. If they are left handed, then the ball will be passed counter-clockwise.

If they did all of these skills well, then they should be able to receive their National Seal Certificate and move onto the next level. Again for examples of the skills, watch the videos online at [http://www.wpsask.ca/media\\_video.html](http://www.wpsask.ca/media_video.html)

Integration: They should be able to complete their Provincial Seal Certification by the time they complete the skills in their Red Cross Level 9.

| Seal Program                                      | Red Cross Skills (Level)   |
|---|--|
| 1) 200m Crawl                                     | 1) Distance Swim 150m (7)<br>2) Front crawl 50m (7)<br>3) Front Crawl 75m (8)<br>4) Distance Swim 300m (8) |
| 2) 25m: Head up, 1 kick every 2 <sup>nd</sup> arm | 1) Front crawl 50m (7)<br>2) Whipkick on Front 15m (7)<br>3) Breastroke 15m (8)<br>4) Breastroke 25m (9)   |
| 3) 25m: Head up, 1 kick each arm                  | 1) Front crawl 50m (7)<br>2) Whipkick on Front 15m (7)<br>3) Breastroke 15m (8)<br>4) Breastroke 25m (9)   |
| 4) 25m: Back, 1 kick each arm                     | 1) Whipkick on Front 15m (7)<br>2) Breastroke 15m (8)<br>3) Back Crawl 75m (8)<br>4) Breastroke 25m (9)    |
| 5) 5 positive receipts & throws of the ball       | 1) Whipkick on Front 15m (7)<br>2) Eggbeater/Tread Water 3mins (8)   |

# The World Seal



In this section, we will:

- a) Learn how to teach the skills involved at the World Seal Level
- b) Watch a video of these skills being performed
- c) Learn how these skills can be integrated into a swimming lessons program

Now that the participants have made it to the World Level, they will have to employ some really great coordination. Remember this physical literacy and coordination will help provide a foundation for the rest of their active life. The following skills are going to be learned in this section:

- 1) 400m Crawl
- 2) 25m: Butterfly Double Kick
- 3) 15s: egg beater, arms up
- 4) 50m: with a team mate, 2 slides + pass the ball
- 5) 5 positive receipts & throws of the ball

### 1) 400m Crawl

The same tips apply from teaching how to swim 200m. It's about style and not speed. Make sure they are using long strokes and pulling all the way through the water. Try not to make this scary for them. If they are getting tired while practicing, they can roll onto their back for a few seconds during the 16 lengths, but try to encourage them to do this after they've completed at least 8 lengths. They may want to split the 400m up in their mind by 100s or 50s. It is really whichever works best for them.

### 2) 25m Butterfly Double Kick

This skill uses 1 stroke of fly with 2 kicks. The focus here is on treading and sculling. They will already know how to whipkick, but they may have to learn the butterfly.

Coaching Tip for Butterfly: Allow them to keep their head up and orient them towards using their arms in tandem. You may need to set the order and tempo on the outside of the pool:



### 3) 15s: Eggbeater arms up

Eggbeater is a fine motor skill. Up until now, they have been using whipkick for most of their skills. Teaching eggbeater can often be as frustrating as learning it, but it does not have to be. You will find that

some will pick it up right away and some will take time. Have them practice outside the water, while sitting in a chair.

Step 1) Begin with the right leg and their knees spread apart

Step 2) Make sure the foot is flexed and not pointed

Step 3) Have them draw a circle, in a counter-clockwise direction, with the heel of their foot on the ground

Step 4) Once they are able to do this, then we worry about integrating the other side into the motion. Let them start as slow as they need.

Step 5) Then have them try with the left leg, drawing heel circles in a clockwise direction

Step 6) Then let them try to alternate from one heel circle on one side to the other, on the other side

Once they can do this, have them try in the pool. They may need to come back outside and try again on the chair.

They can start this motion with skull. Remember their feet must be flexed in order to be propelled upwards and not downwards. Once they are comfortable with eggbeater and sculling, convince them to try it with their hands out of the water and then with their arms out of the water.

4) 50m: with a team mate, 2 slides + pass the ball

The reason this is in the World Seal Level is because it requires all the skills previous to it plus a lot of coordination. Again, this is a skill that the participants will learn inductively: Let them try it their way.

Put them in couples. Both parallel to one another moving forward. One is on their front and one is on their back.

For the First 25m:

-The partner on the left (if she is right handed) is sliding with the ball, using the skill that we saw in the Provincial Seal Level.

-The partner to the right (if she is right handed) is doing backstroke with a kick every stroke that we saw in the National Seal Level.

-The partner on the left performs two slides and passes the ball to her partner.

-The partner to the right catches the ball, performs a 360 degree turn and slides with the ball and passes it back.

Coaching Tip: If they are having trouble timing the pass, have the passer on the right throw the ball when her partner is putting her non-catching hand in the water.

For the second 25m: Partners stay on the same side but change roles.

#### 5) 5 negative receipts & throws of the ball

The first thing anyone needs to know is what a negative pass is. A negative pass is with the ball coming from the same side as a person's non-throwing hand. They have to catch the ball and bring it across their face.

To do this skill, they need to incorporate treading water (or whipkick) and sculling with their other (non-throwing) hand. It is an inductive teaching skill in that the participants will learn as they repeat the skill; however, there are some tips that you can provide.

Coaching Tip: You want them to avoid falling on their back when they receive and release the ball. A trick to preventing this is for them to lean a little on their non-throwing side.

Have them go in a group of three and form three points in a triangle. If they are right handed, then the ball will be passed counter-clockwise. If they are left handed, then the ball will be passed clockwise.

If they did all of these skills well, then they should be able to receive their World Seal Certificate. Congratulations!!!!!!!

Again for examples of the skills, watch the videos online at [http://www.wpsask.ca/media\\_video.html](http://www.wpsask.ca/media_video.html)

Integration: They will complete World Skill after the 10<sup>th</sup> Level in Red Cross. They may need an extra session to wrap this up.

Seal Program

Red Cross Skills (Level)

|  |   |
|--|---|
| 1) 400m Crawl                                      | <ul style="list-style-type: none"> <li>1) Distance Swim 300m (8)</li> <li>2) Front Crawl 100m (9)</li> <li>3) Distance Swim 400m (9)</li> <li>4) Distance Swim 500m (10)</li> </ul> |
| 2) 25m: Butterfly Double Kick                      | <ul style="list-style-type: none"> <li>1) Whipkick on Front 15m (7)</li> <li>2) Breastroke 15m (8)</li> <li>3) Breastroke 25m (9)</li> </ul>  |
| 3) 15s: egg beater, arms up                        | <ul style="list-style-type: none"> <li>1) Eggbeater/Tread Water 3 mins (8)</li> <li>2) Travelling Legs only 3 mins (9)</li> <li>3) Dolphin Kick (vertical) (10)</li> </ul>          |
| 4) 50m: with a team mate, 2 slides + pass the ball | <ul style="list-style-type: none"> <li>1) Whipkick on Front 15m (7)</li> <li>2) Breastroke 15m (8)</li> <li>3) Back Crawl 75m (8)</li> <li>4) Sidestroke 25m (10)</li> </ul>        |
| 5) 5 positive receipts & throws of the ball        | <ul style="list-style-type: none"> <li>1) Whipkick on Front 15m (7)</li> <li>2) Eggbeater/Tread Water 3mins (8)</li> </ul>  |

Congratulations: You now have the capacity to try and teach these skills, once you try them in the water yourself.



What were the three skills that you think will be the hardest to teach?