

## Water polo testing

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### Introduction

Training qualified athletes is a difficult pedagogical process. Control of water polo training and competition is an important part of their training. Testing helps manage both the players and the team as a whole.

### Basic test

Special test in water polo:

1. Starting position – at the goal line – swim off to the center for the ball.
2. S.p. – swing the ball lying on the back, move by back forward to the side line, touch the side or edge.
3. S.p. – Vertical movement by ” swinging ” to the center of the field.
4. S.p. – shot at goal from the vertical position without touching water.
5. S.p. – dribbling from the center of the field (pool).
6. S.p. – push shot at goal from the 4 – meter zone.
7. S.p. – spurt with crawl-stroke to the left post.
8. S.p. – at the goal line – facing the field touch the left post with right hand and feet, then reach the right post with the left hand and repeat five times.
9. S.p. –swimming under the water from the right post to the 4-meter line, touch side line.
10. S.p. – raise from the water in the vertical position, touch 6 times the board, which is placed 1 meter 35 cm. above the water.
11. S.p. – spurt with crawl-stroke, raise from the water, 3 rolls forward to the center of the side line.
12. S.p. – vertical hold of the 5 kg. – Weight for 10 min. on the water surface.
13. S.p. – after holding the weight spurt crawl-stroke up to the goal line.

Test will be appraised according to the time. Penalty minutes:

- Rebound of the ball from the goal – 2 sec.
- Not touching the board once - 0.3 sec.
- Swimming under the water wasn't performed – 10 sec.

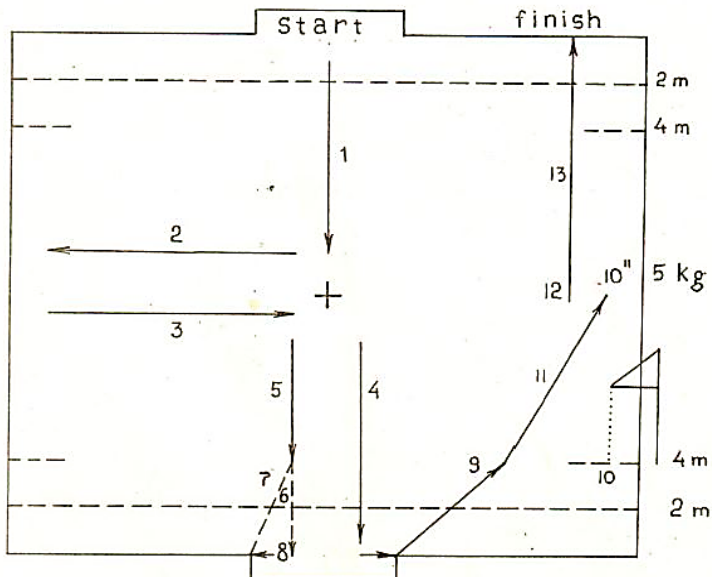
3 min. 25 sec. ----- ”5” (exc).

3 min. 35 sec. ----- ”4” (good)

3 min. 45 sec. ----- ” 3 “ (sat.)

3 min. 45 sec. and mire ----- ”2”)bad)

Testing normatives for  
special training



1. Swim-off for the ball to the center.
2. Swim lying on the back.
3. Vertical "swinging" –move by dribbling.
4. Shot at goal from the center.
5. Dribbling to the 4-meter zone.
6. Push shot from the 4-meter zone.
7. Spurt to the left post.
8. Circular swimming between the posts.
9. Swimming under the water from the right post to the 4 meter zone.
10. Raise from the water 6 times 1 m. 35 cm.
11. Spurt in crawl-stroke to the center, 3 rolls -360.
12. Hold 5 kg. – Weight for 10 sec.
13. Reach the final in the crawl-stroke to the goal side.

Testing normative for special physical training:

1. Pulling up the post – 8 times.
2. Pressing the belly – 30 times.
3. Arms stretching and bending from the floor – 10 times.
4. Squatting with the bar weight – 10 kg.
5. Rolling -3 forward, 3 backwards.
6. Circular running – 3\*10m.
7. Two-leg jumping over the bench -20 times.
8. Shot at the wall -20/20 times-2m.

9. Arms stretching and bending from the floor -15 times.

10. Circular running with dribbling – 3\*10.

The test will be performed if it is done in 3 min. if takes 3 min. 5 sec. the player should omit a game, if it takes 3 min. 10 sec. -2 games. If it takes 3 min. 10 sec. – 2 games. If it takes more than 3 min. 10sec. the player shouldn't be admitted.

Junior water polo players' anthropometric data - Average index of height

Age	Number of investigated players.	*		Rise
12	20	151*73	3 * 64	—
13	27	160*41	7 * 34	8 * 68
14	33	168*22	6 * 01	7 * 81
15	27	174*20	5 * 49	5 * 98
16	21	177*79	4 * 86	3 * 59

At the age of 13-14-15 the rise of height is noted and it is connected with synchronous development of junior water polo players their sexual maturity.

Average index of weight in 12-16 year old water polo players (in kg.)

Age	Numbers of investigated players	*		Rise
12	20	45 * 12	3 * 86	—
13	27	51 * 42	6 * 10	6 * 30
14	33	57 * 76	6 * 64	6 * 34
15	27	66 * 42	5 * 71	8 * 66
16	21	71 * 66	4 * 19	5 * 24

The table reveals that 12-16 year old junior water polo players permanently gain weight. At the age of 13-15 the index of gaining weight rises. From revealed result we can conclude that pubertal development period of the body has an influence either on weight and height. On the bases of pedagogical observation special training can be appraised by following exercises:

1) 5\*3 met. Goal, the sportsman is in the middle of the goal and touching the goal post with a hand due to the signal, he should move 5 times on the 5-meter zone in the middle of the zone with maximal speed and touching one or other goal post. Performing time is fixed.

2) 15 meter crawl-stroke. Swim off due to the signal, the sportsman swims 15 meter zone in crawl-stroke. Time is fixed.

3) 2\*10 – meter crawl-stroke. Swim off due to the signal. The sportsman swims 10 – meter zone in crawl-stroke style. Then he performs 180 spin and swims back 10 meters in the same swimming style.

4) 2\*10 meter trudgeo. Swim of due to the signal. The sportsman swims 10 meter crawl-backstroke, then performs a spin and swims backwards 10 meter trudgeo. Time of overcoming 10 meter distance in backstroke swimming and if the whole exercise is fixed.

5) 30 meter crawl-stroke, the same starting position, free-style swimming, time is fixed.

6) Raise from the water due to the signal. The sportsman jumps up from the water 10 times without stopping on right or left at the maximal height. Time of performing 10 jumps is fixed.

Appraisal of technical training in junior. Water polo players could be held due to the following tests

1) 15 meter dribbling. Due to the signal the sportsman overcomes 15 meter distance holding the ball with the hand. Time is fixed.

2) Long-distance shot. The task includes throwing the ball as far as possible. The ball should fall on 3 meter passage. The shot performed outside the passage will be invalid. Throwing distance is fixed.

3) Main standing shot 8 meter distance from the goal. Sportsman should pick up the ball due to the signal and in main shot score a goal into one of the goal corners.

4) Main shot without delay. The sportsman swims 3 meter zone and receives the ball which is 8 meter far from the goal, then he should shot the ball in main throw into one of the goal corners. Time is fixed.

5) 8 meter distance standing hand shot. The sportsman picks up the ball and in hangshot scores a goal into one of the goal corners. The shot precision is fixed.

6) Hangshotwithout delay. 3 meter spurt. Then the sportsman picks up the ball, which is on the surface 8 meter far from the goal and in hang shot scores the goal into one of the goal corners. The shot precision is fixed, when the shot is performed with precision the task is to score a goal into one of the goal corners. Hit in the corners 5 points, hit in the center of the goal 4 points, hit in the post 3 points, missed 0 points.

Appraisal of 12 years old water polo players' special swimming and technical training

Test	Apprised	3	4	5	Unit measurement	
5*3 metres in the middle of the goal .		14,6-13,9	13,2-12,5	11,8 -	sec	
15 metres crawl-stroke		14,0-13,3	12,6-11,9	11,2 -		
10 metres crawl-stroke		8,5-7,9	7,3-6,7	6,1 -		
2*10 metres crawl-stroke		17,6-16,6	15,6-14,6	13,6 -		
10 metres backstroke		9,1-8,6	8,1-7,6	7,1 -		
2*10 m. backstroke trugen		19,7-18,9	18,1-17,3	16,5 -		
30 metres crawl-stroke		27,5-25,6	25,7-21,8	19,9 -		
10 metres raise		18,5-17,8	17,1-16,4	15,7 -		
15 metres dribbling		14,0-13,3	12,6-11,9	11,2 -		
Long-distance shot		11,6-13,4	15,2-17,0	18,8 -		no points
Main standing shot		2,5-3,1	3,7-4,3	4,9 -		
Main shooting without delay		2,5-3,1	3,7-4,3	4,9 -		
Standing hang shot		2,9-3,4	3,9-4,4	4,9 -		
Hang shot without delay		2,8-3,3	3,8-4,3	4,8 -		

### Appraisal of 13 years old water polo players' special swimming and technical training

Test	Apprised	3	4	5	Unit measurement	
5*3 metres in the middle of the goal .		13,3-12,5	11,7-10,9	10,1 -	sec	
15 metres crawl-stroke		12,9-12,0	11,1-10,2	9,3 -		
10 metres crawl-stroke		7,8-7,3	6,8-6,3	5,8 -		
2*10 metres crawl-stroke		16,3-15,3	14,3-13,3	12,3 -		
10 metres backstroke		9,0-8,5	8,0-7,5	7,0 -		
2*10 m. backstroke trugen		16,9-16,2	15,5-14,8	14,1 -		
30 metres crawl-stroke		25,6-23,9	22,2-20,5	18,8 -		
10 metres raise		16,5-16,0	15,5-15,0	14,5 -		
15 metres dribbling		13,2-12,4	11,6-10,8	10,0 -		
Long-distance shot		16,1-17,3	18,5-19,7	20,9 -		no points
Main standing shot		3,0-3,5	4,0-4,5	5,0 -		
Main shooting without delay		3,0-3,5	4,0-4,5	5,0 -		
Standing hang shot		3,2-3,6	4,0-4,4	4,8 -		
Hang shot without delay		3,1-3,5	3,9-4,3	4,7-5,0		

### Conclusion

Training qualified athletes is a difficult pedagogical process. Sports training is focused on physical, technical-tactical, psychological, etc. Conditions the development. Water polo

training is an important element of training and competition. Step by step testing facilitates operational management of players as well as the entire team

#### References:

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### წყალბურთის ტესტირება დავით ყარანგოზაშვილი რეზიუმე

სტატიაში წარმოდგენილია წყალბურთელთა ტექნიკური და სპეციალური საცურაო მომზადების ტესტირები სკომპლექსური მიდგომები. 12 და 13 წლის სპორტსმენები წყალში ასრულებენ სხვადასხვა აქტუალურ ვარჯიშებს რაც მნიშვნელოვანია მათი წარმატებული საშეჯიბრო საქმიანობისათვის.

**საკვანძო სიტყვები:** ბავშვთა სპორტი, წყალბურთის ცოდნის თეორია და მეთოდოლოგია, ტესტირება.

### Тестирование водного поло Давид Карангозашвили Резюме

В статье представлены комплексные подходы к тестированию технического водного поло и специальной тренировки по плаванию. Спортсмены 12 и 13 лет выполняют различные тематические упражнения в воде, что важно для их успешной соревновательной деятельности.

**Ключевые слова:** детский спорт, теория и методология знаний водного поло , тестирование.

### Water polo testing David Karangozashvili Summary

In the article Complex approaches to testing water polo technical and special swimming training are presented. 12 and 13 year old athletes perform various topical exercises in the water, which is important for their successful competitive activities.

The article presents integrated approaches to testing technical water polo and special swimming training. Athletes 12 and 13 years old perform various thematic exercises in the water, which is important for their successful competitive activity.

**Key words:** children's sport, theory and methodology of water polo knowledge, testing.