

Lamorinda Water Polo Club
Long-Term Athlete Development
“LAMO WAY”

LTAD Program	FUNDamental 1	FUNDamental 2	Learn to Train	Train to Train	Train to Compete	Train to Perform
Chronological Age	8u	10u	12u	14u	16u	18u
General WP Age		1-2	3-4	5-6	7-8	9-10
Specific WP Age				1-2	3-4	5-6
Theme	Play	Participation & Passion	Athleticism & Practice	Build the Engine	Specialization 1	Specialization 2
Training Emphasis	Physical & Fundamental Skills	Attacking & Defending Skills	Dynamically Structured Training	System Preparation	Competition Preparation	On Demand Performance
Training/Comp. Ratio	100/0	90/10	80/20	70/30	60/40	40/60
L A M O W A Y	Critical Factors <ul style="list-style-type: none"> Swimming & Kicking Base Skills WP Base Movement & Ball Skills Catching, Passing & Shooting Skills Gain a feel for the water asap Learn to swim and play water polo programs together The development of physical literacy emphasizing the ABCs of athleticism: Agility, Balance, Coordination & Speed Appropriate equipment & rules Multiple sports & activities 	Critical Factors <ul style="list-style-type: none"> Continue to develop physical literacy (ABCs) Use games to develop strength, endurance & flexibility Continue to develop swim and water polo base skills together Important to learn base swimming & WP skills before introducing WP specific skills Individual attacking & defending skills Appropriate equipment & rules Multiple sports and activities Modified competition rules Keep it fun environment; ignite a passion for physical activity, sports and water polo 	Critical Factors <ul style="list-style-type: none"> One of the two key stages for athlete preparation Mastery of physical literacy (ABCs) Introduction of strength training with body weight & medicine balls Emphasize athleticism multi-positions & sports Dynamically structured practices Introduce classroom, leadership & psychological training Understand early, average and late developers Seasonal Training Plan Develop decision making skills with technical & tactical progressions Modified competition rules Keep it fun environment; ignite a passion for water polo and sports 	Critical Factors <ul style="list-style-type: none"> One of the two key stages for athlete preparation Optimal physical training connected to fundamental and technical training Build competition into training Aerobic training a priority Develop psychological, classroom & leadership training Strength Training Position Training Understand early, average and late developers Culture of the daily training environment Yearly training plan Student-Athlete College Planning Program ODP & National Team ID & Training 	Critical Factors <ul style="list-style-type: none"> Maximize physical preparation connected to Fundamental, Technical, Tactical Training Optimize preparation by modeling and rehearsing competition in training Psychological Training Strength Training Classroom Training Position Training Leadership Training Multi-year planning with a fully integrated training and water polo system Culture of the daily training environment Student-Athlete College Planning Program College, ODP & National Team ID & Training 	Critical Factors <ul style="list-style-type: none"> On demand high performance training regardless of circumstances or conditions Optimize all training, competition and recovery programs Psychological Training Strength Training Classroom Training Position Training Leadership Training Multi-year planning with a fully integrated training and water polo system Culture of the daily training environment Student-Athlete College Planning Program College, ODP & National Team Identification & Training