

WATER POLO

PENALTY SHOTS

What is a penalty shot?

A direct free shot on the goal from the 5 meter line. The goalie may protect the goal but no other players may be closer to the goal or within two meters of the shooter. A penalty shot is a result of a penalty foul.

When are penalty shots most commonly awarded?

- When a defender fouls an attacker with the ball to prevent a probable goal
- When the goalie puts the ball under water when tackled
- When a field player tries to block a pass or shot with two hands within five meters of the goal.
- When an excluded player interferes with the play

Who can take the penalty shot?

Any attacker in the water, except the goalie, may take the penalty shot. In casual play, the player who earns it usually takes it or indicates who should take it. In league play, there are often players designated to take the penalty shots in games.

How do you take a penalty shot?

When the ref signals, the shooter shoots the ball in one continuous motion. The shooter may start with the ball in their hand or on the water. The shooter may take any kind of shot, including backhand shots. Any break in the continuous motion of the shot will result in a forfeiture of the shot and a turnover of the ball.

How do you defend the penalty shot?

Two defenders line up next to the shooter at the posts. At the shot, the defender on the shooter's weak side moves to cut off the shooter. The defender on the strong side moves to cover the rebound. With a right handed shooter, the defender on the left lunges in front of him to inhibit the shooter from moving forward. The defender on the right swims forward to look to help the goalie recover the rebound.

The goalie has several options. They can a) pick a corner and commit to it at the shot, b) sweep out of the goal with both arms extended to the side covering as much of the goal as possible, or c) react to the shot, rather than guess. Scouting teams and noting shooter tendencies would also help the goalie to narrow down the area of the goal to cover. If the goalie is out of the water, any other player in the water may defend the shot in the goal, but without the privileges of the goalie.

IT'S OKAY TO PLAY IN THE WATER