

# WATER POLO

## OFFENSE: PICKS

What is a pick?

A pick part of the front court offense when one attacker positions himself in such a way that his teammate can swim past him but his teammate's defender cannot.

What is the objective of setting a pick?

The player that sets a pick is creating an opportunity for his teammate to get free to receive a pass.

Does the free man always receive the pass and shoot?

Usually the free man will receive the pass unless a better opportunity has opened up somewhere else. As the free man gets open, he should assess the situation and consider his options as he is looking to receive the ball. If he gets the ball, his legs are under him and there is a high percentage shot available, he should take it. There are many situations in which the free man should look to pass or set the ball. Even if there are only two seconds left on the shot clock, it is usually preferable to throw the ball into an isolated corner of the pool rather than take a low percentage shot.

How do you set a pick?

A pick requires two attackers. One attacker swims up to the other attacker's defender and stops adjacent to him with his head facing the goal. In order for it to be successful, the attacker setting the pick must position his body in such a way that the defender being picked must take the effort to swim around the attacker setting the pick. The reason that the man gets free is because swimming around takes so much time. To be effective, the free man must not swim until the pick is set.

What happens after the pick is set?

On offense, the free attacker must swim in the direction being blocked by the attacker that set the pick. There will be some defensive confusion. The defense will either try to muscle through or will try to cover up the open man by switching. If there is a switch, the man setting the pick usually has good position to drive into open water if the situation warrants it.

What are some situations where it is a good idea to set a pick?

- To allow a release pass when the defense is pressing and the ball is stuck
- To free a good shooter for a shot opportunity
- To reorganize the field while creating defensive confusion and attack opportunities

Is there ever a bad time to set a pick?

Generally, motion towards the goal being attacked is a bad idea when the shot clock is running out or it is clear that a shot is about to be taken. It is also important to be careful not to move into a position that brings a defender into the center. Remember that defensive confusion that was your friend on attack becomes a problem on counter so awareness is critical at the turnover.

**IT'S OKAY TO PLAY IN THE WATER**