

WATER POLO

REAR BACK SHOT OR RB

What is a rear back (shot)?

The RB is a midrange power shot off of the drive.

When is a RB most effective?

- When the driver has not managed to get inside position on his defender
- When the defender has overcommitted on the drive and is slightly ahead
- When the center attacker has absorbed a minor foul, has the ball and is ready to pass

Who can make a rear back shot?

Every player should work on this skill. Any player on the team may attempt this during a game but it must be one of many shots in your toolkit. Attackers should always drive for inside water. Failing at that, an RB may be a good option.

How do you make a rear back shot?

To set up the RB, the shooter must make a fast drive to convince their defender that they are a threat to get position on them. The shooter swims towards the cage with their head up and when he sees that his defender is even or has a lead on him, the shooter suddenly drops his hips and pops up (or, even better, up and back) to receive a pass from the hole set for an immediate shot. To be most effective, the shooter should time his drive when there is a foul at center. The shooter should also swim head up in order to see where the goalie is and to make eye contact with his hole set.

When should you not use a rear back shot ?

A rear back shot relies on the element of surprise. It is vulnerable to attack from both the front and the back. It is critical that the shooter is aware of the positioning of other team's defenders before calling for the ball. Also, never attempt an RB if you have achieved inside water as your defender will strip you of the ball as you go up to shoot. As with all shots, there are many circumstances that another pass is a better play than a shot.

How do you defend against the RB?

Awareness is critical. The primary defender of the shooter must attempt to attain position for a shot block immediately and call out for help. Nearby defenders should also attempt to foil the shot. Since this is an action shot from a drive, often there is an opportunity for nearby defenders to help as their men move to accommodate the driver.

IT'S OKAY TO PLAY IN THE WATER