

# WATER POLO



## WET SHOTS

What is a wet shot?

A wet shot is one in which the shooter has the ball on the water and shoots the ball in front of him without taking the ball behind his head.

When is a wet shot most effective?

When time and defense doesn't allow the shooter to pick up the ball

How do you make a wet shot?

Although there are several types of wet shots, they all have certain things in common. The shooter is always swimming towards the goal with their head up and the ball in the water in front of them. The wet shot is usually taken fairly near the goal because it doesn't have a lot of power so the shooter must be reasonably close to beat the goalie. The initiation of the shot is best if it is somewhat deceptive. The shooter either maintains a flutter kick or makes a big breaststroke kick as he starts the shot.

How do you make a screw shot?

Your strong arm enters the water after a stroke and instead of bringing it fully back, you scoop it underneath your body and pick up the ball. You rotate your hand as you lift the ball so that your elbow is by your ear, your thumb is down and the ball is in front of your face. Make a strong thrust forward to shoot the ball.

How do you make a tee shot?

Your weak arm enters the water after a stroke and instead of bringing it fully back, you scoop it underneath your body and lift the ball with your fingertips just above the surface of the water. As you pull your strong arm comes out of the water, you shoot the ball with your open hand.

When should you not use a wet shot?

If the shooter has enough time and is not closely guarded, he should pick up the ball, fake, move and try to create a good angle and a sure goal.

How do you defend against a wet shot?

The most important thing is to anticipate and prevent a situation that would allow an attacker to get inside water with the ball. Once that happens, it is hard to prevent a shot. The goalie is naturally cutting off shooter's angle and reducing his options. Defensively, any type of foul will likely result in a penalty shot - particularly fouls from the back. Put pressure on the shooter and attempt to strip the ball. Only make the foul if your team feels that it would stand a better chance to defend the goal in a penalty shot situation.

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