

# Join in the Fun this Term



## MODIFIED JUNIOR WATER POLO



## What is **Flippa Ball™**

**Flippa Ball™ is Australian Water Polo's National Junior Development Program that introduces boys and girls aged 6-12 years to the fundamentals of water polo.**

Flippa Ball™ is a fun and safe modified version of water polo. There are a number of differences to cater for the young players starting out. These are:

- 1 Players can stand and walk along the bottom of the pool provided they do not walk when in possession of the ball.
- 2 Players can use two hands to catch the ball, but can only pass or shoot with one.
- 3 Players are not allowed to contact any player in possession of the ball.
- 4 Players use a junior sized ball specifically designed for junior hands.
- 5 Players play for shorter periods and within a smaller playing field at the shallow end of the pool.

## What does the Flippa Ball™ program consist of?

- Fun Warm-ups
- Skilled Activities
- Modified Games
- Game Play
- Competitions

## Do you have to be a good swimmer to play Flippa Ball™?

No. Flippa Ball™ is played in the shallow end of the pool so participants may use the bottom of the pool to rest and feel safe.

## Program Benefits:

Flippa Ball™ is an exciting, aquatic team activity which highly promotes water confidence and helps to develop participants' water skills.

## Flippa Ball™ benefits include

- IT'S EXCITING!
- Helps develop teamwork and leadership skills
- Helps develop ball skills
- Fair and friendly competition
- Enables boys and girls to interact
- It's a fun and safe addition to a child's aquatic education
- Delivers all the benefits associated with sport and physical exercise.

All Flippa Ball™ programs are run by highly experienced and well trained water polo players from Tasmanian Water Polo.

## How to Get involved:

Can parents get involved?

Yes. Parent involvement is what enables junior sport programs to be successful. To find out how you can be a part of your child's Flippa Ball™ experience and for more information on our Flippa Ball Program or to reserve a place:

## Contact John Pankiw,

Flippa Ball Co-Ordinator  
Tasmanian Water Polo Inc.  
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## How to register for Flippa Ball™

Talk to John or Download registration forms on our website

[www.taswaterpolo.asn.au](http://www.taswaterpolo.asn.au)



**WATER POLO AN  
OLYMPIC SPORT  
SINCE 1900.**

