

Water Skyball in Europe Training of Trainers



Theoretical Training Course



Co-funded by
the European Union

Theoretical Training Course

Session 2

14th February, 2024



Agenda

Session 2 – topics to cover

1. Discussing the date of our TNPM in Poland
2. Discussion on sports today
3. Background and history of WSB
4. WSB rules – part 1
5. Q&A
6. Date of the next session

TNPM date in Poland

Proposed date:

10th-12th October

- The Polish team doublechecks the date with the swimming pool



Sports today

Questions to brainstorming and discussion

- What are the common attributes of today's most ball sports? How do you see them?
 - Need to have stamina and be fit, most of them are quite competitive
 - Contribution to the team spirit (if not individual sport)
 - Need special techniques how to deal with the ball
 - Need to have special equipment
 - Most of the have a center, so 2 sides are the same (except baseball, cricket)
- How sports affect us today, in the 21st century?
 - As a participant
 - Positive side: personal physical and mental improvement and health, good for promoting social inclusion, positive group experience, team building activity with the other teams too, healthy competitive spirit
 - Negative side: time consuming
 - As a spectator
 - Positive side: fun, wide participation, provides the sense of belonging
 - Negative side: could support aggression (hooligans and even parents)

Sports today

What do you think?

- What could be the needs of 21st century people towards sports today? How these needs changed in the last decades (due the changes in lifestyle and technical development)?
 - Adults:
 - Today they have to be attractive, fast, entertaining
 - Simple to understand (e.g. people say that baseball rules are complicated)
 - Less equipment or to adapt them to be more accessible
 - Less time-consuming, or shorter game durations
 - Virtual reality e.g. if you live alone – need in the technological area for sports
 - Publicity of the game, to let everyone know about it
 - Children:
 - They easily participate, but need to find the ways to continue participation, to keep them engaged – e.g. they drop out if the trainings are boring
 - Combine sports with other aspects of education, e.g. environmental education – so provide more benefits

Background and history – The needs behind WSB

The creator: Fontanus Scientific Research Center – developed as an educational method

Needs and idea behind WSB:

- A sport that develops both physical and mental skills
- Fun and fast-paced
- Safe to play, minimal risk of injury - aquatic medium and non-contact rule
- Rules balance out possible physical advantages – need to use the brain, not just the muscles
- Easy to learn rules – anyone can play together regardless of age or gender
- Develops attention – How?
 - Different rules than in most ball sports
 - Ball handling – only one hand in the midfield, no grabbing
 - Non-contact rule – need to keep 1 meter between the players
 - Orientation in aquatic medium + zone



Background and history – How a new sport is born



 Germany
 Greece
 Austria



1.		Myrmidons Myrmidons Water Skyball Unit
2.		Vikings Nordic Water Skyball Union
3.		Regnum Regnum Water Skyball Club
4.		Knights Knights Water Skyball Order
5.		Agapeus Agapeus Water Skyball Club
6.		Warriors Myrmidons Water Skyball Unit

7 national
championships



 Croatia
 Slovenia
 Poland



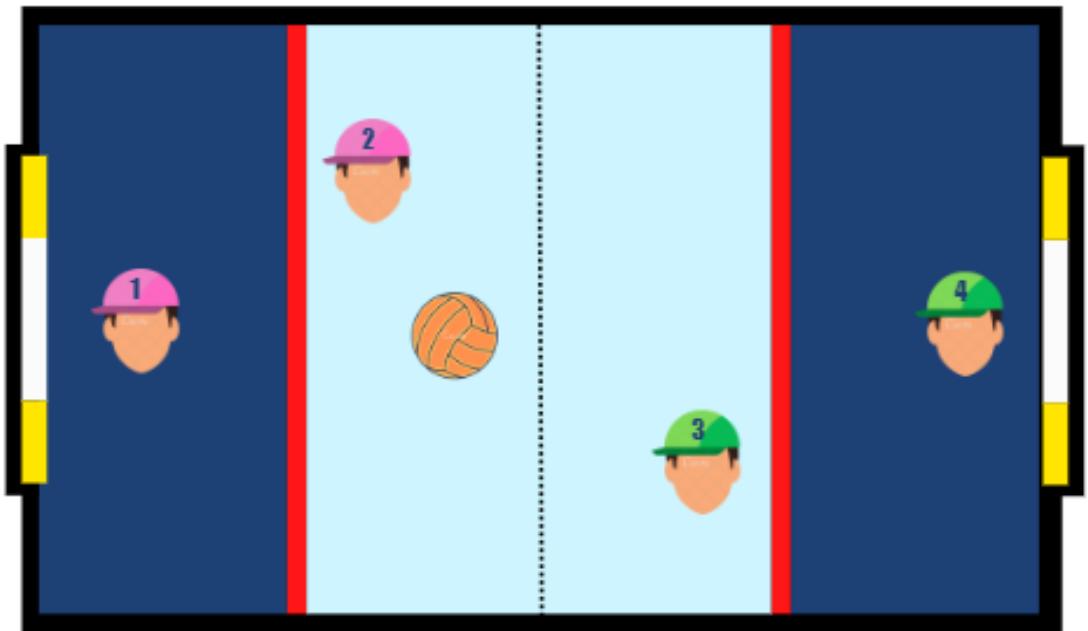
 Germany
 Slovenia
 Austria



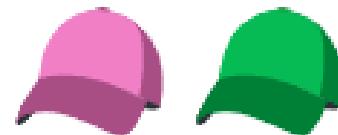
 Germany
 Greece
 Poland
 Romania

- Created by Fontanus Scientific Research Center
- 7 national championships
- 2020 and 2021 championships broadcasted
- Partnership with 7 European countries
- Partnership with 4 sports universities
- Training of WSB trainers in 5 countries
- WSB Roadshow in Florida in planning phase

WSB Rules – The Basics



2 teams



A unique ball



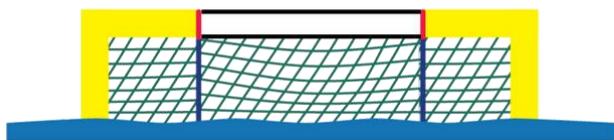
10 – 20 minutes



2 players per team



2 special goals



**The goal is to score
more points than
the other team.**



Water Skyball Player



Cap with a
number



long sleeve
compression
shirts



Aquatic
shoes



Short with a
number and team
logo



Most important rules

01

No Contact

02

Unique ball handling

03

**Zones and
positioning**

04

Different goal values

05

**Interception rules
to get the ball**

06

Additional rules

2 players per team

Q&A

