



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 them 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

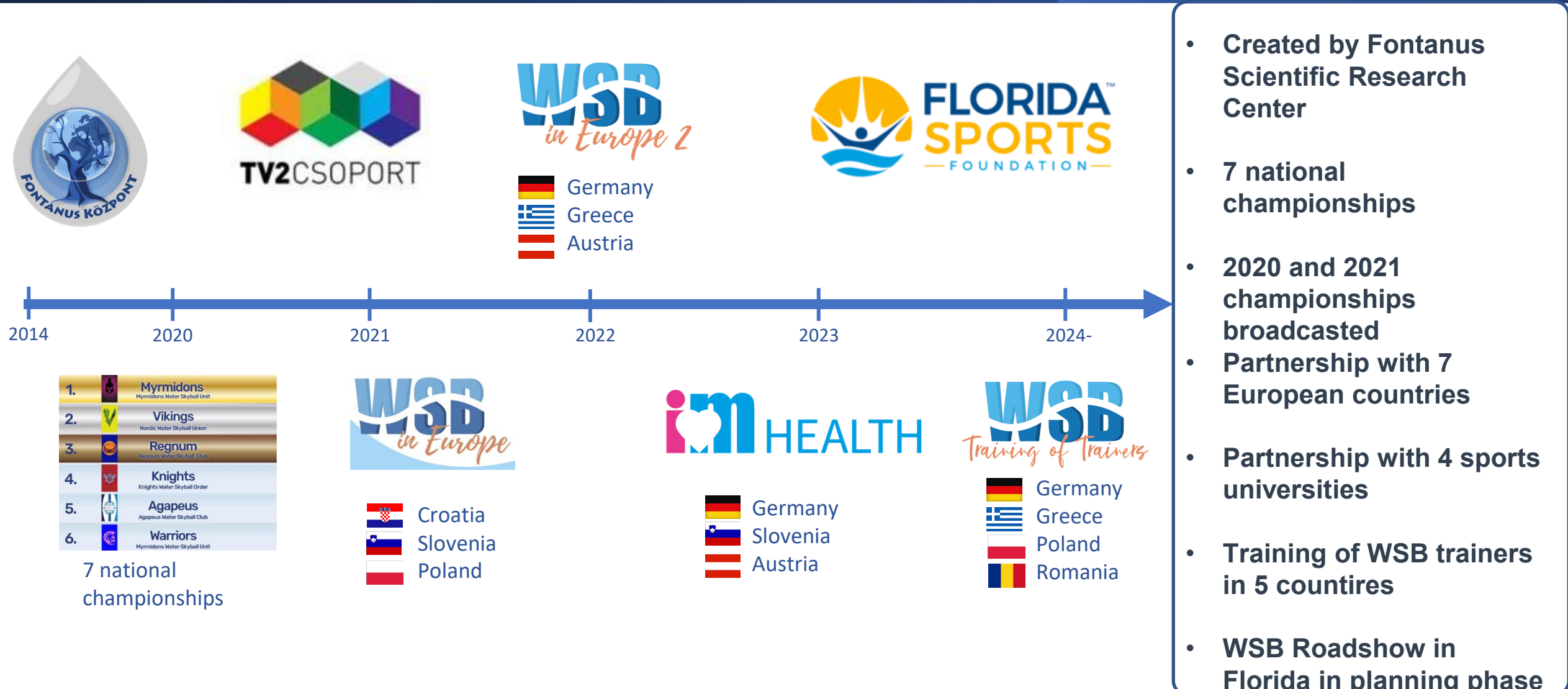
The creator: Fontanus Scientific Research Center – developed as an educational method

Needs and idea behind WSB:

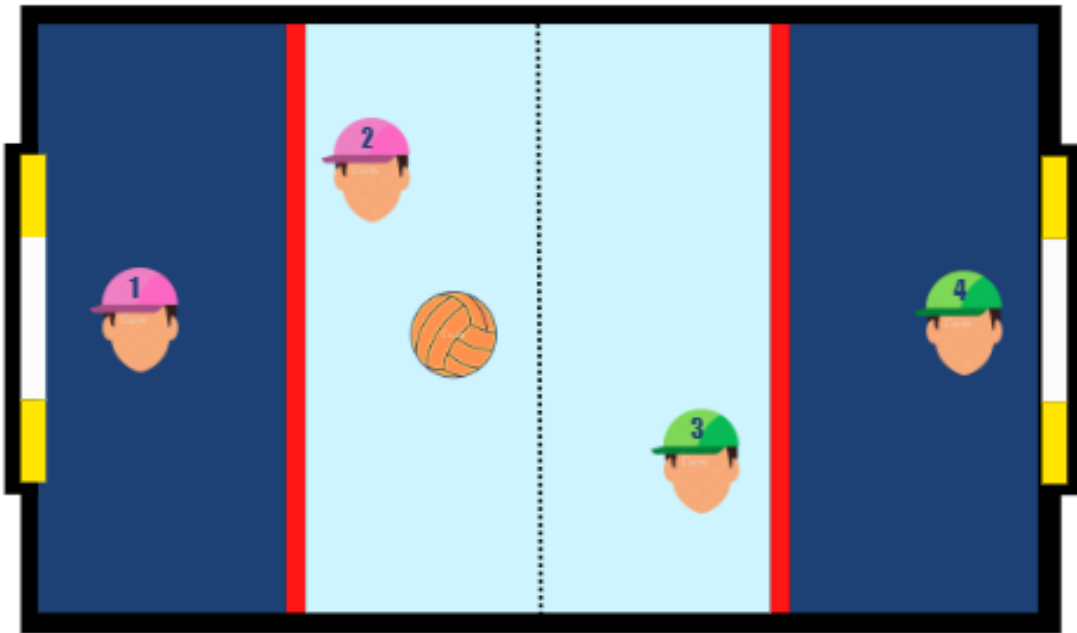
- A sport that develops both physical and mental skills
- Fun and fast-paced
- Safe to play, minimal risk of injury - aquatic medium and non-contact rule
- Rules balance out possible physical advantages – need to use the brain, not just the muscles
- Easy to learn rules – anyone can play together regardless 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



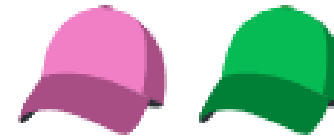
Background and history – How a new sport is born



WSB Rules – The Basics



2 teams



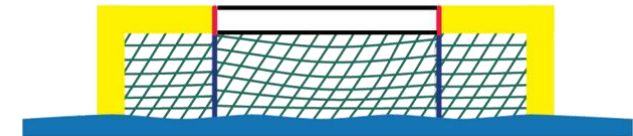
2 players per team



A unique ball



2 special goals



10 – 20 minutes



**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

2 players per team

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

Q&A

