

Book of exercises for WSB training method

(WP2_D2.3)

WSB in EU - ToT

ERASMUS+ Sport

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1. Introduction

The WSB-EU-ToT (Water Skyball in Europe – Training of Trainers) project was created in response to the rapidly changing needs and habits of today's society. As lifestyles and physical activity patterns evolve, traditional sports often no longer align with the interests or routines of modern individuals. There is a growing demand for innovative, accessible, and engaging physical activities—and Water Skyball (WSB), a new-generation, inclusive water sport, offers a unique answer to this need.

The core aim of the project is to improve the qualifications of trainers and sports professionals by introducing them to the methodology and philosophy of WSB. Through the development of high-quality educational materials, the project supports the integration of WSB into local sports communities across five partner countries (Hungary, Germany, Greece, Poland, and Romania). It also aims to raise awareness about the value of modern, adaptable training methods that better meet the expectations of the 21st-century population.

This Book of Training Exercises serves as a practical tool to support these goals. It provides a structured collection of exercises designed for skill development in WSB, both for beginners and for those advancing in the sport. These exercises are not only valuable for technical and tactical development, but also reflect the inclusive and ethos-driven nature of Water Skyball—promoting teamwork, agility, strategic thinking, and accessibility.

Whether used in grassroots sports events, coaching sessions, or physical education classes, this book contributes to the broader mission of the project: to bring WSB closer to people of all ages and backgrounds, and to empower trainers with innovative tools that support lifelong engagement in sport.



2. Structure of a 3-month-long training program

This chapter provides a structured, week-by-week breakdown of a 12-week Water Skyball training program designed to ensure effective skill development and gradual progression. The aim is to support trainers in delivering sessions that are clear, coherent, and pedagogically sound—enabling participants to understand, retain, and apply the core elements of the game.

Each week focuses on specific technical, tactical, or gameplay-related aspects of Water Skyball. The exercises have been arranged in a logical sequence where one builds upon the other, allowing for step-by-step learning and a continuous sense of development. This structure helps players internalize the fundamental components of the sport while steadily improving their overall performance.

Whether working with beginners or more advanced groups, this training framework serves as a flexible guide to teaching Water Skyball in an engaging, accessible, and effective way.



Table 1

| Week nr | Exercise type | Notes |
|---------|--|-------|
| Week 1 | Ball security and handling | |
| Week 2 | Movement in the water without ball | |
| Week 3 | Movement in the water with the ball (while handling the ball) | |
| Week 4 | Passes while standing still | |
| Week 5 | Passes while in motion | |
| Week 6 | Short range shots (action, center, penalty) | |
| Week 7 | Long range shots (sniper, dead-eye, q) | |
| Week 8 | Offense | |
| Week 9 | Defense | |
| Week 10 | Interceptions | |
| Week 11 | Tactics | |
| Week 12 | Tactics | |

3. Structure of the trainings

Each Water Skyball training session follows a clear and consistent three-part structure to support both physical preparation and technical development in a safe and engaging way. The three key components of every session are:

- **Warm-up** – preparing the body and mind for physical activity
- **Main part** – focused practice of technical and tactical elements of the game
- **Cool-down** – recovery and reflection to support long-term development

This chapter outlines the types of exercises used in each section, providing trainers with a versatile toolkit they can apply. The structure ensures that players are gradually and effectively introduced to the core components of Water Skyball, while also reducing the risk of injury and promoting a balanced training experience.

The repetition of this structure across sessions builds familiarity and confidence, allowing both beginners and more experienced players to engage with the sport in a supportive, well-organized learning environment.



Table 2

| | | |
|-----------|----------------------------|--|
| Warm up | Exercises on land | |
| | Exercises in water | |
| | Without ball | |
| | With ball | |
| Main part | Main exercises | |
| | Without ball, without ball | |
| | Explanation | |
| | Correction | |
| Cooldown | Stretching | |
| | Summary | |

4. Exercises and Training Conditions

This chapter presents a detailed collection of exercises used throughout the Water Skyball training sessions, grouped according to the three main phases of each session: **Warm-up, Main part, and Cool-down**.

Each exercise is described with key practical details to help trainers select and adapt them to different contexts and training goals. The descriptions include information about:

- **Environment** – whether the exercise is land-based or water-based
- **Movement type** – static or dynamic
- **Equipment use** – with or without the WSB ball
- **Participant format** – individual, pair, or team exercise

This structure allows coaches to build versatile and well-balanced training sessions tailored to the skill level and conditions of their group. The flexibility of the exercises ensures they can be applied both in introductory settings and in more advanced sessions, fostering continuous improvement and engagement with the sport.

Whether used as part of a full 12-week program or as standalone training tools, these exercises support the development of Water Skyball-specific physical, technical, and cognitive skills in a structured and enjoyable way.

Abbreviations:

- **L = on land**
- **W = in water**
- **ST = standing**
- **M = in motion**
- **B = with ball**
- **Ø = without ball**
- **S = single**
- **P = in pairs**
- **T = team**

5. Warm up exercises

| | | |
|--|----------------|--|
| Hold the ball in the palm | L, W, ST, B, S | |
| Throw the ball up and catch it with the same hand | L, W, ST, B, S | |
| Throw the ball up and catch it with your alternate hand | L, W, ST, B, S | |
| Throw the ball up and catch it with your alternate hand, clap while the ball is in the air | L, W, ST, B, S | |
| Carry the ball on your palm around the waist | L, W, ST, B, S | |
| With the ball being held next to your ear, throw the ball up and catch it using your palm | L, W, ST, B, S | |
| Same as the above while switching hands | L, W, ST, B, S | |



6. Warm up / main part exercises

| | | |
|---|-------------------|--|
| Running in place | W, ST, M, B, Ø, S | |
| Running in place doing high knees, Running in place heel kicks | W, ST, M, B, Ø, S | |
| Walking/Running from side to side without using the arms | W, ST, M, B, Ø, S | |
| Walking/Running from side to side while also using both arms at the same time (while guiding the ball on the water) | W, ST, M, B, Ø, S | |
| Walking/Running from side to side while also pulling alternately with the arm | W, ST, M, B, Ø, S | |
| Walking/Running around in a circle | W, ST, M, B, Ø, S | |

| | | |
|--|-------------------|--|
| Walking/Running around in a circle and turning around | W, ST, M, B, Ø, S | |
| Walking/Running along a straight line | W, ST, M, B, Ø, S | |
| Walking/Running from line to line | W, ST, M, B, Ø, S | |
| Walking sideways with a defensive arm posture / blocking arm posture | W, ST, M, B, Ø, S | |
| Stepping over / crossing over lines and back | W, ST, M, B, Ø, S | |



7. Main part

| | | |
|--|-------------------------|--|
| Jumping sideways | W, ST, M, B, Ø, S, P | |
| Jumps and hops | W, ST, M, B, Ø, S, P | |
| Hops in fighting stance | W, M, B, Ø, S, P | |
| Jumps from legs together to legs apart and back | W, M, B, Ø, S, P | |
| Jumping on both legs | W, M, B, Ø, S, P | |
| Step forward and jump from both legs | W, M, B, Ø, S, P | |
| Jumps from one leg | W, M, B, Ø, S, P | |
| Short passes / near passes | W, ST, B, P | |
| Long passes / far passes | W, ST, B, P | |
| Short passes / near passes moving back and forth, while keeping distance | W, M, B, P | |
| Long passes / far passes moving back and forth, while keeping distance | W, M, B, P | |
| Passes while moving sideways | W, M, B, P | |
| Walking from side to side while passing the ball back and forth | W, M, B, P | |
| Moving around in a circle | W, M, B, P | |
| Moving along a straight line | W, M, B, P | |

| | | |
|---|----------------|--|
| Moving from line to line | W, M, B, P | |
| Stepping over the line back and forth | W, M, B, P | |
| Jumps and hops | W, M, B, P | |
| Hopping in a fighting stance | W, M, B, P | |
| Jumps from legs together to legs apart and back | W, M, B, P | |
| Jumping on both legs | W, M, B, P | |
| Jumping on both legs after stepping forward | W, M, B, P | |
| Jumps from one leg | W, M, B, P | |
| Shooting | W, ST, M, B, P | |
| Shots from the midfield while the other is in front of the goal and blocks | W, ST, M, B, P | |
| Shots from the goalkeeper zone while the other is in front of the goal and blocks | W, ST, M, B, P | |
| Shots from the midfield while the other is in midfield and blocks | W, ST, M, B, P | |
| Shots from the midfield while the other is in front of the goal and blocks | W, ST, M, B, P | |
| "Monkey in the middle" game | W, M, B, T | |

8. Cool-down and stretching exercises

| | | |
|---|---------------|--|
| Arm and Side Stretch: Raise one arm overhead, lean gently to the opposite side to stretch the side of the torso and shoulder. Hold the stretch and switch sides. | L, W, ST, S | |
| Quadriceps Stretch: Stand upright, bend one knee and bring the foot towards the glutes, holding the ankle. Keep the knees close together. | L, ST, S or P | |
| Hamstring Stretch: Sit on the ground with one leg extended and the other bent. Reach towards the toes of the extended leg while keeping the back straight | L, ST, S | |
| Abdominal Stretch: Lie face down, place your hands under your shoulders, and push your upper body upwards into a “cobra” position, keeping hips on the ground | L, ST, S | |
| Shoulder Stretch: Bring one arm across your chest at shoulder height. Use the opposite hand to pull the arm closer to your chest. Keep shoulders relaxed. | L, ST, S | |



Trainers are encouraged to use the final minutes to highlight progress, acknowledge effort, and invite players to reflect on what they learned or enjoyed during the training. This simple practice reinforces a sense of achievement, builds team spirit, and helps players internalize both the physical and cognitive aspects of Water Skyball.

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