

# Water Polo

PARIS 2024

Paris Aquatics Centre, La Défense Arena

Event ☐ Medal ☒

## OBJECTIVE

Physically intense sport. **Two teams of seven players** hold and pass ball with one hand only, shooting at opposing goal – contact permitted with players in possession

## EGGBEATER KICK

Fundamental technique for treading water and retaining buoyancy

- Alternating circular movements of legs produce upward force that keeps swimmer afloat in vertical position
- One leg in power phase, while other leg recovers
- Faster motion enables greater propulsive force – keeping swimmer higher

Team in possession has 30 seconds to score or ball passes to opposition

Pool: 2m deep



**Maggie Steffens (USA)**  
Three-time gold medallist

Source: IOC

Pictures: Getty



GRAPHIC NEWS

Coloured buoys mark playing area

Centre mark

Game duration: 4 x 8-min periods

5m area  
Penalty shot for fouls inside area

Goal line

Floating goal  
3m wide, 0.9m high

Substitution area

2m area: Attacking player must have ball to enter

30m (men)  
25m (women)

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# The Complete Of Water Polo The Us Olympic Water Polo Teams Manual For

**S Ben Porath**



**The Complete Of Water Polo The Us Olympic Water Polo Teams Manual For:**

## Whispering the Secrets of Language: An Psychological Journey through **The Complete Of Water Polo The Us Olympic Water Polo Teams Manual For**

In a digitally-driven world where screens reign great and quick connection drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases usually go unheard. However, situated within the pages of **The Complete Of Water Polo The Us Olympic Water Polo Teams Manual For** a charming literary value blinking with raw thoughts, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, this enchanting opus invites readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the mental depths of the touching review, we will embark upon a genuine exploration of the book is core themes, dissect their fascinating writing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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