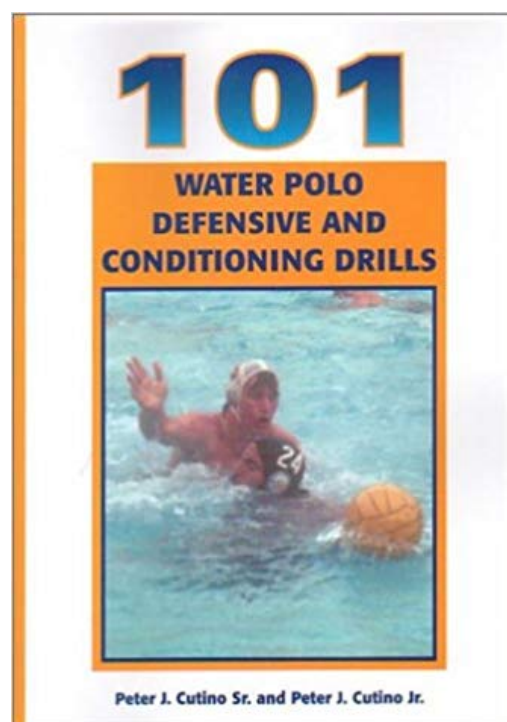


101 Water Polo Defensive and Conditioning Drills by Peter J. Cutino Sr, Peter J. Cutino Jr, Rosemary Cutino Topper



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Author: Peter J. Cutino Sr, Peter J. Cutino Jr, Rosemary Cutino Topper

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Features 34 conditioning drills, 11 individual defense drills, 8 two-meter defender drills, 6 defense against the counterattack drills, 15 team defense drills, 6 5-on-6 drills and nearly 20 goalie drills. Each drill is thoroughly explained, illustrated, and many are diagrammed to make them easy to understand and apply.



Reviews of the 101 Water Polo Defensive and Conditioning Drills by Peter J. Cutino Sr, Peter J. Cutino Jr, Rosemary Cutino Topper

Gtonydne

This book, along with "101 Offensive Drill," made up the core of my polo practices for years. The drills are immediately useful, and there is a wide variety. They are explained well, and you can see

immediate results. I've gifted a few of these books as well to coaches that have asked for advice.

Andrewyn

Good for drill ideas, also drills tend to teach a skill or strategy that can be major parts of the game. Some drills are very low level beginner, some are advanced. Good general drill book. Some picture diagrams are a bit confusing or don't really show how to execute in any great detail the skill.

Went Tyu

A great book with everything you need to know to get your team off on the right foot. All in all a good buy.

Eng.Men

Feeling refreshed and invigorated by some new drills. Love the progressive nature of the book with straight forward drills into more specific moves

Matty

Out of the 101 drills, I'd say there are about 51 good ones, 30 really good ones, and about 15 great drills. They have something for every level of player, and are explained in detail, with great illustrations. Definitely belongs on the shelf of anyone in charge of running a practice.

Whitebeard

Nothing wrong with the book. Just too elementary for my grandson. He is in highschool

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