



CALL US AT 800-231-8295

[home](#)

[swim](#)

[water polo](#)

[lifeguard](#)

[diving](#)

[catalog](#)

[order](#)

[contact us](#)

product guide

Speedo Swim Suits
 Tyr Swim Suits
 Nike Swim Suits
 Dolfin Swim Suits
 Grab Bag Suits
 Youth Swim Stuff
 Swim Caps
 Goggles
 Parkas
 Warm-ups
 Bags
 Shorts & Swim Trunks
 Sandals
 Swim Accessories
 Timing & Scoring
 Lane Lines
 Female Water Polo Suits
 Male Water Polo Suits
 Water Polo Caps
 Water Polo Balls
 Water Polo Ball Bags
 Water Polo Goals
 Water Polo Accessories
 Lifeguard
 Diving
 T-shirts
 Baseball Hats
 Specials
 Custom Stuff
 Team Packages
 Sizing Charts
 Swim Links
 Polo Coach's Clinic
 Polo Links
 Polo Photos

1996 USA Olympic Team

by Rich Corso, 1996 USA Olympic Team

Six-on-Five General Game Plan

1. Be smart, patient, and capitalize on our advantage.
2. Beat goalkeeper with the pass then the arm.
3. Communicate to teammates we have an extra man.
4. Always look and work for the quick shot -- move to a new passing shooting lane to free your arms. It is easier to score 1 on 0 than 6 on 5.
5. Spread offense 1 and 6, take an extra stroke away from the goal;
6. 4 and 5 men get away from each other, stay outside the post; 2 and 3 post break the line, stay on the post.
7. Careful with first pass. To score the quick you need a great first pass.
8. Read the defense and communicate. Call out all reads, changes and baits.
9. Go to your legs. Be ready for the pass and shoot.
10. Penetrate and get a commit from defense and goalkeeper.
11. Authentic fakes -- always look like a shooter, quick passes after the big fake.
12. Work to move the X2 defender across the goal and out of position. This man will tell you where the free man is.
13. If you are going to get knocked down, do not try to force a pass, simply turn and draw a foul. Protect the ball at all costs.
14. When red and/or coming even, we should have a cross court. Counter rotate to defense.

Standard 6-Man Defense Responsibilities

X1

1. Near Side - quick shot off pass from I spot. Put up strong side arm as ball arrives.
2. Weak Side - shot off fake from 1 spot. Maintain outside arm.
3. 6 to 2 pass when 2 is on or inside the 2 yard line.
4. NOTE: Do not allow the 2 man to sucker you towards center cage or towards 4. Communicate to X2 during sucker.
5. X3 defender's hips should be perpendicular to the shooting lane of the 1 and 6 men. When the ball is passed to the I or 6, defenders will have shooting lanes shut down.

X2

1. Diagonal pass from 5 to 2 or 4 to 3.
2. Strong side triangle pass to the post from 1 or 6.
3. Weak side shot from 1, 4, 5, and 6 - put up inside arm only if you can get there in time.
4. Communication is key. X2 must talk.

X3

1. Near Side - quick shot off pass from 6 spot. Put up strong side arm as ball arrives.
2. Weak Side - shot off fake from 6 spot. Match hands off the fake. NOTE: Match hands before you drop near side arm.
3. 1 to 3 pass when 3 is on or inside the 2 yard line. NOTE: Do not allow the 3 man to sucker you towards center cage or towards the 5 spot.
4. When a right hander is at 6, defender must take the quick away, the side arm shot. X3 must put arm out at an angle, not straight up, to take away side arm giving goalie time to get across.

X4

1. Use outside arm with the 4 man when he has the ball. Funnel back to center cage.
2. Deny the 2 pop and 2 out.
3. Fill the gap between 4 and 1 when 1 rotates into the pocket.
4. Fill the gap between 5 and 4 when 6 rotates into the pocket or if they run 3 out.

X5

1. Match hands with the 5 man when he has the ball.
2. Deny the 3 pop (particularly from 6) and 3 out.
3. Fill the gap between 5 and 6 when 6 rotates into the pocket.
4. Fill the gap between 4 and 5 when 1 rotates into the pocket or if they run 2 out. NOTE: First 5 seconds get back and work the back line. Do not float or drift to a defensive position. Bait cheat get a hand up, deny the quick and get a piece of the first pass.

800-231-8295

Torrance, California

St. Louis, Missouri

*Copyright © S&R Sport 2000. All rights reserved.
This Web site is optimized for 800x600 resolution.*



product guide

5 on 6 Strategies

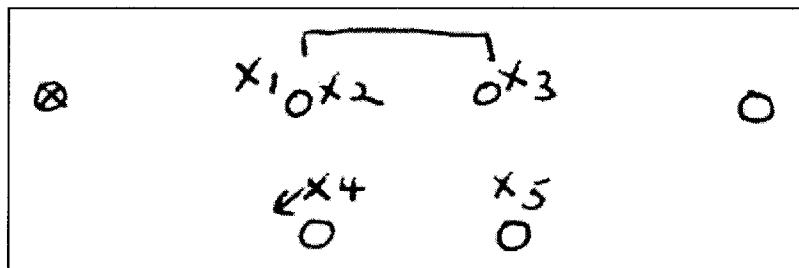
- Speedo Swim Suits
- Tyr Swim Suits
- Nike Swim Suits
- Dolphin Swim Suits
- Grab Bag Suits
- Youth Swim Stuff
- Swim Caps
- Goggles
- Parkas
- Warm-ups
- Bags
- Shorts & Swim Trunks
- Sandals
- Swim Accessories
- Timing & Scoring
- Lane Lines
- Female Water Polo Suits
- Male Water Polo Suits
- Water Polo Caps
- Water Polo Balls
- Water Polo Ball Bags
- Water Polo Goals
- Water Polo Accessories
- Lifeguard
- Diving
- T-shirts
- Baseball Hats
- Specials
- Custom Stuff
- Team Packages
- Sizing Charts
- Swim Links
- Polo Coach's Clinic
- Polo Links
- Polo Photos

Summary of Responsibilities - 5 ON 6

- X1 Take away near side shut off the cross from the one man.
Deny the 6 to 2 pass if 2 is on or inside the 2 yard line.
Communicate to X4 if 1 rotates into the pocket.
- X2 Deny the diagonal pass from 4 to 5 or the post.
Take away the high weak corner from the shooter.
Deny the near side triangle pass when the ball is at the 6 or 1.
- X3 Take away near side shot off the cross from the 6 man.
Deny the 1 to 3 pass if 3 is on or inside the 2 yard line.
Communicate to X5 if 6 rotates into the pocket.
- X4 Deny passes to the 2 post if 2 pops (outside the 2 yard line).
Pick up 1 if 1 rotates into the pocket.
Take away near side shot off the cross from 4 to 1 if 5 tries to shoot off the pass.
- X5 Deny passes to the 3 post if 3 pops (outside the 2 yard line).
Pick up 6 if 6 rotates into the pocket.
Take away near side shot off the cross from 4 or 1 if 5 tries to shoot off the pass.

Normal Five Man Defense - Individual Responsibilities

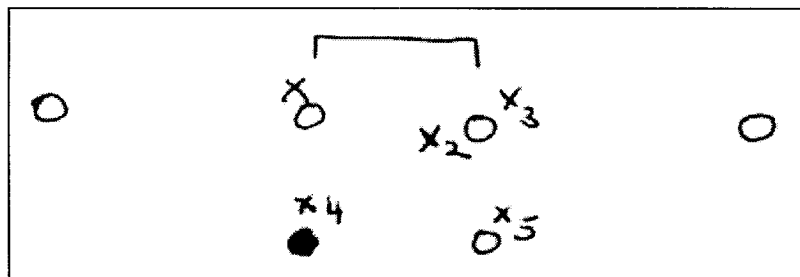
If ball is at 1:



- X1 Step back and take away the near side with your right arm.
If 1 starts to fake and attack, X1 must switch arms (left arm up) and knock down 1.
- X2 Right arm up -- try to take away high weak corner.
Deny the pass to the 2 post on or inside of 2 yards.
- X3 Deny the pass to the 3 post on or inside the 2 yard line.
Prepare to step back and deny a near side shot off the cross if 1 passes the ball to 6.
- X4 If there is a leftie at 2, X4 must deny the 1 to 2 pop pass.
If 2 is right handed, X4 should cheat into the passing lane from 1 to 4 and look for a steal or a foul at the 4 spot.
If 1 comes pocket, X4 must knock down.
- X5 Deny the pass to 3 if 3 comes out.
Read the one man's eyes -- look for a steal on a 1 to 5 or 1 to 6 pass.

Normal Five Man Defense - Individual Responsibilities

If ball is at 4:



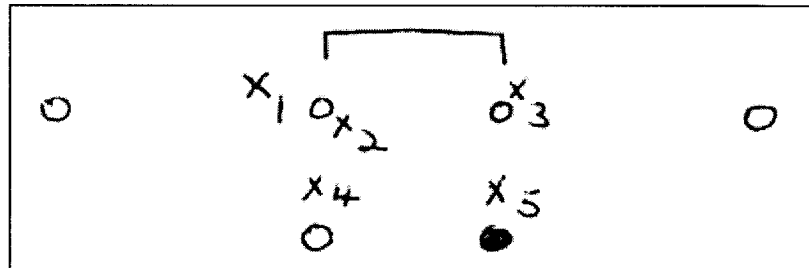
- X1 Deny the 4-2 pass, especially if 4 attacks center.
Prepare to step back and take away the near side if 4 passes the ball to 1.
- X2 Deny the diagonal pass from 4 to 3.
Prepare to slide to 2 if ball is passed to 1 or 5.
Right arm up to take away high-weak corner.
- X3 Help on the 3 post.
Prepare to take away near side with left arm if ball is passed from 4 to 6.
- X4 Match hands -- left arm up -- take away near side shot, especially off the pass from 6 or 5.
Knock down 4 if he walks in or if he is the other team's best shooter.

LEARN'S BEST SHOOTER.

- X5 Look to cheat and steal a pass to 5 or 6.
Read the eye of the 4 man.

Normal Five Man Defense - Individual Responsibilities

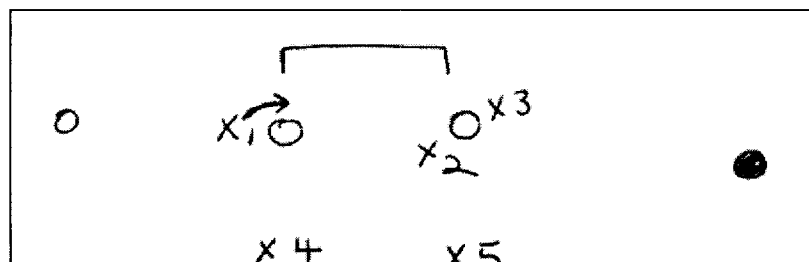
If ball is at 5:



- X1 Look to help on the 2 post.
Prepare to take away near side off the cross if ball is passed to 1 by stepping back with right arm up.
- X2 Deny the diagonal pass from 5 to 2.
Left arm up to take away high-weak corner.
Prepare to slide to 3 if ball is passed to 4 or 6.
- X3 Deny the 5-3 pass, especially if 5 attacks center.
Prepare to step back and take away near side with left arm if ball is passed to 6.
- X4 Look to cheat and steal a pass from 5 to 4 or 1.
Read the eyes of the 5 man.
- X5 Match hands -- right arm up vs leftie; left arm vs rightie.
Take away near side shot, especially of cross pass from 1 or 4.
Knock down 5 if he walks in or if he is the other team's best shooter.

Normal Five Man Defense - Individual Responsibilities

If ball is at 6:

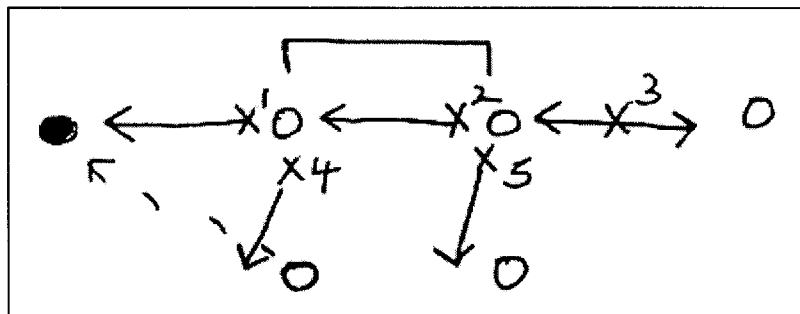




- X1 Deny the pass to the 2 post on or inside the 2 yard line.
Prepare to step back and take away the near side with your right arm if 6 passes the ball to 1.
- X2 Deny the 6-3 pass on or inside the 2 yard line.
Left arm up to takeaway high weak corner.
- X3 Step back and take away the near side with your left arm.
If 6 starts to fake and attack, match hands and knock down 6.
- X4 Deny the pass to 2 if 2 comes out.
Read the 6 man's eyes -- look for a steal on 6 to 4 or 6 to 1 pass.
- X5 Deny the pass to the 3 post if 3 pops or comes outside the 2 yard line.

● Rotation to Como

Rotate the first time the ball goes to 1.



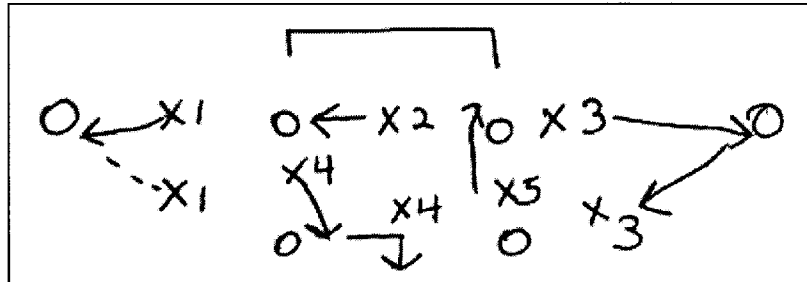
- X1 Anticipate the pass to 1; storms trying to arrive when the ball does for a steal or a foul. If the 1 man passed the ball, X1 must hustle back to the 2 man as quickly as possible.
- X2 When the ball goes to 1, X2 slides to cover the 2 man.
If 1 passes the ball, X2 may not leave the 2 man until X1 arrives to cover the 2 post.
When X1 arrives, X2 slides to cover the 3 post.
- X3 When the ball goes to 1, X3 slides to cover the 4 man.
If 1 passes the ball, X3 may not leave the 3 post

to storm 6 until X2 arrives to cover the 3 post.

- X4 Move into the passing lane to steal any pass from 1.
- & 1.
- X5 If ball is passed to 6, adjust to the passing lane in order to steal any pass from 6.

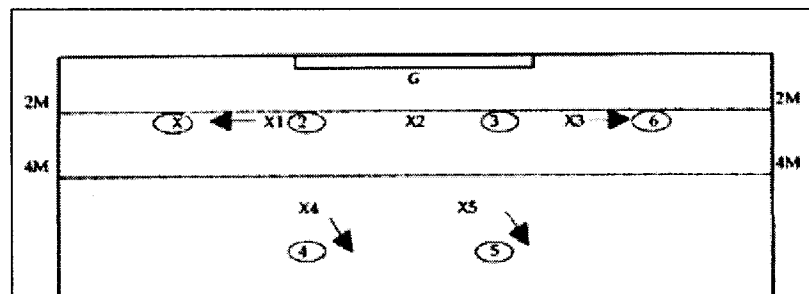
● Rotation to Spakoynoy Nochy

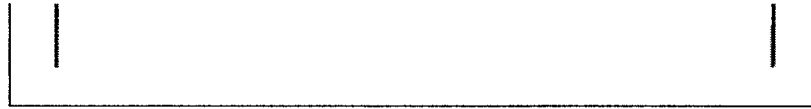
Rotate the first time the ball goes to 6.



- X1 Moves into the gap between 1 and 4 -- deny any cross pass from 6 or 5.
- X2 Slides to the 2 post -- defends man to man with left arm up taking away the high corner on the 2 post.
Boxes out 2 man in case of a rebound.
- X3 Moves on 6 man and then into gap between 5 and 6.
- X4 Moves to 4 man and then into gap between 4 and 5, looking to blind side 5.
Denies a shot to the 4 man especially off the cross from 5 or 6.
- X5 Takes away the 3 pop and then goes man to man on the 3 post with right arm taking away the high corner at the 3 post.
Boxes out the 3 man in case of a rebound.

● 5 on 6 --> Trap 6





When 1 receives the ball, X4 and X5 move out toward 4 and 5 and force a 1 to 6 pass. X2 plays towards 3 to cut off the inside pass from 1. The goalie must concentrate on stopping a 1-2 pass and backhand shot. X3 can cheat towards 6. X3 attacks 6 as he receives the ball. X4 and X5 fill the passing lanes from 6 for interception.

800-231-8295

Torrance, California

St. Louis, Missouri

*Copyright © S&R Sport 2000. All rights reserved.
This Web site is optimized for 800x600 resolution.*