



COURSES FOR COACHES



UNIT 1 - Initiation

COACHES INSITUTE

UNIT 1 - Initiation



WHO WE ARE?

Barcelona International Water Polo Academy (BIWPA) is an international water polo academy based in Barcelona, Spain, that combines high performance water polo and academic studies for athletes from different parts of the world.

Additionally, BIWPA offers team training camps, events and tournaments, water polo camps and courses for coaches.

More about [BIWPA >>](#)

COACHES INSTITUTE

Apart from the Academy for athletes, the BIWPA **Coaches Institute** focuses on training and preparation for coaches from all around the world.

We are committed to the academic training of coaches from the base as an essential part for a good development of the athletes and the sport.

Precisely, the implementation of a regulated training for all coaches has been one of the keys to the success of Spanish water polo in the last decade.

THE COURSES

We present a comprehensive education divided into **four units**, ranging from initiation to development, technification and high-performance.

We have designed a unique learning experience, fully adapted to the online environment, allowing faculty-student interaction.

The program is directed by **Quim Colet** and taught by a top-level team, pioneers in the education of coaches and with great expertise.

HIGHLIGHTS

UNIT 1 - Initiation



100% online

Coronavirus has changed the way we live. We provide real education from home with an efficient learning experience.



Recognized faculty

Courses offered by a team of experienced and highly qualified coaches, leaders in education for coaches worldwide.



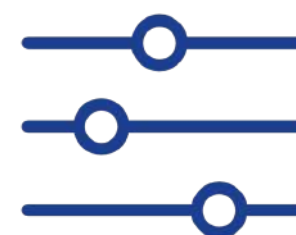
Officially certified

We partner with Federations all around the world to provide regulated courses that offer official certification.



Laying the foundations

Education of coaches has been one of the keys for the success of Spanish water polo and the development of its athletes.



Multiple units

For all levels, objectives and needs. We have designed a 360° learning experience from initiation to high-performance.

FACULTY MEMBERS

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Quim Colet - Director

More than 30 years of coaching experience in Spain. He took part in two Olympic Games and was the technical director of the Catalan Swimming Federation for 8 years. He is currently the Head Coach of the Club Natació Sabadell men's senior team, in the Spanish Honor Division.



F. Plana - Coordinator

Director of Methodology and Assistant Coach of CN Sabadell men's senior team. Ferran has been a key figure developing the courses for water polo coaches at the Catalan Swimming Federation and one of the main promoters of the regulated training for coaches in Spain.



Beto Fernández - Professor

Faculty member at the school of coaches of the Catalan and Spanish Federations. Graduated in Physical Activity and Sport Sciences. Head Coach of CN Mataró.

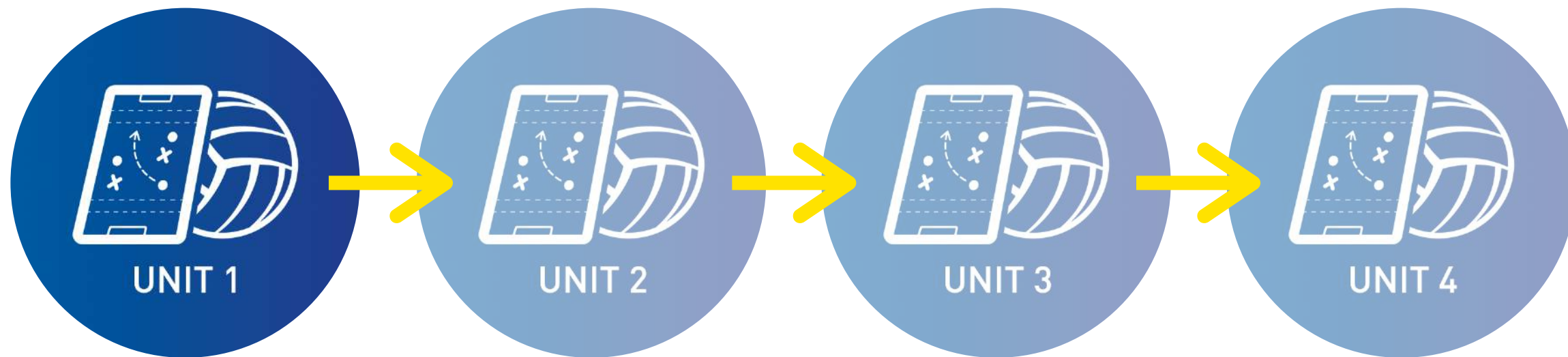


Yuri Colet - Professor

Coach with more than 10 years of experience, currently with the BIWPA Academy and CN Poble Nou men's senior team in the Spanish 1st National Division. BIWPA co-founder.

UNITS

UNIT 1 - Initiation



Initiation

Aimed at inexperienced coaches and future coaches seeking essential training and tools for initiation in the world of water polo.



Development and technification

For coaches who want to deepen their knowledge of water polo, in addition to learning more comprehensively and transversally specific aspects of training and technification.



High-performance

Aimed at technical directors and coaches with projection in international water polo.

METHODOLOGY

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"Online learning designed to meet high standards of education"



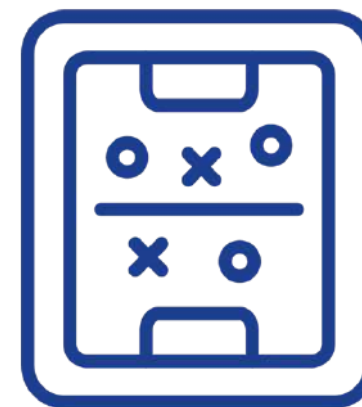
Content pills

Professors upload the content distributed by **pills** on an **online educational platform**. Every week, a new pill is unveiled: videos where the teacher conducts a presentation with visual slides.



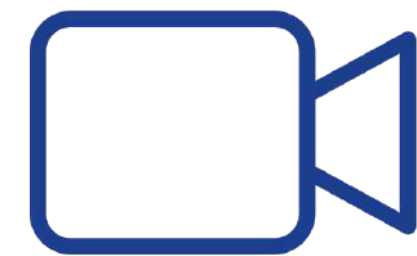
Remote classes

Weekly **live sessions** designed to discuss the content of every pill. During these sessions, students can interact with each other, ask questions directly to professors and share ideas.



Exercises

Every pill includes a number of **practical exercises** meant to challenge students and allow them to put the theory into practice.



Video support

Exclusive videos filmed with a **double vision camera** (outside and inside the water) to support part of the theoretical content. Videos show plenty of technical skills and are featured by professional players.

SYLLABUS

UNIT 1 - Initiation



PART 1: INTRODUCTION TO WATER POLO

1. General aspects of water polo
2. Basic rules
 - 2.1. Adaptation for young age groups
3. Sports facilities and material
4. Water polo dictionary (1)
4. Water polo dictionary (2)
5. Factors that define water polo:
 - 5.1. Collective game
 - 5.2. Game systems
 - 5.3. Mental preparation
 - 5.4. Theoretical preparation
 - 5.5. Physical preparation
 - 5.6. Individual game
6. Basic technique contents
7. Analysis and assessment of the technique
8. The training exercises
9. The training session

SYLLABUS

UNIT 1 - Initiation



PART 2: SCHEDULING DURING INITIATION

1. General aspects of the program
2. Stages of sports initiation:
 - 2.1. Control the aquatic environment
 - 2.2. Control individual skills
 - 2.3. Control the space
3. Final goals of the stage
4. Organizational and logistical aspects for initiation teams
5. Knowledge transfer: the coach
6. Promotion and scouting

CONTENT PILLS

UNIT 1 - Initiation

PART 1

- 1. General aspects of water polo
- 2. Basic rules
 - 2.1. Adaptation for young age groups
- 3. Sports facilities and material
- 4. Water polo dictionary (1)

Pill 1

- 4. Water polo dictionary (2)
- 5. Factors that define water polo:
 - 5.1. Collective game
 - 5.2. Game systems
 - 5.3. Mental preparation
 - 5.4. Theoretical preparation
 - 5.5. Physical preparation
 - 5.6. Individual game

Pill 2

- 6. Basic technique contents
- 7. Analysis and assessment of the technique
- 8. The training exercises
- 9. The training session

Pill 3

PART 2

- 1. General aspects of the program
- 2. Stages of sports initiation:
 - 2.1. Control the aquatic environment
 - 2.2. Control individual skills
 - 2.3. Control the space
- 3. Final goals of the stage

Pill 4

Pill 5

- 4. Organizational and logistical aspects for initiation teams
- 5. Knowledge transfer: the coach
- 6. Promotion and scouting

CALENDAR - 1st ED. 2022

UNIT 1 - Initiation



STREAM 1. INTRODUCTION - January 15

January 15 - 21

Pills 1 and 2

PART 1

Professor: Beto Fernández



STREAM 2 - January 22

January 22 - February 4

Pill 3

PART 1

Professor: Beto Fernández



STREAM 3 - February 5

February 5 - 18

Pill 4

PART 2

Professor: Beto Fernández



STREAM 4 - February 19

February 19 - March 4

Pill 5

PART 2

Professor: Beto Fernández



STREAM 5 - March 5

HOW TO REGISTER?

UNIT 1 - Initiation



STEP 1

Payment

Unit I has a **cost of 250€ per student**. The first step of the registration is to proceed with the payment:

1. Only requirement: be 16 years old.
2. Send the [registration form >>](#)
3. Complete the payment.

STEP 2

Access platform

Once the payment has been received, the student will get the user name and password by email, in order to **log into the eLearning platform**.

Students will be able to access all the contents through the platform, hand in exercises, interact with other students, chat with the professor, access the live sessions, and more!

STEP 3

Start

After receiving the welcome email with the access information to the platform, you just have to wait for the start of the course on **January 15, 2022**.

[REGISTER](#)

@biwpa



www.biwpa.com | cursos@biwpa.com