

Mini Polo

Grades 5-6

Mini Polo is a modified version of Water Polo designed for younger players, typically in Grades 5 and 6, as a step up from Flippa Ball and a bridge to full water polo. It introduces more structured gameplay while maintaining a fun and inclusive approach.

Competition Information

For:	Grades 5 & 6
Leagues:	Term 1 - Summer League
	Term 2 & 3 - Winter League
	Term 4 - Spring League
When:	Sundays 2:30 - 4:30 PM
Where:	Sacred Heart Aquatic Centre, Sacred Heart College, Glendowie
Grades:	A & B

For further information and to register



[Register Here](#)



[More Information](#)



Difference Between Mini Polo & Flippa Ball

	Flippa Ball	Mini Polo
Water Depth	Shallow (players can stand)	Deep (players must tread water)
Players	7 per team	6 per team
Ball	Size 2 (50-52 cm circumference)	Size 3 (54-56 cm circumference)
Contact	Minimal	Slightly more structured
Purpose	Introduction to water polo	Transition to full water polo

Key Features of Mini Polo

- ▶ **Deeper Water:** Played in water deep enough that players must tread water (unlike Flippa Ball, which is played in shallow pools).
- ▶ **Smaller Pool:** Typically played in half of a full-sized water polo pool.
- ▶ **Smaller Teams:** 6 players per side, depending on the pool size.
- ▶ **Shorter Games:** Matches are shorter to keep players engaged.
- ▶ **Basic Water Polo Skills:** Players learn eggbeater kicking (for treading water), passing, shooting, and teamwork.

