



# Water Polo Basics: All About Water Polo

*Gareth Balline*

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**Water Polo Basics: All About Water Polo** Gareth Balline

**Water Polo Basics: All About Water Polo** is a simple and easy-to-read book in which you'll discover top tips and practical advice to learn all about water polo including....

- Water Polo: A Brief History
- Rules
- Gear
- Conditioning
- Fitness for Water Polo
- Swimming Drills
- Passing Drills
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