

THAILAND AQUATICS ASSOCIATION (TAA)

WATER POLO TALENT IDENTIFICATION PROGRAM

Age Group: 14–18 years

Duration: 2 Days (30 – 31 January 2026)

Purpose: National Talent Selection and Long-Term Athlete Development

1. OBJECTIVE

The objective of this program is to identify and evaluate young water polo talents in Thailand aged 14–18 years through a structured, transparent, and practical testing system. The program assesses swimming abilities, cognitive capacity, technical skills, physical readiness, and game intelligence.

2. STRUCTURE OF THE TESTING PROGRAM

DAY 1 — SWIMMING & PHYSICAL ASSESSMENT

Swimming Test

Tests:

- 100 m freestyle (timed)
- 50 m freestyle (maximum speed)
- 4 × 50 m freestyle with 20 seconds rest

Evaluation Criteria:

- swimming technique
- body position and efficiency
- pace control
- recovery ability

Technical Test — Wall Shooting

Exercise: Shooting the ball against a wall from water for 30 seconds.

Evaluation Criteria:

- shooting technique
- accuracy
- coordination
- execution speed

Physical Fitness Test (Dry Land)

Exercises:

- Push-ups (maximum in 30 seconds)
- Plank (maximum hold time)
- Squats (maximum in 30 seconds)

Evaluation Criteria:

- strength
- endurance
- body control

DAY 2 — TECHNICAL & GAME ASSESSMENT

Technical Test — Wall Shooting

Exercise: Shooting the ball against a wall from water for 30 seconds.

Evaluation Criteria:

- shooting technique
- accuracy
- coordination
- execution speed

Physical Fitness Test (Dry Land)

Exercises:

- Push-ups (maximum in 30 seconds)
- Plank (maximum hold time)
- Squats (maximum in 30 seconds)

Evaluation Criteria:

- strength
- endurance
- body control

GAME ASSESSMENT

Game Performance Evaluation

Format: Small-sided games (3v3 / 4v4).

Evaluation Criteria:

- understanding of the game
- decision-making

- movement without the ball
- teamwork
- confidence in water
- discipline and coachability

COGNITIVE ASSESSMENT

Cognitive (IQ) Test

Format: Written or tablet-based test (15–20 minutes)

Includes logical reasoning tasks, numerical sequences, and attention exercises.

Evaluation Criteria:

- speed of thinking
- concentration
- ability to follow instructions

3. FINAL EVALUATION

Each athlete receives a comprehensive evaluation profile including physical, technical, cognitive, and game performance data.

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