



FONTANUS

SCIENTIFIC METHODOLOGICAL
RESEARCH AND EDUCATIONAL CENTER



INTRODUCTION ABOUT WATER SKYBALL TRAINING METHOD

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I.M.Health

ERASMUS+ Sport

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1. What is the Water Skyball?

Water Skyball (WSB) is an exciting water pair sport developed with special rules in Hungary. The game is played by teams of two against each other, in water, with a ball, to a goal - in that it is similar to other sports, unique in everything else. It has its special tools and rules, and it also has its unique ethos on which the organization of tournaments is built.

The rapidly spreading and increasingly popular game was created in 2014 by the Hungarian *Fontanus Scientific Methodological Research and Education Center*. The aim of the center was to create an educational method that can be played widely and by a wide range of ages, has a minimal risk of injury, and has a developmental impact in several areas. The original game has grown into a sport of its own in just a few years, and its popularity is growing rapidly year by year. In addition to various game demonstrations and amateur tournaments, official national championships have been held in Hungary since 2015, which are broadcast on national televisions.



2. Ethos

The ethos of Water Skyball is based on universal values such as fair play, respecting other players, will to win, constant pushing and exceeding of our own physical and mental limits. The tools, rules and the schedule of the championships were developed along these values –

that is to say, they were created so that contest, challenge and development are possible for every player.

One of the main rules for this new generation sport is the so-called non-contact rule. The point of it is that the players care for each other for the sake of protecting one another's, as well as their own safety. Because of the non-contact rule, there is a big emphasis on attention, tactics, quick thinking, cooperation of teammates, and all of this along with the serious physical load and excitement of competition during the championships, as well as in the intense contest during matches.

WSB is the common passion of all players, referees and coaches. Their common goal is constant development, both their own and of the sport itself. They train for the next season together, inspiring each other for better performance and to constantly increase the quality of the game. It is also part of the spirit of Water Skyball that both players, and referees aim to maintain the spirit while playing and refereeing the game, and their joint effort forge them into a team.



3. Theoretical background

The developer of WSB, Fontanus' research is focused, among other things, on the functioning of man, with special regard to its development. As part of this, they research the possibilities of physical and mental development in adulthood and childhood, and create publications based on these research, give lectures, and compile educational methodologies.

The theoretical background of the research results is summarized in three philosophical works by Balázs Török-Szabó: *The Theory* (2015), *The Theoretics* (2017) and *The Development Practice* (2020) books. The books elaborate on a new model of the functioning of consciousness, which is new on an international level, and also elaborate on human thinking, the intellect, the connections of these with the physical, mental and emotional level of the individual, as well as the development itself. Putting this model into practice, monitoring utilization and examining impacts is also an important part of Fontanus' research, in which we work together with our partner organizations.

The effects of playing Water Skyball on a regular basis have been investigated in several studies, based on the results of which, the WSB game is suitable for the development of many physical and mental skills and abilities. Spectacular development is not only observed at the physical level, but also present in the development of thinking. The specifics of the game, the rules and the framework of the competition not only allow but also encourage players to invent new moves, combinations, tactics, solutions in order to win, to recognize situations as quickly as possible and to decide, to constantly improve themselves and thereby also their competitors. From spatial vision to combinatorial skill to tactical sense and team thinking, there are several areas which are developed. Since it is also necessary to learn new movements in order to play the game as efficiently as possible, brain-nerve connections, nerve-muscle connections can be continuously developed, which - based on recent research - are also closely related to the development of thinking.

The goal of I.M.Health project is to further research the development impact of WSB, to further exploit the research findings, and to further disseminate Water Skyball.

4. Training method

The sport also includes a unique, research-based training methodology.

One of the key elements of the training method is that the movements belonging to the WSB are performed by the players in a special medium, in waist-to-chest high water. Factors arising from the fluid resistance of the water, firstly, impose a special load on the person performing the movement, as it requires a completely different muscle load to travel in water of a height of 100-120 cm, doing sudden starts and stops, rapid change of direction, throwing, jumping and other sports movements, that are unlike to any other sport. Secondly, bridging the transition between the two media is also a special element, as both the temperature difference (warmer air, cooler water) provides a special load on the body and the execution of continuous movements (e.g. throws supported by legs) can be learned and affect the player in a unique way. Thirdly, the aqueous medium minimizes the risk of injury. It follows from this, as well as from the non-contact nature of the sport, that the sport can be played by almost anyone, by any age group, even in mixed tournaments.

Water Skyball trainings

Water Skyball is healthy and natural for the human body, although it requires movements which may be viewed as special nowadays. Preparation consists of a combination of different types of movements and types of training, while taking into account the healthy and maximally balanced functioning of the body.

All these forms of training include:

- Special strength training in both water and land
- Technical and dexterity development training in water and land
- Technical ball handling and dexterity development training in both land and water
- Mental development training
- Combined rotational training alternating between land and water exercises
- etc.

The training related to the methodology allows approximately 12-20 people to work together. (All this can be increased to 30 in extreme conditions.)

WSB as an additional form of movement

Based on our research results, it can be said that the training method and Water Skyball itself has proven to be a great complement and even a development tool for many other sports. As a result of WSB training, the physical and mental development of the players was also reflected in their performance in their own sport.

WSB as rehabilitation

In addition, it has been found that water training methods alone develop basic skills and rehabilitate the human body.



5. The popularity of the sport

The popularity of Water Skyball has been growing rapidly year by year since its inception in 2014. Since the establishment of the Hungarian Water Skyball Federation, it has been organizing national Water Skyball tournaments every year, for which the number of competitors is constantly growing. The broadcasts of the tournaments on national television channels are attracting a growing audience. The road shows, which are held every year to promote the game, are extremely popular, with hundreds of people trying out the WSB on different beaches and road show venues every day. Although the player base is typically

composed of young players, all ages are happy to play, from the youngest children even to the retirees.

The international promotion of the sport and the search for international partners (whether cooperating in research or promotion) have recently begun.

