**Title of Paper (14pt., Bold, centered)**

Full Name First Author1, Full Name Second Author2, \* and Full Name Third Author3 (TNR 12pt., centered)

1Full affiliation name of first author, including country (in English, TNR 10pt.), 2Full affiliation name of second author, including country (in English), 3List all affiliations in the same way (in English)

\*Corresponding author

**ABSTRACT.**

Here write the abstract - 200 – 250 words in English! (TNR 12 pt. alignment in block, spacing 1,0) The abstract must include Introduction, Methods, Results, Discussion, Conclusions.

**Keywords:** Please provide 5 key words separated with comma, not included words from the title.

**INTRODUCTION** (TNR 12pt., bold)

### Although women’s water polo has a long tradition of over a hundred years at the Olympics it appeared first in Atlanta in 1996 as a demonstration sport and then in Sydney in 2020 as an official sport. Some findings characterize today's women's water polo as a high-intensity intermittent sport (Tan et al., 2009).

Throughout history, water polo has undergone major changes, and they have been most affected by the improvement of organizational conditions of training and competition, the development of training technologies, but also frequent changes in water polo rules (Hraste et al., 2013). Success in any sport, including water polo, depends on a number of factors such as morphological structure and structure, psychomotor traits, intellectual and emotional characteristics, personality traits, motivational structure, physiological and functional characteristics, technical and tactical knowledge, theoretical knowledge of water polo players and else (Hraste, 2021). There are a lot of tactical variants in attack and defense. In defense there are pressing, zone and combined defense, while in attack the team can rely on a quick transition, outside shot, play with one or two center forwards, etc. The team will develop some style of play according to their fitness and technical capabilities. In addition to adjusting the tactics according to one's own abilities, the tactics are also adjusted depending on the opponent, in a way that tries to annul the opponent's advantages and take advantage of the disadvantages. Differences between winning and losing teams in women's water polo emerged for duration of actions, number of players, passes, exclusions and penalties achieved, shots originating inside and outside the 5-m area, and occurrence of goals during the even situation; exclusions and penalties achieved, shots following up fake, and goals during the counterattacks; and passes, and goals during the power-play actions (Lupo et al., 2011). Several more researches have been conducted on how much certain factors affect the game of water polo, ie which elements of the game are key to achieving success in women's water polo. Takagi et al., (2005) based on data from 108 matches from the 2001 World Cup in water polo, factorized the structure of both men's and women's water polo games and found that out of 32 variables, only two determine the winner of a water polo match: the ability to realize counterattacks and players more and success in blocking and rescuing from the opponent's shots in a game with a player less. According Mirvic (2019) and García-Marín (2017) only unbalanced games are affected by technical and tactical aspects able to discriminate winning and losing performance in women's water polo. The game-related statistics were found to have a high discriminatory power in predicting the result of matches with shots and goalkeeper-blocked shots being discriminatory variables in women's water polo (Escalante et al., 2012).

The aim of this paper is to determine and explain the results and differences in technical and tactical efficiency in women's water polo. There is an assumption that top women water polo players will differ in some variables of technical and tactical efficiency.

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**METHODS (TNR 12pt., bold)**

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**RESULTS and DISCUSION (TNR 12pt., bold)**

The main text, (TNR 12pt., alignment in block, spacing 1,0)

Tables and figures should be numbered and references to them must be in the text. Acceptable labeling for a table is Tab.1 and Fig. 1 for a figure

Figure 1: Figure description (TNR 10pt., centered, italics)



Table 1: Table description (TNR 10pt., italics)

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**CONCLUSION (TNR 12pt., bold)**

The main text, (TNR 12pt., alignment in block, spacing 1,0)

**REFERENCES (TNR 12pt. bold)**

For each work shown in the list of references must be a reference in the text. All citations in the text and all references must meet APA styles (American Psychological Association 7th edition – more information http://www.apastyle.org/).

(Book style - Author, year. Title (in italics). Publisher, location of publisher.)

Snyder, P. (2008). Water polo for players & teachers of aquatics. LA Olympic Foundation.

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Lupo, C., Condello, G., & Tessitore, A. (2012). Notational analysis of elite men’s water polo related to specific margins of victory. Journal of sports science & medicine, 11(3), 516.

Royal, K. A., Farrow, D., Mujika, I., Halson, S. L., Pyne, D., & Abernethy, B. (2006). The effects of fatigue on decision making and shooting skill performance in water polo players. Journal of sports sciences, 24(8), 807-815.

(Online Sources style)

Vidmar, R. J. (August 1992). On the use of atmospheric plasmas as electromagnetic reflectors. IEEE Trans. Plasma Sci. [Online]. 21(3). pp. 876-880. Available: http://www.halcyon.com/pub/journals/21ps03-vidmar

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