

Organizer's Guide to FUNdamentals

Ages

Girls 6-8/Boys 6-9

Key Objectives

Continued development of movement skills with learning basic ultimate-related skills. Emphasis is on FUN! Focus on unstructured free play and limited structured practices/games.

Physical Activity Guidelines

- 60+ min/day of unstructured physical activity
- Participation in a wide range of activities to develop
 - Agility, balance, coordination, and speed (ABCs)
 - Running, jumping, and throwing (RJT)
 - Catching, passing, kicking, and striking with an implement (CPKs)
 - Kinesthetics, gliding, balance, and striking (KGBs)
 - Speed (linear, lateral and multi-directional)
 - Power and endurance through games

Psychological

- Introduce cooperation, teamwork, and basic decision-making
- Emphasize activities for developing skills, competence, and confidence over winning

Emotional Development

- Children compare themselves to others in all activities.
- Children drop out or give up if they see themselves as inferior in activities.

Intellectual Development

- Rapid language development
- Self-centered

Moral Development

- Children are influenced by what others think
- Children seek social approval.
- Children learn that playing by the rules benefits them.

Ultimate Specific Technical

- Practice fundamental movement skills before ultimate-specific skills
- Introduce skills in unstructured, multisport environment
 - Basic backhand/forehand grips and short/medium distance throws
 - Body positioning
 - Throwing without a mark
 - Stationary pancake catch
 - Step into pancake catch

Practice/Competition

- Unstructured skills challenges
- Emphasis on non-contact and for all to touch the disc
- Smaller discs
- 1 hour/week
 - School Sessions: 1-4 weeks
 - Club Sessions: 8-12 weeks