

# Organizer's Guide to Learn to Compete

## ***Ages***

Girls 15-18/Boys 16-19

## ***Key objectives***

Preparation for the competitive environment and performing under a variety of playing conditions; provide strong support network for continued development.

## ***Physical Activity Guidelines***

- Annual periodization
- Refine elements learned in earlier stages
- Understand importance of pre-habilitation, rehabilitation, rest, sleep, and nutrition
- Sufficient fitness and energy to manage training and competition in a healthy manner

## ***Psychological***

- Refine previously learned mental skills
- Players thrive on competition and love ultimate
- Players value competition and give 100% effort
- Players demonstrate confidence in game skills
- Players reflect after training and competition

## ***Lifestyle***

- Players learn to organize for travel
- Players refine rest, recovery, and regeneration strategies
- Life-long skills of fair play, dedication, integrity, etc.

## ***Emotional Development***

- Teens want to explore their own ideas
- Outside pressure to fit a role can cause confusion
- Parents/coaches living vicariously through a teen risk confusing the teen

## ***Intellectual Development***

- Abstract and hypothetical thought emerges
- Use of logical thought and deductions
- Systematic planning emerges

## ***Moral Development***

- Influenced by what others think
- Seek social approval.
- Learn that playing by the rules benefits them.
- Internal clash between following rules and knowing what is right (in some)
- Decisions based on higher ethical principles (in some)

## ***Practice/Competition***

- Players play a primary position and keep familiar with others
- Full-sized discs
- High school: ≤3 games/day, max 90 min games, 1-3 tournaments/season
- College/Club: ≤3 games/day, max 100 min games, 2-4 tournaments/season
- Practice: Competition ratio 40%/60%