

Organizer's Guide to Train to Compete

Ages

Women 19-21/Men 20-23

Key objectives

Integrate higher levels of physical conditioning with execution of advanced ultimate technical and tactical preparation. Consolidation of emotional, intellectual, and moral development.

Physical Activity Guidelines

- Focus on increasing quality and intensity of specific training.
- Emphasis on preventing injury through proper physical training.
- Refine all aspects of physical conditioning.

Psychological

- Optimal performance is a major objective but not at the cost of player development or SOTG.
- Enhanced performance through goal setting.
- Enhanced performance through focus on distraction, arousal, and activation controls.
- Enhanced performance through imagery and positive self-talk.
- Enhanced performance through self-assessment.
- Create situations to allow for player leadership and input into problem-solving.

Emotional Development

- Love (20-34): Long-term romantic relationships form; balance sport, family, work, school and social

Intellectual Development

- Abstract and hypothetical thought
- 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

- Position specific training
- Full-sized discs
- National tournament format: 3-4 games/day, 120 minute games
- International tournament format: 1-2 games/day over 5-7 day period
- 40% practice/60% competition
- Position specific training
- 1-2 practices/week, 2-3 weight sessions/week, 2-3 agility, speed sessions/week, 2-3 throwing sessions/week
- Season length: Annual with strategic breaks for recovery