

Organizer's Guide to Train to Play

Ages

Girls 12-16/Boys 11-15

Key objectives

Emphasis on teambuilding and group interactions; focus on training the complete ultimate player taking into account individual needs.

Physical Activity Guidelines

- Individualized fitness programs based on physical maturity and peak height velocity
- Basic core strengthening exercises
- Introduce basic strength training with focus on proper technique
- Develop proper jumping and landing technique
- Consolidate endurance, speed, and balance during sensitive periods

Psychological

- Refinement and practice of mental skills from Learn to Play
- Introduce self-reflection, pre-competition routine, and ideal performance state.
- Players learn to cope with mental challenges during competition
- Players take responsibility for training preparation
- Players bring consistent effort to training and games
- Players are involved in decision-making with the coach

Lifestyle

- Rest and sleep
- Healthy diet
- Importance of education
- Skin protection

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

- Children are influenced by what others think
- Children seek social approval.
- Children learn that playing by the rules benefits them.
- Internal clash between following rules and knowing what is right (in some teens)
- Decisions based on higher ethical principles (in some teens)

Practice/Competition

- Players play multiple positions
- No zone defense until high school
- League play: 1-2 games/week
- Full-sized discs for later stage players
- High school: ≤ 3 games/day, max 90 min games
- Middle school: ≤ 3 games/day, max 75 min games
- 60% practice/40% competition