

FUNdamentals

Ages

Girls 6-8/Boys 6-9

Key Objectives

Continued development and refinement of fundamental movement skills and starting acquisition of basic ultimate-related skills.

ABCs: Agilityⁱ, Balance, Coordination, Speed

RJT: Running, Jumping, Throwing

CPKs: Catching, Pushing, Kicking, Striking with an implement

KGBs: Kinestheticsⁱⁱ, Gliding, Buoyancy, Striking with the body

Emphasis is on FUN with free play encouraged and structured practices and games limited. Engaging activities focused on learning new skills.

Emotional Development

Competence (7-12): Children compare themselves to others in classroom & sport activities. If they judge themselves inferior in activities, they may drop out.

Learning to cooperate with others, make choices, and problem solve.

Intellectual Development

Pre-operational continues (2-7): Rapid language development; self-centered. May be challenged with abstract concepts (i.e., complex plays or multiple options). Improved concentration.

Moral Development

Conventional (7 to adulthood in some cases): Influenced by what others think of them; desire social approval; learn that playing by the rules is beneficial for all.

Athletic Development

Multisport activities

Outside free play and limited structure play should develop the following fundamental movement patterns. Emphasis is on creating fun, game-like environments for development.

First speed window of training.

Ultimate activities

Outside free play and limited structure play should develop the following fundamental movement patterns. Emphasis is on creating fun, game-like environments for development.

Small-sided activities introduced (3v3)ⁱⁱⁱ.

Learning to track flying disc.

Practice/Competition

Recommend equipment

Age-appropriate disc

Practice Guidelines

Throw and catch as long as the youth is interested.

Skills challenges

Competition

No formal competition; skills challenges.

Introduce basic ultimate rules and fair mindedness.

ⁱ Agility is defined as “...the use of perceptual-cognitive ability in combination with change-of-direction ability”. Change-of-direction involves decelerating and the re-accelerating with a change of route. (Haff and Triplett, 2016)

ⁱⁱ Kinesthetics refers to the sensation of movement and knowing where you are in space.

ⁱⁱⁱ As noted above, children at this stage may struggle when presented with too many options; small-sided games and activities reduce the options and decision-making.