

# 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: Agility<sup>1</sup>, Balance, Coordination, Speed

RJT: Running, Jumping, Throwing

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

KGBs: Kinesthetics<sup>2</sup>, 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)<sup>3</sup>.

Learning to track flying disc.

## **Practice/Competition**

### **Recommend equipment**

Age-appropriate disc

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<sup>1</sup> 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)

<sup>2</sup> Kinesthetics refers to the sensation of movement and knowing where you are in space.

<sup>3</sup> 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.

### ***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 fairmindedness.