

# Learn to Compete

## **Ages**

Girls 15-18/Boys 16-19

## **Key Objectives**

Preparation for a competitive environment. Perform ultimate-specific skills under various competition conditions.

Provide strong support network for continued development.

## **Emotional Development**

Fidelity: Teens want to explore their own ideas of who they are and how they fit in. Outside pressure to fit a role leads to confusion. Parents and coaches living vicariously through the teen risk leaving the teen confused.

## **Intellectual Development**

Formal operation stage: Abstract and hypothetical thought emerges; use of logical thought and deductions. Systematic planning emerges.

## **Moral Development**

Conventional: Influenced by what others think of them; desire social approval; learn that playing by the rules is beneficial for all.

Post-conventional (in some cases): Internal clash between following rules that clash with knowing what is right. How one's actions affect others. Decisions based on higher ethical principles.

## **Athletic Development**

### **Multisport activities**

Physical activity through free play and multisport participation.

Conditioning based on sensitive periods.

Mental skills training.

### **Ultimate activities**

Throws and catches in competition are highly consistent.

Consolidate skills like cutting and marking.

Introduction of zone defense.

## **Practice/Competition**

### **Equipment**

Cleats, cones, uniforms/pinnies

### **Practice Guidelines**

40% practice/60% competition

2-3 practices/week

1-2 weight sessions/wk; 2-3 conditioning sessions/wk

Season length 4-5 months; 2-3 seasons per year

Play a primary position and maintain familiarity with another.

### **Competition Guidelines**

High school

≤3 games/day, 90 min/game (max), 1-2 tournaments per season; 2 games in a row (max)

College/Club

≤3 games/day, 100 min/game (max), 2-4 tournaments per season; 2 games in a row (max)