

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)