

Learn to Play

Ages

Girls 8-11/Boys 9-12

Key Objectives

Acquisition of general sports skills and refinement of fundamental movement skills. Transfer of skills from practice to games.

Emphasize social interaction and teamwork.

Learn general ultimate skills and develop understanding of Spirit of the Game in fun, cooperative atmosphere.

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.

Intellectual Development

Concrete operational (8-11/12): Children can think logically about concrete objects and events; difficulty with abstractions. Enjoy repetition in activities.

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

Encourage participation in variety of sports and being physically active.

Warm up/cool down, stretching, basic nutrition/hydration, recovery, and mental preparation are introduced.

Body weight strength exercises.

Ultimate activities

Learn general ultimate skills and basics of Spirit of the Game and rules in a fun, cooperative manner.

Practice/Competition

Equipment

145g disc, shoes/cleats, uniforms/pinnies

Practice Guidelines

70% practice/30% competition

<10 hrs/week of practice

Season length 4-12 weeks

Focus on mastering skills

Equal playing time for all

Play all positions

Competition Guidelines

Small-sided games

No zone defense