

Train to Compete

Ages

Women 19-21/Men 20-23

Key Objectives

Transfer of skills and knowledge from practice to competition.

Integration of higher-levels of conditioning with technical and tactical preparation in competition.

Emotional Development

Love (20-34): Long-term romantic relationships formed; balancing sport, school, work, and family.

Intellectual Development

Formal operation stage (12+): Abstract and hypothetical thought emerges; use of logical thought and deductions. Systematic planning emerges.

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.

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

Being physically active.

Conditioning with weights and speed/agility training.

Ultimate activities

Application of mental skills.

Refinement of field awareness and decision-making with advanced game strategies.

Practice/Competition

Equipment

Cleats, cones, uniforms/pinnies

Practice Guidelines

40% practice/60% competition

1-2 practices/week

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

Season length Yearly with strategic breaks

Position-specific training

Competition Guidelines

College/Club

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

National Tournament Format

3-4 games/day, 120 min/game, 4.5 hrs max per day

2-4 tournaments per year