

Train to Play

Ages

Girls 12-16/Boys 11-15

Key Objectives

Place emphasis on teambuilding group interactions.

Focus on training the complete ultimate player with considerations for individual needs.

Emotional Development

Fidelity (13-19): 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 (12+): 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

Strength work using body weight.

Conditioning based on sensitive periods.

Physical activity through free play and multisport participation.

Ultimate activities

Better understanding of ultimate tactics and strategies.

Consolidation of learned skills and application to game situations.

Practice/Competition

Equipment

Age-appropriate disc, cleats, cones, uniforms/pinnies

Practice Guidelines

60% practice/40% competition

<14 hours/week

Season length 8-16 weeks

Play multiple positions

Competition Guidelines

League play 1-2x/wk

Middle school ≤ 3 games/day, 75 min/game (max)

High school ≤ 3 games/day, 90 min/game (max)

1-2 tournaments per season; 2 games in a row (max)

Modified field size

Small-sided games

No zone until high school