

# Train to Win

## **Ages**

Women 22+/Males 24+

## **Key Objectives**

Refine ultimate skills, physical conditioning, mental capabilities, and understanding of strategies as they evolve. Exhibit SOTG during high level 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**

Physical activity for recovery and during breaks.

### **Ultimate activities**

Full refinement and consolidation of all ultimate skills needed to succeed at the highest levels.

Players are largely responsible for their own individual physical and mental preparation.

## **Practice/Competition**

### **Equipment**

Cleats, cones, uniforms/pinnies

### **Practice Guidelines**

25% practice/75% competition

1-2 practices/week

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

Season length: Yearly with strategic breaks and players playing on multiple teams

Position-specific training

## **Competition Guidelines**

National Tournament Format

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

2-4 tournaments per year

International Tournament Format

1-2 games/day over 5-7 days

4.5 hrs max per day