

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