

Ultimate for Life

Ages

Ultimate for Life can be entered at any time.

Key Objectives

Continued experience with ultimate with added roles of organizer, observer, or coach.

Athletic Development

Multisport activities

Physical activity for recovery and enjoyment.

Ultimate activities

Refinement of learned skills. Continue mastery of skills.

Emotional Development

Caring (35 to 54): Reflection on life: satisfaction or regret. Satisfied adults want to “give back” to ultimate or society.

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.

Practice/Competition

Equipment

Cleats, cones, uniforms/pinnies

Practice Guidelines

Varies based on player interest.

Try all positions.

Competition Guidelines

Game duration 60-90 minutes

Field size varies based on number and age of players.

Format can vary from 7 v 7.

Game variations encouraged to meet facility availability and needs of the players.

Year-round, based on league dates.