

Parent's Guide to FUNdamentals

Ages

Girls 6-8/Boys 6-9

Key objectives

Emphasis is on FUN! Focus on unstructured free play and limited structured practices/games.

Continued development of movement skills with learning basic ultimate-related skills.

Youth...

- Compare themselves to others in all activities and seek peer approval.
- Drop out if they see themselves as inferior in activities.
- Rapidly developing language.
- Are self-centered.
- Are influenced by what others think.
- Learn that playing by the rules benefits them.
- Have short attention spans and must be kept active.
- Excited to try new activities.

Parents...

- Provide safe, supportive environment for learning and trying.
- Select trained coaches/instructors.
- Provide ample opportunities for free play.
- Encourage effort over outcomes.
- Provide equipment and opportunities to sample sports/activities.
- Encourage self-expression.
- Encourage interaction with peers.
- Introduce cooperation, teamwork, and basic decision-making.
- Emphasize activities for developing skills, competence, and confidence over winning.
- Can role model being active.

Physical Activity Guidelines

- 60+ min/day of unstructured physical activity
- Participation in a wide range of activities to develop
 - Agility, balance, coordination, and speed (ABCs).
 - Running, jumping, and throwing (RJT).
 - Catching, passing, kicking, and striking with an implement (CPKs).
 - Kinesthetics, gliding, balance, and striking (KGBs).
 - Speed (linear, lateral and multi-directional).
 - Power and endurance through games.

Lifestyle

- Teach basic nutrition, hydration, and sleep.
- Seasonal multisport participation with preferred sport 1-2x/week; other activities 3-4x/week.

Spirit of the Game

- Teach children to respect others.
- Safe, non-contact play
- Encouraging teammates and opponents

Practice/Competition

- Smaller discs, soft discs
- None, unstructured skills challenges
- Emphasis on non-contact and for all to touch the disc.
- Play as long as child is interested.
- 1 hour/week structured ultimate activity:
 - School Sessions: 1-4 weeks
 - Club Sessions: 8-12 weeks