

# Parent's Guide to Learn to Play

## **Ages**

Girls 8-11/Boys 9-12

## **Key objectives**

Acquisition of general sport skills and refinement of fundamental movement skills.

Transfer of skills from practice to games.

Emphasize social interaction and teamwork.

Learn SOTG and general ultimate skills.

## **Youth...**

- Compare themselves to others in all activities.
- Are excited to participate and perfect skills.
- Fear failure and may drop out or give up if they see themselves as inferior in activities.
- Can think logically about concrete objects and events.
- Enjoy repetitive activities.
- Have difficulty with abstractions.
- Are influenced by what others (peers) think.
- Seek social approval.
- Can accept responsibility.
- Learn that playing by the rules benefits them.

## **Parents...**

- Create an environment that encourages children to
  - Make decisions.
  - Develop confidence.
  - Develop concentration.
  - Develop skills.
  - Develop team spirit and relate to different groups.
- Select trained coaches/instructors.

- Teach children to enjoy the feeling of giving effort during an activity.
- Teach children to associate joy with effort and competition.
- Teach children the ability to take risks and accept failure as a part of sport.
- Provide variety of activities and opportunities to be active.
- Can role model being active.
- Can role model good sporting behaviors (e.g., cheering for all).

## **Lifestyle**

- Rest and sleep
- Healthy diet
- Importance of education
- Skin protection

## **Spirit of the Game**

- Teach basic rules of ultimate
- Emphasize love of the game
- Introduce managing emotions and communication skills
- Players demonstrate basic understanding of SOTG

## **Practice/Competition**

- 145 g disc
- Softer discs as needed
- 70% practice/30% competition
- Practice sessions
  - 1-2x per week
  - 1hr/session
  - Equal playing time for all
  - Players play all positions
- Competition
  - Focus on fun over results
  - 1 game/week
  - Adjust playing field size
  - Small-sided games
- Season length 4-12 weeks