

Parent's Guide to Train to Play

Ages

Girls 12-16/Boys 11-15

Key objectives

Emphasis on teambuilding and group interactions.

Focus on training the complete ultimate player taking into account individual needs.

Youth...

- Want to explore their own ideas.
- Feel outside pressure to fit a role that can cause confusion.
- May experience parents/coaches living vicariously through them and risk confusing the youth.
- Develop abstract and hypothetical thought.
- Use logical thought and deductions.
- Begin systematic planning and goal setting.
- Are capable of being responsible for their training preparation.
- Are capable of bringing consistent effort to practice and games.
- Are influenced by what others think and seek social approval.
- Learn that playing by the rules benefits them.
- Experience internal clash between following rules and knowing what is right (in some teens).
- May make decisions based on higher ethical principles (in some teens).

Parents...

- Select trained coaches/staff.
- Help youth create positive competitive mindset including effort and confidence.

- Help youth maintain balance and focus.
- Assist with time management especially in high school.
- Create environment where mistakes are okay and seen as part of learning.
- Create environment where youth are supported for trying new skill or tactic even if it fails.

Lifestyle

- Educate on cultural and lifestyle habits.
- Educate on self-management.

Practice/Competition

- 145 g disc at start of stage/175 g later
- Players play multiple positions
- 60% practice/40% competition
- Practice sessions¹
 - 1-2 practices/week
 - 1-2 weight sessions/week
 - 2-3 running/complementary sports sessions/week
 - 2-3 throwing sessions/week
- Competition Formats
 - High school
 - ≤3 games/day
 - max 90 min games
 - Middle school
 - ≤3 games/day
 - max 75 min games
 - League play
 - 1-2 games/week
- Season length: 8-16 weeks (indoor/outdoor combined)

¹ Sessions may be combined with one another.