

Coach's Guide to FUNdamentals

Ages

Girls 6-8/Boys 6-9

Key objectives

Continued development of movement skills with learning basic ultimate-related skills. Emphasis is on FUN! Focus on unstructured free play and limited structured practices/games.

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
- Practice fundamental movement skills before ultimate-specific skills

Psychological

- Introduce cooperation, teamwork, and basic decision-making
- Emphasize activities for developing skills, competence, and confidence over winning

Lifestyle

- Teach basic nutrition, hydration, and sleep
- Multisport participation with preferred sport 1-2x/week and other activities 3-4x/week
- Rotate activities seasonally

Emotional Development

- Children compare themselves to others in all activities.
- Children drop out or give up if they see themselves as inferior in activities.

Intellectual Development

- Rapid language development
- Self-centered

Moral Development

- Children are influenced by what others think
- Children seek social approval.
- Children learn that playing by the rules benefits them.

Spirit of the Game

- Teach children to treat others as they want to be treated
- Teach respect for others
- Safe, non-contact play
- Encouraging teammates and opponents

Ultimate Specific Technical

- Introduce skills in unstructured, multisport environment
 - Basic back/forehand grips and short/medium distance throws
 - Body positioning
 - Throwing without a mark
 - Stationary pancake catch

- Step into pancake catch

Practice/Competition

- None, unstructured skills challenges
- Equal opportunity and time for all to touch the disc
- Games that stimulate interest in disc sports
- Smaller discs