

# Coach's Guide to Learn to Compete

## *Ages*

Girls 15-18/Boys 16-19

## *Key objectives*

Preparation for the competitive environment and performing under a variety of playing conditions; provide strong support network for continued development.

## *Physical Activity Guidelines*

- Annual periodization
- Refine elements learned in earlier stages
- Understand importance of pre-habilitation, rehabilitation, rest, sleep, and nutrition
- Sufficient fitness and energy to manage training and competition in a healthy manner

## *Psychological*

- Refine previously learned mental skills
- Players thrive on competition and love ultimate
- Players value competition and give 100% effort
- Players demonstrate confidence in game skills
- Players reflect after training and competition

## *Lifestyle*

- Players learn to organize for travel
- Players refine rest, recovery, and regeneration strategies
- Life-long skills of fair play, dedication, integrity, etc.

## *Emotional Development*

- Teens want to explore their own ideas
- Outside pressure to fit a role can cause confusion
- Parents/coaches living vicariously through a teen risk confusing the teen

## *Intellectual Development*

- Abstract and hypothetical thought emerges
- Use of logical thought and deductions
- Systematic planning emerges

## *Moral Development*

- Influenced by what others think
- Seek social approval.
- Learn that playing by the rules benefits them.
- Internal clash between following rules and knowing what is right (in some)
- Decisions based on higher ethical principles (in some)

## *Spirit of the Game*

- Players demonstrate an advanced understanding and application
- Players exhibit positive SOTG in training and competition

## *Ultimate Specific Technical*

- Throws/catches in competition successful with a high degree of consistency
- Consolidation of advanced throws through training into competition
- Consolidation of cutting skills
- Refinement and consolidation of defensive skills

## *Ultimate Specific Tactical*

- Players show a thorough understanding of offensive and defensive strategies/tactics
- Introduce zone offenses and defenses
- Introduce transition from zone to one-on-one defense
- New offenses

## *Practice/Competition*

- Players play a primary position and keep familiar with others
- Full-sized discs
- High school:  $\leq 3$  games/day, max 90 min games, 1-3 tournaments/season
- College/Club:  $\leq 3$  games/day, max 100 min games, 2-4 tournaments/season
- 40% practice/60% competition
- 2-3 practices/week, 1-2 weight sessions/week, 2-3 speed/agility sessions, 2-3 throwing sessions
- Season length: 4-5 months, 2-3 seasons/year
- Adequate recovery throughout the year