

Coach'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.

Physical Activities Guidelines

- Introduce hopping and bounding for strength and power.
- Develop strength training with body weight exercises
- Develop endurance through games and play.
- Develop speed with agility-focused activities and change of direction.
- Develop flexibility through exercises.

Psychological

- Create an environment that encourages children to
 - Make decisions
 - Develop confidence
 - Develop concentration
 - Develop team spirit and relate to different groups
- 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

Lifestyle

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

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

- Children can think logically about concrete objects and events.
- Enjoy repetitive activities.
- Difficulty with abstractions

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

Ultimate Specific Tactical

- Introduce on field communication
- Introduce space and field sense
- Introduce offense to defense transition
- Introduce offensive stacks, resetting the disc, swinging the disc, and set plays
- Introduce one-on-one defense and help defense (no zone defense)

Ultimate Specific Technical

- Introduce a variety of throws and throwing strategies
- Introduce advanced catching
- Introduce cutting and marking

Practice/Competition

- Smaller discs
- Small-sided games, 20-30 minute duration
- Equal playing time for all
- Players play all positions
- 70% practice/30% competition
- Sessions: 1 hour/1-2x/week
- Season length 4-12 weeks