

# Coach's Guide to Train to Compete

## *Ages*

Women 19-21/Men 20-23

## *Key objectives*

Integrate higher levels of physical conditioning with execution of advanced ultimate technical and tactical preparation. Consolidation of emotional, intellectual, and moral development.

## *Physical Activity Guidelines*

- Focus on increasing quality and intensity of specific training.
- Emphasis on preventing injury through proper physical training.
- Refine all aspects of physical conditioning.

## *Psychological*

- Optimal performance is a major objective but not at the cost of player development or SOTG.
- Enhanced performance through goal setting.
- Enhanced performance through focus on distraction, arousal, and activation controls.
- Enhanced performance through imagery and positive self-talk.
- Enhanced performance through self-assessment.
- Create situations to allow for player leadership and input into problem-solving.

## *Lifestyle*

- Monitor training to avoid overtraining.
- Set goals with team.
- Work with players to balance work, school, social, and sports.
- Work with players to assume responsibility and accept consequences of actions.

## *Emotional Development*

- Love (20-34): Long-term romantic relationships form; balance sport, family, work, school and social

## *Intellectual Development*

- Abstract and hypothetical thought
- 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*

- Provide players chances to practice SOTG with scenarios and conflict resolution techniques.
- Players demonstrate sophisticated application of SOTG.

## *Ultimate Specific Tactical*

- Refine field awareness.
- Refine decision-making skills while applying advanced game strategies.

## *Ultimate Specific Technical*

- The player is able to correct and refine advanced offensive and defensive skills.
- The player is able to complete throws and catches consistently in competition.

## *Practice/Competition*

- Position specific training
- Full-sized discs

- National tournament format: 3-4 games/day, 120 minute games
- International tournament format: 1-2 games/day over 5-7 day period
- 40% practice/60% competition
- 1-2 practices/week, 2-3 weight sessions/week, 2-3 agility, speed sessions/week, 2-3 throwing sessions/week
- Season length: Annual with strategic breaks for recovery