

Coach'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.

Physical Activity 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

- 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

- Children are influenced by what others think
- Children seek social approval.
- Children learn that playing by the rules benefits them.
- Internal clash between following rules and knowing what is right (in some teens)
- Decisions based on higher ethical principles (in some teens)

Spirit of the Game

- Focus on BE CALM strategies
- Taking responsibility for actions

Ultimate Specific Technical

- Introduce advanced passes and throwing
- Recognize defenses and adapting
- Boxing out

Ultimate Specific Tactical

- Introduce forcing/holding force on defense and flashing
- Introduce switching on defense
- Introduce poaching and baiting

- Introduce basic zone defense and offense in high school

Practice/Competition

- Players play multiple positions
- League play: 1-2 games/week
- Full-sized discs for later stage players
- High school: ≤ 3 games/day, max 90 min games
- Middle school: ≤ 3 games/day, max 75 min games
- 60% practice/40% competition
- 1-2 practices/week
- 1-2 weight sessions/week
- 2-3 running/complementary sports sessions/week
- 2-3 throwing sessions/week
- Season length: 8-16 weeks (indoor/outdoor combined)