

Coach's Guide to Train to Win

Ages

Women 22+/Men 24+

Key objectives

Refine ultimate skills, physical conditioning, mental skills capabilities, and strategic skills. Exhibit SOTG during high-level competition.

Physical Activity Guidelines

- Refine recommendations from previous stages
- Follow a properly periodized annual training plan
- Demonstrate superior fitness to excel in competition

Psychological

- Demonstrate enhanced self-awareness and application of mental strategies.
- Deliver optimal performance on demand
- Be creative in problem-solving
- Be willing to adapt to new learning and strategies
- Strive for continual improvement

Lifestyle

- Work with players to balance work, school, social, and sports.
- Work with players to assume responsibility and accept consequences of actions.
- Work with players on transitions into new roles in ultimate (coach, organizer, etc.)

Emotional Development

- 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.
- Players understand any differences of SOTG at WFDF events.

Ultimate Specific Technical

- All technical skills have been developed.
- Continued focus on refinement.
- Consistent, high-quality execution.
- Good decision-making under pressure.
- Personal interpretation of technique.

Ultimate Specific Tactical

- Refine field awareness.
- Refine decision-making skills while applying advanced game strategies.
- Develop understanding of opponent-specific strategies, scouting and analysis.

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

- 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
- 25% Practice/ 75% Competition