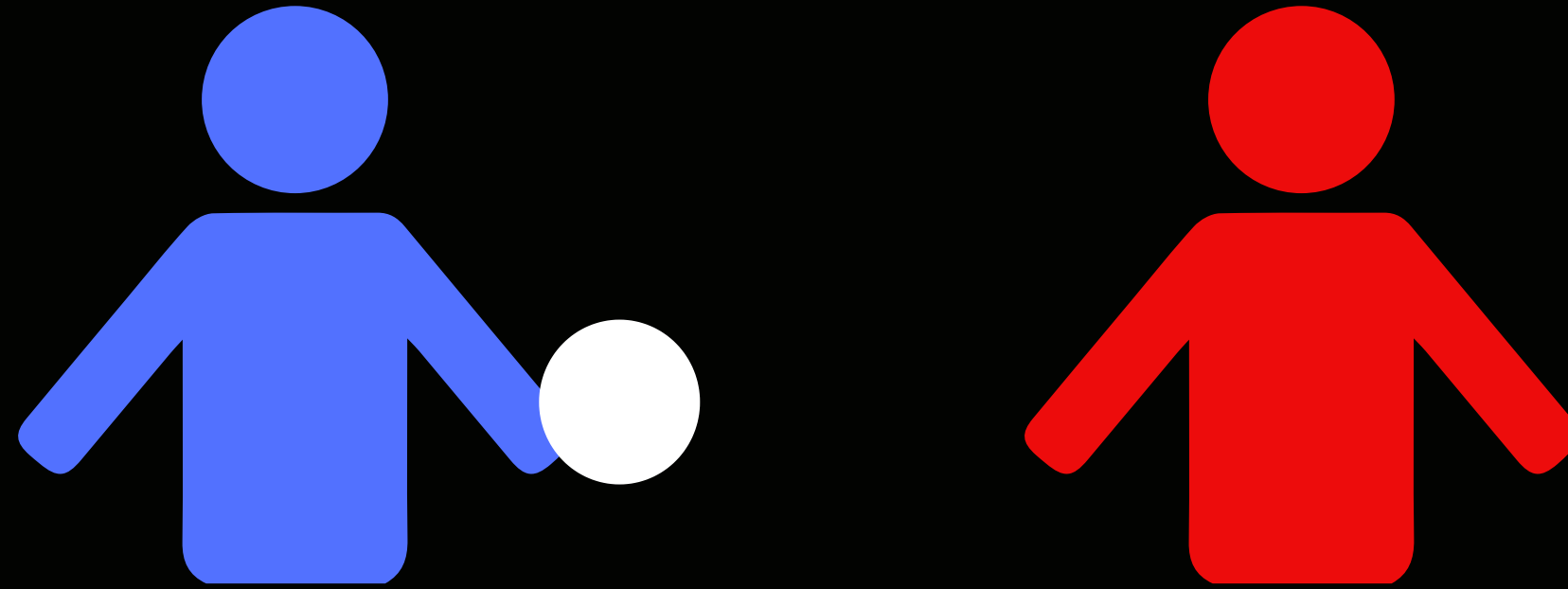


ULTIMATE

# Season Planning

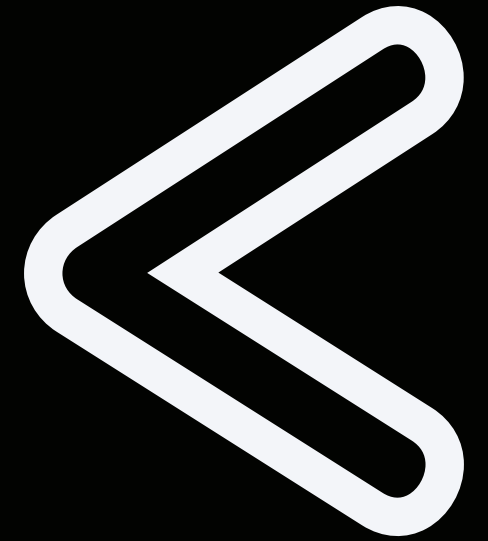
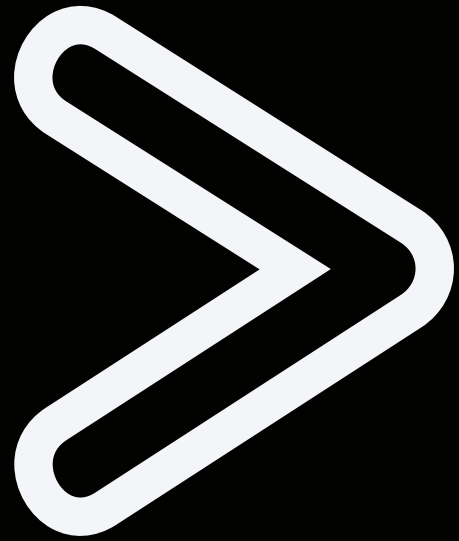
by Troë Weston





**WHAT ABOUT EXISTING TEAMS?**

**Thinking about Season  
Planning for high school or  
club teams**





March 5 – practice  
March 7 – practice  
March 12 – practice  
March 14 – practice  
March 19 – practice  
March 21 – practice  
March 23/24 – Tournament  
March 26 – rest day  
March 28 – practice

etc....

# STEP 1:

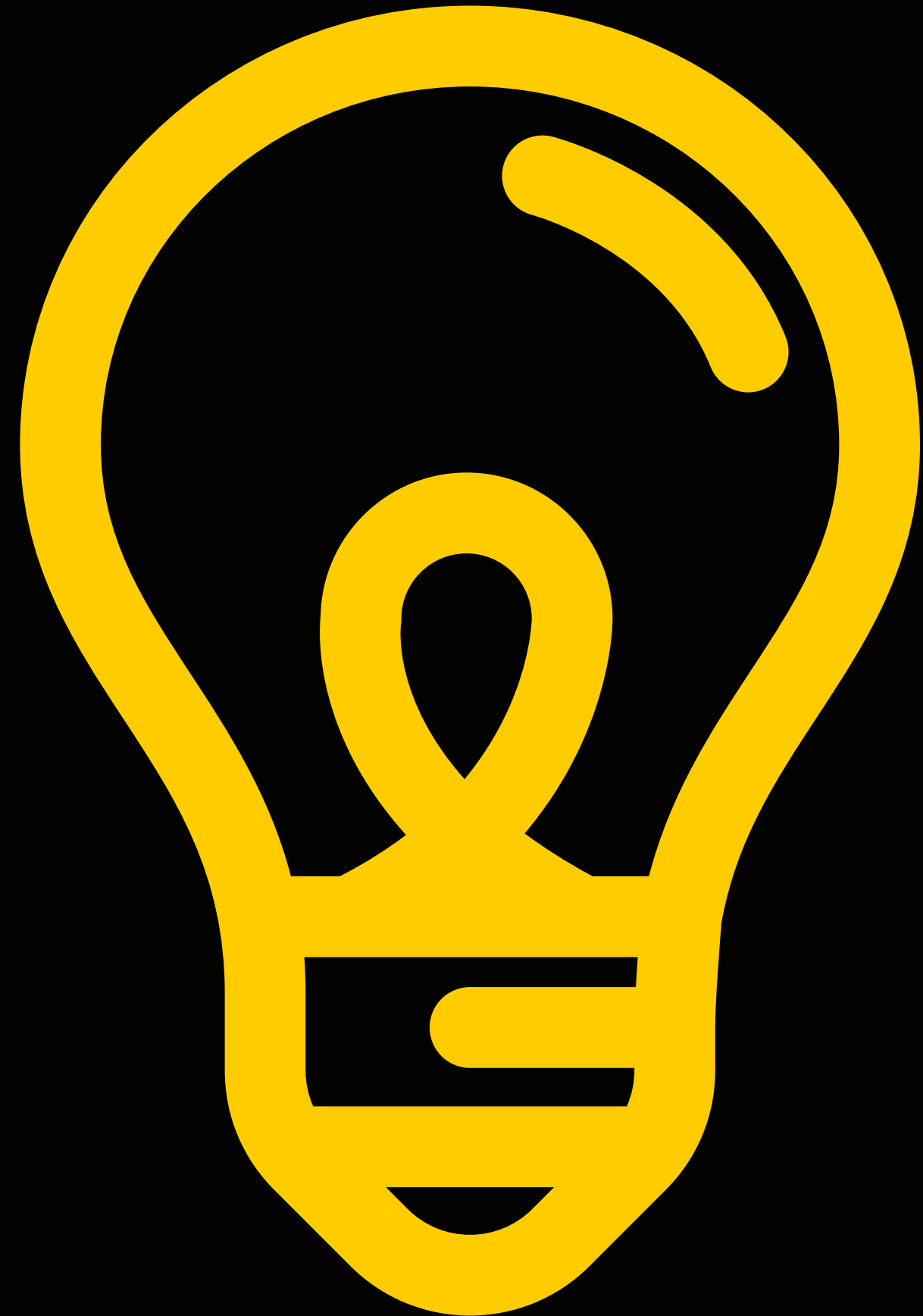
## WRITE DOWN ALL THE KNOWNNS

Write down a schedule with all of your tournament dates and practice dates. How many practices do you have before your first game? How many do you have total?

## **STEP 2:**

### **WRITE DOWN ALL THE SKILLS YOU WANT TO COVER THIS SEASON**

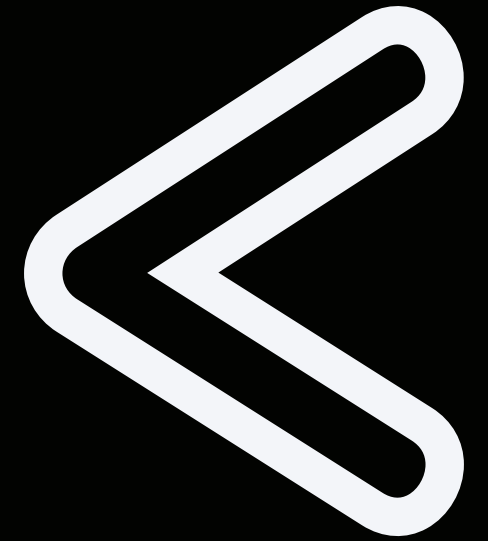
Brainstorm Time! What skills do you need to cover or review with your team? Start with the essentials, you can even leave the "if I have time for this..." until later.



# GROUP EXERCISE!




**Place the skills in order from  
most critical to least**



Tip: Build on previous skills!

# TROË'S LIST:

Remember - this is only ONE way,  
there are many ways!



ON-FIELD TEAM PHILOSOPHY  
RE-SET CUTS  
INITIATION CUTS  
PERSON DEFENSE - CUTTERS  
MAKING SPACE OR CLEARING  
AND CUTTING PATTERNS  
CONTINUATION CUTS  
AND STRIKING  
HUCKING  
MARKING  
PERSON DEFENSE - HANDLERS  
ZONE DEFENSE  
ZONE OFFENSE  
OFFENSE PLAYS  
POACHING OR HELP D

# Important TIPS to Remember

# 1

## BUILD ON PREVIOUS SKILLS

use the foundation they have and what you've already taught them to learn new skills

# 2

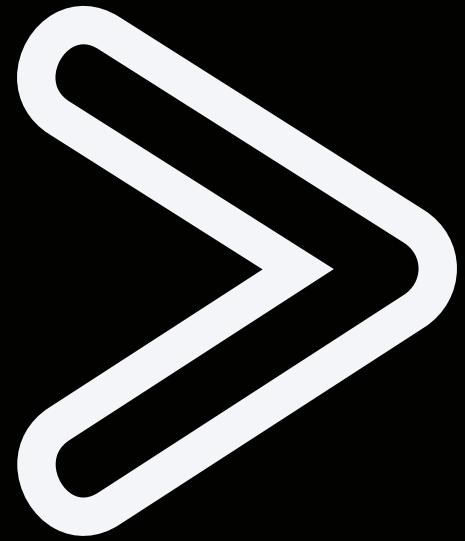
## DON'T OVERLOAD ON THE INFO!

Information will be retained better if you focus on only one new skill per practice. Trying to learn too many things at once will be too overwhelming and chances are, less of it will be retained

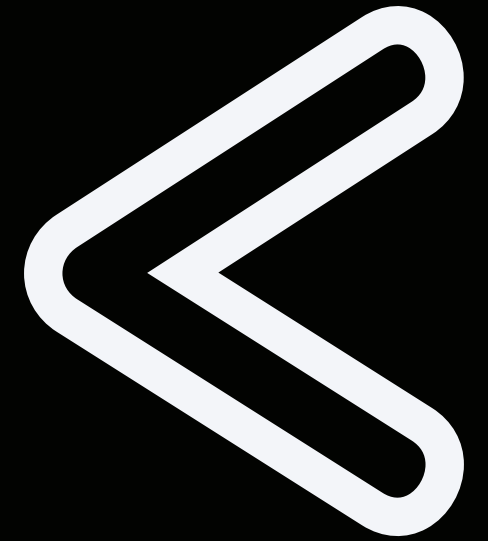
# 3

## CONTEXT

Scrimmage! Even if it's a controlled scrimmage, make sure you put the new skill into game context as much as possible. Use the skill of the day the focus for the scrimmage.



**Questions?**



THANK YOU!