

Cadet and Junior Framework

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The Purpose

- Ensure a common programme of content through all contact opportunities with players:

Clubs

England ExCells

England National



Development of ExCelle
to Prepare for Performance

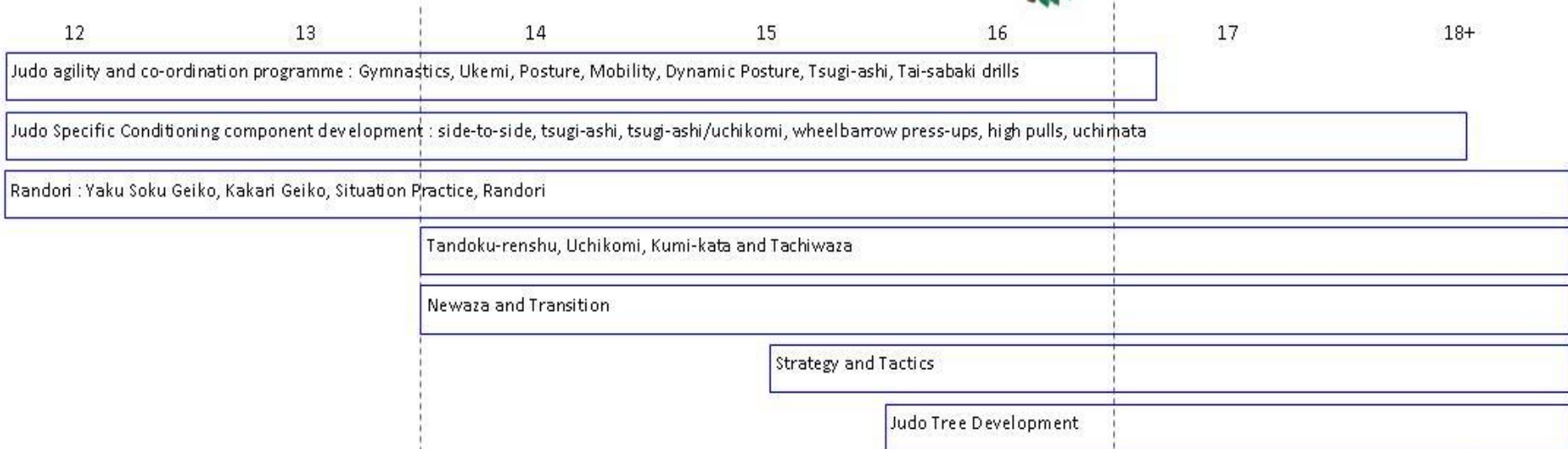
So that players arrive to the British Judo Performance Programme with the correct foundation.



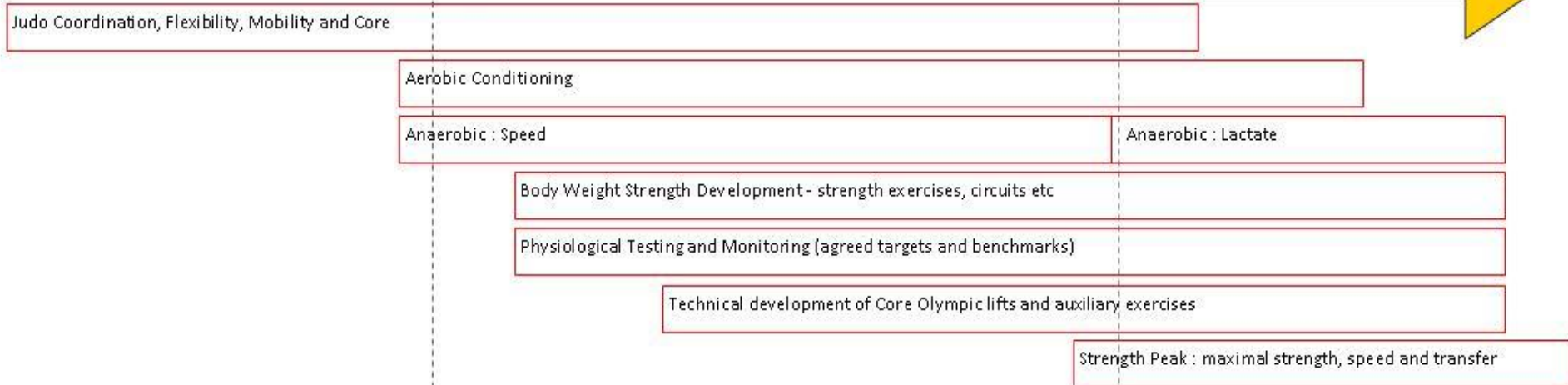
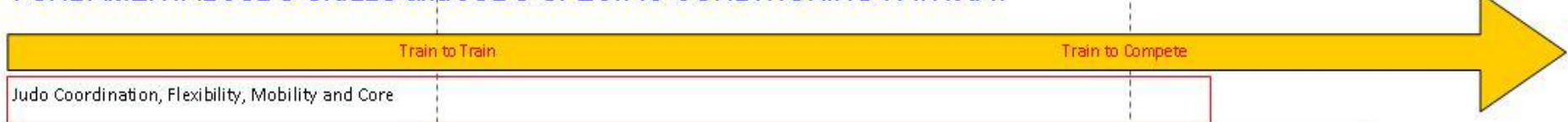
Where Patrick started 2 years ago

- ‘Fundamental Skills’ with our elite
- Why?
 - Players did not have an understanding of what/why and how they did what they did
 - Opportunity at the start of the 4 year cycle to do this work for the short term focus of 2012
- Players should have this foundation by the time they reach the elite level... Cadet and Junior Framework born...the legacy of 2012

FUNDAMENTAL JUDO SKILLS



FUNDAMENTAL JUDO SKILLS and JUDO SPECIFIC CONDITIONING PATHWAY



JUDO SPECIFIC CONDITIONING

12 13 14 15 16 17 18+

Fundamental Skills...nothing new!

- Ukemi (Break Falls)
- Ashi Sabaki (Foot work)
- Tendoku Renshu (Tori working alone)

What we learnt

- Current Performance players struggle to connect to purpose
- This is not new, but the presentation of the skills made it feel that way
- Players used to learning by performing technique or repeating situation rather than the skills required to make effective and efficient

How to connect?

- Hajime Matte Model
- Map of Fundamental Skills to the Contest structure
- Players and coaches can see how it 'fits'

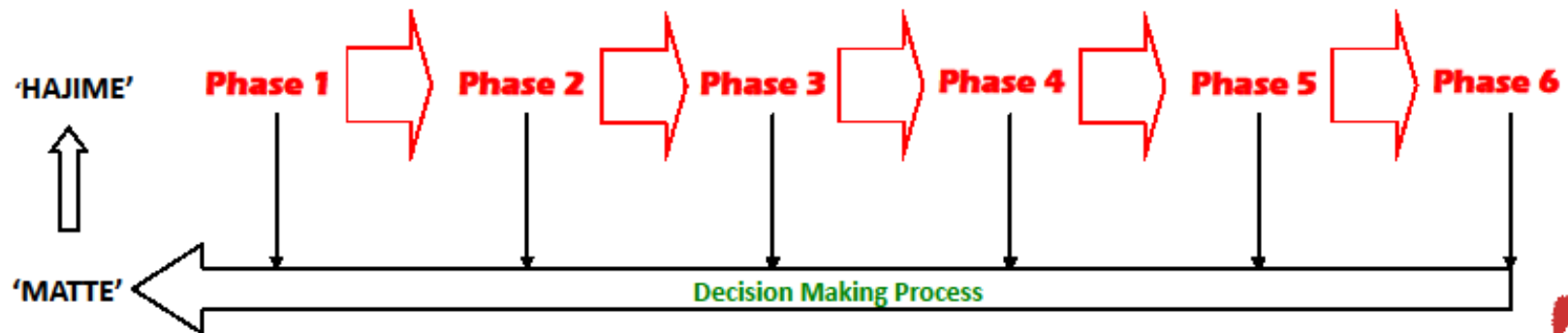


Structure and Preparation of Contest Phases

'Hajime - Matte' Model

Building the Fight

Phase	Key Components
Phase 1	Mobility Dynamic Posture and Stance, Distance, Tsugi-Ashi, Tai-Sabaki, Ashi-Sabakai, Tandoku-Renshu (Coordination)
Phase 2	Kumi-kata Lead Grip / Main Grip , Structure, 'First On' Getting Your Grip, Hiki-Te, Tsuri-Te, Tsugi-Ashi, Ashi-Sabakai
Phase 3	Preparation Action / Reaction, Direction, Timing / Distance, Ashi-Waza Combinations, Feint Attacks, Kuzushi, Hiki-Dachi
Phase 4	Nagewaza Tai-Sabaki, Speed of Entry, Transfer of Power, Control, Belief, Execution, Commitment to Finish Attack
Phase 5	Transition Mobility / Agility, 'Catch', Positioning, Continuous Control, Dominate, 'Open Up' Opponent
Phase 6	Newaza Mobility, Control, Connection, Belief
Decision Making Tactics, Strategy / Plan, TCUP, Body Language Adaptability : Reading the Scoreboard, Penalty For/Against, Score For/Against, Defending a Lead, Chasing a Lead, Time Wasting, Time Remaining in the Contest	



Phase 1: Mobility

- Dynamic Posture and Stance
- Distance
- Tsugi Ashi
- Ashi Sabaki
- Tendoku renshu

Phase 2: Kumi Kata

- Lead Grip/Main Grip
- Structure
- 'First on'
- Hiki –Te
- Tsuru-Te
- Ashi sabaki
- Tsugi ashi

Phase 3: Preparation

- Action/Reaction
- Timing/Distance
- Ashi waza combinations
- Kuzushi
- Hiki Dachi

Phase 4: Nagewaza

- Tai sabaki
- Speed of Entry
- Transfer of power
- Control
- Belief
- Execution
- Commitment to finish

Phase 5: Transition

- Mobility/Agility
- Catch
- Positioning
- Continuous control
- Dominate
- 'Open Up' uke

Phase 6: Newaza

- Mobility
- Control
- Connection
- Belief

Decision Making

- Through out all phases- need to think correctly
- Use correct tactic/strategy for each situation (score down/up, penalty for/against etc)

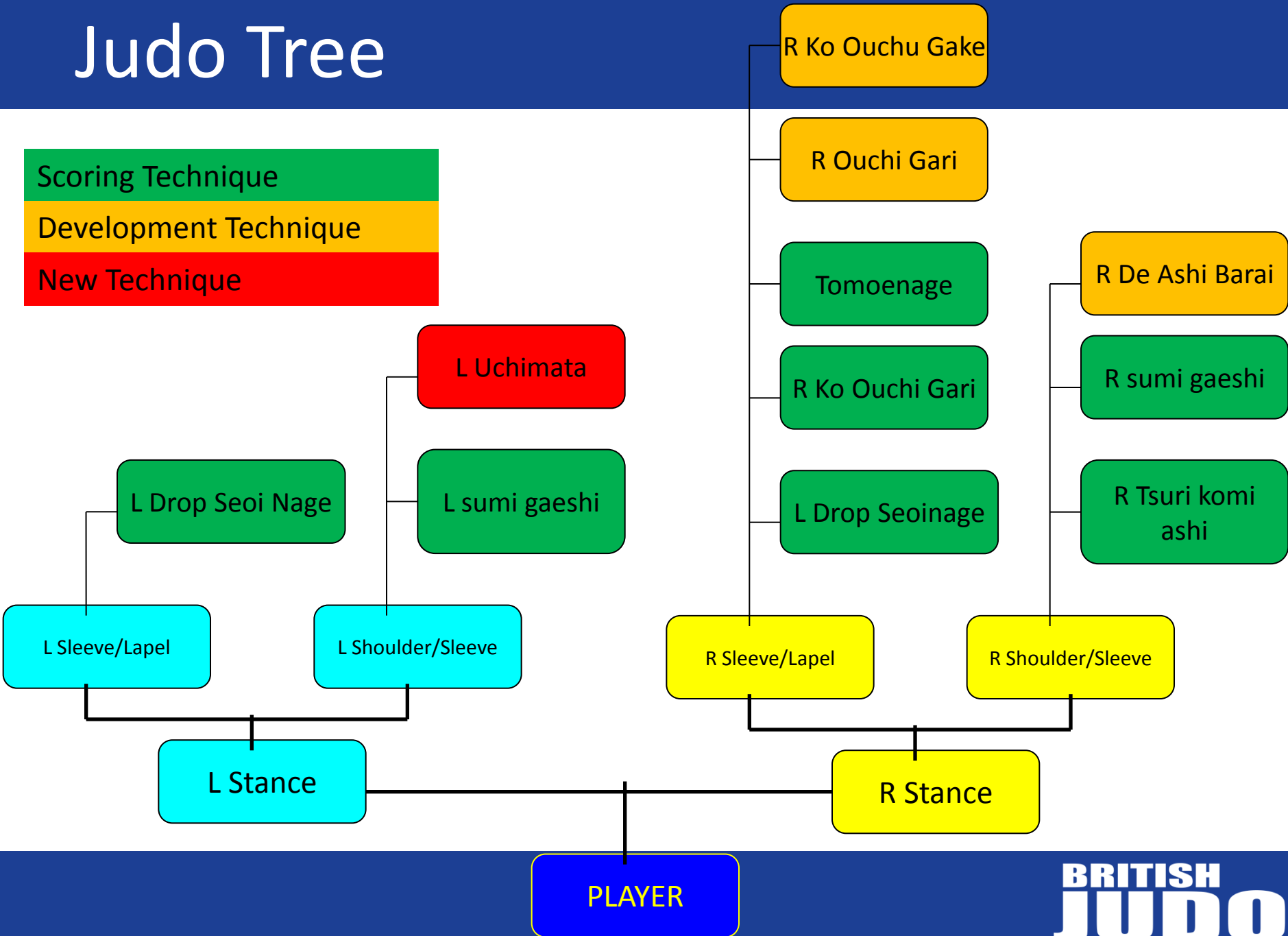
The complete picture

Judo Tree

Scoring Technique

Development Technique

New Technique



Randori

- Use different types of randori to practice all skills, combinations and Judo tree
- Randori is not competition (Shia), but the opportunity to control and set the variables for free practice for Technical and Physical Development and develop transfer to Contest Judo
- Randori practice with a specific goal and outcome will give the players a focus and provide direction and motivation in practice to link their skill development to their contest Judo.
- Yako-Soko-Geiko , Kakari-Geiko - Technical /Tactical Situation, Open randori Segmented Randori , Long distance randori, Competition simulation/Training fights

Bringing it all together

- Movement, posture 'play', increase perception/feel
- Introduce combinations, ashiwaza, increase perception/feel
- Introduce volume of repetitions of basic throw movements- all families of techniques, increase perception and knowledge
- Identify Tokui waza, build Judo tree, increase knowledge
- Application of Judo tree to all kumi kata situations, increase tactical Judo knowledge
- Transfer to Contest, increase true sense of Judo

