

## **JUDO 360:**

This document outlines what skills athletes should have as they are developing into competition competitors. I have been working with National Coach Nicolas Gill on developing a program/outline to help coaches understand the minimum standard athletes need to have as they develop into high level athletes.

Judo 360 is the minimum standard of skills athletes should have developed as they have reached the U21 age division. These are the minimum skills that athletes should have when they relocate to the national training center in Montreal. There will be further skills and adjustments that will be added as the athletes progress through the U21 and senior ranks so they can compete at the international level. Example - Level changes, specific kumi-kata skills for different international styles, tempo changes, etc

The goal of Judo 360 is to provide the coaches and athletes with an outline of what skills are needed. Judo Canada many times have to play catch up with our international counter parts in judo development and many times athletes show up at international competitions without technical, tactical and kumi-kata basics. The skills they have used in Canada are not enough for the international level.

As coaches of athletes who will compete at the national level we need to make sure that we can go down the list and check off as many mastered skills as possible. You can use this check list to help develop your judo programs or you can look each individual athlete in your club and address what is missing and what is not.

This year at the provincial level we will focus on Judo 360 and to work on some of the concepts in the outline. We are going to focus on their attacking plan development and basic kumi-kata skills and understanding of why we are doing these drills and learning these skills. (there needs to be an understanding)

Example: Last year I asked an athlete who will be going to the Quebec Open and Ontario Open this questions:

*Why do we need to try to control the sleeve in a same side grip match (right vs right / left vs left)*

His answer: "Because the coaches tells me to do it."

This was an honest answer and a great one because he does not really understand the reason why we need to do something. He then will not put his mind into it and will not work at it in randori. If there is not understanding then we need to make sure they understand?

The Answer I was looking for: We need to control the opponents sleeve/power arm so they cannot get the lapel or over hand grip. If your opponent has this grip it increases their chances to score in a randori in match.

During the year we should be asking the athlete a lot of times **WHY!** - WHY DO WE DO THIS? I encourage you to ask the athletes **WHY!** As a coach if you need to know WHY please ask - do not be shy - there are no bad questions there are just questions! We all want to improve!

If you would like to discuss the program more or need help with developing the skills for your top competition athletes please let me know.

Note: Please focus on key skills acquisition model:

- 1) Introduction
- 2) Practice
- 3) Drill
- 4) Randori\*
- 5) Competition

***\* There needs to be productive randori and we need to get the athletes to work on the skills in randori so they can bring them to competition. Productive randori is athletes doing randori with goals and purpose not just doing a round or talking during the rounds. Randori with a purpose will help athletes improve faster.***

If athletes are unable to do the skills in randori and competition then the skills are not mastered. Skills need to be performed under stress.

B - Basics  
U - Under  
P - Pressure

**TEAM TRAININGS** - WE WOULD LOVE TO HAVE AS MANY COACHES AS POSSIBLE ON THE MATS FOR TEAM TRAININGS! JUDO ALBERTA NEEDS COACHES ON THE MATS TO HELP THE ATHLETES.

