

BRITISH JUDO ASSOCIATION - COACH EDUCATION PROGRAMME  
COACHING CHILDREN SESSION PLANNER - EXAMPLES



| Session Planner 1 - Example for Novice - 1st Mon   |   |                         |   |
|--|---|-------------------------|---|
| Venue/Club: BJA  | Date: 19 July 2013  | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| Session Goals  | <ul style="list-style-type: none"> <li>O-soto-otoshi, O-soto-otoshi into Kesa-gatame, Ushiro ukemi and Yoko ukemi - emphasise safety e.g. tap and release; tuck in chin</li> <li>Multi-directional movement and balance - emphasise safety e.g. space and avoid unnecessary collision</li> <li>Japanese terminology - Hajime, Matte and above techniques</li> </ul> |                         |   |
| Session Content  | Working on and Organisation   | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Snake Run  | <b>Individual activity</b> - multi-direction movement interjected with specific instruction (e.g. bumps, high five, hop on one leg, ukemi (Ushiro and Yoko ukemi) etc.)   | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Wriggly snake - basic Kesa-gatame and Mune-gatame position ( <i>start with Mune-gatame on all-fours</i> ) | <b>Pair Game</b> - using hold positions (no contact) person underneath tries to wriggle away and person holding stays with them - 2 partner changes for each technique 30 sec work.   | 7 min (30 sec x 4)      |   |
| <b>Game/Activity 2:</b><br>Kesa-gatame<br>Kesa-gatame escape   | <b>Pair Activity</b> - work on technique. Uke lies on back like a star and tori holds them down using key relevant coaching points. Finish by showing leg trap escape challenge - catch Tori's leg  | 10 min                  |   |
| <b>Game/ Activity 3:</b><br>Situational Randori  | <b>Pair Activity</b> - Starting in kneeling position players are challenged to hold turn and hold their partner down with Kesa-gatame. 3 x 1 min randori.   | 6 min                   |   |
| <b>Game/Activity 4:</b><br>O-soto-otoshi<br>O-soto-otoshi into Kesa-gatame   | <b>Pair Activity - Pair Activity</b> - work on technique and transition using key relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 10 min                  |   |
| <b>Cool down:</b><br>Dead Ant<br>Flexibility   | <b>Individual Game</b> - Play elimination game where the last person to react or incorrectly reaction to the instruction is out. Command examples: on back, on front, dead ant, dying ant, like a dog, disco style, jump and catch ball.  | 6 min                   |   |
| <b>Overall Comments:</b>   |   | <b>Player Feedback:</b> |   |

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## COACHING CHILDREN SESSION PLANNER - EXAMPLES



| Session Planner 2 - Example 1st - 2nd Mon                                 |   |                         |   |
|---|---|-------------------------|---|
| Venue/Club: BJA   | Date: 19 July 2013  | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| Session Goals   | <ul style="list-style-type: none"> <li>De-ashi-barai, De-ashi-barai into Kesa-gatame, Ushiro ukemi and Yoko ukemi - emphasise safety e.g. tap and release; tuck in chin</li> <li>Balance and Multi-directional movement - emphasise safety e.g. space and avoid unnecessary collision</li> <li>Japanese terminology - Hajime, Matte and above techniques</li> </ul> |                         |   |
| Session Content   | Working on and Organisation   | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Tig-Tag                               | <b>Group Game</b> - multi-direction movement interjected with specific instruction (e.g. bumps, high five, hop on one leg, ukemi (Ushiro and Yoko ukemi) etc.)  | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Asteroids                                      | <b>Pair Game</b> - using judo grip and movement, move around mat in pairs to avoid clashing with others - change grips, partners and add challenges (touch partners ankles).  | 5 min                   |   |
| <b>Game/Activity 2:</b><br>De-ashi-barai                                  | <b>Pair Activity</b> - work on technique. Tori throws uke using key relevant coaching points. Emphasise safe yoko ukemi - Tuck in chin and slap mat with palm of hand and control partner.  | 10 min                  |   |
| <b>Game/Activity 3:</b><br>Belt Football                                  | <b>Pair Activity</b> - In pairs with a knotted belt, players try to score by sweeping the belt into goals at either end of mat - posture is essential (e.g. head up, back straight)   | 6 min                   |   |
| <b>Game/ Activity 4:</b><br>Mune-gatame<br>Mune-gatame into De-ashi-barai | <b>Pair Activity</b> - work on technique and transition using key relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 10 min                  |   |
| <b>Cool down:</b><br>Ladders<br>Flexibility                               | <b>Team Game</b> - Seated or lying down game where players race against partner to get back to position first when number called.   | 8 min                   |   |
| <b>Overall Comments:</b>  |   | <b>Player Feedback:</b> |   |

\*Adapted from sports coach UK - Quick Guide: Coaching the Whole Child

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| Session Planner 3 - Example 2nd - 3rd Mon  |   |                         |   |
|--|---|-------------------------|---|
| Venue/Club: BJA  | Date: 19 July 2013  | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| Session Goals  | <ul style="list-style-type: none"> <li>• Uki-goshi, Uki-goshi into Kuzure-kesa-gatame, Yoko ukemi and Mae-mawari-ukemi- emphasise safety as before</li> <li>• Balance, Multi-directional movement, closing the space - emphasise safety e.g. space and avoid unnecessary collision</li> <li>• Japanese terminology (e.g. Hajime, Matte and above techniques)</li> </ul> |                         |   |
| Session Content  | Working on and Organisation   | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Stuck in the Mud                               | <b>Group Game</b> - multi-direction movement interjected with specific movement. To release partner use - techniques from lesson one and two.   | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Knot Belt Game  | <b>Pair Game</b> - Players place knot of belt around the back and using judo grip and movement attempt to move partners knot to front. Change partners and grip side (right and left).  | 5 min                   |   |
| <b>Game/Activity 2:</b><br>Uki-goshi   | <b>Pair Activity</b> - work on technique. Tori throws uke using key relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 10 min                  |   |
| <b>Game/Activity 3:</b><br>Slinky Hips   | <b>Pair Game</b> - In pairs jump over and/or block partner with hips down or around mat depending on activity and venue.  | 6 min                   |   |
| <b>Game/ Activity 4:</b><br>Kuzure-kesa-gatame<br>Uki-goshi and Kuzure-kesa-gatame | <b>Pair Activity</b> - work on technique and transition using key relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 10 min                  |   |
| <b>Cool down:</b><br>Sumo<br>Flexibility   | <b>Individual Game</b> - In a belt circle, players attempt to throw or push partner out of the circle to win. Winner stays in the middle or organise as a team game.  | 8 min                   |   |
| <b>Overall Comments:</b>   |   | <b>Player Feedback:</b> |   |

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| Session Planner 4 - Example 3rd to 4th Mon   |  |                         |   |
|--|--|-------------------------|---|
| Venue/Club: BJA  | Date: 19 July 2013   | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| <b>Session Goals</b>   | <ul style="list-style-type: none"> <li>Tai-otoshi, Tai-otoshi into Yoko-shiho-gatame, Yoko ukemi and Mae-mawari-ukemi- emphasise safety as before</li> <li>Balance, Multi-directional movement, closing the space - emphasise safety e.g. space and avoid unnecessary collision</li> <li>Japanese terminology (e.g. Hajime, Matte and above techniques)</li> </ul> |                         |   |
| Session Content  | Working on and Organisation  | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Animal Games   | <b>Individual Game</b> - multi-direction movement interjected with specific movement (Spider, Chimpanzee and Snail)  | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Wiggly Snake and Log (Yoko-shiho-gatame and Kuzure-kesa-gatame position on all fours and sitting) | <b>Pair Game</b> - using hold positions (no contact) person underneath tries to wriggle away or rolls like a log and person holding stays with them - 2 partner changes for each technique 30 sec work.  | 7 min (30 sec x 4)      |   |
| <b>Game/Activity 2:</b><br>Yoko-shiho-gatame   | <b>Pair Activity</b> - work on technique. Tori holds uke using key relevant coaching points. Emphasise safety.   | 9 min                   |   |
| <b>Game/Activity 3:</b><br>Shrimping   | <b>Pair Activity</b> - In pairs, tori on knees and uke on side. Uke shrimps away and tori follows attempting to apply Yoko-shiho-gatame. Move to start in hold and shrimp to escape.   | 7 min                   |   |
| <b>Game/ Activity 4:</b><br>Tai-otoshi<br>Tai-otoshi into Yoko-shiho-gatame  | <b>Pair Activity - Pair Activity</b> - work on technique and transition using key relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.  | 10 min                  |   |
| <b>Cool down:</b><br>Jockeys<br>Flexibility  | <b>Paired Game</b> - Elimination game where speed and agility are required - variety of elimination positions as applicable.   | 6 min                   |   |
| <b>Overall Comments:</b>   |  | <b>Player Feedback:</b> |   |

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## COACHING CHILDREN SESSION PLANNER - EXAMPLES



| Session Planner 5 - Combination of Novice and 2nd Mon                               |  |                         |   |
|---|--|-------------------------|---|
| Venue/Club: Rainhill Rockets  | Date: 19 July 2013   | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| Session Goals   | <ul style="list-style-type: none"> <li>• Combination O-soto-otoshi into De-ashi-barai- emphasise safety as before</li> <li>• Balance, Multi-directional movement, closing the space - emphasise safety e.g. space and avoid unnecessary collision</li> <li>• Japanese terminology (e.g. Hajime, Matte and above techniques)</li> </ul> |                         |   |
| Session Content   | Working on and Organisation  | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Pac man   | <b>Individual Game</b> - multi-direction movement interjected with specific instruction.   | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Sweeping Up - using O-soto-otoshi or De-ashi-barai       | <b>Pair Game</b> - the object is to avoid and use countering actions (point per throw) - 2 partner changes for each technique 30 sec work (change roles with each partner).  | 7 min (30 sec x 4)      |   |
| <b>Game/Activity 2:</b><br>O-soto-otoshi and De-ashi-barai                          | <b>Pair Activity</b> - recap on fine tuning techniques. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.  | 9 min                   |   |
| <b>Game/Activity 3:</b><br>O-soto-otoshi combined with De-ashi-barai or transitions | <b>Pair Activity</b> - work on combining techniques. Use relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 8 min                   |   |
| <b>Game/ Activity 4:</b><br>Situational Randori                                     | <b>Pair Activity</b> - use ne-waza and tachi-waza situation randori relevant to group.   | 9 min                   |   |
| <b>Cool down:</b><br>Bull-dog (on knees)<br>Flexibility                             | <b>Team Game</b> - Elimination game. If player gets caught they become a catcher until one or two people are left.   | 6 min                   |   |
| <b>Overall Comments:</b>  |  | <b>Player Feedback:</b> |   |
|   |  |                         |   |

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## COACHING CHILDREN SESSION PLANNER - EXAMPLES



| Session Planner 6 - Combination of 3rd and - 4th Mon                          |  |                         |   |
|---|--|-------------------------|---|
| Venue/Club: Rainhill Rockets  | Date: 19 July 2013   | Time: 6.30 pm - 7.15 pm | Age: 5 - 7 yrs (includes additional judo) |
| <b>Session Goals</b>  | <ul style="list-style-type: none"> <li>• Combination Uki-otoshi into Tai-otoshi- emphasise safety as before</li> <li>• Balance, Multi-directional movement, closing the space - emphasise safety e.g. space and avoid unnecessary collision</li> <li>• Japanese terminology (e.g. Hajime, Matte and above techniques)</li> </ul> |                         |   |
| Session Content   | Working on and Organisation  | Time                    | Review                                    |
| <b>Introduction and Warm-Up:</b><br>Pac man                                   | <b>Individual Game</b> - multi-direction movement interjected with specific instruction.   | 6 min                   |   |
| <b>Game/Activity 1:</b><br>Slinky Hips using Uki-goshi and Tai-otoshi         | <b>Pair Game</b> - In pairs jump over and/or block partner with hips down or around mat depending on activity and venue. Change partners at least once.  | 6 min                   |   |
| <b>Game/Activity 2:</b><br>Uki-otoshi into Tai-otoshi                         | <b>Pair Activity</b> - recap on fine tuning techniques. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.  | 9 min                   |   |
| <b>Game/Activity 3:</b><br>Uki-otoshi combined with Tai-otoshi or Transitions | <b>Pair Activity</b> - work on combining techniques. Use relevant coaching points. Emphasise safe ukemi - Tuck in chin and slap mat with palm of hand and control partner.   | 9 min                   |   |
| <b>Game/ Activity 4:</b><br>Situational Randori                               | <b>Pair Activity</b> - use ne-waza and tachi-waza situation randori relevant to group.   | 9 min                   |   |
| <b>Cool down:</b><br>Shuttles<br>Flexibility                                  | <b>Team Game</b> - Race between teams to complete various shuttle tasks (e.g. sprints, double footed jumps, spider man etc.)   | 6 min                   |   |
| <b>Overall Comments:</b>  |  | <b>Player Feedback:</b> |   |

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| Session Planner 1 (Blank) – Session Outcome |   |       |   |
|---|---|-------|---|
| Venue/Club:                                 | Date:   | Time: | Age: 5 - 7 yrs (includes additional judo) |
| Session Goals                               | <ul style="list-style-type: none"> <li>• 1</li> <li>• 2</li> <li>• 3</li> </ul> |       |   |
| Session Content                             |   |       |   |
| Session Content                             | Working on and Organisation   | Time  | Review                                    |
| Introduction and Warm-Up:                   | .   |       |   |
| Game/Activity 1:                            |   |       |   |
| Game/Activity 2:                            |   |       |   |
| Game/Activity 3:                            |   |       |   |
| Game/ Activity 4:                           |   |       |   |
| Cool down:                                  |   |       |   |
| Overall Comments:                           | Player Feedback:  |       |   |

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