

The British Judo Association would like to invite club **coaches and young players** (10 years and over, 5th Mon and above), to participate in our new Preparation for Performance session. In conjunction with the England programme, we endeavour to help players develop the necessary skills, attributes and performance awareness that will ensure a smooth transition into the performance pathway.

On an annual basis there will be four block sessions delivered in your region – South West. These blocks will be spaced out throughout the year with two to four months between them.

During each block Technical Officers and support staff will deliver technical, physical and educational sessions which are mainly mat based. Where appropriate, session content will be supported with the appropriate resources. It is hoped that club coaches will be actively involved in the delivery of these sessions. Please find attached an overview of Block 1 which is subject to changes depending on venue availability.

If you would like to attend this event please complete the application form (contact details below), making cheques payable to **British Judo Association** - coaches free.

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|-----------------|--|------------------------------|
| Date: | Block 1 | Saturday 8 of October 2011 |
| | Block 2 | Saturday 10 of December 2011 |
| | Block 3 | Saturday 28 of January 2012 |
| | Block 4 | Saturday 24 of March 2012 |
| Venue: | HAMWORTHY LIBERAL HALL, HAMWORTHY - Poole BH15 4AZ | |
| Coaches: | Sandra Klinger 3 rd Dan Technical Officer South West BJA Support Staff | |
| Time: | 10.00am to 4.30pm (Registration 9.30am) | |
| Cost: | £3.00 per participant | |



Prior registration is required, please complete entry form below - places are limited. For further information please contact, Sandra Klinger BJA Technical Officer - e-mail:

sandra.klinger@britishjudo.org.uk or call mobile: 0785421565

Block 1 Session Plan

| Time | Block 1 Activities |
|-------------------|--|
| 9.30am - 10.00am | Registration |
| 10.00am – 10.15am | Introduction to Concept of 'Preparation for Performance Programme' |
| 10.15am – 10.20am | Introduction to Block 1 Activities |
| 10.20am – 10.50am | Warm-up and introduction to fundamental judo movement – ne-waza |
| 10.50am – 11.30am | Skill Development Ne-waza |
| 11.30am – 11.40am | BREAK |
| 11.40am – 12.00pm | Gymnastics for Judo |
| 12.00pm – 12.30pm | Introduction to Performance Benchmarks |
| 12.30pm – 1.30pm | LUNCH |
| 1.30pm – 2.00pm | Fundamental Movements |
| 2.00pm – 2.45pm | Skill development tachi-waza |
| 2.45pm – 3.00pm | BREAK |
| 3.00pm – 3.15pm | Introduction to Circuit Training |
| 3.15pm – 3.50pm | Circuit Training |
| 3.50pm – 4.10pm | Cool-down; relaxation and stretching |
| 4.10pm – 4.20pm | Formal close and final remarks |

Please note: Session plan is generic and subject to change depending on region and venue availability. Block 2,3 and 4 to follow.