



England Benchmark Testing 2011

Physical Assessment

In the development of England Judo players to become successful on the world stage, it is very clear that they must have the **Capacity to Train** –

“the physical ability to meet the training demands (volume and intensity) required for Performance Judo”

The England Benchmark Testing programme is aimed at setting a Physical and Technical baseline standard to gain entry to the England Talent Development Squad (ETD).

The components identified for Physical assessment are basic, but provide physical and visual information to determine a **Capacity to Train**.

Identified Physical Assessments :

- Multi Stage Fitness Test : VO2 max
- Press Up Bleep Test : Upper body strength endurance
- Standing Vertical Jump : Lower body power
- Sit and Reach : Lower back and hamstring flexibility

BOYS Targets

	Eng Cadet	Eng JNR	GB JNR	Individual Specialisation
MSFT	10 - 1	11 - 1	12 - 1	12 – 5
Press Up Bleep Test	12 - 1	13 - 1	14 - 1	15 – 1
Vertical Jump	50	56	58	58
Sit and Reach	29	34	36	36

GIRLS Targets

	Eng Cadet	Eng JNR	GB JNR	Individual Specialisation
MSFT	9 - 1	10 - 1	11 – 1	11 – 5
Press Up Bleep Test	10 - 1	11 - 1	12 – 1	13 – 1
Vertical Jump	40	46	48	48
Sit and Reach	32	37	39	39

England players are categorised as the following depending on their assessment performance:

- **UNTRAINED – need to develop**
 - England Judoka who fail to meet the necessary fitness testing standards
- **TRAINED – need to maintain and build**
 - England Judoka who meet the required fitness testing standards
- **INDIVIDUAL SPECIALISATION – specific periodised training programme**
 - England Judoka who surpass the required fitness testing standards

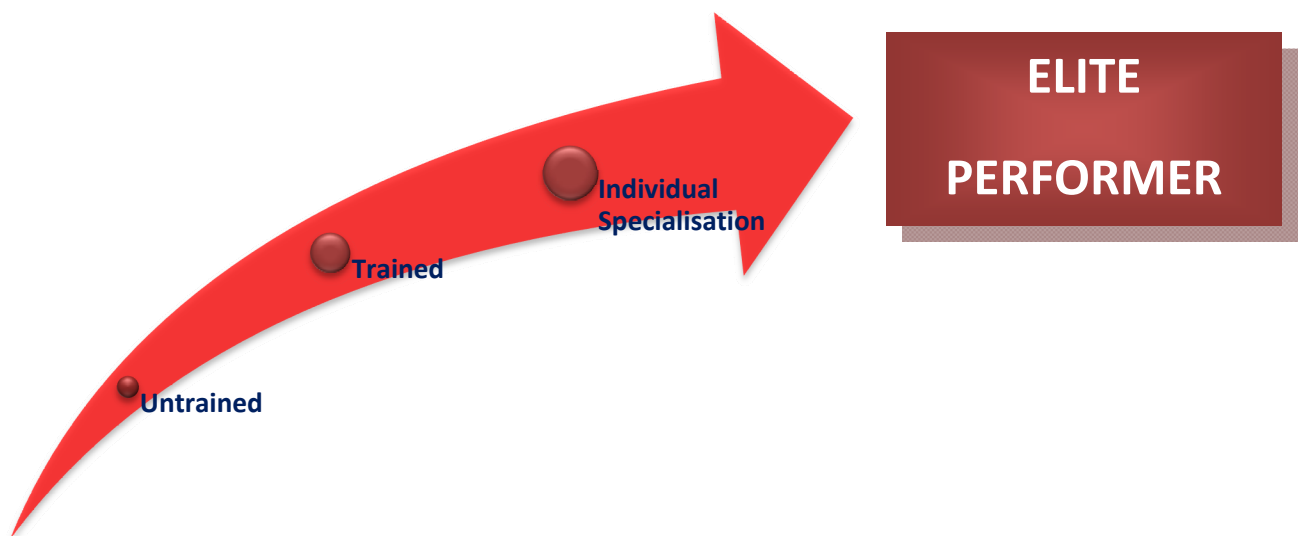


Fig 1.1 : Capacity to Train

Only players who meet the **TRAINED** or **INDIVIDUAL SPECIALISATION** standard will be considered for the **England Talent Development Squad**.

Untrained players who need to develop will be monitored and re-assessed periodically throughout the annual programme.

Trained players need to maintain and build on their physical and technical standards to develop to **INDIVIDUAL SPECIALISATION**.



INDIVIDUAL SPECIALISATION

Once England players have achieved the baseline standards and perform beyond the level of a Capacity to Train, the standard England Assessment will no longer be effective for determining a player's individual physical capacity.

Continued Improvements will come from :

- Specificity of Training
- Individual Assessment and Monitoring
- Individualised Training and Competition Programmes

For England players who perform beyond the Benchmarks, it is unnecessary and counterproductive to keep training to improve above the set standards.

For example :

Benchmark VO2 Max



An Increase in Aerobic Development will have a Decrease in
MAX STRENGTH and PEAK POWER

Fig 1.2 MSFT VO2 max sport line

Fig 1.2 shows that once England Judo player ^{Continued Aerobic Development} standard set for VO2 max, it will be counterproductive to continue to develop aerobic fitness well beyond the benchmark as they will be training against the physical requirements for Judo.

Player Specific Programmes

For England Judo players who are categorised as **Individual Specialisation**, they will be at the stage for specific individual training programmes that include :

- Periodised Training and Competition programme
- GAP Analysis (Component Analysis)
- Specific Strength and Conditioning programme
- Technical Programme (Judo Tree)
- Specialist Testing and Monitoring (Myotest, Lactate etc)
- Medical Screening

Individual Specialisation Process

- Identify ETD Squad players, 16yrs and older, who meet the Physical criteria and Technical standards
- Meet with the Players Coach to plan Individual Specialisation Programme

Athlete Centred, Coach Led – England Programme Supported

