



England Talent Development Squad Selection

Under 17 and 20 years (Cadet and Junior)

Summary

It is critical that young English Judo talent is clearly identified to be nurtured and developed to maximise potential as an Elite British athlete. To accomplish this, resources will be focused on an elite group of players selected from the England Cadet and Junior Squad talent pool.

1. Eligibility

- No. 1 ranked English Cadet or Junior player in each weight as per England Squad Identification document.
- Gold medalists in the British Championships will gain automatic entry to the England Squad, where there are a minimum of four competitors.

Additional places will be allocated according to the following criteria

- Performances in events on the existing England Squad calendar during 2009, including the GB Junior trials. Consideration will be given to level of competition, strength of weight category, injury and illness.
- Perceived long term potential, taking into consideration factors such as technical, tactical, physical, mental and lifestyle attributes.

2. Evaluation weekends

As we are identifying an elite group of players to develop, simply being eligible is not enough to secure selection. Players will be assessed during training over a weekend in consideration of the following factors:

- Tachiwaza, Newaza and Transition skills*
- Attitude towards training, Technical progression, Potential for the future
- Basic physical attributes of agility (Sit and Reach), power (Vertical Jump) and sound aerobic base- (Multi Stage Fitness Test Running & Press Up). Players must meet the minimum aerobic fitness requirement**

CONTINUED INCLUSION ON THE TALENT DEVELOPMENT SQUAD IS SUBJECT TO COMMITMENT TO PROGRAMME AND PROGRESSION



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Tachi waza Skills:

- Posture, Kumi Kata, Movement, Perception and variation of Timing / Distance
- Preparation of techniques and throwing efficiency
- Combinations of techniques and use of the Action reaction principle to create opportunity
- Defensive strategies, Counter attacks
- Ability to lead fight

Ne waza Skills

- Posture and positioning, Movement and Mobility
- Final control in Osae Waza, Shime Waza and Kansetsu Waza(where appropriate)
- Ability to work techniques when :
 1. Uke is on all fours and Tori is in front, on the side and behind
 2. Tori is sitting and Uke is in front of his legs (and reverse situation)
 3. One leg is trapped
- Show a dynamic sense of Ne Waza - Efficient preparation and Combinations of technique

Transition Skills

- Identify immediately the opportunities presented in the link with Tachi Waza showing Anticipation, Continuity, Placement , Mobility, Good use of the weight, tension and imposition on opponent
- Use as a Tactical strategy related to offensive / defensive system (e.g.: able to defeat an opponent on the ground when he is dominated at Tachi Waza)

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	Minimum Multistage Fitness Test Level <i>(Shuttle Bleep Test)</i>	Minimum Multistage Press up Fitness Test Level <i>(Start and Finish each level from a standing position, into Press Up position and then Full Press ups against timed bleeps)</i>
Cadet Girls	8.0	9.0
Junior Girls	9.5	9.5
Cadet Boys	9.5	10.5
Junior Boys	10.5	11.0