

The British Judo Association would like to invite club **coaches and young players** (10 years and over, 5<sup>th</sup> 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.

<b>Date:</b>	Block 1	Saturday 10 December 2011
	Block 2	Saturday 4 February 2012
	Block 3	Saturday 24 March 2012
	Block 4	Saturday 19 May 2012

**Venue:** Carter Community School, Blandford Close, Hamworthy, Poole, Dorset BH15 4BQ

**Coaches:** Sandra Klinger 3<sup>rd</sup> 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](mailto: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.