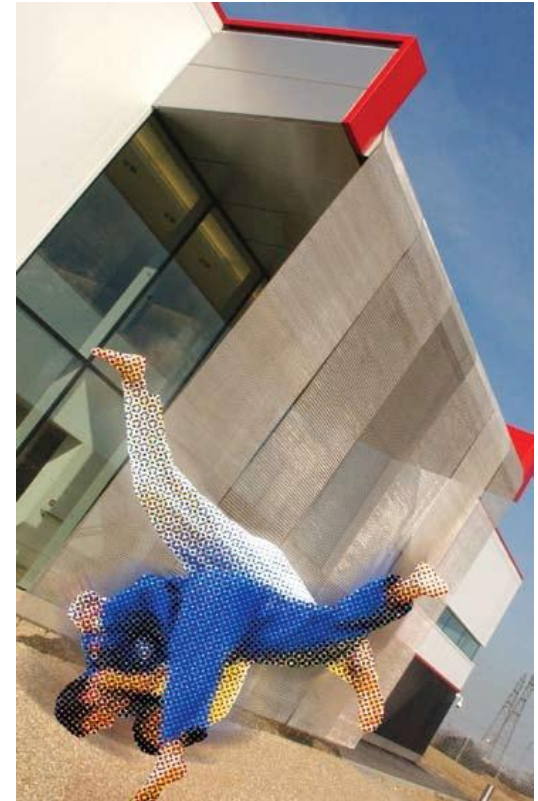


Update from Performance on Mission 2012

Margaret Hicks, Performance
Director

Integrated Training for Elite Judo Players

Patrick Roux, GB Head Coach



- **2009 Worlds Foundation Phase = 2 x top 8 ✓**
- **2010 Worlds Transition Phase = 4-6 x top 8**
- **2011 Worlds Intensification/Olympic Phase
2-3 Medals**
- **2012 Olympic Games 2 Medals (Range 1-3
Medals)**
- **2012 Paralympic Games 2 Medals (Range 1-
3 Medals)**

2012 LONDON OLYMPIC CYCLE - PHASES

- **Foundation Phase: Sept 2008 to Dec 2009 (16 months)**
adjustments and improvements, to develop the qualities required for elite performance level
- **Transition Phase: Jan 2010 (14 months)** to stabilise as WC athletes & consistently achieve medals at elite level
- **Olympic Phase: March 2011 (10 months):**
No.1 & No2 are identified - Olympic team is on track for every aspect
- **Final Preparation Phase: Dec 2011 (8 months)**
Agree all selections and peak players for July/Aug 2012

OLYMPIC QUALIFYING STANDARDS (OQS)

Opportunities:

- **14 x Olympic places**
- **Fully Periodised Plan**
- **Development opportunity for Rio 2016**
- **13 x Paralympic places**

Challenges:

- **New World Ranking system**
- **No of events Grand Slams, Grand Prixs, World Cups**
- **Seeding top 8 for Olympic Games**
- **IOC/International Federation Standards – negotiations with BOA**

MISSION 2012

MISSION 2012

- **3 Reports per year – 3 Dimensions**
- **Overall Tracker Board on all Sport's status at UKS – Accountability London 2012**
- **Traffic Lights system **Red**/**Amber**/**Green****
- **Judo – overall current status **Amber****
- **Athlete Dimension eg: Injury Audit**
- **System eg: BJPI Performance Network**
- **Climate Dimension eg: Performance Culture**
- **Key Performance Indicator ex: Player Learning Contracts**

KEY PERFORMANCE INDICATOR

INDIVIDUAL PLAYER LEARNING CONTRACT:

- **Performance Targets** ex. medal in WC, 5th place in Grand Slam, medal in 2010 ECs & 5th place WCs
- **Core Target** – ex. increase work rate and intensity in randori, x. no of practices in Training Camps
- **Learning Target** ex. 1. work on L on L kumi-kata
2. develop combination around major technique
- **Nutrition Target** – ex. reduce training weight by 1.5kgs, improve recovery strategies
- **Prehab/S&C Target** – strengthen back (3 mths)
- **Regular review** - formally every 6 months

INTEGRATED TRAINING FOR ELITE JUDOKA

PATRICK ROUX
GB HEAD COACH
'INTEGRATED
TRAINING'
PRACTICAL
SESSION

