

# BRITISH JUDO PERFORMANCE **BRITISH JUDO**

## THE STORY SO FAR.....Performance Directorate



# BRITISH JUDO PERFORMANCE THE STORY SO FAR.....

**BRITISH  
JUDO**



# BRITISH JUDO PERFORMANCE

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## THE STORY SO FAR.....

1. Where are we now?
2. Development of the Performance System
3. The Final 21 Months



# What were our objectives – Post Beijing?

- 1<sup>st</sup> objective – To create a performance strategy which will deliver medals in London 2012 → 2 x Olympic and 2 x Paralympic
- 2<sup>nd</sup> objective – To create a performance system, which will generate consistent success and a legacy post London

**staff:**

Margaret Hicks	Performance Director
Patrick Roux	Head Coach
Karen Roberts	Performance Operations Manager
Dave Sanders	Paralympic Programme Manager
Jane Bridge	Performance Coach
Tsuyoshi Tsunoda	Performance Coach
Katie Howey	Lead Development Coach
Darren Warner	Development Coach
Aurelien Broussal	Strength and Conditioning Coach
Dr Craig White	Chief Medical Officer
Ben Ashworth	Lead Physiotherapist
Nigel Donohue	Performance Analyst
Anna Palfreyman	Performance Lifestyle Advisor
Adam Carey, Lorraine Cullen	Nutrition Consultants
John Bramall	Programme Logistics Manager (based at Head Office)
Peter Bareford	BJJ Administrator

Paralympic Coach to be appointed.

**for more information:**

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**Tel:** 07785 928356  
Karen Roberts  
Performance  
Operations Manager

**Web:** [www.britishjudo.org.uk](http://www.britishjudo.org.uk)

**location:**

British Judo Performance Institute  
Dartford Judo Club  
Cotton Lane, Stone  
Dartford, Kent DA2 6PD



# BRITISH JUDO PERFORMANCE INSTITUTE

## A HUB OF EXPERTISE + SUPPORT + TRAINING BASE + PERFORMANCE NETWORK



PEOPLE

# BRITISH JUDO PERFORMANCE **BRITISH JUDO**



**EXPERT COACHING**

# BRITISH JUDO PERFORMANCE **BRITISH JUDO**

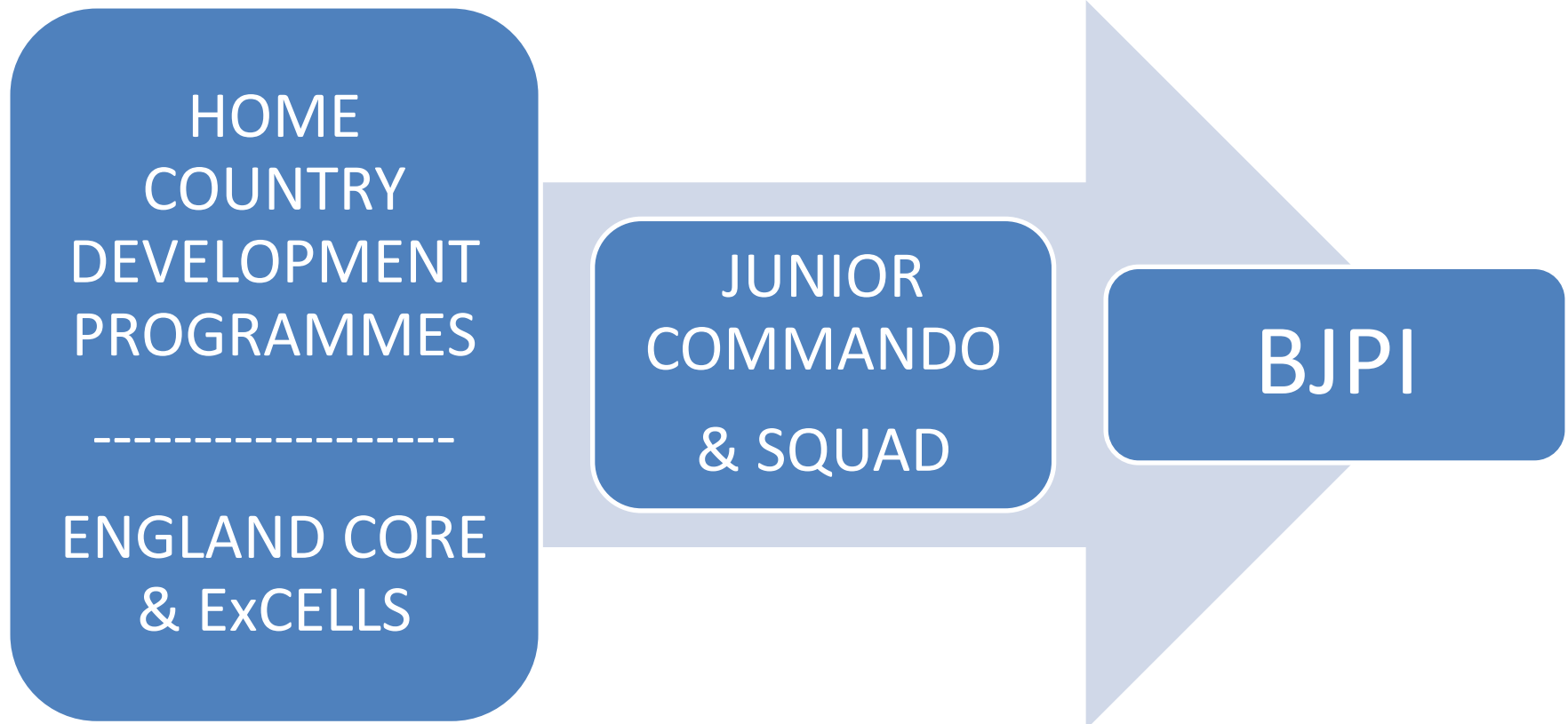


**EXPERT SPORTS MEDICINE & SPORTS SCIENCE**

# BRITISH JUDO PERFORMANCE **JUDO**



# PERFORMANCE PIPELINE





# KEY PARTNERSHIPS

- **SCOTLAND – MOU-PERFORMANCE CENTRE**
- **EJU – OLYMPIC TRAINING CENTRE PROJECT**
- **BRAZIL, JAPAN, RUSSIA, FRANCE, CHINA**
- **BOA – HOME GAMES STRATEGY**
- **UK SPORT - M2012**
- **DARTFORD JUDO CLUB, KENT COUNTY COUNCIL**
- **SPONSORS - Maximuscle, Pallini, Travelex**

## Post 2010 Worlds Review

- World/Olympic standard calibrated by coaches
- Full evaluation of British players and levels
- Evaluation of coaching/sport science-medicine support
- Full System  Commando Strategy?
- Athlete Review Meetings
- Individualised Plans & Integrated Support

- **ELITE COACH APPRENTICE SCHEME**
- **COACH PROFESSIONAL DEVELOPMENT**
- **TALENT ID HEAVYWEIGHT MEN RIO  
2016**
- **INJURY AUDIT**

# 2012 QUALIFYING STANDARDS/SELECTION

- IJF World Ranking system
- Top 22 men + Top 14 women per category
- Seeding top 8 for Olympic Games
- Host Nation Places 7 men & 7 women
- Agree 'Selection Criteria' with BOA
- Development opportunity for Rio 2016

# PERFORMANCE PHILOSOPHY

- Integrated training
- Centralised concept
- Providing the best conditions, expertise, environment and support for priority players
- Focus of higher level resources on smaller group
- Individualise plans managed by coach to bring together best expertise and delivery

# 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) =>** to stabilise a group of athletes at elite level.
- **Olympic Phase 1 (Jan 2011 - 10 months) => INTENSIFICATION**  
“Priority players are identified “
- **Olympic Phase 2: (Nov 2011 9 months)**  
Agree all selections and peak players for July/Aug 2012

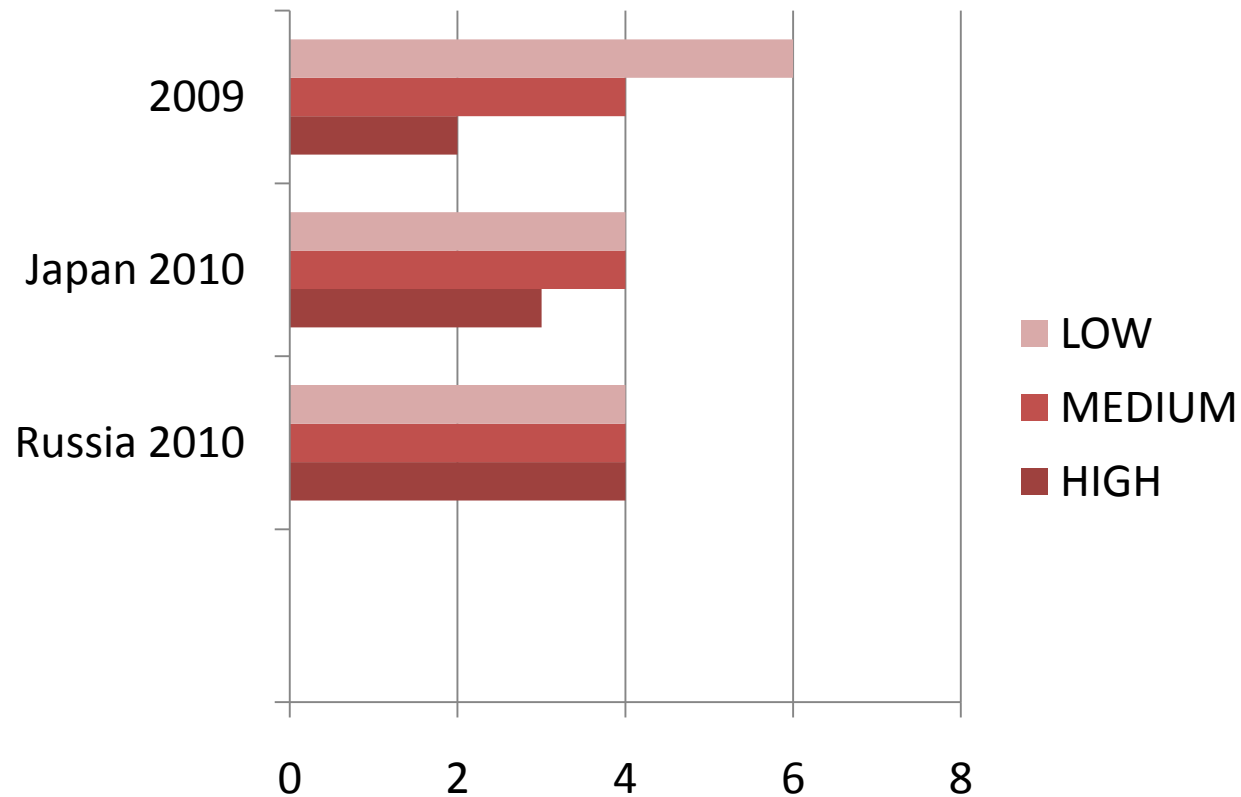
# INTENSIFICATION

Olympic phase

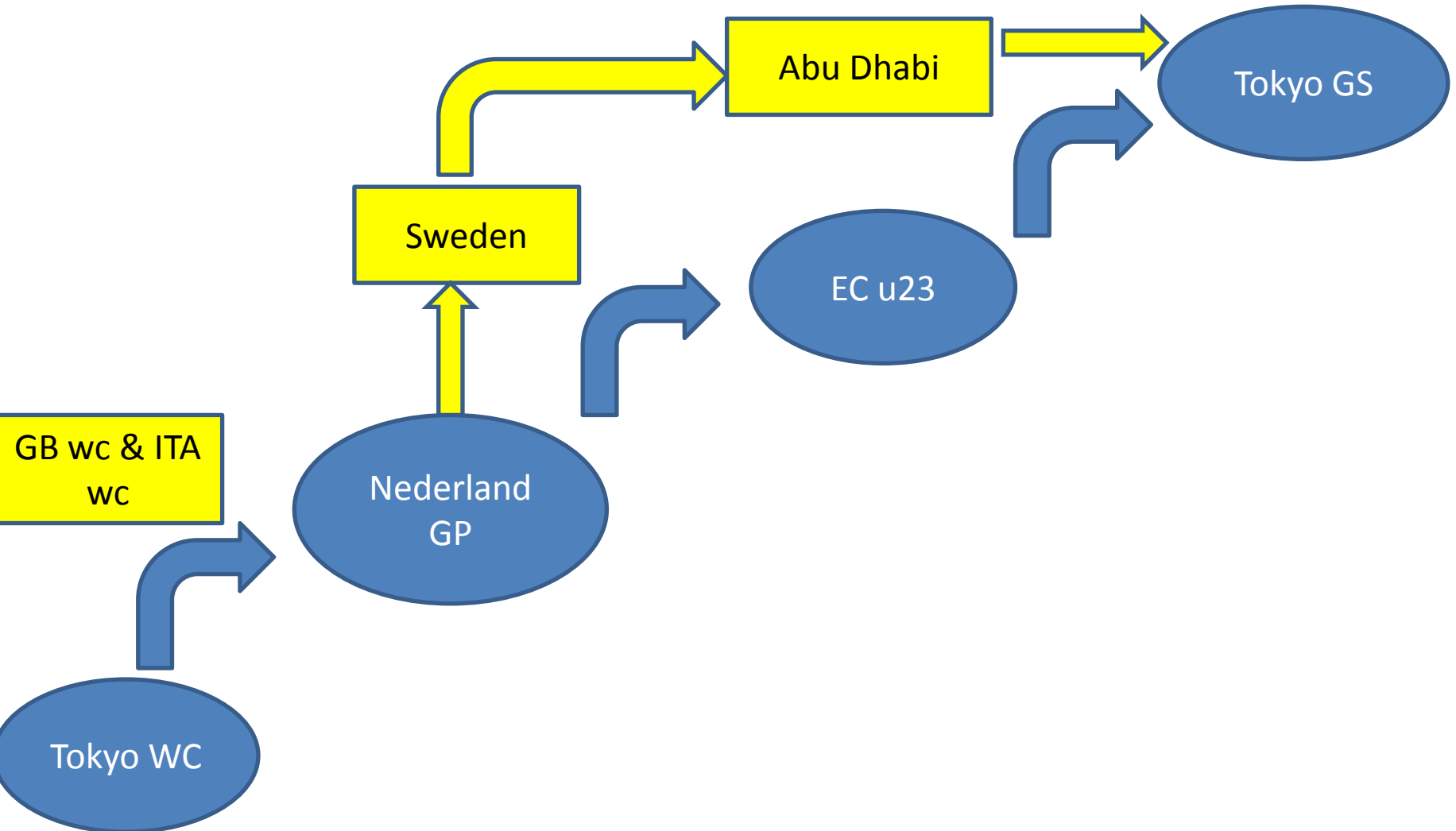
Transition  
Phase

Foundation Phase

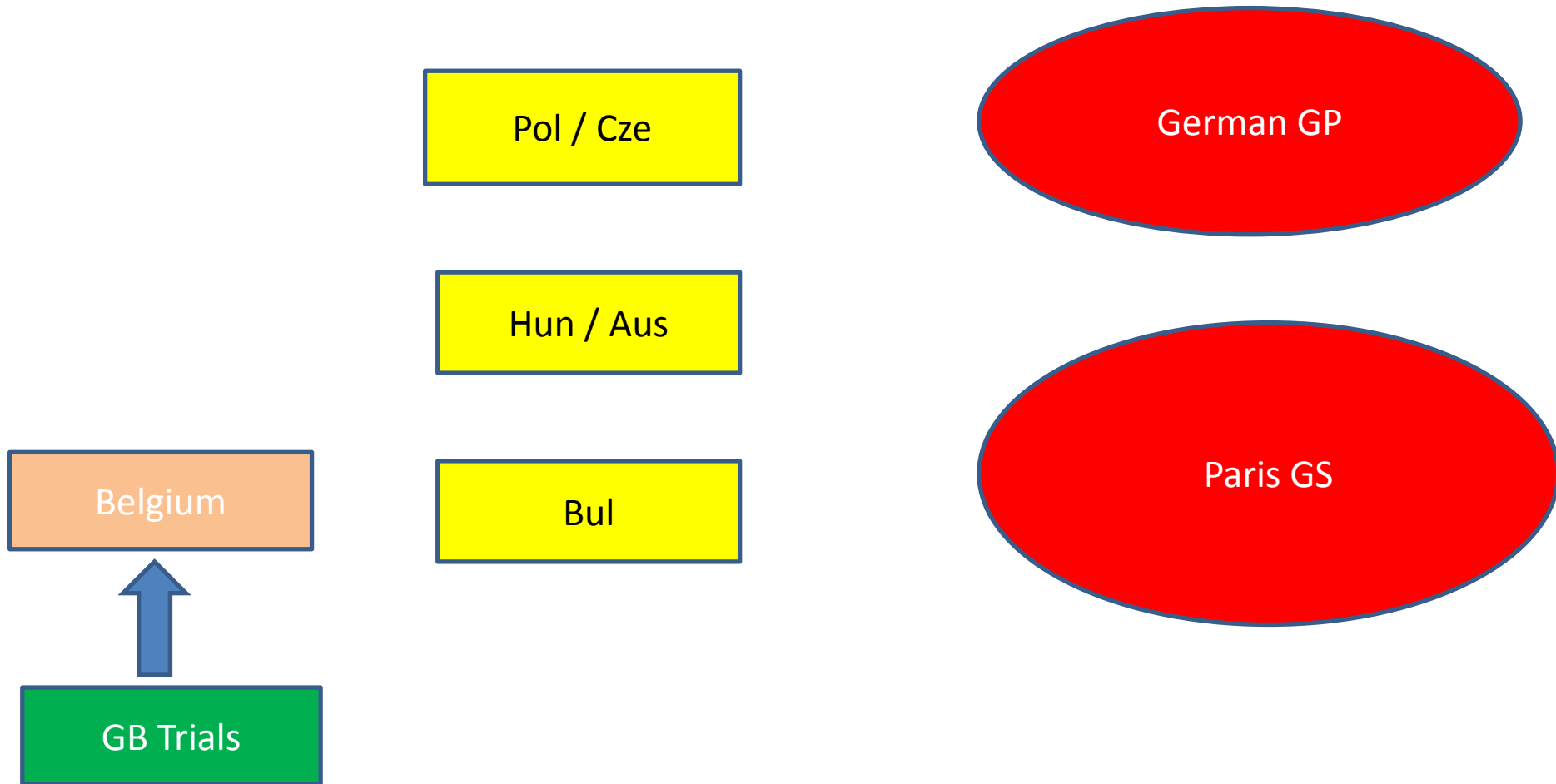
# Evolution of the loading



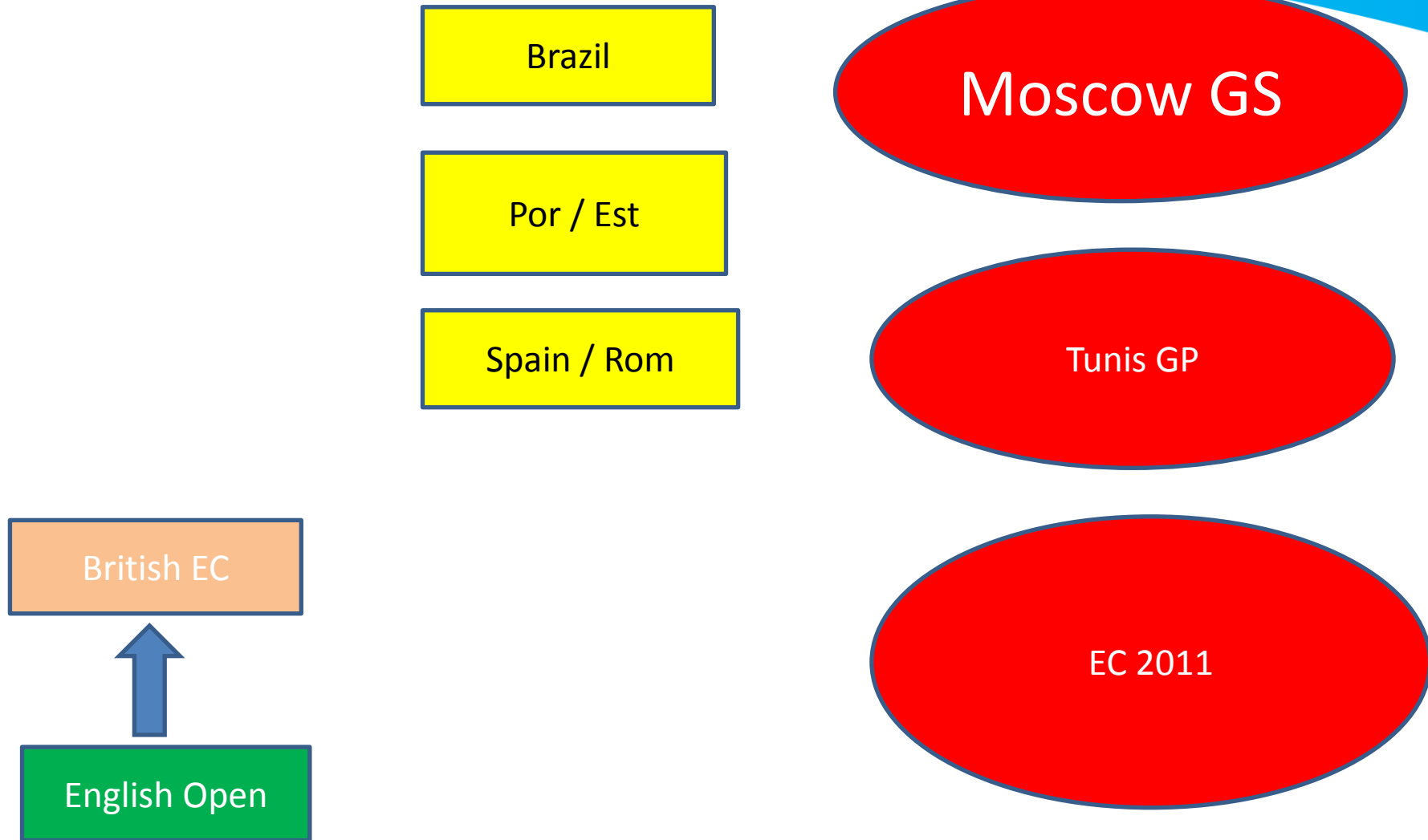
# Transition Phase - MesoCycle



# Olympic Phase 1- Meso Cycle



# Olympic Phase 1- Meso Cycle



# Training Methods

- 6 to 8 Meso cycles to next Worlds Paris 2011
- Mini preparation leading to a WC-GP-GS
- International training camps to upload randori
- S & C content for individuals
- Technical and tactical practice/training drills
- Gap analysis → Perf Analysis
- Next mesocycle after short recovery

# Technical considerations

- To polish the weapons of the GB players
- To complete their judo system (judo tree)
- To prepare them to defeat the strongest opponents (PA → tactical plan)
- To erase weaknesses / to reinforce strengths
- Winning the margins...

# Strength and Conditioning

- Periodisation is not linear – ‘Undulating’
- Complex
- Maintaining and improving all energy systems
- Managing the loading: intensity / volume / recovery

# Managing Players

- Chaos Theory!
- We must plan for problems, challenges, risk , expectations but even with the best plan we must be ready to react to the moment...this is the nature of Performance
- For the best opportunity for our plans to work we must train HARD and SMART, and invest ourselves 100%!!!

... Ultimately our Players must be hungry to win!



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**“Now we line up on the Starting Blocks”**