



This paper will outline the strategy for the GB Cadet programme from 2016 onwards, highlighting in particular the Pathway, the Trademarks, Futures Programme (Players and Coaches) and the purpose of the European Cadet Championships (ECC), European Youth Olympics (EYOF) and the World Cadet Championships (WCC).

The Home Nations (HN) role within the Performance System is to **DEVELOP** players who have the ability (technical, tactical, physical and psychological) to transition onto the GB World Class Performance Programme (WCPP) at the British Judo Centre of Excellence.

GB Performance Pathway

Over the last year, in consultation with the Home Nations and led by the GB Performance Pathway Senior Manager, there is now a greater alignment with the HN programmes and GB WCPP to ensure that there is a clear and transparent passage for players to transfer onto the GB WCPP from aged 16 onwards.

The HN’s have been identified as specific stages on the Performance Pathway, with a focussed role of **DEVELOPING** young players from **PRE CADET** Level to **JUNIOR** with the goal of transferring players onto the WCPP. Scotland, Wales and Northern Ireland already have identified centres in Ratho, Cardiff and Derry respectively and England have setup 8 Performance Pathway Centres around the country linked to the educational Advanced Apprenticeship in Sporting Excellence (AASE) programme.

HN’s have the opportunity to nominate players, from their respective programmes, twice per year (January and September) for consideration onto the GB Academy programme which aims to prepare players to transition from the HN Programme onto the WCPP on a full time basis.

British Judo Performance Pathway System

The HN programmes and Performance Pathway Centre’s (in conjunction with their Area programmes) will develop players to transition onto the GB WCPP.

Figure 1.1 British Judo Performance Pathway System

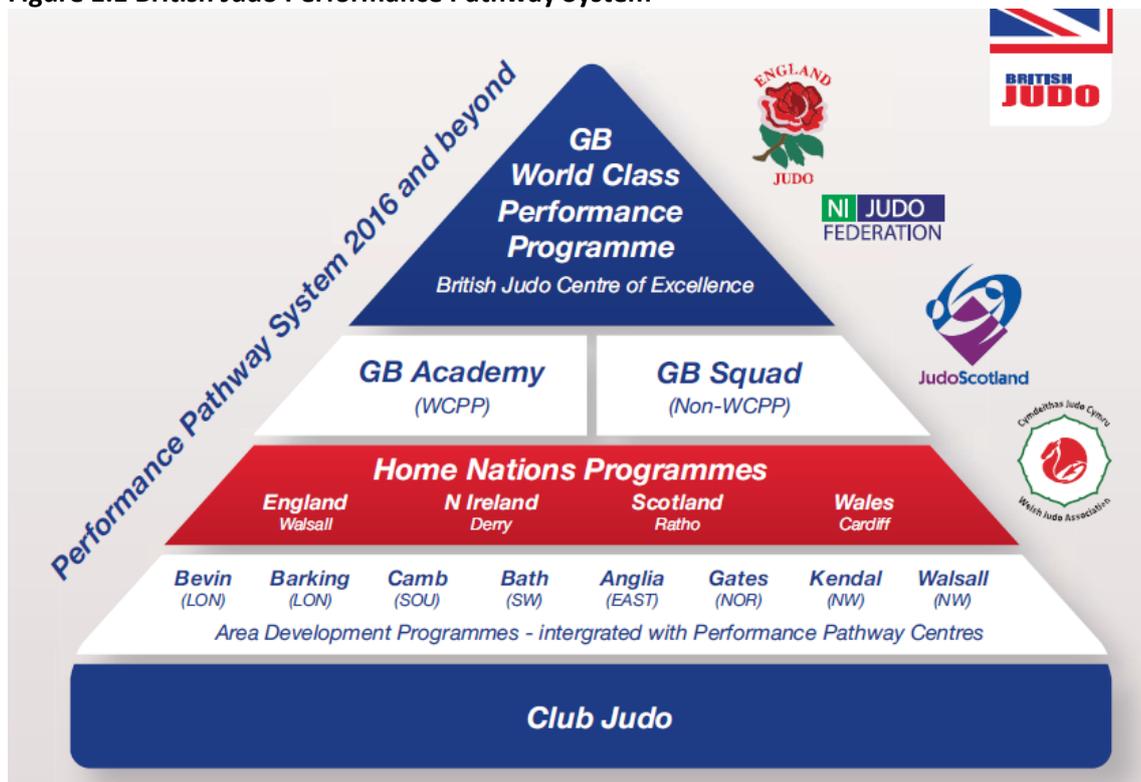


Figure 1.2 Player Pathway Journey



A player pathway has been developed in conjunction with the HN's to map out the player journey using six stages from Club to the Olympic and Paralympic Podium programme based at the British Judo Centre of Excellence.

The Home Nations and Performance Pathway Centre's offer players aged 16 onwards the opportunity to train in a part time/full-time environment.

The England PPC's at Kendal, Gateshead, Anglia Ruskin, Bath, Ernest Bevin, Midlands and Barking Abbey deliver the AASE education programme alongside weekly/monthly randori sessions for a wider group of players.

The Home Nation programmes and Performance Pathway Centres play a vital role within the Performance System in **DEVELOPING** young players to transition up the pathway with the necessary skills in order to move onto a funded WCPP that is based full-time at the British Judo Centre of Excellence.

Development of Cadet Players

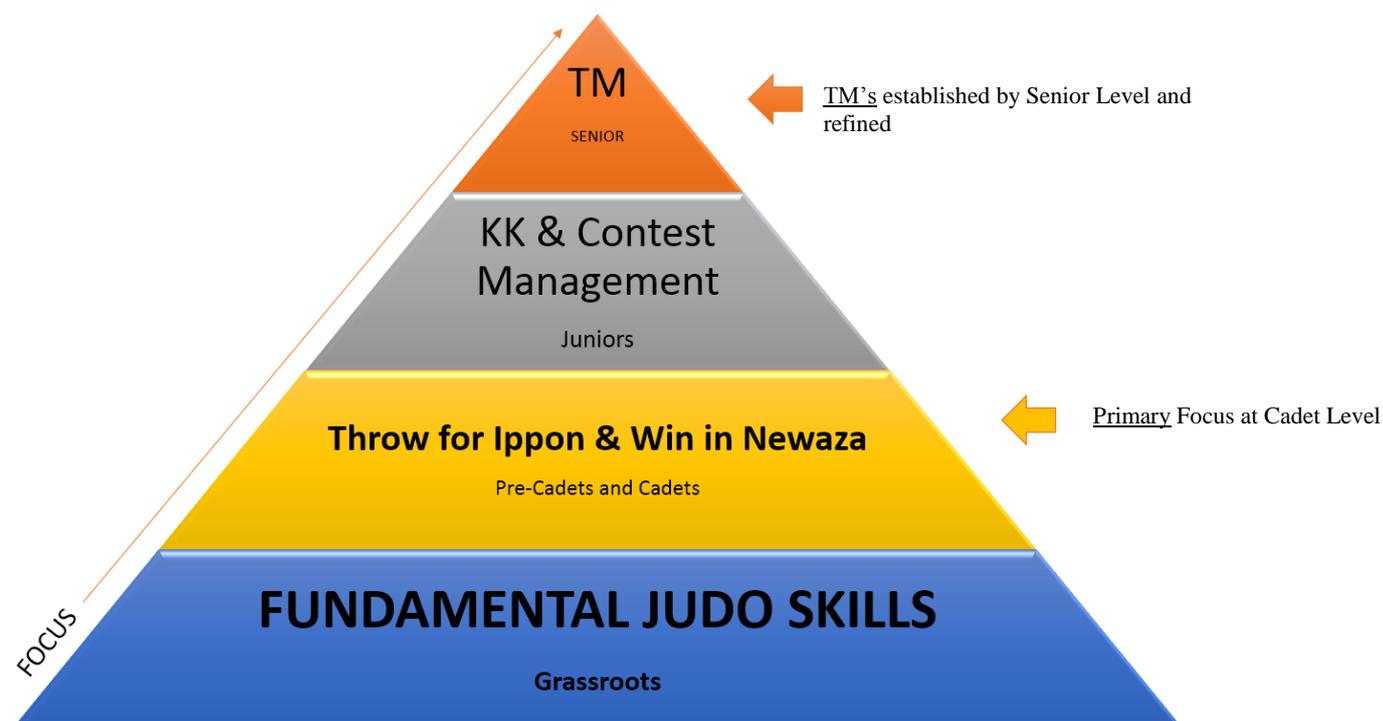
The WCPP has invested a considerable amount of time and analysis in determining the various components of 'What it Takes to Win' at Olympic and Paralympic Games. The focus of the HN programmes is to **DEVELOP** Cadet Players with the ability to transition up the Performance Pathway onto the WCPP with a Technical and Physical foundation.

A component of the British Judo 'What it Takes to Win' model is the **Technical Trademarks** for Performance Judo, which are as follows :

1. **Throw for Ippon**
2. **Win in Newaza**
3. **Dominate Kumikata**
4. **Contest Management**
5. **Fight Without Fear**

At Cadet Level, we would expect the primary focus of the Trademarks to be focussed on 'Throw for Ippon' and 'Win in Newaza' ensuring that Cadet Players transfer onto the WCPP with specific throwing and groundwork skills on which to build upon.

Figure 1.3 Trademark Development Focus stages



Additionally, the Trademarks would be underpinned with a Randori and Competition philosophy to '**Be Creative and Find A Way**' in giving young players the confidence to put into practice their Trademarks in environments that are not focussed on winning, but on **DEVELOPMENT**.
Randori Philosophy – Allow Players in Training and Competition to....

**BE CREATIVE
FIND A WAY
FIGHT WITHOUT FEAR
PERFORM WITHOUT LIMITATION**

Trademarks Profile – Key Components

The 5 Trademarks are simple in principle, yet highly complex to develop and combined with the 'Be Creative and Find A Way' philosophy, will be instrumental in **DEVELOPING** a GB player who can perform and win at the highest level.

THROW FOR IPPON	<p><i>All GB players possess a technique range with the ability to throw for Ippon.</i></p> <p><i>Example : with 30s left on the clock, a GB player still has the ability to win the contest. They know how to manage the contest to create the opportunity to throw, but have a winning technique that they can 'find a way' to execute to throw for Ippon.</i></p> <p><i>A player needs to develop a minimum of one Ippon standing throw to ensure that they do not provide opportunity for their opponent to take advantage in Newaza should they only be able to execute Sutemi or drop techniques.</i></p> <p>OUTCOME <i>GB player is feared and well known for their ability to throw and when chasing the contest, they always have the ability to win.</i></p>
WIN IN NEWAZA	<p><i>All GB players have at least one scoring technique in Newaza that is formidable in any given situation ie, they have the ability to quickly transition and attack in Newaza and score, whether from Tachiwaza attack or defence.</i></p> <p><i>A player needs to develop a minimum of one Newaza technique with several variations in order to be able to 'recycle' to keep the technique 'live' and secure an outcome. Additionally, to be successful in Newaza, transitional skills are fundamental in being able to link opportunities from Tachiwaza to the ground that will be created in contest Judo.</i></p> <p>OUTCOME <i>GB player is feared in Newaza, has at least one groundwork scoring technique and will score given any opportunity.</i></p>
DOMINATE KUMIKATA	<p><i>Gripping is a highly skilful and complex component of performance Judo and the first point of contact with your opponent. The ability to dominate and control the gripping exchanges is fundamental to winning a contest.</i></p> <p><i>A player should have a clear understanding of their own gripping structure and know how to fight against left and right handed opponents, Eastern European style and unorthodox gripping strategies with the goal of being able to technically and physically impose themselves to be 2:1 dominant in each gripping exchange.</i></p> <p><i>The inability to be able to dominate the gripping exchange will severely limit the player to compete at a high level.</i></p> <p>OUTCOME <i>GB player wins and controls the gripping exchange in order to lead the fight against <u>any</u> style of opponent.</i></p>

CONTEST MANAGEMENT	<p><i>Knowing how to win is imperative to winning when it counts. Winning pretty or winning ugly is not essential, but knowing how to win is critical.</i></p> <p><i>The ability to manage a contest from defending a lead to chasing the contest when in a winning/losing position is fundamental in just being able to WIN.</i></p> <p><i>Players need to have developed both technical and tactical components that they can execute in a given situation in the contest in knowing how to ‘read’ the scoreboard and make the right decision at the right time in order to WIN.</i></p> <p><i>Contest Management skills need to be practised under the same conditions of contest Judo in order to develop effective decision making in competition.</i></p> <p>OUTCOME <i>Player knows how to read the scoreboard, what decision needs to be made and has the technical and tactical ability to physically implement the decision in the pressurised environment of competition with the ultimate goal of being able to WIN.</i></p>
FIGHT WITHOUT FEAR	<p><i>Players who don’t know the meaning of giving up and are never beaten until the contest is finished are dangerous to compete against.</i></p> <p><i>Players who know no fear and feel ‘free’ to do whatever it takes to win are dangerous to compete against.</i></p> <p><i>It is important that we develop players who have no fear, will do whatever it takes to win against whoever stands in front of them and can produce the performance of their life when it counts without the fear of failure to ultimately win the Olympic or Paralympic Games.</i></p> <p>OUTCOME <i>GB players are feared by their opponents as they HAVE a REPUTATION that they are never beaten and will never give up. They fear no one and will take whatever risk to WIN. Ultimately, GB Players are hard to beat.</i></p>

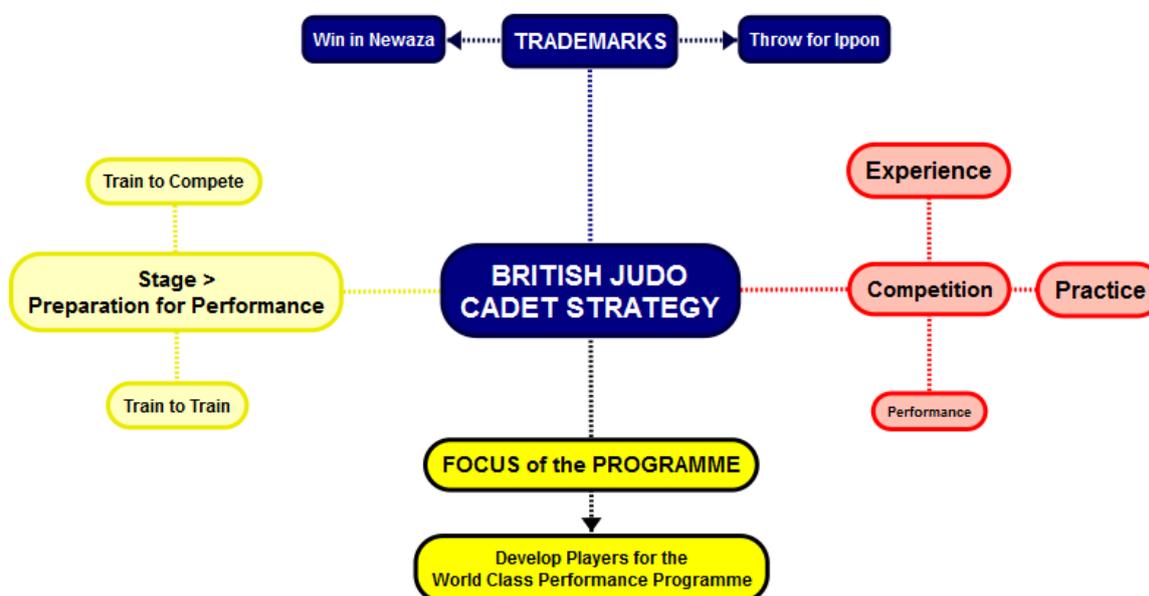
Competition

At Cadet Level and below, competition is primarily for practice, training, learning and experience. The only performance monitoring at Cadet Level is in assessing the player’s ability to be able to execute the Trademarks in competition with a particular emphasis on being able to ‘Throw for Ippon’ and ‘Win in Newaza.

Developing a winning mentality of ‘Fight Without Fear’ is critical, but a focus on winning is not important at Cadet Level and below.

The British Judo Cadet Strategy is to develop players for the World Class Performance Programme with a level of Technical and Physical competency.

Competition is a vital component of Performance Judo, but at Cadet Level and below, it is not the primary focus for the long term development of players in the British Judo Performance System.



European Cadet Championships (ECC), European Youth Olympics (EYOF) and World Cadet Championships (WCC)

From 2016 onwards, British Judo will make the following changes in the approach to the ECC, EYOF and WCC:

- **ECC** (annual) - GB can field a maximum of 10 boys and 10 girls in this event and places will be funded by the HN with a standardised criteria for nomination to British Judo. (British Judo will cover costs from the WCPP for the staff attending this event.)
- **EYOF** (bi-annual) - GB can field a maximum of 12 players (BOA quota) in this event and places will be funded by the HN with a standardised criteria for nomination to British Judo and subsequently to the BOA. (British Judo will cover costs from the WCPP for the staff attending this event.)
- **WCC** (annual) - GB will no longer field a team to the World Cadet Championships.

The WCPP invests around £25 – 27k per year to send teams to the ECC, EYOF and WCC as part of the Cadet Competition programme for potentially one to four contests. Additionally, as the events occur around July/August each year, HN programmes effectively support a six month ‘*development*’ programme in order to have players selected for these events.

Most importantly, identification for these events have been based on performances in European Cadet Cups during the Feb – Jun period which is also a critical period for education and important exams.

Our analysis of the Performance Pathway System shows very little evidence to support investment at the ECC, EYOF and WCC that determines success at Senior level. These events are NOT performance indicators for future success.



GB Futures Programme – Cadet Players

British Judo will no longer invest WCPP funding to support a Cadet competition programme, but will invest in a ‘Futures’ programme to provide identified Cadet players with the potential to transition onto the GB WCPP G programme, an opportunity to train in Japan for up to 10 days around the October half-term though this may not coincide with all term dates across the four home nations.

The exposure and experience to train in Japan at this stage of **DEVELOPMENT** will provide a greater opportunity for the WCPP to develop player’s for longer term.

GB Futures Programme – Coaches

Also, as part of the Futures programme, the WCPP, through the HN programmes, will identify 2 – 3 coaches per year to attend domestic training camps, shadowing opportunities at the British Judo Centre of Excellence and the training camp in Japan to support coach development within the HN programmes.

Home Nation Programmes

It is expected that the HN programmes make a greater emphasis on using competition to **DEVELOP** players and target European Cups and the ECC/EYOF as opportunities to expose players at varying levels of competition necessary for their stage of development and at the same time, underpin the use of competition to **DEVELOP** their Trademarks.

Summary

The focus for the GB WCPP will be to collaborate with HN programmes to ensure that there is a ‘shared mental model’ across the HN in **DEVELOPING** Cadet Players and to identify players who will transition onto the WCPP Academy programme.

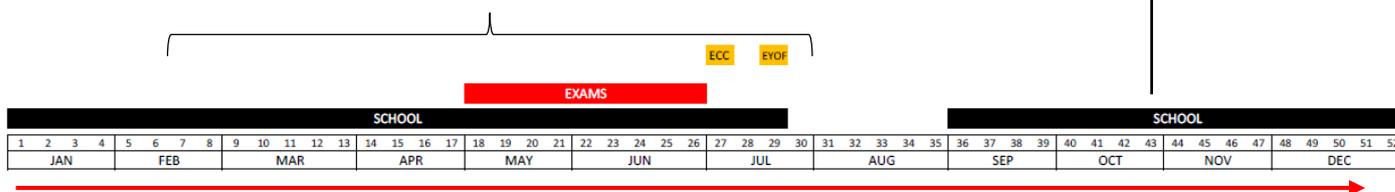
The aim of the WCPP, in collaboration with the HN programmes, is to create medal winning players at Olympic and Paralympic Games and the Cadet programme is instrumental in **DEVELOPING** future talent within the performance system.

● JAN - HN nominate for WCPP Academy programme

● SEP - HN nominate for WCPP Academy programme

JAPAN is the main focus for Cadet Players

Feb - Aug : Cadet & Junior European Cups, ECC/EYOF for training, learning, practice and experience.



Development of the Trademarks

- Technical DEVELOPMENT of the Trademarks:
 - Tachiwaza
 - Newaza
- HN programmes cover the costs for players competing in the:
 - ECC
 - EYOF
- GB will no longer support a team to attend the WCC
- HN and PPCs main focus is to transition players onto the WCPP at the British Judo Centre of Excellence
- **PLAYER DEVELOPMENT** : GB, will fund the 'Futures' programme with a 10 day training camp in Japan for 10 – 12 players
- **COACH DEVELOPMENT** : GB, as identified by the HN programmes, will fund the 'Futures' programme with a 10 day training camp in Japan for 2 – 3 coaches including shadowing at the British Judo Centre of Excellence and attendance at domestic training camps