

# British Judo (1st4Sport) Level 3 in Coaching Judo - Learning Programme (Blocks 1 & 2)

Block 1		Block 2	
Day 1 of 8	Day 2 of 8	Day 3 of 8	Day 4 of 8
9.00 am Registration	9.30 am Review Day 1/Prog. Outline Day 2	9.30 am Review Day 2/Prog. Outline Day 3	9.30 am Review Day 3/Prog. Outline Day 4
9.30 am Introduction & Setting the Scene	9.45 am M5: Planning & Preparation	9.45 am M7: Supplementary Training	9.45 am M11: Technical Coaching & Skill Development 4
9.45 am M1: Coaching Behaviour & Coaching Philosophy			
10.45am Refreshment Break	10.45 am Refreshment Break	10.45 am Refreshment Break	10.45am Refreshment Break
11.15 am M2: Technical Coaching & Skill Development 1	11.15 am M6: Technical Coaching & Skill Development 3	11.15 am M8: Coaching Practice	11.15 am M12: Technical Coaching & Skill Development 5
12.45 pm Lunch Break	12.45 pm Lunch Break	12.45pm Lunch Break	12.45 pm Lunch Break
1.30 pm M3: Technical Coaching & Skill Development 2	1.15 pm Summary Day 2 Preparation Days 3 & 4 Departure 1.30 pm	1.30 pm M9: Coaching Practice	1.15 pm Summary Day 4 Preparation Days 5 & 6 Departure 1.30 pm
3.00 pm Refreshment Break		3.00pm Refreshment Break	
3.30 pm M4: Profiling, Benchmarking & Evaluation		3.30 pm M10: Physiology	
4.45 pm Summary Day 1/Preparation Day 2 5.00 pm Departure		4.45 pm Summary Day 3/Preparation Day 4 5.00 pm Departure	

Pre-course Preparation

Home Study and Supported Practice 1

Home Study and Supported Practice 2

# British Judo (1st4Sport) Level 3 in Coaching Judo - Learning Programme (Blocks 3 - 4)

Block 3		Block 4	
Day 5 of 8	Day 6 of 8	Day 7 of 8	Day 8 of 8
9.30 am Review Day 4/Prog. Outline Day 5	9.30 am Review Day 5/Prog. Outline Day 6	9.30 am Review Day 6/Prog. Outline Day 7	9.30 am Review Day 7/Prog. Outline Day 8
9.45 am M13: Talent ID & Development	9.45 am M17: Technical Coaching & Skill Development 6	9.45 am M19: Matside Coaching	9.45 am M23: Review of Portfolios
10.45 am Refreshment Break	10.45 am Refreshment Break	10.45 am Refreshment Break	10.45am Refreshment Break
11.15 am M14: Coaching Practice/Internal Assessments	11.15 am M18: Technical Coaching & Skill Development 7	11.15 am M20: Performance Analysis	11.15 am M24 Coach Presentations Course Summary Final Words
12.45 pm Lunch Break	12.45 pm Lunch Break	12.45 pm Lunch Break	12.45 pm Lunch Break
1.30 pm M15: Coaching Practice/Internal Assessments	1.15 pm Summary Day 6 Preparation Days 7/8 Departure 1.30 pm	1.30 pm M21: External Assessments	
3.00 pm Refreshment Break		3.00 pm Refreshment Break	
3.30 pm M16: Nutrition & Anti-Doping		3.30 pm M22: External Assessments	
4.45 pm Summary Day 5/Preparation Day 6 5.00 pm Departure		4.45 pm Summary Day 7/Preparation Day 8 5.00 pm Departure	

Home Study and Supported Practice 3

Home Study and Supported Practice 4

Independent Assessments