

## Training to Train U15

During this stage of training, the pace of the athletes' physiological, social, emotional and cognitive **development** can fluctuate widely.

Care must be taken to respect individual differences and any training must be designed with the specificity of the athlete's needs as the foremost consideration. At this stage, perhaps more than any other, individual concerns must be addressed, particularly with respect to growth and **development**.



### General Objectives

- Consolidate and refine the **ABC'S**
- Consolidate specific basic judo **skills**
- Learn new **skills**
- Consolidation of basic motor **skills** in response to growth
- Identify windows of trainability and apply appropriate stimuli
- Particular attention to bilateral **development**
- Increase awareness of the value of fitness



### Judo-Specific Objectives

- Consolidate basic judo-specific **skills**
- Acquire and develop further techniques and **skills** as per **Judo Canada Kyu syllabus**
- Acquire and develop appropriate tactical and strategic abilities
- Introduction to judo philosophy surrounding winning and losing
- Continue to place emphasis on training (not competition)
- Introduce the possibility of pursuing a career in **High-Performance Judo**
- Emphasize ethical behaviour





## Guiding Principles



- Age ranges are **PHV** -dependent
- **Strength**: Males - First window of trainability - 12 to 18 months after **PHV**
- **Stamina**: Males develop at the onset of **PHV**
- **Speed**: Males 13-15 years - second **window of trainability**
- Further develop **suppleness**: (Males- special attention during **PHV**)
- Fluctuating emotional **development**
- Introduce **periodization** (single)



## Framework

- 6-8 tournaments per year with 4-5 bouts per tournament
- Competition at the national level and with USA
- Rules as per **IJF** but with consideration to some techniques deemed "dangerous" at this level (i.e. **drop seoinage**)
- Refinement of the **ABC'S**- agility, balance, coordination and **speed**; general fitness **development**
- Depending upon the athlete's phase of **development** (i.e. in relation to **PHV**) development of **aerobic** components
- Develop flexibility
- **Strength development** in the majority of females and in early-maturing males
- Bilateral **development**
- Technical **development** as per **Judo Canada Kyu Syllabus**
- 4-5 practices per week; 60-120 minutes; up to 8 hours judo-specific training per week; 60% **tachi-waza** and 40% **ne-waza**; 44 weeks training per year; off-season should be maximum of 4 weeks plus 2 shorter breaks of 2 weeks or 4 breaks of 1 week each
- 60% technical training; 40% competition and **competition-related training** (minimum 100 hours **randori** per year)
- Other sports/activities/games to be practiced on a 5-7 times/week basis
- **Periodization** (single) should be introduced
- Mental training refined (visualization, goal-setting and relaxation)
- Maximum grade of brown

## Training to Compete - U17, U20

While the ages above take into consideration the **IJF**-mandated categories, it must be noted that athletes in this developmental phase could range up to age 21 (females) and up to age 23 (males).



### General Objectives

- Specialization - athletes choose the sport they wish to excel in
- Optimize fitness and sport-specific **skills**
- Holistic approach to training combining physical, psychological, social, cognitive aspects
- Advanced mental preparation
- Optimize **ancillary capacities**
- Master **skills** and constantly develop and improve new **skills** and techniques.
- Attention to **development** of ALL physical characteristics and begin to analyze weaknesses in all areas
- Year-round, high intensity training
- Increased time devoted to competition and competition-specific training



### Judo-Specific Objectives

- Consolidate and refine **tokui-waza** (4-8 techniques tailored to the individual)
- Consolidation/development of under-developed **skill** sets (gripping, tactics, mat position, transition from **tachi-waza** to **ne-waza**)
- High volume of training, including **strength** training and endurance
- Development/refinement of all psychological factors leading to **Ideal Performance State**
- Introduce, develop and refine at least 4 new techniques per year- one each for **tachi-waza** (offence and defense) and **ne-waza** (offence and defense)



## Guiding Principles



- Individualized training plan
- Double **periodization**
- Age ranges are **PHV** -dependent
- Refine basic judo **skills**
- Consolidate new **skills** learned at the Train to Train stage
- **Learning** advance **skills**
- 48 (**strength, stamina, speed, suppleness**) always trainable
- For the late maturing athlete, see Train to Train (**strength** and **stamina** are dependent on the maturation levels of the athlete)
- **Speed** and **suppleness** can be trained based on **chronological age**



## Framework

- 40% general training (includes basic **strength** training **skills**, mental training **skills**, nutrition, warm-up, cool-down)
- 60% competition and competition-specific training; minimum 120 hours (180 hours for U20) of **randori** per year
- Minimum 10 hours/week judo-specific 60% **tachi-waza**, 40% **ne-waza**
- Judo specific 5-6 times/week (3-5 times **randori**, 2-4 times technical)
- 60 -120 minutes/practice; 45 weeks per year (48 weeks for U20); off-season should not be more than 3 weeks at a time and 2 shorter breaks of 2 weeks each or 4 breaks of 1 week each
- **Randori** training 80%+ **MHR**
- 8 tournaments per year (minimum 10 per year for U20), minimum of 4 bouts each, full **IJF** rules
- Double **periodization**
- Individualized training plan - **strength** training, energy system **development**, cross-training to develop weak areas
- Exposure to National and International competition