Learning to Train

Introduction

The "learn to train" phase is one of the most important periods for the development of the young athlete. It is necessary to pay particular attention to the individual athlete’s needs at this stage.

Because of the contextual reality of judo and the inconsistent rate of children's development, this very important stage will be divided into 2 sub-stages, specifically the U11 (age 9 and 10) and U13 (age 11 and 12) groups.

The "learn to train" stage should concern itself primarily with overall athlete development and physical literacy. If, as instructors, we can build upon the foundations laid during the Active Start and FUNdamentals stages, we can assure the sequential development of our participants. It must also be recognized that many youngsters join our sport at this age and that they do not share the same level of development or acquired fundamentals. Consequently, it is important for us to promote and encourage our young judokas to acquire overall fitness, motor control, cognitive and affective skills.

Participants at this age should, for the most part, be concerned about fun and overall athletic development. This is not to say that sport-specific skill should be discounted. The optimal window of trainability for skill training in girls is between the ages of 8 and 11 and in boys between 9 and 12 years.
### Learning to Train - Part I U11

#### General Objectives
- Consolidate previously learned **skills**
- Learn and develop new **skills**
- Emphasis on games and general fitness **development**
- Develop **strength** using child's own body weight, medicine balls, Swiss balls
- Develop **stamina** through games and relays
- Further develop **speed** by specific activities emphasizing agility, quickness and change of direction
- Further develop **suppleness**
- Ethical behaviour and fair play
- Mental training introduced

#### Judo-Specific Objectives
- Consolidate previously learned judo **skills**
- Consolidate **ukemi**
- Learn and develop new judo **skills**
- Technical **development** as per *Judo Canada Kyu syllabus*
- Acquire and develop new **osaekomi-waza** and escapes
- Acquire and develop new **nage-waza**
- Bilateral **development**
- Introduce mental training (visualization, goal-setting and relaxation); use of **mokuso**

#### Guiding Principles
- Growth and **development** considerations
- Optimal window of opportunity for **skill** training in girls is between the ages of 8 and 11 and the ages of 9 and 12 for boys.

#### Framework
- Concentration on the ABC'S- agility, balance, coordination and **speed**
- Introduction to formal competition, albeit with modified IJF rules (no **shime-waza** or **kansetsu-waza**, no **drop seoinage**, etc)
- 4 tournaments per year, "round-robin" type format; half of the tournaments to be regular competition (**interclub** only), half to be club-level; emphasis on gaining experience, not on "winning"
- No **periodization**; sessional and seasonal planning only
- 2-3 practices per week; 60-90 minutes; time allocation 50% **ne-waza**, 50% **tachi-waza**
- Other sports/activities/games to be practiced on a daily basis
- Maximum grade of green-blue
The reality of Canadian judo, especially in competition, is that judokas aged 9-12 years are often grouped together. While logistics (numbers of athletes, lack of facilities, instructors, time, etc.) may leave little choice but to combine training sessions, the sensei must recognize the similarities and differences in the needs and demands between the first and second groups of the "training to train" stage. Furthermore, the sensei must address specific needs and demands of each age group. Overall athletic development should be emphasized through the use of games and fun activities. Some judokas in this age category, particularly females, will begin to experience a growth spurt or peak height velocity (PHV). Senseis need to know that immediately prior to PHV is an excellent time to begin development of aerobic capacity. For girls, the second window of trainability for speed also occurs between the ages of 12 and 13 during PHV.
Learning to Train - Part II U13

Introduction

During this stage, judokas will typically choose one of two streams - elite development or recreational participation. It is important to note that the technical, physical, mental, and cognitive aspects of the program do NOT differ at this stage from one stream to the other. The difference is reflected in the VOLUME of training. Judokas opting for a recreational program will usually practice up to twice a week, while those choosing the elite stream will tend to practice 3-4 times per week.

General Objectives

- Learn and develop specific basic judo skills
- Develop strength using child's own body weight, medicine balls, Swiss balls
- Develop stamina through games and relays
- Further develop speed by specific activities emphasizing agility, quickness and change of direction
- Further develop suppleness
- Ethical behaviour and fair play
- Develop mental training

Judo-Specific Objectives

- Technical development as per Judo Canada Kyu Syllabus
- Consolidate basic judo technical skills
- Acquire new judo skills
- Emphasize technical perfection
- Develop basic variations of osaeakomi-waza
- Nage-waza from yellow to green belt
- Pay particular attention to bilateral development
- Introduction to judo history
- Introduction to judo etiquette
Guiding Principles

- Growth and **development** considerations
- Optimal window of trainability for **skill** training in girls is between the ages of 8 and 11 years and between 9 and 12 years for boys.
- Age ranges are **PHV**-dependent
- Further develop and consolidate basic judo **skills**
- **Strength**: Females - 2 windows of trainability - immediately after **PHV** and onset of menarche
- **Stamina**: Females - develop at the onset of **PHV**
- **Speed**: Second **window of trainability** for females aged 11-13 years
- **Suppleness**: Females - special attention during **PHV**
- No activity on the maximum intensity level
- No long-time continuous training

Framework

- Introduce judo concepts through games
- Concentration on the **ABC’S**- agility, balance, coordination and **speed**
- Depending upon the athlete’s phase of **development** (i.e. in relation to **PHV**) begin development of **aerobic** components (especially in female judokas)
- Emphasis on games and general fitness **development**
- 3-4 practices per week; 60-90 minutes; up to 6 hours judo-specific training per week; time allocation 45-50% **ne-waza**, 50-55% **tachi-waza**
- Increased exposure to formal competition, albeit with modified **IJF** rules (no shime- or **kansetsu-waza**, no drop seoinage, etc.
- 4-6 tournaments per year with 4-5 bouts per tournament
- 80-90% technical training; 10-20% tactical training
- Mental training further developed (visualization, goal-setting and relaxation)
- No **periodization**
- Maximum grade of blue-brown