

## 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**



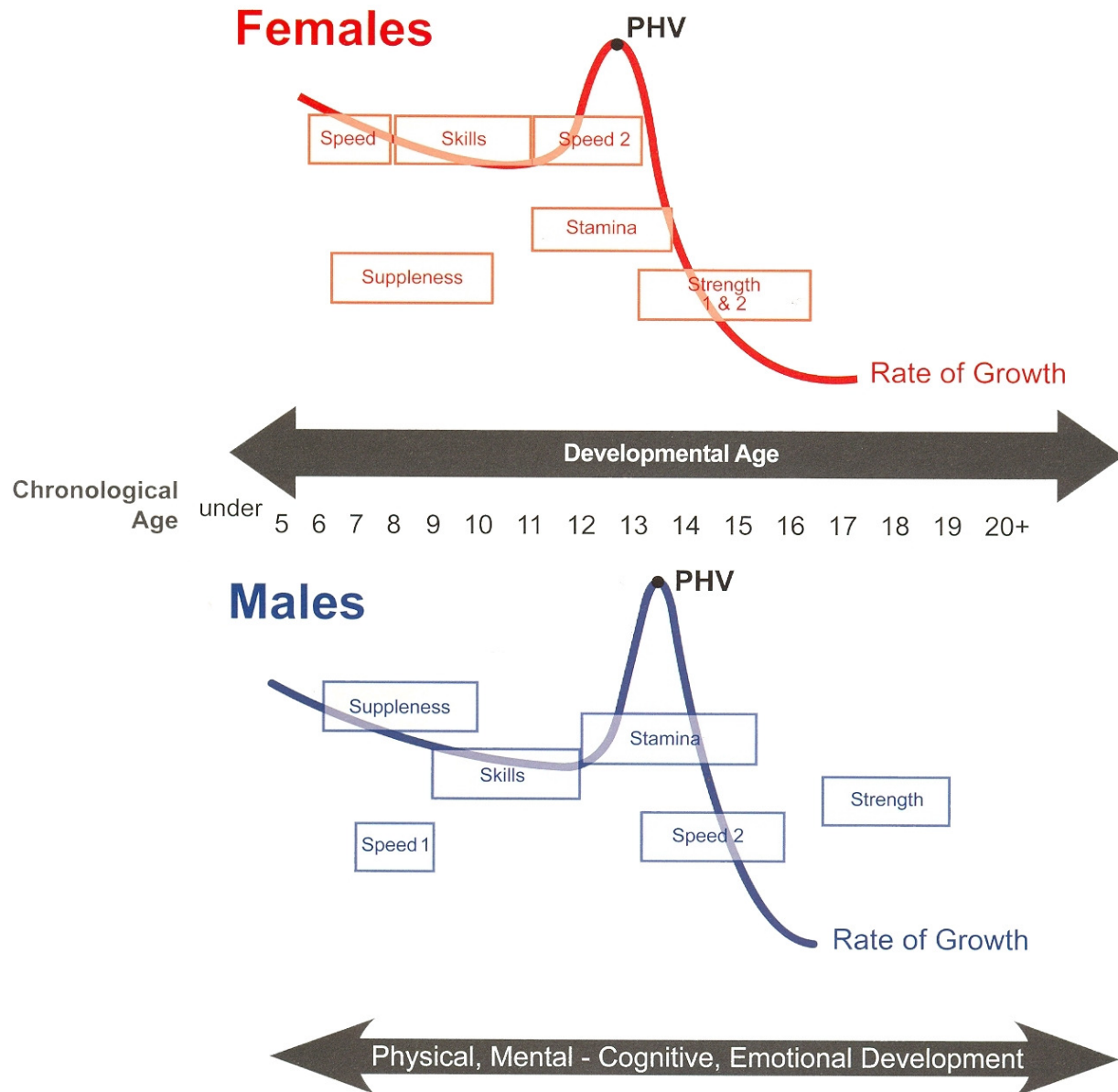
### Guiding Principles

- 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 **osaekomi-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

