



BRITISH JUDO PERFORMANCE SYSTEM

Tokyo 2020 and Beyond | from Grassroots to the Olympic & Paralympic Podium

British & English Judo Talent Pathways

Saturday 9th & Sunday 10th January 2016

Session Overview

Area	Key points	Duration	Person
Welcome & Introduction	Presentation overview	5 min	ND/JT
Sport England funding status	Implications to England programme & pathway	10min	AS/RS
GB Pathway	Regional Pathway Centres AASE Academy/G WCPP Trademarks	15min	JT/ND
England Programme 2016	England Squad – how it works ETD – what it is, how it works Accessing international competitions Parents – key info Cadet Strategy Cadet Identification Policy	30min	JT/ND
Questions		5-10min	ALL



BRITISH JUDO PERFORMANCE PATHWAY

Tokyo 2020 and Beyond | from Grassroots to the Olympic & Paralympic Podium

How British Judo is funded:

- 1. UK Sport:** Lottery & Exchequer funded agency that is focussed on the delivery of medals at Olympic & Paralympic Games. UK Sport funding is on a four year cycle and based upon performance at previous Olympic & Paralympic Games, and the confidence in the sports direction of travel for the next 4-8 years. The Tokyo funding cycle will run from April 2017 to March 2021.
- 2. Sport England:** Lottery & Exchequer funded agency that is focussed on the delivery of sports membership, participation, inclusivity opportunities and talent pathways in England. Sport England's funding is based upon achieving key participation, sports growth and talent development measures. The Sport England funding cycle currently runs up to March 2018, with the next cycle running from 2018 to 2022.

BRITISH JUDO PERFORMANCE PATHWAY

Tokyo 2020 and Beyond | from Grassroots to the Olympic & Paralympic Podium

The funding landscape for British Judo and Judo in England



**GB
World Class
Performance Programme**

British Judo Centre of Excellence

**GB Academy
(WCPP)**

**GB Squad
(Non-WCPP)**

Home Nation Programmes

ENG > SCO > WAL > NI

Walsall

Ratho

Cardiff

Derry

Bevin
(LON)

Barking
(LON)

Camb
(SOU)

Bath
(SW)

Anglia
(EAST)

Gates
(NOR)

Kendal
(NW)

Walsall
(MID)

(Y&H)

(NHC)

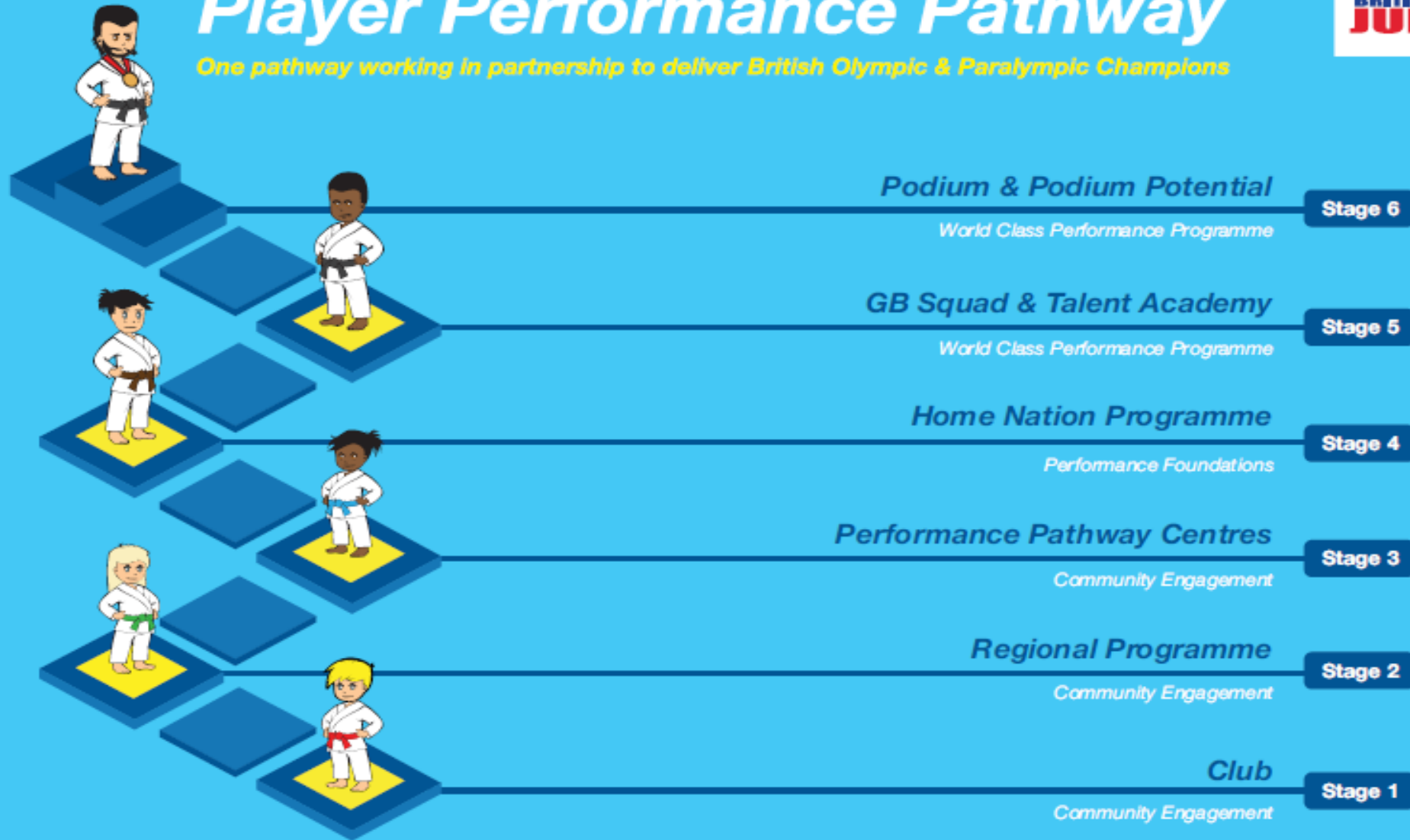
Area Development Programmes – integrated with Performance Pathway Centres

CLUB JUDO



Player Performance Pathway

One pathway working in partnership to deliver British Olympic & Paralympic Champions





BRITISH JUDO PERFORMANCE PATHWAY

The Goal of the British Judo Performance System is to Identify and Develop players to transition through the pathway to onto the British Judo World Class Performance Programme (WCPP).

The GB World Class Performance Programme is funded by UKSPORT and is a focussed group of players who are supported to deliver performances and medal at European and World Championships and the **OLYMPIC and PARALYMPIC GAMES.**



Stage 6: World Class Performance Programme

A centralised programme based at the British Judo Centre of Excellence

Two levels of programme:

- **Podium Potentials** – players who are 4-8 years from performing at an Olympic / Paralympic Games;
- **Podium** – players who are 1-4 years away from winning medals at the next Olympic / Paralympic Games

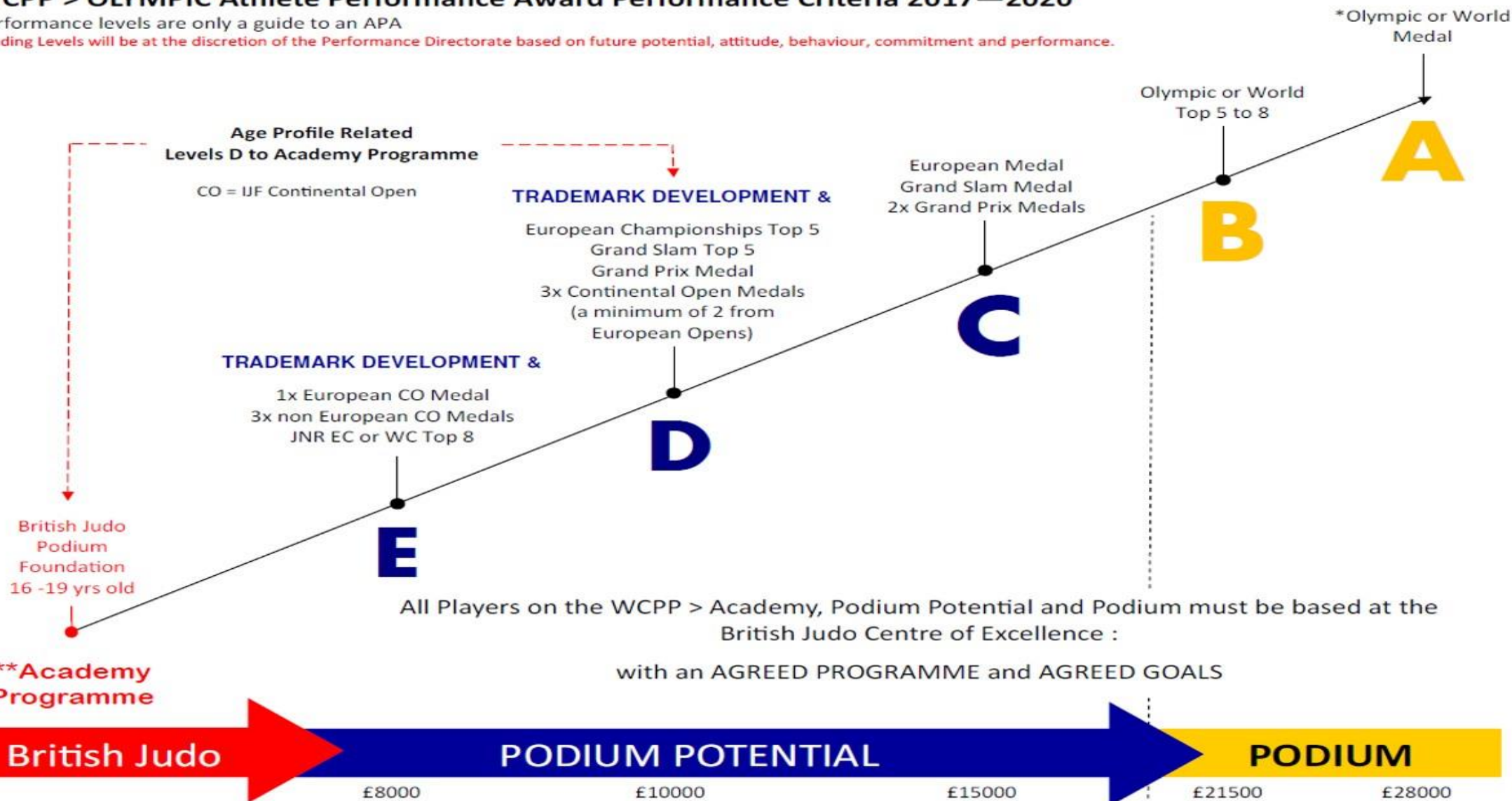
Tokyo Cycle APA Matrix



WCPP > OLYMPIC Athlete Performance Award Performance Criteria 2017—2020

Performance levels are only a guide to an APA

Funding Levels will be at the discretion of the Performance Directorate based on future potential, attitude, behaviour, commitment and performance.



* A Level : players must achieve a minimum of C Level performance to be funded at A Level for a maximum of 2 years

**Academy Programme : On Site Accommodation and programme costs (IAP, Coaching, SSSM, Performance Lifestyle) and including membership to the UKSPORT Athlete Medical Scheme.

World Class Performance Programme



Focussed on delivering:

- A full time, funded programme for potential medallists at the British Judo Centre of Excellence;
- A British Judo led programme;
- A UK Sport Athlete Personal Award (APA) from £7,000 - £28,000 per year;
- On-site accommodation at the British Judo Centre of Excellence;
- Access to Sport Science and Medical Support;
- A British Olympic Association (BOA) Medical Insurance policy;
- Access to coaching at the British Judo Centre of Excellence;
- Access to a global randori and competition programme

Stage 5: Academy Programme

A centralised 'transition' programme based at the British Judo Centre of Excellence that aims to bridge the gap between Home Nation and the World Class Performance Programme, creating an environment that allows for talent to prepare for the next level of training and support.

Two levels of Academy programme in the Tokyo Cycle:

- **Full time academy** – players who are 1-2 years from moving onto the World Class Performance Programme;
- **Part time academy** – players who are 2-3 years away moving onto the World Class Performance Programme;

British Judo Academy Programme



Focussed on delivering:

- A confirmation and transition programme for talented players to move from a Home Nation programme to the World Class Performance Programme at the British Judo Centre of Excellence;
- A British Judo led programme;
- On-site accommodation at the British Judo Centre of Excellence;
- Access to Sport Science and Medical Support;
- A British Olympic Association (BOA) Medical Insurance policy;
- Access to coaching at the British Judo Centre of Excellence;
- **An investment of up to £30,000 per year, per athlete**

British Judo Academy Programme



Why put an academy programme in place?

- British Judo has won 11 medals at the World Junior Championships over the last 11 years;
- Only 1 British Judo World Junior medallist has transitioned to win a World or Olympic medal between 2000 – 2012;
- World trends show 26-31% of Olympic medallists (2008 – 2012) won a World Junior medal during their career;
- However more importantly, there is a more significant level of Olympic medallists who have Senior International performances whilst in the Junior category;
- **Therefore the environment, exposure to training load, training partners, volume, intensity and transition to senior international judo needs special attention.**

Stage 4: Home Nation Programmes



British Judo as the National Governing Body (NGB) and Affiliated NGB to the National Olympic Committee has four home nations that contribute to all of British Judo's goals:

- 1. England – part of British Judo – funded by Sport England**
- 2. Northern Ireland - Northern Ireland Judo Federation - funded by Sport NI**
- 3. Scotland – Judo Scotland - funded by Sport Scotland and Scotland Institute**
- 4. Wales – Welsh Judo Association – funded by Sport Wales**

Stage 4: England Talent Pathway

Funded at all levels by Sport England, the England Talent Pathway has a number of stages and opportunities to engage for players from pre-cadet to senior.

Pathway Terminology:

Performance Foundations = *where highly talented athletes are first identified, confirmed and prepared to meet the increased demands of the world class environment*

Community Engagement = *where players are provided a range of opportunities to engage in activity to support the development of their sporting ability.*

**British Judo World
Class Performance
Programme (WCPP)**

**Alternative route
(Non WCPP)**

**GB
Academy**

**GB
Squad**

**England Talent Development
Programme**

**Performance
Foundations (PF)**

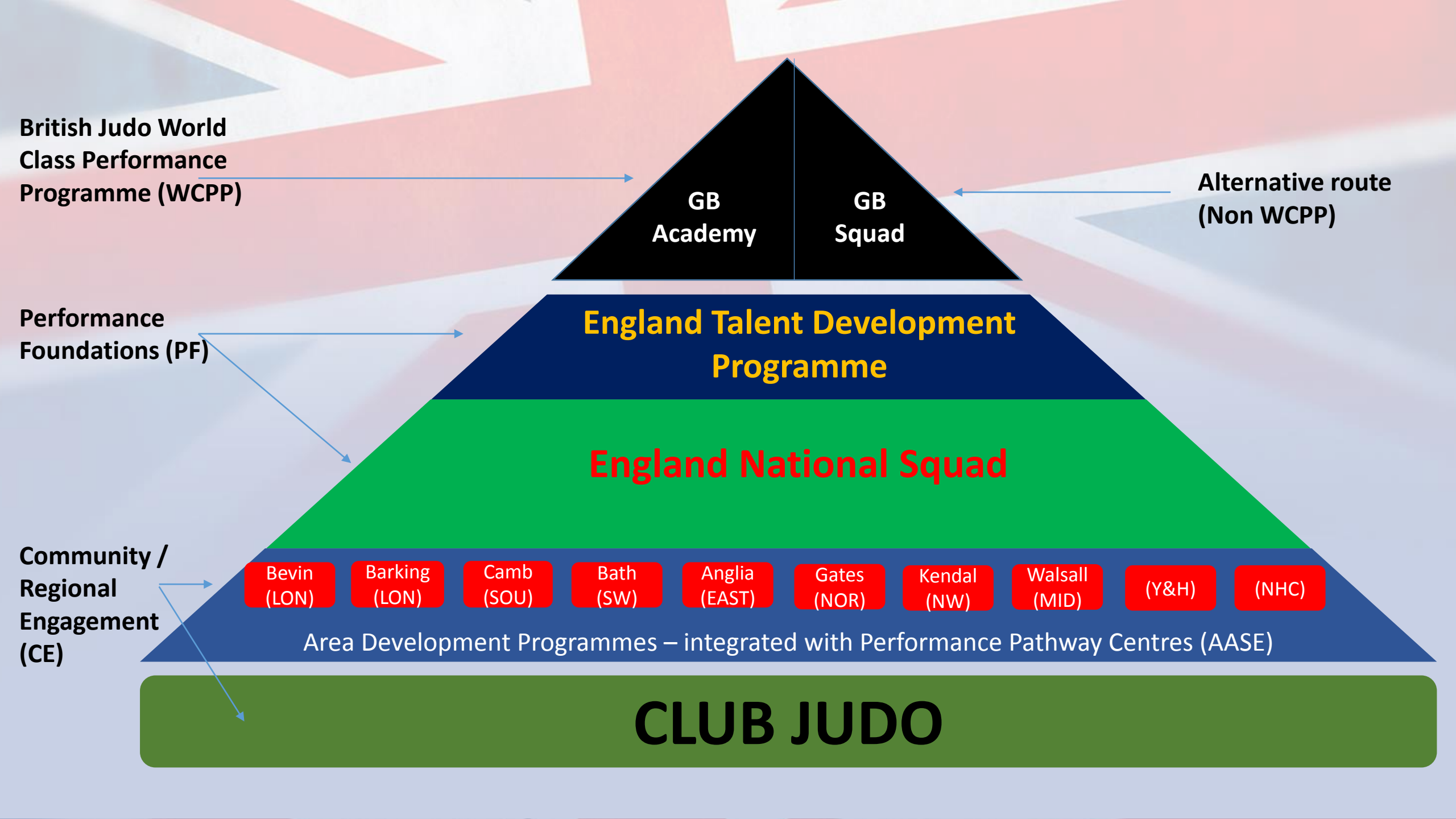
England National Squad

**Community /
Regional
Engagement
(CE)**

- Bevin (LON)
- Barking (LON)
- Camb (SOU)
- Bath (SW)
- Anglia (EAST)
- Gates (NOR)
- Kendal (NW)
- Walsall (MID)
- (Y&H)
- (NHC)

Area Development Programmes – integrated with Performance Pathway Centres (AASE)

CLUB JUDO



Stage 4: England Talent Pathway

Performance Foundations

England Talent Development Programme (ETD):

A focussed domestic camp and international camp & competition programme for identified talented players who are deemed to have the potential to move onto the WCPP (either Academy or Podium Potentials) in the next 2-3 years.

In 2016 this group will be 40-60 players approximately from the Cadet & Junior age groups.

All domestic activity will be based out of the British Judo Centre of Excellence.

England National Squad (ENS):

A domestic training programme for identified talented players from the pre-cadet to Junior age groups based at the British Judo Centre of Excellence.

In 2016 this group will be 250-300 players approximately from the Pre-Cadet, Cadet & Junior age groups.

Stage 4: England Talent Pathway

Performance Foundations

Additional funding/support:

Talented Athlete Scholarship Scheme (TASS) = A Sport England funding programme to support talented athletes in Further & Higher Education. A training fund to support training equipment and competition plus access to support services such as Strength & Conditioning, and Physiotherapy. British Judo uses TASS to support athletes at the ETD stage.

Current places = 20 Currently using = 20

Sports Aid (SA) = A funding programme to support talented athletes with a grant, helping with training and competition costs. British Judo uses Sports Aid for talented England Squad and ETD players.

Current allocation = 32 Currently using = 32

Advanced Apprenticeship in Sporting Excellence (AASE) = Government based apprenticeship programme for 16-19 years. UCAS Recognised. Delivered at 8 British Judo Performance Pathway Centres (PPCs). Training a minimum of 16 hours per week. Working alongside Further Education & Club training.

Current allocation = 97 Currently using = 60

Stage 3: England Talent Pathway

Community Engagement

Performance Pathway Centres (PPC's):

Focussed to deliver:

- The Advanced Apprenticeship in Sporting Excellence (AASE) (16-19 age profile)
- Weekly Pathway Centre Randori (Cadet 1 – Junior 3)
- Open Technical Development Days (Pre Cadet – Junior 3) – 6 times per year

All England Squad Players should be attending their nearest PPC on a fortnightly or monthly basis

Complimenting NOT replacing Area & Club activity

Stage 2: England Talent Pathway

Community Engagement

Regional/Area Programmes:

Individual development programmes based through the nine areas of British Judo's Membership.

Area programmes will typically involve regular squad training & randori plus domestic Or international competition opportunities

All England Squad Players should be attending their Area programmes as much as possible



Stage 1: England Talent Pathway

Community Engagement

Club Judo

- The **judo club** is a fundamental component of the sport and the entry level into the British Judo & England Performance Pathway.
- A judo club forms the entry point to the Performance Pathway where young players
- will learn and develop the **Performance Fundamental** skills of judo.
- This is where a player will engage with their first grading and competition opportunities.
- A players focus should be on enjoyment, learning new skills and putting them into practice as much as possible.

England Squad: How it works

Performance Foundations

- Around 250-300 players on England Squad across Pre-Cadet, Cadet, Junior & Senior 1
- 7 Squad training weekends in 2016 all at the British Judo Centre of Excellence (increased);
- Focussed on high quality randori;
- Focussed on technical coaching support;
- Physiotherapy support;
- Introduction to British Judo **'Trademark'** Philosophy
- £5 mat fee
- Online registration – provides all the detail to support activity in year;
- Non attendances to be communicated in advance

England Squad: How it works

Performance Foundations

IJF Judobase registration:

This new system replacing the EJU JUMAS system is to be used from January 2015 for all entries into all IJF/EJU events, including Cadet & Junior European Cups. **Anyone previously registered on JUMAS, will need to be registered on the Judobase System.**

The cost of registration is 40 € per person + Tax and delivery = **£55.00 for two years registration.**

Under IJF rules, all registrations are to be managed and entered by each Federation, and not by clubs.

England Squad: How it works

Performance Foundations

IJF Judobase registration:

Anyone wishing to register and to compete at the European Cups, must be on the England squad as a minimum. You will need to email Stefan.newbury@britishjudo.org.uk with the following information:

FULL NAME (as found on passport)

DOB

EVENT TO BE REIGISTERED FOR

WEIGHT CATEGORY

SUPPLY ELECTRONICALLY A PASSPORT PHOTO (Important: **must be** head and shoulders against a **white background**).

Coaches will also need to register (including providing a photo as stated above) and sign, complete and adhere to the British Judo Code of Conduct for Coaches which will be sent once a request is received

England Talent Development: How it works



Performance Foundations

- Open testing & identification process for Cadet – Junior groups (England Squad)
 - **Assessment weekend 20-21 February**
 - **20th February – Girls / 21st February - Boys**
 - Press Up bleep test
 - Sit and reach (flexibility)
 - Vertical Jump (explosive leg power)
 - Multistage Fitness test (running bleep test)
 - Judo Assessment / observation
-
- ETD Selections – benchmark standards and player current ability and long term potential
 - Announcement = Wk/c. 29th February 2016

England Talent Development: How it works



Performance Foundations

- ETD programme in addition to the England Squad training days:
- 4-7 April @ British Judo Centre of Excellence
- 15-19 Aug @ British Judo Centre of Excellence
- ETD Programme will prioritise the following events:
- Bremen International & Camp – Cadet & Junior (boys)
- Thuringa International & Camp – Cadet & Junior (Girls)
- Cadet Czech International & Camp (mixed)
- Cadet Romania International & Camp (mixed)
- Junior Austria International & Camp (mixed)
- Junior Hungary International & Camp (mixed)

British Judo Trademarks

Community Engagement > Performance Foundations > WCPP

What is a Trademark?

A trademark is a recognizable expression which identifies products or services of a particular source from those of others.

British Judo Trademarks?

The five key technical components that will be developed in and expressed by British fighters in order to perform and be successful at Olympic & Paralympic Games

British Judo Trademarks

Throw for Ippon

- Players possess a technique range with the ability to throw for Ippon.
- Players are feared and well known for their ability to throw and when chasing the contest, they always have the ability to win.

Win in Newaza

- Players have at least one scoring technique in Newaza that is formidable in any given situation
- Players have the ability to quickly transition and attack in Newaza and score, whether from Tachiwaza attack or defence.

Dominate Kumikata

- The ability to dominate and control the gripping exchanges is fundamental to winning a contest.
- Players win and controls the gripping exchange in order to lead the fight against any style of opponent.

Contest Management

- The ability to manage a contest from defending a lead to chasing the contest when in a losing position is fundamental.
- Player can read the scoreboard, what decision needs to be made and has the technical ability to physically implement the decision in the pressurised environment.

Fight without Fear

- Players have an attitude that they are hard to beat and will do what it takes to WIN.
- players are feared by their opponents as they have a reputation that they are never beaten and will never give up.
- Players who know no fear are dangerous to compete against.

Trademark Blueprint



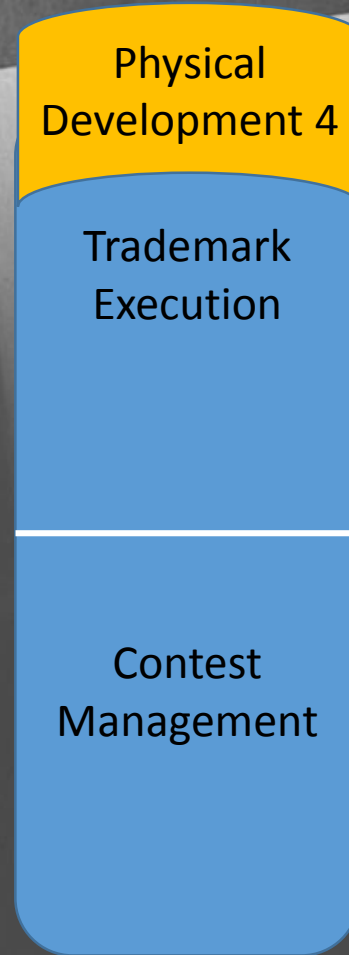
Pre Cadet



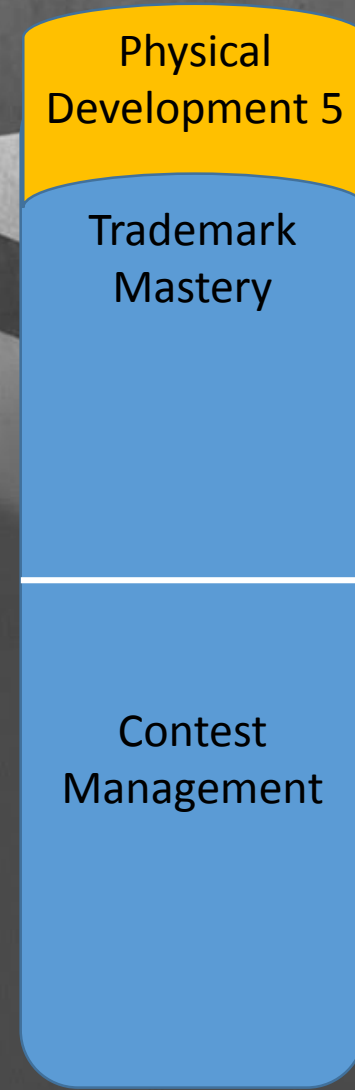
Cadet



Junior 1 -2



Junior 3



Senior

British Judo Cadet Strategy

Performance Foundations

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**'.

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.

Key Trademark Components for the Cadet age group will be:

1. Throw for Ippon
2. Win in Newaza

British Judo Cadet Strategy



Performance Foundations

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***'.

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.

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

British Judo Cadet Strategy



Performance Foundations

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

- **European Cadet Championships (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.)

- **European Youth Olympic Festival (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.)

- **World Cadet Championships (annual)** - GB will no longer field a team to the World Cadet Championships.

British Judo Cadet Strategy

Performance Foundations

Futures Programme – Cadet Players

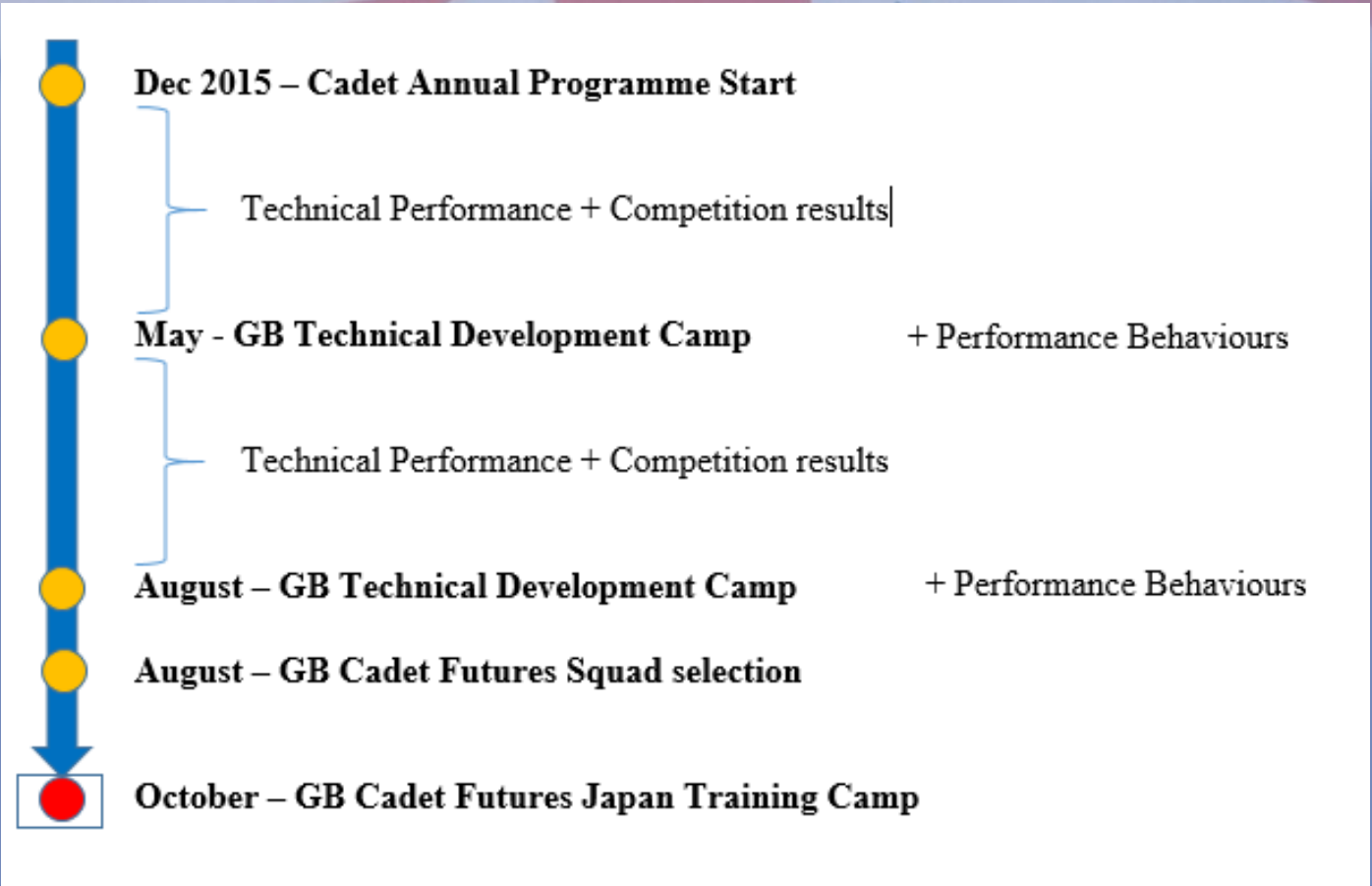
British Judo will no longer invest WCPP funding to support a Cadet competition programme, but will invest in a 'Futures' programme to provide identified Cadet players with the potential to transition onto the GB WCPP G programme, an opportunity to train in Japan for up to 10 days around the October half-term 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.

British Judo Cadet Strategy

Performance Foundations

Player identification



British Judo Cadet Strategy

Performance Foundations

Player identification

From 2016 onward British Judo will identify Cadet players based on the following matrix:

Priority	Criteria	Weighting
1	Technical Performance in Competition	50%
2	Performance Behaviours	30%
3	Competition results	20%

British Judo Cadet Strategy

Performance Foundations

Player identification – Performance Behaviours

Performance Behaviour	Detail
Attendance	Attendance at Home Nation training events
Attitude	Attitude to training at Home Nation training events and camps
Resilience	Resilience in challenging environments including randori, conditioning, international competition and training camps
Technical Development	Commitment to developing Throw for Ippon and Win in Newaza trademarks in training and competition

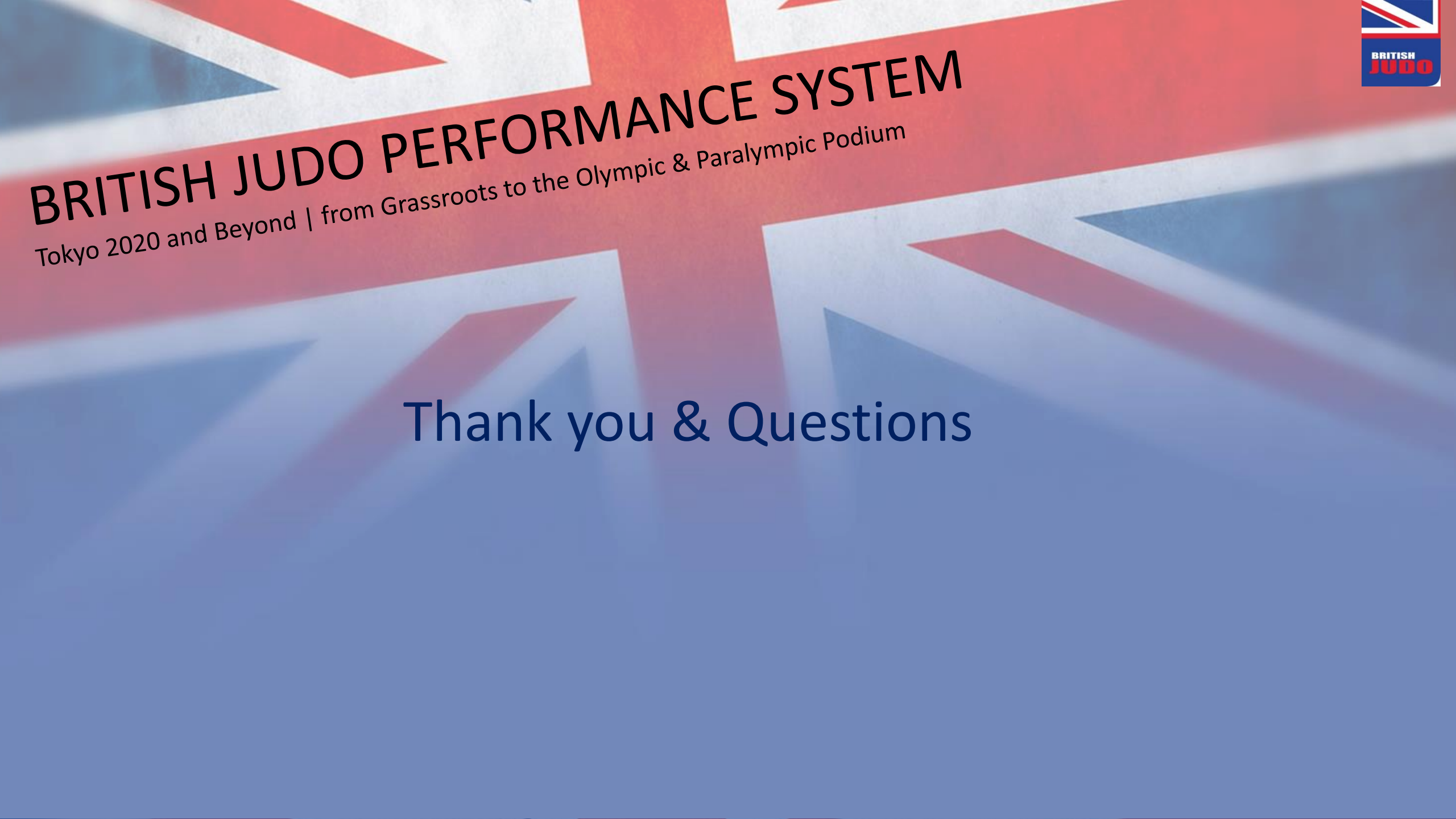
British Judo Cadet Strategy

Performance Foundations

Player identification – implications

Players should focus on:

1. Focus on developing their understanding & ability to demonstrate 'Throw for Ippon' & 'Win in Newaza' trademarks in Randori
2. Focus on trying to demonstrate their 'Throw for Ippon' & 'Win in Newaza' trademarks in Competition
3. Engage with their Area & Home Nation Programme
4. Develop and demonstrate performance behaviours



BRITISH JUDO PERFORMANCE SYSTEM

Tokyo 2020 and Beyond | from Grassroots to the Olympic & Paralympic Podium

Thank you & Questions