

A Safe Return To Judo Example Session Plans



Session Planner 1 - Example for Novice - 1st Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: Novice - 4th Mon
Session Goals	<ul style="list-style-type: none"> • O-soto-otoshi, O-soto-otoshi into Kesa-gatame, Ushiro-ukemi and Yoko-ukemi - emphasise safety e.g. tuck in chin • Multi-directional movement and balance - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated space • Japanese terminology - Hajime, Matte and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement; Ushiro-ukemi (choose a variety of suggested activities for 5 min)	Individual Activity - Staying inside space row the boat, bunny hops and bear crawl activity forward and backward – basic and race; safety tuck in chin and slap mat with palm of hand and control partner.	5 min	
Game/Activity 2: Kesa-gatame Kesa-gatame escape (shadow option)	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Dummy/ teddy lies on back like a star and tori holds them down using key relevant coaching points. Shadow option if no equipment using positions Finish by showing/demo leg trap – shadow or equipment circular movement used to chase leg	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: O-soto-otoshi O-soto-otoshi into Kesa-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/ teddy or shadow option to practice throw to hold transition Finish by show/demo– equipment, shadow or video	10 min	
Cool down Dead Ant	Individual Game - Play elimination game where the last person to react or incorrectly reaction to the instruction is out. Command examples: on back, on front, dead ant, dying ant, like a dog, disco style, jump and catch ball.	5 min	

Session Planner 2 - Example for 1st- 2nd Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: Novice - 4th Mon
Session Goals	<ul style="list-style-type: none"> De-ashi-barai, De-ashi-barai into Kesa-gatame, Ushiro ukemi and Yoko ukemi - emphasise safety e.g. tuck in chin Balance and Multi-directional movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated Japanese terminology - Hajime, Matte and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Staying inside space shadow side steps and monkey crawl – forward, back side etc.; Bridge and Turn	5 min	
Game/Activity 2: Yoko-ukemi De-ashi-barai	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Yoko-ukemi safety tuck in chin and slap mat with palm of hand and control. Use dummy/teddy or shadow option to practice throw step pattern and movement. Finish by show/demo– equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Mune-gatame Mune-gatame into De-ashi-barai	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/teddy or shadow option to practice throw to hold transition Finish by show/demo– equipment, shadow or video	10 min	
Cool down Land and Sea	Individual Game - Play elimination game where the last person to react or incorrectly reaction to the instruction is out. Command examples: land and sea	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 3 - Example for 2nd - 3rd Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: Novice - 4th Mon
Session Goals	<ul style="list-style-type: none"> Uki-goshi, Uki-goshi into Kuzure-kesa-gatame, Yoko-ukemi and Mae-mawari-ukemi- emphasise safety as before Balance and Multi-directional movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated Japanese terminology - Hajime, Matte and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Basic dynamic stretches. Squat, press-up and abdominal warm-up	5 min	
Game/Activity 2: Mae-mawari-ukemi Uki-goshi	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Mae-mawari-ukemi safety tuck in chin and slap mat with palm of hand and control. Use dummy/teddy or shadow option to practice throw step pattern and movement. Finish by show/demo- equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Kuzure-kesa-gatame Uki-goshi and Kuzure-kesa-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/teddy or shadow option to practice throw to hold transition Finish by show/demo- equipment, shadow or video	10 min	
Cool down: T-drills (choose a variety of suggested activities for 5 min)	Individual Activity - T-drills within 3 by 3 m allocated space using forward, side, backward runs, bear crawls etc., stretches	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 4 - Example for 3rd- 4th Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: Novice - 4th Mon
Session Goals	<ul style="list-style-type: none"> Tai-otoshi, Tai-otoshi into Yoko-shiho-gatame, Yoko-ukemi and Mae-mawari-ukemi- emphasise safety as before Balance and Multi-directional movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated Japanese terminology - Hajime, Matte and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Basic dynamic stretches. Straddle roll, Shrimping and Ostrich stretches	5 min	
Game/Activity 2: Mae-mawari-ukemi Yoko-shiho-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Mae-mawari-ukemi safety tuck in chin and slap mat with palm of hand and control. Use dummy/teddy or shadow option to practice technique pattern and movement. Finish by show/demo- equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Tai-otoshi Tai-otoshi into Yoko-shiho-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/teddy or shadow option to practice throw to hold transition Finish by show/demo- equipment, shadow or video	10 min	
Cool down Flexibility	Individual Activity - Pre-stretch to gymnastics bridge; Gymnastics bridge; Shake-rattle & roll (after bridge); Straddle and Pike sit stretches etc.	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 1 - Example for 4th- 5th Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: 4th - 9th Mon
Session Goals	<ul style="list-style-type: none"> • Ippon-seoi-nage, Ippon-seoi-nage into Kami-shiho-gatame, various ukemi- emphasise safety e.g. tap and release; tuck in chin • Speed, Agility and Sports Specific Movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated • Japanese terminology - relevant to grade and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Basic dynamic stretches. Cartwheel. Snake and modified panther movements	5 min	
Game/Activity 2: Ippon-seoi-nage	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Mae-mawari-ukemi (3) over an object, safety tuck in chin and slap mat with palm of hand and control. Use dummy/teddy or shadow option to practice throw step pattern and movement. Finish by show/ demo- equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Kami-shiho-gatame Ippon-seoi-nage into Kami-shiho-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/teddy or shadow option to practice throw to hold transition Finish by show/demo- equipment, shadow or video	10 min	
Cool down: Dead Ant	Individual Game - Play elimination game where the last person to react or incorrect reaction to the instruction is out. Command examples: on back, on front, dead ant, dying ant, like a dog, disco style, jump and catch ball.	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 2 - Example for 5th - 6th Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: 4th - 9th Mon
Session Goals	<ul style="list-style-type: none"> • O-uchi-gari, O-uchi-gari into Tate-shiho-gatame, various ukemi - emphasise safety e.g. tap and release; tuck in chin • Speed, Agility, gymnastic and Sports Specific Movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated • Japanese terminology - relevant to grade and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Basic dynamic stretches. Dragon and Duck movements in various directions	5 min	
Game/Activity 2: Mae Ukemi Tate-shiho-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Mae-ukemi safety turn head before mat and control. Use dummy/teddy or shadow option to practice technique movement. Finish by show/demo – equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: O-uchi-gari O-uchi-gari into Tate-shiho-gatame	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/teddy or shadow option to practice throw to hold transition Finish by show/demo– equipment, shadow or video Practice movement for escape from Tate-shiho gatame.	10 min	
Cool down Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Hip switches, roll and shadow movement into kesa-gatame position (10 each side); Straddle and Pike sit stretches etc.	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 3 - Example for 6th - 7th Mon			
Session Content	Working on and Organisation	Time	Review
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: 4th - 9th Mon
Session Goals	<ul style="list-style-type: none"> • Tsuru-komi-goshi, O-uchi-gari countered by Tsuru-komi-goshi, various ukemi- emphasise safety e.g. tap and release; tuck in chin • Speed, Agility and Sports Specific Movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated • Japanese terminology - relevant to grade and above techniques 		
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Animal and Movement (choose a variety of suggested activities for 5 min)	Individual Activity - Basic dynamic stretches and ukemi. Shadow toe touch agility and abdominal drill; Hip-up and catch using shadow drill	5 min	
Game/Activity 2: Tsuru-komi-goshi	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/ teddy or shadow option to practice throw step pattern and movement. Finish by show/demo- equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: O-uchi-gari countered by Tsuru-komi-goshi	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/ teddy or shadow option to practice counter movement. Finish by show/demo- equipment, shadow or video	10 min	
Cool down Agility Drills	Individual Activity - Cone or ladder drills within 3 by 3 m allocated space, stretches	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 4 - Example for 7th - 8th Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: 4th - 9th Mon
Session Goals	<ul style="list-style-type: none"> • Morote-seoi-nage, Ko-uchi-gari, Ko-uchi-gari into Morote-seio-nage, various ukemi- emphasise safety e.g. tap and release; tuck in chin • Speed, Agility and Sports Specific Movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated • Japanese terminology - relevant to grade and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Movement	Individual Activity - Basic dynamic stretches and ukemi. Shadow toe touch agility and abdominal drill; Hip-up and catch into Tate-shiho-gatame using shadow drill	5 min	
Game/Activity 2: Ko-uchi-gari Morote-seoi-nage	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/ teddy or shadow option to practice throw step pattern and movement. Finish by show/demo- equipment, shadow or video	10 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Combination Ko-uchi-gari into Morote seoi-nage	Individual Activity - work on technique. Use dummy/teddy or shadow option to practice combination movement. Finish by show/demo- equipment, shadow or video	10 min	
Cool down Stretches	Individual Activity - Pre-stretch to gymnastics bridge; Gymnastics bridge; Shake-rattle & roll (after bridge); Straddle and Pike sit stretches etc.	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

Session Planner 5 - Example for 8th - 9th Mon			
Venue/Club: BJA	Date:	Time: 6.30 pm - 7.15 pm	Stage: 4th - 9th Mon
Session Goals	<ul style="list-style-type: none"> Arm roll from side of tori and Arm roll from in front of tori - emphasise safety e.g. tap and release Speed, Agility and Sports Specific Movement - emphasise safety e.g. ensure they keep 2 m apart but within 3 by 3 m allocated Japanese terminology - relevant to grade and above techniques 		
Session Content	Working on and Organisation	Time	Review
Introduction	Introduce session plan, check for injuries and explain session restrictions and content	5 min	
Warm-up Game/Activity 1: Movement	Individual Activity - Basic dynamic stretches and ukemi. Cat-dips, burpees, press-up and V-sits/Russian Twists	5 min	
Game/Activity 2: O-soto-gari Seoi-toshi	Coach uses video or dummy/teddy to demonstrate Individual Activity - work on technique. Use dummy/ teddy or shadow option to practice throw step pattern and movement. Finish by show/demo- equipment, shadow or video	12 min	
Game/ Activity 3: Terminology	Coach discusses and checks learning for terminology linked to Japanese terminology	5 min	
Game/Activity 4: Ippon-seoi-nage into Ko-uchi-gake	Individual Activity - work on technique. Use dummy/teddy or shadow option to practice combination movement. Finish by show/demo- equipment, shadow or video	8 min	
Cool down Agility Drills	Individual Activity - Cone drills within 3 by 3 m allocated space, stretches	5 min	
Debrief	Check for learning and explain health and safety expectation.	5 min	

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