

BRITISH  
JUDO



**1st4sport**  
Qualifications

# 1<sup>st</sup>4sport Level 3 in Coaching Judo

Module 5: Planning and Preparation



# Module 5: Planning and Preparation

## Module Outcomes

- Creating an annual plan
- Identify cycles and phases in your plan
- Integrating competitions and events into your plan
- Developing your 'club curriculum'
- Using information gathered identifying the strengths and development needs of the athlete
- Prioritising areas for development and devising goals
- Planning for the use of resources in the delivery of your plan

# Module 5: Planning and Preparation

## Planning Objectives

- Provide a clear agenda for the forthcoming year
- Promote the athlete's ownership of their development
- Allow all coaches/volunteers to work towards the same objective
- Provide clarity on development areas
- Structure the use and purpose of competition
- Provide a tool to review progress
- Athlete-centred rather than coach-centred

# Module 5: Planning and Preparation

## Planning Process

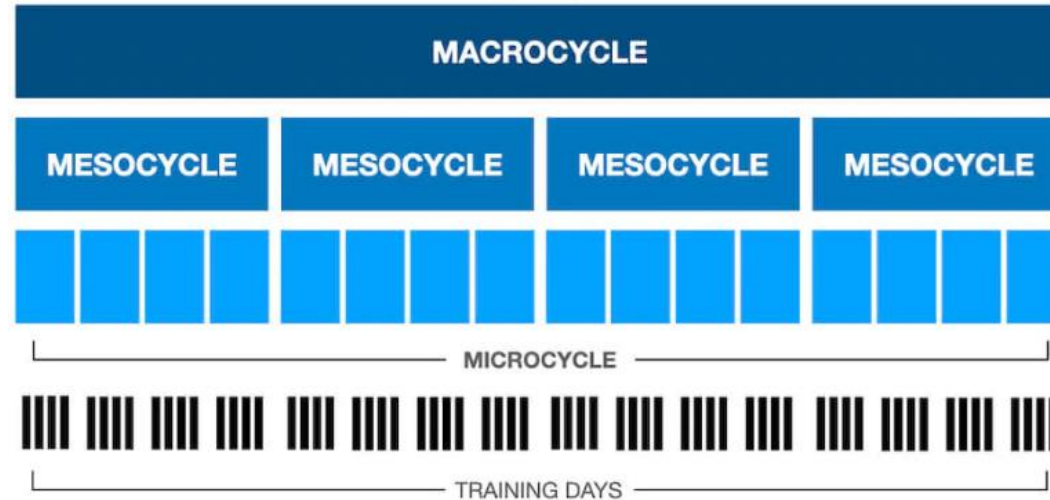
- Analysing Performance
- Prioritising and Goal Setting
- Annual Planning
- Focus of the Phases
- Review and Adapt
- Resources
- Planned Evaluation

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# Module 5: Planning and Preparation

## Periodisation – Cycles



- Macrocycle
  - The overall training period, typically 3-12 months
- Mesocycle
  - Phases or blocks of training within the macrocycle, typically 2-8+ weeks
- Microcycle
  - The specific training weeks/days within a mesocycle

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## Periodisation – Phases

- Preparation Phase
  - Typically three mesocycles, with one mesocycle focusing on conditioning, the next on strength and power, and the next on agility and speed
- Competition Phase
  - Often one long mesocycle focusing on maintaining fitness levels and working on strategies, skills and technique
- Transition Phase
  - May consist of one or two mesocycles, which involve recovery, basic strength, endurance and maintenance

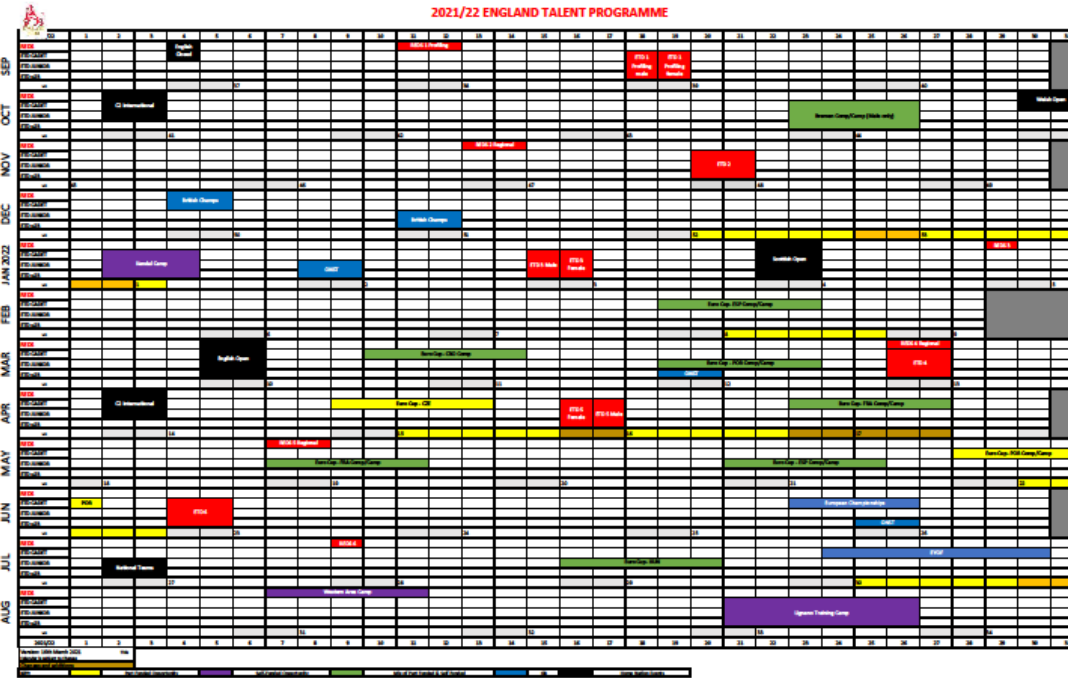
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## Periodisation – Types

- Linear Periodisation
  - Decrease Volume and Increase Intensity over sessions or weeks (most common for beginners and even intermediate athletes)
- Undulating Periodisation
  - Volume and Intensity go up and down on a weekly or daily basis
- Block Periodisation
  - Breaking down specific training in blocks of 2-4 week periods
- Conjugate Periodisation
  - Regularly changing training stressors through exercise selection

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## Periodisation – Integrating Competitions



- <https://www.britishjudo.org.uk/england-judo/>
- <https://www.britishjudo.org.uk/events-calendar/>

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## Club Curriculum vs BJA Grading Syllabus

- Club Curriculum
  - Defined by the Lead Coach and/or coaching team
  - Personal to your group or individual athlete's needs
  - Wide in scope, covers the whole club learning and training programme
  - Can be modified and improved as required
  - Outlines the aims and methods in each training cycle/phase
  - Determines the time dedicated to each training cycle/phase
- BJA Grading Syllabus
  - Defined by the BJA
  - Pre-determined with a set order
  - Narrow in scope, limited to judo techniques and terminology

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## Athlete Goals

- Outcome Goals
  - Player not always in control
- Process Goals
  - Player in control
- Performance Goals
  - Player develops mastery and achieves self-satisfaction

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## Short, Medium and Long-Term Athlete Goals

- Short-term Goals
  - Typically achievable in fewer than two months
- Medium-term Goals
  - May take from two months to three years to achieve
- Long-term Goals
  - Three or more years to achieve

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## SMART Goals



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## Athlete Engagement Benefits

- Analysing Performance
- Motivation and Ownership
- Taking Responsibility
- Empowerment
- Involvement and Control of Development
- Target Setting and Monitoring Progress

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