

BRITISH  
JUDO



**1st4sport**  
Qualifications

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

Module 4: Profiling, Benchmarking and  
Evaluation



# Module 4: Profiling, Benchmarking and Evaluation

## Module Outcomes

- Identify profiling methods relevant to judo
- Benchmark players against known parameters
- Collecting and evaluating information against benchmarks

# Module 4: Profiling, Benchmarking and Evaluation

## Profiling Objectives

- Identify appropriate interventions
- Maximise the athlete's motivation and adherence to the programme
- Monitor any changes over time

# Module 4: Profiling, Benchmarking and Evaluation

## Profiling Characteristics and Sub-Characteristics

- Technical
  - Kumi-kata, Posture, Preparation, Throwing Techniques, Action Reaction, Combinations, Timing & Distance, Transition, Ne-waza
- Tactical
  - Taking the Initiative, Leading the Contest, Chasing the Contest, Fighter Left-handers, Fighting Right Handers
- Physiological
  - Strength Endurance, Cardio Vascular Endurance, Strength, Power, Flexibility, Speed, Agility, Coordination
- Psychological
  - Elite Learner, Pressure Management, Dealing with Stress, Self-Belief, Focus, Weight Management
- Lifestyle
  - Rest & Nutrition, Time Keeping, Engagement, Professional

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# Module 4: Profiling, Benchmarking and Evaluation

## Profiling Assessment Tools – Technical

- Throwing Cross Fighter Profile

[https://www.bishopsstortfordjudo.com/uploads/5/9/7/0/5970689/throwing\\_cross\\_player\\_profile.xls](https://www.bishopsstortfordjudo.com/uploads/5/9/7/0/5970689/throwing_cross_player_profile.xls)

- Hajime Matte Technical Assessment

[https://www.bishopsstortfordjudo.com/uploads/5/9/7/0/5970689/engjudohajimemattetechnicalassessmentv2\\_000.pdf](https://www.bishopsstortfordjudo.com/uploads/5/9/7/0/5970689/engjudohajimemattetechnicalassessmentv2_000.pdf)

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## Profiling Assessment Tools – Tactical

- Coach Visual Analysis
  - Matside
  - Randori

- Video Analysis Software

[Video Analysis for Judo | Athlete Analyzer](#)

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## Profiling Assessment Tools – Physiological

- Fitness Tests

[Fitness Test List \(topendsports.com\)](http://topendsports.com)

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## Profiling Assessment Tools – Psychological

- Competitive State Anxiety Inventory-2 (CSAI2)

<http://www.musicpeakperformance.com/wp-content/uploads/2013/01/Competitive-State-Anxiety-Inventory.pdf>

- Test of Attentional and Interpersonal Style (TAIS)

[Measuring attention: An evaluation of the Search and Cancellation of Ascending Numbers \(SCAN\) and the short form of the Test of Attentional and Interpersonal Style \(TAIS\) - Page 64 - UNT Digital Library](#)

- Perception of Success Questionnaire (POSQ)

<https://www.prismsports.org/UserFiles/file/POSQPDF.pdf>



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## Profiling Assessment Tools – Lifestyle

- Observations
  - Coach
  - Training Partners
- Interview
  - Coach : Athlete
  - Coach : Parent
- Diary or Athlete Lifestyle Profiling Apps
  - Sleep, Nutrition, Stress, Physical and Mental Health, Physical and Mental Health Fatigue, Motivation, etc.

<https://metrifit.com/metrifit-lifestyle-profiling/>

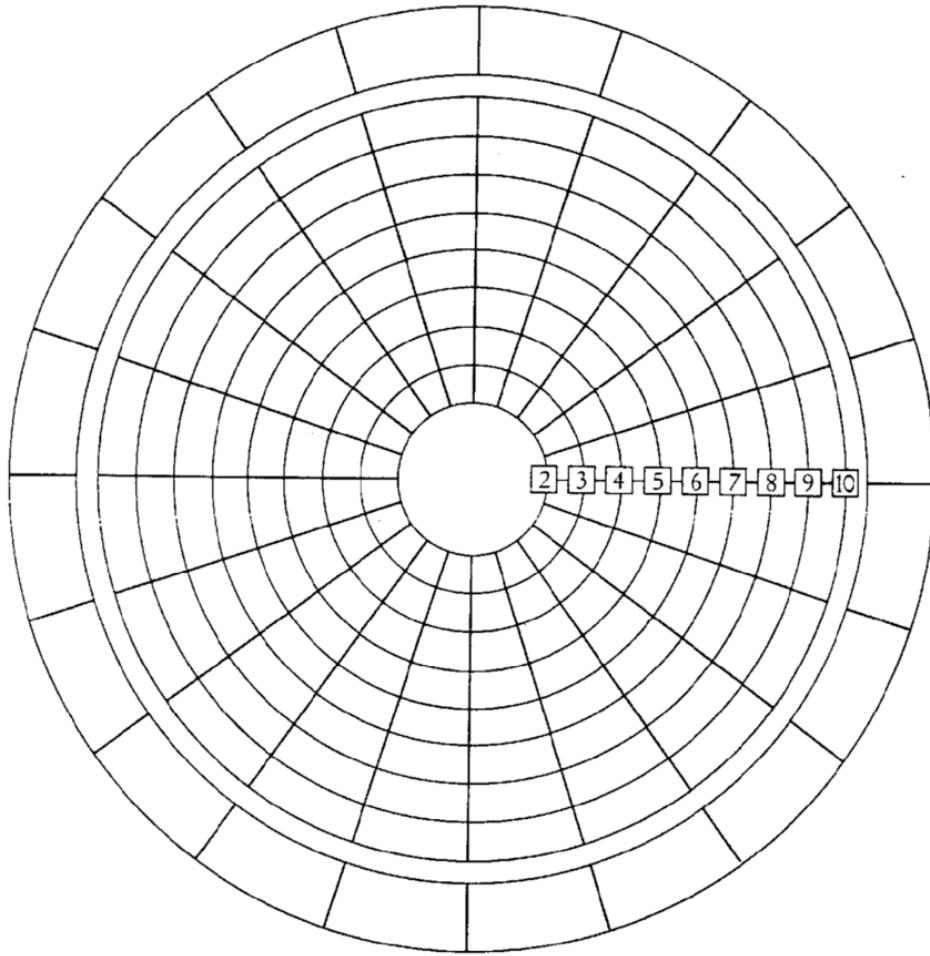
# Module 4: Profiling, Benchmarking and Evaluation

## Profiling Process

- Coach outlines the Performance Profiling process
- Coach and/or athlete identifies a set of characteristics
- Athlete assesses their performance against each characteristic (self-assessment)
- Coach assesses/measures the athlete against each characteristic
- Coach analyses the results and then agrees a way forward with the athlete

# Module 4: Profiling, Benchmarking and Evaluation

## Performance Profiling Wheel

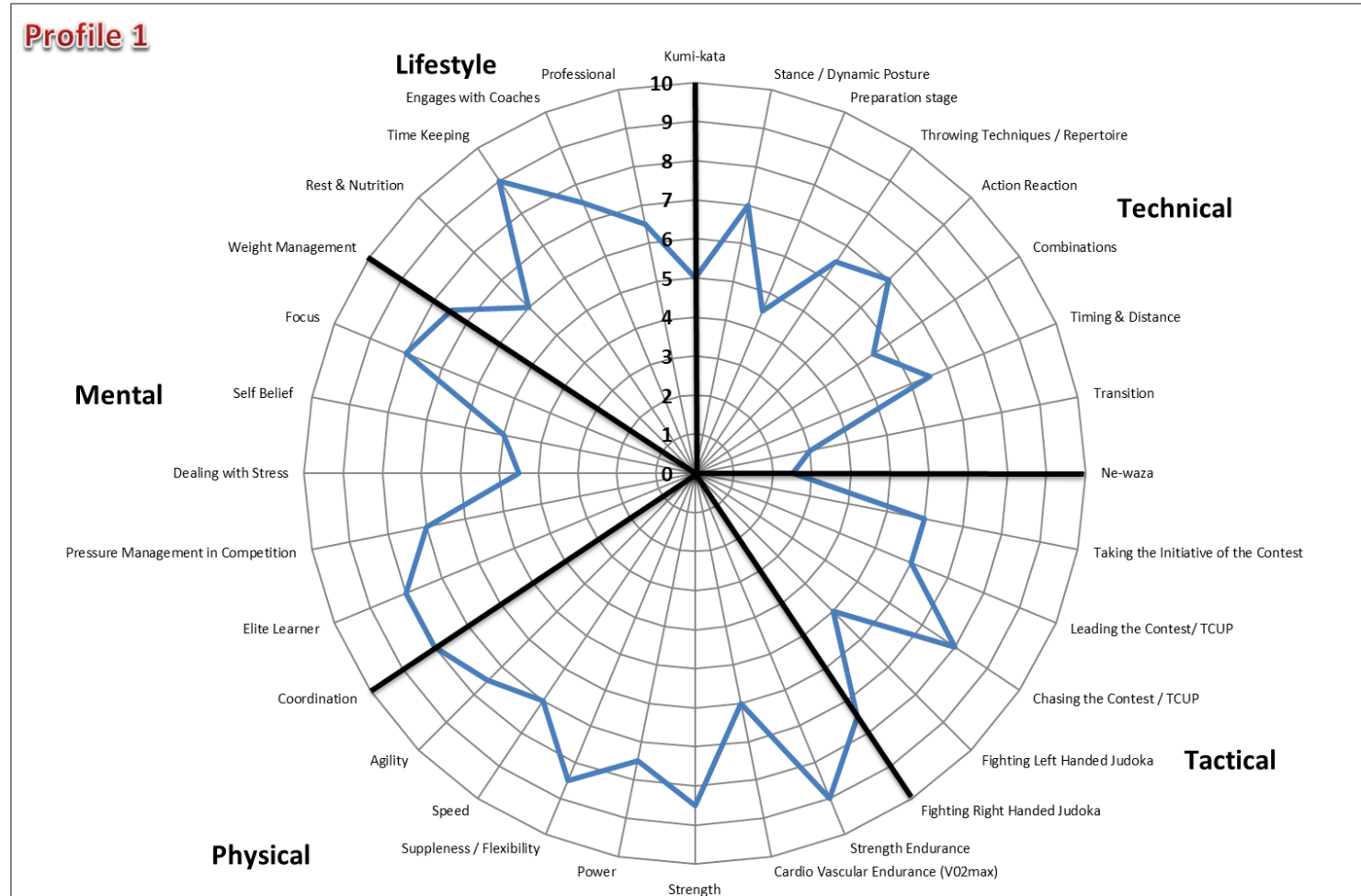


Characteristic	Judoka Score	Coaches Score	Average	Importance	Priority

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## BJA L3 Profiling Tool



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## Profiling Benefits

- Identify (perceived) strengths and development needs
- Clarify the coach's and athlete's vision of the essential factors of performance, and highlight any discrepancies
- Recognise differences between the coach's and athlete's assessment of performance
- Provide a means of monitoring progress