

BRITISH  
JUDO



# Module 2

Technical Coaching & Skill Development 1

# Technical Coaching & Skill Development

In this module, we will look at...

- the concept of 'Technical Frameworks'
- the concept of coaching judo in a practical context
- using 'technical frameworks' as a systematic approach to coaching competitive judo skills
- constructing technical frameworks based on the most successful competition techniques and situations

The module will last approximately 90 minutes.

# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS

- *provide a contextual structure for the development of “real world” technical skills*
- *provide a structured approach to technical coaching which encourages player creativity and originality*

# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS

**Build from a specific**

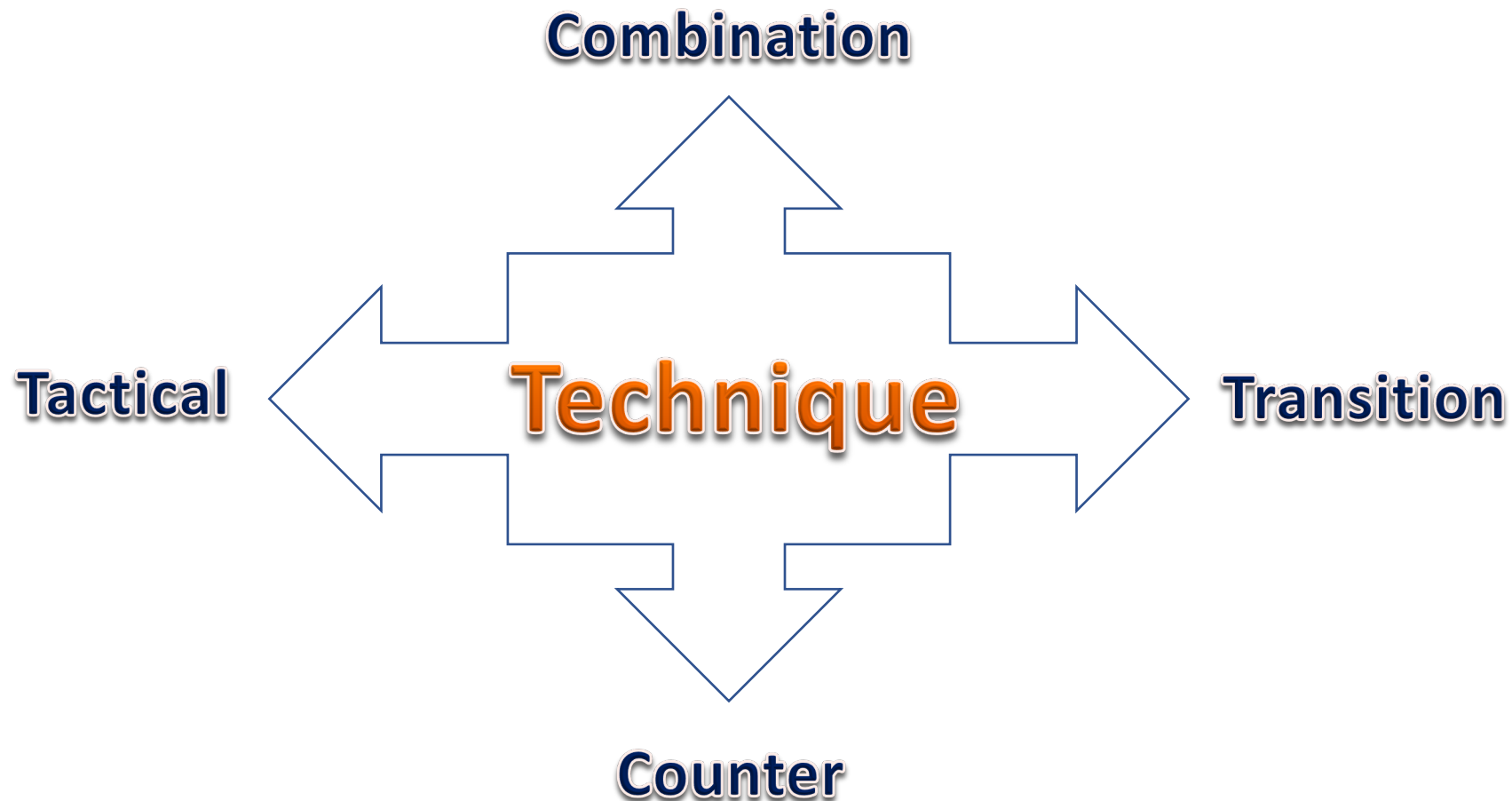
**Technique**

**or from a specific**

**Situation**

# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS



# Technical Coaching & Skill Development

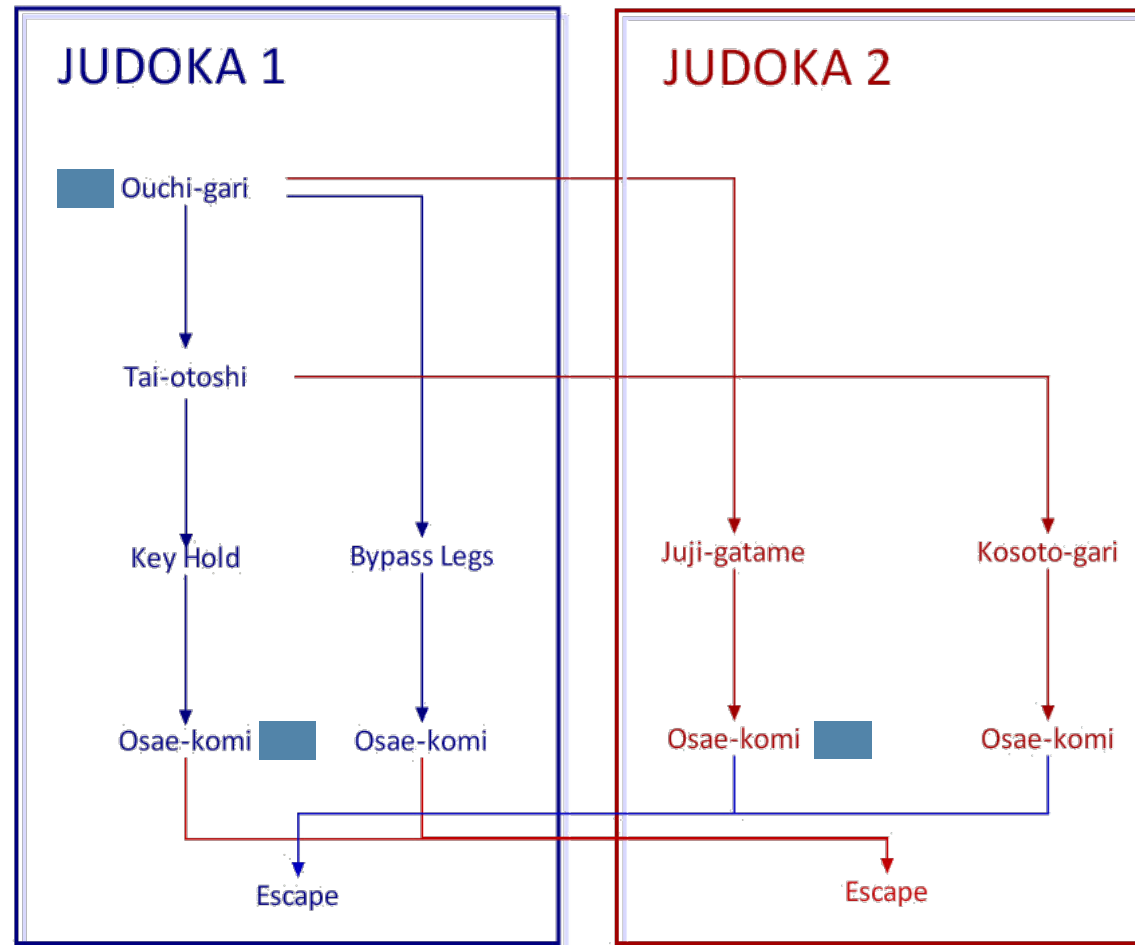
## TECHNICAL FRAMEWORKS



# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS

### EXAMPLE 1



# Technical Coaching & Skill Development

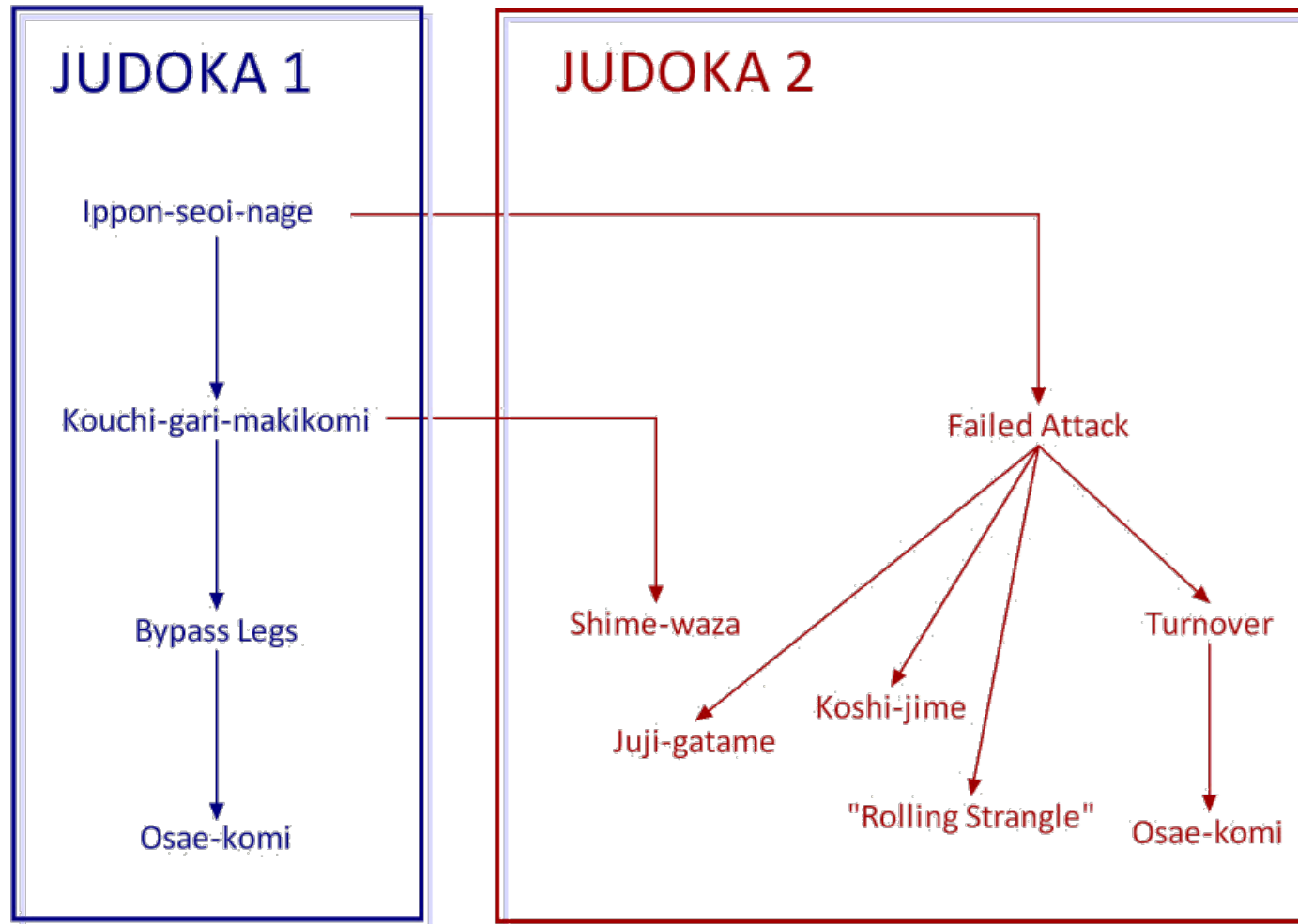
## TECHNICAL FRAMEWORKS

Basic techniques:	Tachi-waza: ouchi-gari; tai-otoshi; kouchi-gari/gake Ne-waza: osae-komi-waza Kansetsu-waza: juji-gatame
Combinations techniques:	Tachi-waza: ouchi-gari - tai-otoshi; Ne-waza: juji-gatame; osae-komi-waza
Counter techniques:	Tachi-waza: kouchi-gari/gake Ne-waza: juji-gatame; osae-komi-waza, escape from osae-komi-waza
Supplementary skills:	Transition into ne-waza: getting past the legs; tying off the arm



# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS



# Technical Coaching & Skill Development

## TECHNICAL FRAMEWORKS

- *provide a contextual structure for the development of “real world” technical skills*
- *provide a structured approach to technical coaching which encourages player creativity and originality*

# Technical Coaching & Skill Development

In this module, we will look at...

- the concept of coaching judo in a practical context
- using 'technical frameworks' as a systematic approach to coaching competitive judo skills
- using a variety of coaching styles to encourage player originality and creativity
- constructing technical frameworks based on the most successful competition techniques and situations

The module will last approximately 90 minutes.

# Technical Coaching & Skill Development

In this module, we will look at...

- the concept of 'Technical Frameworks'
- the concept of coaching judo in a practical context
- using 'technical frameworks' as a systematic approach to coaching competitive judo skills
- constructing technical frameworks based on the most successful competition techniques and situations

The module will last approximately 90 minutes.

# Next Module

Technical Coaching

&

Skill Development 2