

BRITISH
JUDO



Welcome

BJA 1st4Sport Level 3

1st4sport
Qualifications



Course Tutors

Joyce Heron

Joe Nunn

Nicole Nunn

Colin McIver

Guest Tutors

Programme Outline

BLOCK 1 DAY 1 – 9.30 AM START		BLOCK 1 DAY 2 – 9.30 AM START
Coaching Behaviour & Coaching Philosophy		Planning & Preparation
Refreshment Break		Refreshment Break
Technical Coaching Skills & Skill Development 1		Technical Coaching Skills & Skill Development 3
Lunch		Wrap Up & Preparation Days 3 & 4
Technical Coaching Skills & Skill Development 2		Finish 1.00 pm
Refreshment Break		Lunch
Profiling, Benchmarking & Evaluation (Finish 5.00 pm)		

Responsible for your own learning!

Responsible for your own learning!

Listen more than you speak!

Responsible for your own learning!

Listen more than you speak!

Respect for others!

Responsible for your own learning!

Listen more than you speak!

Respect for others!

Mobile Phones Off/Silent

Be prepared for each session.

Care for each other!

Next Module

Coaching Behaviour

&

Coaching Philosophy