



Western Canada

Regional Integration Officer Update



A) LTDM: Long Term Developmental Model

10 Ss of Trainability

Number 2: Strength

Girls and boys have one sensitive period of accelerated adaptation for training strength, but they begin at different times. **For boys, the sensitive period begins 12 to 18 months after Peak Height Velocity (PHV). For girls, the sensitive period begins with whichever of the following occurs first in the individual: menarche or the onset of Peak Weight Velocity (PWV).**

Number 3: Speed

In both boys and girls, there are two sensitive periods of accelerated adaptation for training speed. For girls, the first sensitive period occurs between ages 6-8 years, and the second occurs between 11-13 years. For boys, the first sensitive period occurs between ages 7-9 years, and the second occurs between 13-16 years. During the first sensitive period, training should focus on developing agility and quickness; during the second sensitive period, training should focus on developing the anaerobic alactic energy system.

www.canadiansportforlife.ca

B) Judo Canada/IJF Update www.judocanada.org

IMPORANT: 2012 Junior World Judo Championships is cancelled. The IJF has decided that in Olympic Years they will not hold world championships in any age division because of the financial strain in preparing for the Olympic Games.

November 14, 2011,

Summary:

LTDM

Judo Canada/IJF
Update

Technical Corner

Judo Canada Up
Coming Events

Video Clips

Sports Science

Western Canada
Calendar of Events

Jigoro Kano Quote:

Judo is the way to the most effective use of both physical and spiritual strength. By training you in attacks and defences it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of Judo discipline.



Western Canada Regional Integration Officer Update

C) Technical Corner

NOTE: Judo Canada does not control the content of the Websites linked below.

Bruce Kamstra; Judo Canada RTSO B.C.

O-Soto-Gari:

<http://www.youtube.com/watch?v=YSvEciNqQdQ>

D) Judo Canada up Coming Events

Pacific International, Vancouver, BC February 18-19, 2012

<http://www.judobc.ca/files/2011/08/Pac-International-Invitation.pdf>

Winter National Training Camp, Montreal, QC January 02-06, 2011

<http://www.judocanada.org/event/winter-national-training-camp-montreal/>

Edmonton International, Edmonton, AB March 31-April 1, 2012

Ontario Open, Toronto, ON May 18-19, 2012

National Judo Championships, Toronto July 5-8, 2012



Western Canada Regional Integration Officer Update

E) Video Clips

NOTE: Judo Canada does not control the content of the Websites link

Judo Match of the Month:

Kossayev (KAZ) - Ganbat (MGL)

<http://www.alljudo.net/video-de-judo-2763.html>

2011 World Highlights

<http://www.iudovision.org/?p=11816>

ILIAS ILIADIS - I MUST WIN

<http://www.youtube.com/watch?v=tm8qDcZARqw&feature=related>

Kayla Harrison – Pillar of Strength (An incredible Story)

<http://www.usatoday.com/sports/olympics/story/2011-11-07/kayla-harrison-finds-healing-tough-love/51127236/1>

F) Sport Science

Tabata Training (revisited)

Fortunately, there are several indoor conditioning options that you can use to crank up the intensity. Tabata intervals are just one example. The phrase Tabata interval originated from a study performed by Dr. Izumi Tabata at the National Institute of Fitness and Sports in Tokyo, Japan.

Tabata Summary

Tabata intervals consist of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest. This cycle is repeated 8 times (for a total of 4 minutes). Although Dr. Tabata used a mechanically braked cycle ergometer, you can apply this protocol to almost any exercise. A few popular examples include hitting a heavy bag, sprinting, jumping rope, or performing bodyweight calisthenics (ex. Squats & Push-ups)

<http://www.rosstraining.com/articles/tabataintervals.html>



Western Canada Regional Integration Officer Update

G) Western Canada Calendar of Major Events 2010/11

It is important that the Western Province Support all the Major Western Canadian Competitions to help develop judo in Canada.

U of Manitoba Open, Winnipeg, MB	December 03, 2011
Saskatchewan Open, Regina, SK	January 21-22, 2012
Pacific International, Vancouver, BC	February 18-19, 2012

<http://www.judobc.ca/files/2011/08/Pac-International-Invitation.pdf>

Winnipeg Inner City Open, Winnipeg, MB	February 25, 2012
Edmonton International, Edmonton, AB	March 31-April 1, 2012

NOTE: Attached to this email with the Western Canada Regional Integration Officer Update are the highlights from the Peter Gradiner Clinic in Halifax, Nova Scotia on October 28,29,30, 2011. (Organized by Scott Tanner & Judo NS)

Peter Gardnier is recognized as one of the top kids/junior judo coaches in the world. He does presentations around the world and has produced an excellent video on developmental judo entitled: 101 Judo Games.

<http://www.youtube.com/watch?v=Ub4-YrEGmvg>

Peter Gardnier Coaching Clinic Highlights: Part 1

“THE LONGER A PERSON IS INVOLVED IN JUDO, THE MORE POSITIVE THE EFFECT JUDO CAN HAVE”

BECOMING A GREAT COACH:

These are the qualities that develop Great Players & Great Coaches:

Desire To be the very best

Belief The belief that you can and will succeed

Commitment To give your very best

What makes a GOOD judo coach?

- Organized
- Motivated
- Technically sound
- Good communicator
- Inventive
- Interested
- Committed
- Reliable
- Use practise plans and keeping track of your program and your coaching system

What makes a GREAT judo coach?

All of the above +++++

- Ability to make difficult things look simple
- Know the buttons to push and when to push them
- Make players surpass their potential
- Build positive relationships with players
- Develop people for life

How will I improve? (Practical Coach Development Tools)

- Ask your players opinions
- Ask a mentor coach to watch you and give feed back
- Video your session – Observe, analyse and produce feedback on the session – ask a colleague or mentor to do the same
- Watch & Learn from other coaches & other sports
- Create a personal coaching diary
- Attend Professional Coach Development courses
- TAKE RESPONSIBILITY FOR YOUR OWN DEVELOPMENT IN A SYSTEMATIC, STRUCTURED AND PRACTICAL WAY.

COACHES ASK THEIR PLAYERS TO GIVE 100% IN ALL OF THE TRAININGS; IT IS IMPORTANT THAT THE COACH GIVES 100% IN THE SESSION AS WELL! SET THE EXAMPLE!

Peter Gardnier Coaching Clinic Highlights: Part 2

DEVELOPING SKILL AND TECHNIQUE THROUGH JUDO GAMES & EXERCISE

Warm-Ups

- Ideally the warm-up should be relevant to the main technical content of the session
- The warm-up should suit the age and ability level of the class
- Invent a game or exercise to raise the pulse / encourage judo related movement / stretch / including break falling / gripping / creates motivation and is fun
- Creating and sustaining motivation

Break falls

- Break falling is a fundamental part of judo!
- How realistic is traditional ukemi? How fun is traditional ukemi?
- How can players practise break falling but insure it remains safe, practical and fun
- Invent break fall games
- Adapt old ideas to develop break fall skills, borrow other peoples' ideas

Skill Development

- Break the technique into its basic components
- Can you develop and practise the different components of a technique in a fun way
- Can you isolate a specific technically difficult part of a throw or hold and invent a practical game or exercise which prepares a player before they execute the full movement
- Can you do all of that and make it interesting? YES YOU CAN - YOU JUST NEED TO USE YOUR *IMAGINATION!*
- To develop excellent technique players must spend HUNDREDS of hours improving and mastering the technique. Your job is to find 101 ways to practice the same technique so that player remains interested and motivated

You are only as good as your last session

- Set your standards high, be the best coach you can be
- Look for new ideas, adapt old ideas, borrow other peoples' ideas
- Be active in the session – always be coaching and improving your players
- Avoid having two average/bad sessions in a row
- Enjoy your session, its infectious

Peter Gardnier Coaching Clinic Highlights: Part 3

COACHING BEGINNERS

First Impressions

- Make a positive contact
- Put your players at ease, welcome them at the door
- Positive communication skill is arguably the most important coaching skill
- Welcome the parents
- Make sure they are entering a safe friendly & positive environment

Gripping & Break falls

- Get control of the class – Keep it safe, establish the ground rules in a positive way
- Use simple gripping games to teach players the skill, create movement & develop spirit
- Teaching break falls on the first few sessions is a personal preference of individual coaches
- Personally I think it is more important to encourage players to move and use simple drills, exercise and do techniques which are easy to learn which are safe and create motivation

Skill Development

- What is the most important thing in Judo? ANSWER: Looking after your partner!
- Break down the techniques – keep them simple
- Link tachi-waza and ne-waza; transition starts on day one

Make it FUN! Make it SAFE! Make it INTERESTING!

- Remember your are on show
 - First Impressions really do matter
 - Actions speak louder than words
 - Get to know everyone
 - Make positive impact
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