– JUDOKA FOR LIFE –
CANADIAN JUDO AND JUDOKA LONG TERM DEVELOPMENT MODEL
• Webinar recorded *(available on Dailymotion)*
• All participants must register under their real name
• All participants will be muted
• For questions please use the chat function
• Questions asked in the chat should be addressed to everyone
• Presentation will be available on the Judo Canada website
Judo Canada external accountability network

Government of Canada

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Own the Podium

Sport for Life

Canadian Centre for Ethics in Sport

Coach.ca

Coaching Association of Canada

Association canadienne des entraîneurs
OUTLINE

INTRODUCTION

CHAPTER 1 – “GOOD PLACES”

CHAPTER 2 – “GOOD PROGRAMS”

CHAPTER 3 – “GOOD PEOPLE”

CHAPTER 4 – “AREAS OF SPECIAL CONSIDERATIONS”
– Judoka for life (Canadian Sport for Life – CS4L & Sport Canada)
  o Offer program promoting a healthy lifestyle
  o Leading to greater sporting success of Canadian athletes at world stage
– Why a review?
  o Shifts in the sport system
  o Participants in Canada
– Key principles for the 2021 LTD update toward the “Judoka for life”:
  o Optimal structure
  o Quality is key
  o Inclusion is non-negotiable
  o Safe sport
  o Judo for development
Judoka for life
CHAPTER 1 – “GOOD PLACES”

Overview

- National Sport Organizations (NSO)
- Provincial/Territorial Judo Associations (P/T’s)
- Clubs
- National and Regional Training Centre’s
CHAPTER 2 – “GOOD PROGRAMS”

Introduction

- START – STAY – SUCCEED
- Guiding principles:
  - Offer a safe and optimal training environment and that respect those general principles:
  - Many pathways for a judoka
  - Optimal programming
  - Inclusion is non-negotiable
  - Staying up to date with physical literacy
  - Focused on the adolescent participants needs
  - Focused on the adult and golden age participant needs
  - Adapted to stage of development instead of age of participants
Pre-Specialization

- Approximately 80% do (did) not progress beyond this stage.
- Main gap that this LTDM review identified and hopes to address.

### CHAPTER 2 – “GOOD PROGRAMS”

**Physical literacy**

**Active Start**
- U8
  - Minimum 30 weeks/year
  - Fundamentals - Generic movement skills
  - Balance and coordination
  - Daily physical activity
  - Judo or any other sport

**FUNdamentals**
- U10
  - Minimum 30 weeks/year
  - Fundamentals - Generic and judo specific movement skills
  - Introduction to Competition 4x year
  - Agility, Balance, Coordination and Speed
  - Daily physical activity
  - Judo 2x per week

**Learn to Train (L2T)**
- U12
  - Minimum 36 weeks/year
  - Technical Development
  - Introduction to Competition 5x year
  - Agility, Balance, Coordination and Speed
  - Daily physical activity
  - Judo 2-3x per week
**CHAPTER 2 – “GOOD PROGRAMS”**

**High Performance**

- Optimal window to enter specialization programs
- Gold Medal Profile according to 4 categories:
  - Psychological
  - Technical
  - Tactical
  - Physical
- Talent identification
  - Factors
  - U18 testing protocol
- Different factors to consider

<table>
<thead>
<tr>
<th></th>
<th>TRAIN TO TRAIN</th>
<th>TRAIN TO COMPETE</th>
<th>TRAIN TO WIN</th>
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</thead>
<tbody>
<tr>
<td><strong>U14</strong></td>
<td>Minimum 40 weeks/year</td>
<td>Technical Development</td>
<td>Competition - Minimum 6x per year / or 30 bouts</td>
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<td><strong>U16</strong></td>
<td>Minimum 44 weeks/year</td>
<td>Technical Development</td>
<td>Competition - Minimum 8x per year / or 40 bouts</td>
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<td><strong>U18</strong></td>
<td>Minimum 48 weeks/year</td>
<td>Tactical / Physical / Technical Development</td>
<td>Competition - Minimum 8x per year</td>
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<td><strong>U21</strong></td>
<td>Minimum 48 weeks/year</td>
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<td><strong>SENIOR</strong></td>
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- **U14**
  - Minimum 40 weeks/year
  - Technical Development
  - Competition - Minimum 6x per year / or 30 bouts
  - Agility, Balance, Coordination and Speed Endurance
  - Intro to Tactical Training
  - Intro to Cross Training
  - Judo 3x per week minimum

- **U16**
  - Minimum 44 weeks/year
  - Technical Development
  - Competition - Minimum 8x per year / or 40 bouts
  - Coordination Speed Endurance
  - Intro to Tactical Training
  - Intro to Cross Training
  - Judo 4x per week minimum

- **U18**
  - Minimum 48 weeks/year
  - Tactical / Physical / Technical Development
  - Competition - Minimum 8x per year
  - Speed Endurance Strength Endurance
  - Cross Training - Minimum 3x per week
  - Judo 4x per week minimum

- **U21**
  - Minimum 48 weeks/year
  - Tactical / Physical / Technical Training
  - Competition - Minimum 8x per year
  - Speed Endurance Strength Endurance
  - Cross Training - Strength & Conditioning Minimum 4x week
  - Judo 5x per week minimum

- **SENIOR**
  - Minimum 48 weeks/year
  - Tactical / Physical / Technical Training
  - Competition - Minimum 8x per year
  - Speed Endurance Strength Endurance
  - Cross Training - Strength & Conditioning Minimum 4x week
  - Judo 5x per week minimum
Guiding Principles & General Objectives:

- **U14:**
  - Biological maturity is PHV dependent + children’s biological maturity and not chronological age
  - Optimal window of training ability for skill training:

- **U16:**
  - Health and wellbeing of athletes take precedence over any other objective
  - Overtraining
  - Understanding “setbacks”
  - Proper nutritional habits

Judo-Specific objectives

- Technical development and acquisition of new judo skills as per National Kyu Grading Syllabus

- Value of training and monitor progress rather than results in competition

Framework
Guiding Principles & General Objectives:
- Attention to athletes whose growth spurt did not end yet
- Judo Canada U18 physical testing
- Weight management and proper nutrition

Judo-Specific Objectives
- High volume of training, including strength training and conditioning
- Interval training (aerobic power and anaerobic lactic capacity)
- Refine existing Tachi-waza (offence and defense) and Ne-waza (offence and defense) techniques

Framework
Guiding Principles & General Objectives:
- Training highly individualized
- Athletes set personal performance goals
- See Strength and Conditioning standards
- Athletes are educated and trained on how to deal with media
- Athletes plan for the end of their HP career and for “post-competitive” life

Judo-Specific Objectives
- Refine, master, maintain all judo skills effective in competition.
- Gather intelligence and prepare specific strategies

Framework
CHAPTER 2 – “GOOD PROGRAMS”

Fit for life

– Target:
  o Age 11 and older
  o Diverse motivation

– Judo recognized as an excellent:
  o Activity for social integration of new Canadians and under-represented populations
  o Learning tool for populations a disability
  o Tool for many fundamental movement and social skills development

– Recreational vs elite competitor-oriented programs:

– Guiding Principles & General Objectives
  o Clear and honest message on the objectives of the program
  o Track and reward progress of each individual participant and not competitive success
  o Respect individual differences and training must be designed to address participant needs
  o Encourage participants to set personal goals
  o Special consideration to keep in mind based on the age of new participant.

FIT FOR LIFE

- Technical Development and Refinement
- Competitions – none to several per year
- Physical capacities maintenance
- Healthy mental state maintenance
- Social interactions
- Promotion of judo
- Volunteering/coaching/refereeing
- Passing the passion for judo to the next generation
- Judo and other physical activities
  2 - 4x per week recommended
Promote actions that ensure that only “Good people” are involved in judo programs in Canada.

- Good leaders
- Good coaches
- Good Parents

Various tools are made available by Judo Canada to ensure that the “Good People” follow the specific policies and protocols.
CHAPTER 4 – “AREAS OF SPECIAL CONSIDERATIONS”

– Girls and Women in Judo
– Indigenous Canadians in Judo
– Judoka with a disability
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Thank you