



Coach Accreditation Framework

Coach Judo Program



Australian Government
Australian Sports Commission



Judo Australia – Coach Judo Program

Competency level - effectively run a Judo session within a club environment across a range of athlete abilities.

Target market - This program is designed to provide coach training for people who wish to work with children and adults of beginner and intermediate skill levels. It is targeted at senior judoka and assistant coaches who would like to understand more about the role of coaching and running their own sessions.

Program details - The Coach Judo program is a full day, 7-hour program, delivered and managed by Member State organisation. The 7-hour course is fully practical and encourages the coach to develop practices that are based on LTAD principles including FUNdamentals, ABCs and physical literacy. It is a practical and lecture-based session of coaching activities. The program aims to develop coaches capable of providing safe, fun, engaging training that maximises participation of participants.

1. GENERAL INFORMATION

1.1 Prerequisites

- Participant must bring with them a game-based activity that involves agility, balance, coordination or speed and present to the group (5 mins)
- ASC Online Coaching Principles
- 18 years of age minimum
- First Aid qualification
- Working with Vulnerable People clearance
- Bring a completed lesson plan and demonstrate the ability to implement a session plan
- Heads Up Online Course
- ASADA Level 1 Anti-Doping Online Education

1.2 Competency Statements

- Explain the roles and ethical responsibilities of the coach for athletes of various abilities including children.
- Plan and review training sessions for athletes of various abilities, including children.
- Assess and manage the risks of coaching a wide range of athletes, including beginners and children.
- Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities.
- Utilise a range of communication, teaching and behaviour management strategies to help maximise opportunities for successful participation.
- Understand the coaching implications of the basic rules of Judo.
- Understand the basic physiological implications of training on their athletes.

1.3 Content

- The roles and responsibilities of the coach
- Different learning styles
- Different coaching styles
- Basic physiology for Judo
- An introduction to session planning and review, as well as group management
- An introduction to LTAD and physical literacy and Judo A, B, C activities
- Game Sense, FUNdamentals and a game-based approach to introducing judo skills
- Refereeing and rules for coaches
- Optional modules - depending on the experience of the participants, optional topics can be introduced at the discretion of the course facilitator E.g. Special Needs Judo.

1.4 Course Overview

Module	Unit Topic	Duration (hours)	Delivery	Discussion groups	Participation	Practical Coaching Task
1	What is Coaching	1.0	Theory	✓	✓	
2	Player Development LTAD/FTEM	1.0	Theory	✓		
3	Safe teaching of Judo Skills	2.0	Practical		✓	✓
4	Role of the coach	.5	Theory	✓		
5	Physiology for the Coach	1.0	Theory	✓		
6	Refereeing for the Coach	1.0	Practical	✓	✓	
7	Optional Topic	.5	Theory/Practical	✓	✓	

2. MODULE 1: WHAT IS COACHING

DURATION: 1.0 hour

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Understand the role of the coach in the learning process
- Be able to identify different types of coaching styles
- Recognise different learning styles
- Utilise a range of communication, teaching and behaviour management strategies to maximise opportunities for success
- Understand where planning and feedback fit into the coaching model

2.1 Details and Outcomes

Learning Outcomes	Content
Plan and review training sessions	Review session planning Model session planning document
Assess and manage the risks of coaching	Facilitator presents a 'model' coaching session with participants Emphasis on Warm up/Cool down Pre-session check of mats and area Participants Safety, control Highlight importance of planning- better sessions, legal
Utilise a range of communication, teaching and behaviour management strategies	Facilitator presents a 'model' coaching session with participants - 45 mins approximately in length Emphasis on: '2 min' rule (instruction given, and activity commences in under 2 mins including demo) Group management, signals for stop and go, gaining attention Establishing formations and routines Structure of session Instruction (methods) Engaging the participant Methods of communication Feedback Activity level Enjoyment level

	Participation level Safety, control Wrap Up/Recap Discussion
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3. MODULE 2: PLAYER DEVELOPMENT

DURATION: 1.0 hour

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Plan training sessions using player development model
- Source information about LTAD and FTEM frameworks

3.1 Details and Outcomes

Learning Outcomes	Content
Plan training sessions using player development model	<ul style="list-style-type: none"> ➤ Model session planning document Facilitator Presentation of Long Term Athlete Development and ASC FTEM Framework <ul style="list-style-type: none"> ➤ Why use LTAD framework - Attract people to the sport of judo and retain them. - Identify gaps in the current system and establish a clear player pathway. - Provide integrated effective and enjoyable programmes for developing and performing players. - Provide a planning tool to optimise performance. <ul style="list-style-type: none"> ➤ The ABC's of Coaching LTAD, FTEM Agility, Balance, Coordination and speed window What kids like What kids need Physical literacy Coaching large groups, Sporting Schools Program
Source information about LTAD and FTEM	Discussion led by facilitator about framework Examples of UK and Judo Canada programs

4. MODULE 3: SAFE TEACHING OF JUDO SKILLS

DURATION: 2.0 hours

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities.
- Utilise a range of communication, teaching and behaviour management strategies to help maximise opportunities for successful participation.

4.1 Details and Outcomes

Learning Outcomes	Content
Safely conduct an inclusive 'Judo' session, ensuring fun and maximum participation through games and activities	Facilitator presents any of the following using game-based activities: <ul style="list-style-type: none"> • The concept of breaking the opponents balance should be introduced • Introduction and development of falling skills – forward, back, both sides and rolling breakfalls • Introduction to basic groundwork using simple moves into holds, escapes and combinations • Introduction to gymnastics skills –forward roll and backward roll
Utilise a range of communication, teaching and behaviour management strategies to help maximise	Participants present a 5 min "judo" activity warm up exercise, that they have brought with them (ABC's) Participants present a Judo technique from the Gokyo Facilitator facilitates a feedback process with participants

opportunities for successful participation	
Understand the coaching implications of the basic rules of Judo	During presentation of game-based activities, facilitator will highlight basic rules and coaching implications

5. MODULE 4: THE ROLE OF THE COACH

DURATION: 0.5 hours

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Explain the roles and ethical responsibilities of the coach of beginner athletes, including children

5.1 Details and Outcomes

Learning Outcomes	Content
Explain the roles and ethical responsibilities of the coach of beginner athletes, including children	Facilitator led discussion: JA Coach Code of Behaviour and implications for coaching Judo Values What does being an Accredited coach mean? Outline responsibilities What happens next? (after completion of this program) Working with Vulnerable People Clearance (or equivalent)

6. MODULE 5: PHYSIOLOGY FOR THE COACH

DURATION: 1.0 hours

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Explain the how to train the various energy systems within the athlete that are used in Judo.

6.1 Details and Outcomes

Learning Outcomes	Content
Understand the basic physiological energy systems within the athlete and how they relate to Judo	Facilitator led discussion: Covering various aerobic, anaerobic and the various energy systems than need training to allow participation in Judo. Learn how train these different components. Understand sensible weight loss (cutting).

7. MODULE 6: REFEREEING FOR THE COACH

DURATION: 1.0 hours

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Work with Athletes and referees to ensure judo contests are operated with the rules.
- Understand the coaching implications of the basic rules of Judo.

7.1 Details and Outcomes

Learning Outcomes	Content
Understand how a coach can utilise the current rules to ensure the Athlete get the optimum result.	Facilitator led discussion: Update on current rules status and how the coach can use these rules to the athlete's benefit. Practical sessions on how coaches can develop techniques around these rules. How to work with referees to ensure that the best result is achieved.

8. MODULE 7: OPTIONAL MODULE

DURATION: 0.5 hours

COMPETENCIES:

On successful completion of this module the coach will be able to:

- Develop an understanding on a topic that is of interest to the group
- A specialist speaker is usually used
- Examples include:
 - Special Needs Judo
 - Specialist Coaching of Children

8.1 Details and Outcomes

Learning Outcomes	Content
Depends on specialist Topic.	Specialist Teacher led discussion and activity as appropriate

9.0 RESOURCES

- [Heads Up Online Course](#)
- [ASADA Level1 Anti-Doping Education Course](#)
- [Planning a Training Session](#)
- [Sample Session Plan](#)
- [Community Coaching - Matthew Richardson](#)
- [Fundamentals of Judo for children aged 7-8](#)
- [Sport Wales Physical Literacy](#)
- [Sport Canada Physical Literacy](#)
- [Sport and Exercise Physiology](#)
- [JA Referee Committee Information](#)