



Coach Accreditation Framework

Coach Judo Program



Australian Government
Australian Sports Commission



AIS



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 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

- 18 years of age minimum
- Minimum grade 1st Kyu
- SportAus current online Coaching Principles
- ASADA online Level 1 Anti-Doping course
- Heads Up online course
- First Aid and CPR
- Working with Children Check clearance - Blue Card system
- Bring a completed lesson plan and demonstrate the ability to implement a session plan
- Participant must bring with them a game-based activity that involves agility, balance, coordination or speed and present to the group (5 mins)

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

