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2022 Nationals – Coaching & Refereeing Seminar

Thursday 9 June		Content
11.00 – 12.30	Class session 1	Team building IJF video analysis Continuation 90 degrees landing
12.30 – 13.15	Lunch	5 30 degrees landing
13.15 – 14.30	Mat session 1	Kodokan techniques 30min Ne waza wrong mate, transition Lubo 30min Protocols for blind athletes and team events. 5min
14.30 – 15.00	Break	
15.00 – 16.00	Mat session 2	Team building judo activities Prearranged situations: 1. Defensive grips 2. Crushing v blocking 3. Pushing out v stepping out 4. False attacks (forward and back) 5. Ne Waza (e.g., strangulation over the face)
16.00 – 17.30	Class session 2	 IJF videos Score upper back, shoulder Counter rolling to the back
Friday 10 June		
9.15 – 9.45	Meeting with mat supervisors	Explain Lubo's new role, evaluation protocols, and communication with coaches
10.00 – 12.00	Mat session 3	 Part 1. Led by Maria, Daniel Appropriate coaches' behaviour at IJF and NES events Appropriate coaches' attire during IJF and NES events Importance of correct judogi size Importance of correct hair arrangement Clarification with clear examples of direct HSM Presentation of most common feedback on referees' performance Analysis of any specific and potentially controversial situations Part 2. Lubo and Arek will cover the following: Discussion on any 'difficult' situations Rule clarification in general
12.15 – 13.00	Lunch	
13.00 – 14.30	Class session 3	IJF video analysis 3-4 examples of the rest of the IJF videos National presentation
14.30 – 15.30	Meeting with states	State progress and feedback session on referees' development



