

Judo Canada Prairies Canada Regional Integration Officer Update



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Judo Canada RTS

This newsletter purpose is to provide updated information to the coaches on Judo Canada and the World of judo. If you would like to have club coaches from your province on a mailing list, please mail to me their email address: beaton_judocan@yahoo.ca

The update is a service that I will provide to the Western Provinces on behalf of Judo Canada. Whether the update is distributed to clubs under your jurisdiction, is at the discretion of your Provincial Associations. I appreciated the chance to impact development of judo in Western Canada and thank you for your support. Do not hesitate to contact me with any further questions.

29 SEPTEMBER 2010

A) LTDM: Long Term Developmental Model

ABC'S of the Long Term Developmental Model

Agility - is the ability to change the direction of the body in an efficient and effective manner. Agility is what allows us to move gracefully, wasting little motion. It allows our joints to move through the full range of motion smoothly and confidently.

Agility Ladder: The main objective for agility ladder programs is to promote a wide range of different foot and movement patterns. These skilled movements become second nature and the body is able to respond quickly to various angles that are required in sporting events.



We can improve our agility by practicing the movements in training and an agility ladder is an essential tool in a complete agility program. The standard ladder is 10 yards long with 18 inch squares but you can construct your own ladder using sticks or tape.

When beginning an agility ladder program start with 2 to 4 drills and once you master these then introduce new drills.

Balance – Maintaining balance means having the centre of mass within your base of support, i.e. with your trunk aligned over your feet. Balance training for your sport should involve replicating components of function associated with that sport.

- The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints)
- Static Balance - ability to retain the centre of mass above the base of support in a stationary position
- Dynamic Balance - ability to maintain balance under changing conditions of body movement

Coordination - is the ability to repeatedly execute a sequence of movements smoothly and accurately. This may involve the senses, muscular contractions and joint movements.

Everything that we participate in requires the ability to coordinate our limbs to achieve a successful outcome - from walking to the more complex movements of athletic events like the pole vault.

Children have a better sense of balance and coordination due to their body size and lower centre of gravity and so have the ability to learn complicated movements/skills such as those required of a gymnast.

As they experience growth spurts muscle development may take 12 to 18 months to adjust to the new bone growth and during this time they may find the following are negatively affected:

- Coordination skills
- Athletic performances
- Mobility/Flexibility

It is important that coaches educate their athletes as to why they are experiencing problems and focus on developing their flexibility.

Speed - is the quickness of movement of a limb, whether this is the legs of a runner or the arm of the shot putter. Speed is an integral part of every sport and can be expressed as any one of, or combination of, the following: maximum speed, elastic strength (power) and speed endurance.

The development of speed is highly specific and to achieve it we should ensure that:

- Flexibility is developed and maintained all year round
- Strength and speed are developed in parallel
- Skill development (technique) is pre-learned, rehearsed and perfected before it is done at high speed levels
- Speed training is performed by using high velocity for brief intervals. This will ultimately bring into play the correct neuromuscular pathways and energy sources used

In the training week, speed work should be carried out after a period of rest or light training. In a training session, speed work should be conducted after the warm up and any other training should be of a low intensity.

B) Judo Canada/IJF Update

IMPORTANT:

Doping Control Website: <http://www.globaldro.com/ca-en/>

To find the status of any medication or other substance, consult the Global DRO.

C) Technical Corner

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

Please read the attachment weigh-in & Post Match Recovery.

G) Western Canada Calendar of Major Events 2010/11

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| University of Manitoba Open | December 04, 2010 (date to be finalized) |
| U of M Open Training | December 05, 2010 |
| Saskatchewan Open | January 22, 2011 (CWG TEAM MATCH) |
| Sask Open Training | January 23, 2011 |
| Pacific International | February 19-20, 2011 |
| Edmonton International | April 02, 2011 |
| Edmonton Inter. Training | April 03, 2011 |