



Judo Practice Plan

Theme	Activity	Details
Opening	Bow in class	Formal, informal, tradition, respect for dojo, sensei, opponent
Values	Setting goals	Teach the players the importance of long- and short-term goals Core Value of the Day Set the tone for the class Set your next goal, skill, belt, level
Warm up	Warm up	Running, skipping, side steps (Tsugi ashi), forward/back steps (tsugi ashi), carioca, etc. Head-to-toe progressive drills
		Jumping, jumping jacks, push-ups, sit ups, stretching, etc.
		Forward rolls, back rolls, cartwheels, handstand rolls, etc.
	Ukemi	Back falls, left/right side falls and shoulder rolls Junior, intermediate, advanced
	Paired exercises	Kuzushi pulling across the mat, piggy back, game warm-ups
Uchikomi	Static	Standard grips, uke left side grip/posture, uke defensive posture, etc.
	Moving	In a straight line, moving around, etc.
Nagekomi	Throwing drills	Throw 4 times, partner throws, then find a new partner, throw for throw
Lesson of the day	Combination Ouchi gari to Tai otoshi	Teach "whole-part-whole," drill with different partners, follow to holddown
Randori-Free Exercise	Tachi waza	3-minute rounds - 8 rounds
	Ne Waza	2-minute rounds - 8 rounds
Conditioning (12+ class)	Endurance	Suicide sprints, more during round intervals closer to competition
	Strength	Push-ups, crunches, squats, planks, etc.; more closer to competition
	Flexibility	Stretching, slow stretches for cool down prep
Games (5-11 class)	Fun	Freeze tag, team play games
Closing	Review	Core Value of the Day, students report any achievements
	Bow out class	Follow-up with any parents who want feedback or report – communicate