

BRITISH JUDO ASSOCIATION – SHO DEVELOPMENT SCHEME

ACTIVITIES/GAMES



Game/Activity	How to play	Variations	Safety
Asteroids Paired/whole class involvement Action/Reaction and Spatial Awareness	<ul style="list-style-type: none"> • Pair up players with basic judo grip. • Move around the mat, pushing and pulling in judo movement to avoid clashing with other players. • Keeping good posture, eye contact with opponent. • Change players, grips, etc 	<ul style="list-style-type: none"> • Different Grips • Coach or identified players to walk around the mat in between the group. • Players are to try to move opponent into others. • Coach/identified players - once they are tagged, they can be thrown by the sessions throw or a forfeit - star jumps etc... • Identified pair to move and tag others - once tagged the one tagged is to be thrown (as above) • One person takes control, change. • Two players work to win outcome above. 	<ul style="list-style-type: none"> • Don't target players to knock them over. Players to avoid anyone who has fallen down. • Look after partner. • Re-iterate ukemi and keep chin tucked in.
De ashi barai - belt football Paired/whole class involvement Equipment: Knotted belt required	<ul style="list-style-type: none"> • Create two goals (one at each end of the mat). • Players to pair and grip up and start from half way line. • Object of the game to sweep the belt to their respective goals. • Good Posture and eye contact - not to look down. • Restart from half way line when goal is scored. 	<ul style="list-style-type: none"> • Different Grips • Increase or decrease goal width 	<ul style="list-style-type: none"> • Strongly encourage - Sweep and not kick. • Allow for space to move, may need to reduce numbers for activity.
Ladders Whole class involvement May need to demonstrate the flow of activity.	<ul style="list-style-type: none"> • Pair up players and place 'like a ladder' on the mat. • Start at one end, Run over legs of team, tag a coach or player at one end, run up the middle, tag another coach/player and return to original position. • Making sure that all the rungs are run or jumped over. 	<ul style="list-style-type: none"> • Lying face down with space between players, allowing space to run. • Sitting up, legs straight facing partner - numbers given. Shout numbers to activate game. • Two footed jump over rungs of ladder. 	<ul style="list-style-type: none"> • Space between players to reduce players stepping on them. • Legs/rungs to stay flat until their turn.
Uki-goshi/O-goshi - knot belt game Paired activity	<ul style="list-style-type: none"> • Place the knot of the belt around players backs. • Take a judo grip and try to bring the knot of opponent's belt back to the front. • Good posture and movement to avoid the belt being brought to the front. 	<ul style="list-style-type: none"> • Basic Judo grip - O-goshi/Uki-goshi • Any grip - Tsurigoshi • Keep to one sided actions and to move the belt further round to encourage deeper gripping. • Throw if knot has been grabbed 	<ul style="list-style-type: none"> • Limit the movement to 2 or 4 mats to avoid clashing with others. • Ensure ukemi • Keep chin tucked in if thrown.

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Slinky Hips Paired activity to encourage avoidance	<ul style="list-style-type: none"> • Pair players up. Start at one end of the mat. • Grip up with one player around the back (O-goshi), other over the shoulders. • Move down the mat, taking in turns, try to avoid tori's hips engaging for a throw. • Encourage - Good posture, fast movement 	<ul style="list-style-type: none"> • Left and right movement for both players • Change technique for e.g. Tai otoshi • On the move, around the mat 	<ul style="list-style-type: none"> • Ensure ukemi is used. • Tuck chin in if thrown. • Be aware of activity space when general movement • Linear - wait at each end.
Sumo Individual, Identified groups may be needed	<ul style="list-style-type: none"> • Make a circle with belts or identified mat area. • Push players out of identified area. • Only feet are allowed to touch the mat. • Any other part, opponent is eliminated along with who steps out first. • Winner stays in. 	<ul style="list-style-type: none"> • Start back to back, turn around and push/pull out of the area. • Start facing, like the sport of Sumo. • Themed throw to win. • Judo Grips only. • No specific gripping. 	<ul style="list-style-type: none"> • Be aware of Kube-nage action - gripping around the head. • Ensure ukemi is used. • Tuck chin in if thrown.
Jockey's Up Paired, whole group elimination game	<ul style="list-style-type: none"> • Form a circle or around the contest area of the mat. • One partner stands facing the centre and the other places their hands on their shoulders. • Run in one direction, listen to commands of 'Hajime', 'change direction' and 'jockey's up'. • Last one to the finishing position is out. • Players to either sit in the middle of the mat or to sit where they were to keep the circle. 	<ul style="list-style-type: none"> • On Jockey's up - horse (partner) to go onto hands and knees. Runner to sit on the back of their horse. • Horse (partner) to stand with their legs apart - Runner to go through the legs from the back and stand up in front of Horse • Runner to 'piggy back' their partner. • Activities during running to slow players down, e.g. forward roll, break fall etc 	<ul style="list-style-type: none"> • On the direction of Jockey's up, keep running in same direction until reaching partner. Not to take shortest route back. • Don't push or bump anyone out of the way.
Pac Man Whole class involvement Strategic fast thinking	<ul style="list-style-type: none"> • One person identified to tag. • Players are to move judo movement - using the lines on the mat to escape being tagged. • Once tagged, that line is now out. • Player is to stand on the line with their feet away from the corners. This is to allow movement past by other players. 	<ul style="list-style-type: none"> • Side movement only - Okuri-ashi-barai stepping. When players foot touches corner then they can move around the square • Side and forward movement - Tsugi-ashi (forward movement) 	<ul style="list-style-type: none"> • Speed may increase when getting approached by catcher. • Be aware of other players.

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Shrimping Catch Paired	<ul style="list-style-type: none"> Start at one end of the mat. One player to be on hands and knees, opponent to be on their side looking at them. Object to shrimp away from partner keeping eye contact to avoid catching. Catcher to try to achieve Yoko shiho gatame or Mune-gatame position 	<ul style="list-style-type: none"> Start slow movements to understand principles Player shrimping to be given a head start before catcher starts - Lessen the head start timings Player shrimping to change body shape at last second to spin and put opponent between legs to avoid osae-komi waza. Locate smaller working areas to increase active judo movements 	<ul style="list-style-type: none"> All group to be on the same side with adequate spacing for linear activity. Identify matted area for specific randori elements
Judo Animal Movement Individual warm up activity	<ul style="list-style-type: none"> Show various animal movements to engage all class to warm up for session. Spider/Cat - Hands and feet only, move around the mat without bumping into anyone. Chimpanzee - Crouching positions and side movements only. Swinging arms to help with movement. Slug - Upper body only, pull themselves around the mat using only their arms. Players to go everywhere including over other players. Encourage continuous movement. Gorilla - Leg straight, heels on the floor, knuckles only. Move around slowly stretching legs 	<ul style="list-style-type: none"> Opportunity to play tag using various actions. Chimpanzee - if tagged by someone then to engage with gripping to achieve the dominant position of holding. Gorilla - Challenge to pull partner's wrist to make fall. 	<ul style="list-style-type: none"> Avoid any bumping into and over squashing players. Wrist only pulling, not from elbows. Protect face.
O-soto-gari/De-ashi-barai - Sweeping Up Paired activity	<ul style="list-style-type: none"> Pair players, judo grip. Tori to step on Uke's opposite foot transferring weight. On the 3rd attempt, Uke to move foot backwards to avoid the stepping from Tori and to sweep Tori's stepping foot. 	<ul style="list-style-type: none"> Reduce stepping actions 3, 2, 1. Slow to start to show importance of actions then speed up. Start with a touch of the ankle to full throw, point to the winner. Change grips, sweeping leg (off sleeve and collar), partners Linear, Tori walking forwards and then backwards Judo movement. Try to throw with O-soto-gari, step back and sweep 	<ul style="list-style-type: none"> Encourage step not stamping on foot. Look after partner. Ensure ukemi is used. Sweep not kick.