

## Neil Adams Expert EJU Seminar "Improve your Club" Italy July 2016

Kommentiert [1]:

Each session should follow a similar format : warm up linked to the techniques to be taught, coordination exercises to facilitate the learning of the technique for this age group, break falls, progressive build up to each technique taking into account the age and safety of the students.

### 1st session

Warm up using some coordination exercises that can be linked to the technique to be taught (hopping, hand/feet movement...)

Ukemi if possible linked to the technique.

Introduction to :

O uchi gari and ko uchi gari : body position, hand position, direction of breaking balance, direction of sweep ... All main points.

Combination of both techniques.

Exercises on the move.

### 2nd session

Ne waza

Warm up using mobility exercises.

Basic turn overs from underneath and on top.

Transition into these moves.

### 3rd session

Warm up linked to techniques.

Introduction to Seoi nage and tai otoshi.

Basic positions. Uchi Komi.

On the move.

### 4th session

Combinations using o uchi gari, ko uchi gari, tai otoshi and Seoi nage.

Discussion with coaches to address any difficulties they may encounter when teaching these techniques.

General discussions about teaching this age group.