



Schweizerischer Judo & Ju-Jitsu Verband
Fédération Suisse de Judo & Ju-Jitsu
Federazione Svizzera di Judo & Ju-Jitsu

SJV Home Training Plattform

F3 – T3 (U13/ U15/ U18)

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1. Putting together a trainings week

1.1 U13 / F3

Volume: As per „Förderkonzept“ 225 min Judo, 150-225 min polysportive → in total: 375 – 450 min

Programme for at home:

- 2 x 60 min Judospecific
 1. Concentrate on technical aspects
 2. Mix Judo movements with Judo strength/ power/ cardio exercises
- 2 x 45 min Fitness (20 min Power, 15 min Strength, 10 min Cardio)
 - o Time-based (Timer-App “Interval Timer”)
 - o Repetition goals for time
 - o Mixed
- 1 x 45 min Coordination drills
- For Warm-Up/ Cool-Down 10 - 15 min Mobility & 10 - 15 min Stability
 - o Concentrate on one joint per trainings session
- In total: 355 - 405 min

Example of a trainings week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 min Mobility 10 min Stability 60 min Judospecific	15 min Stability 45 min Fitness 15 min Mobility	45 min Coordination drills	10 min Mobility 10 min Stability 60 min Judospecific	15 min Stability 45 min Fitness 15 min Mobility	Rest	Rest

1.2 U15/ T1 – T2

Volume: As per „Förderkonzept“ 300 – 360 min Judo, 60 min Strength, 180 – 270 min polysportive → in total: 540 min – 690 min

Programme for at home

- 3 x 75 min Judospecific
 1. Concentrate on technical aspects
 2. Mix Judo movements with Judo strength/ power/ cardio exercises
- 2 x 60 min Fitness (25 min Power, 20 min Strength, 15 min Cardio)
 - o Time-based (Timer-App “Interval Timer”)
 - o Repetition goals for time
 - o Mixed
- 1 x 60 min Coordination drills
- For Warm-Up/ Cool-Down 15 min Mobility & 15 min Stability
 - o Concentrate on one joint per trainings session
- In total: 585 min

Example of a trainings week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 min Mobility 15 min Stability 75 min Judospecific	15 min Stability 60 min Fitness 15 min Mobility	15 min Mobility 15 min Stability 75 min Judospecific	15 min Stability 60 min Fitness 15 min Mobility	15 min Mobility 15 min Stability 75 min Judospecific	60 min Coordination drills 15 min Mobility 15 min Stability	Rest

1.3 U18/ T2 – T3

Volume: 450 min Judo, 180 min Strength, 60 min specific speed and endurance → in total: 690 min

Programme for at home

- 3 x 75 min Judospecific
 1. Concentrate on technical aspects
 2. Mix Judo movements with Judo strength/ power/ cardio exercises
- 3 x 60 min Fitness (25 min Power, 20 min Strength, 15 min Cardio)
 - o Time-based (Timer-App “Interval Timer”)
 - o Repetition goals for time
 - o Mixed
- 1 x 60 min Mobility & Stability
- 1 x 60 min endurance , every 10 min elevate intensity for 30 seconds (Running, Biking, Rowing, rope skipping, etc.)
- For Warm-Up/ Cool-Down 15 min Mobility & 15 min Stability (only once a day)
 - o Concentrate on one joint per trainings session
- In total: 675 min

Example of a trainings week (adjustable to athlete’s schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	75 min Judospecific	Rest	Rest	Rest	15 min Stability 60 min Fitness 15 min Mobility	60 min endurance 15 min Mobility 15 min Stability	Rest
Afternoon	15 min Stability 60 min Fitness 15 min Mobility	60 min Mobility & Stability	15 min Stability 60 min Fitness 15 min Mobility	15 min Mobility 15 min Stability 75 min Judospecific	75 min Judospecific	Rest	Rest

1.4 Tips for a successful plan

In General: The motivation of the athlete is this training method's key for success. Be creative. Create challenges (i.e. movement challenge, max. rep. challenge, challenge day, coordination parkour), use social media platforms, let an exchange of videos happen in the training group, set goals (with athlete together), etc.

Judo: Let your athletes film their Uchi-komi/ Tandoku-rensu from time to time. The filmed material can be watched by the athlete himself, by teammates and by the coach to correct the movement. That way, the athlete can improve his technical abilities. Every 2 weeks, athletes should set themselves together with their coach 1-2 new technical goals and control them to guarantee a technical development.

Fitness: Let your athletes take the time or count their repetitions to motivate them. They can see their own development and compare themselves to other athletes.

2. Exercises

Cardio	Strength	Power
<ul style="list-style-type: none"> - Burpees Variations (https://www.youtube.com/watch?v=7cSoiLY3bfY) - Burpees + Pull-Up - Burpees + Knee to Chest - Burpees + Tandokurensu - Skippings - Rope Skipping (Double Under) https://www.youtube.com/watch?v=82jNiDS19lg - Running/ Sprinting / Hillsprints - Jumping Jacks (Hampelman) - Tandoku Renshu https://www.youtube.com/watch?v=D5jCw2yCPa4 - Uchi-komi (Teraband) https://www.youtube.com/watch?v=r-ytZicPhtA 	<ul style="list-style-type: none"> - Push-Up Variations (https://www.youtube.com/watch?v=WkRyOOQCVbo) - Dips (Chair) https://www.youtube.com/watch?v=3ydgLFLK8e0 - Handstand Push-ups https://www.youtube.com/watch?v=0wDEO6shVic - Pull-Ups - Pulls (https://www.youtube.com/watch?v=-govJYGN5t0) - Rope Climb (https://www.youtube.com/watch?v=-govJYGN5t0) - Squat Variations (https://www.youtube.com/watch?v=yjtbfOWLNsw) - Hamstrings (Nordic Curls, Single leg deadlift) (https://www.youtube.com/watch?v=E4F4B986n9Q, https://www.youtube.com/watch?v=qPRZcNx_C0A, https://www.youtube.com/watch?v=HtHxnWmMgzM) - Forearm/ Grip (https://www.youtube.com/watch?v=zVXcCU8JbRI, https://www.youtube.com/watch?v=P5SKBRXAR1Q) - Core strength exercises https://www.youtube.com/watch?v=sSrPvein7eE, https://www.instagram.com/p/B9ZyAISDtnz/?igshid=9epir31yqaj9V-ups 	<ul style="list-style-type: none"> - Jump Variations (https://www.youtube.com/watch?v=MjXUd0utdol) - Sprints (https://www.youtube.com/watch?v=I4prDX-Z-Ho) - Push-Up Jump Variations (https://www.youtube.com/watch?v=nr9n_q9MOw4) - Explosive Pulls - Explosive Core (https://www.youtube.com/watch?v=R-FJ2j3Ci2I) - Stairs sprint/jumps https://www.youtube.com/watch?v=pCvrfppjilDc

Stability / Injury prevention	Mobility	Coordination	Judospecific
<ul style="list-style-type: none"> - Shoulder / spine: Turkish get up https://www.youtube.com/watch?v=s_aYKvqSscuY , Windmill https://www.youtube.com/watch?v=ITSmgn_BQgY - Shoulder Rotator Cuff (Theraband) https://www.youtube.com/watch?v=qmYnoC0G9EQ - Knee/ ankle https://www.youtube.com/watch?v=RZdoqMStE_k - Wrist https://www.youtube.com/watch?v=hicA-ehGTyM - Core https://www.youtube.com/watch?v=Og6zTet9Mdg, https://www.instagram.com/p/B9ZyAlSDtnz/?igshid=9epir31yqaj9V-ups - Neck https://www.youtube.com/watch?v=s1fo2-DWC_E 	<ul style="list-style-type: none"> - Overhead Squat https://www.youtube.com/watch?v=5QDtKT39bul - Squat position https://www.youtube.com/watch?v=lbozu0DPcYI, https://www.youtube.com/watch?v=xPwG2hqnOx0 - Shoulder https://www.instagram.com/p/B9hC1c1HqoK/?igshid=2o16m4aw7oro - Hip https://www.instagram.com/p/B8wO_M4npqo/ - Thoracic Spine Mobilisation https://www.youtube.com/watch?v=0CrX59ulj9U, https://www.youtube.com/watch?v=5m8Ue-aQuok - Dehnprogramm https://youtu.be/8hrZwVbfLWI 	<ul style="list-style-type: none"> - Trampoline (artistic elements, rotations, turns, etc.) - Juggling (1 ball, 2 balls, 3 balls, with wall, with one hand, etc.) - Hand-eye coordination (catching and throwing, different kind of balls, with reaction, etc.) - Gymnastic exercises - Coordination ladder, also possible to draw with chalk https://www.youtube.com/watch?v=vuYe7BODg7o 	<ul style="list-style-type: none"> - Tandoku Renshu https://www.youtube.com/watch?v=D5jCw2yCPa4, - Uchi-komi Teraband https://www.youtube.com/watch?v=r-ytZjcPhtA - Judo Workouts https://www.youtube.com/watch?v=wildmTHVXzc, https://www.youtube.com/watch?v=f5iKH9LiGDC - Grip/ Upper Body https://www.facebook.com/1405439876391006/posts/2563134010621581/?sfnsn=scwspwa&d=w&vh=e&ext_id=BmnljZxvNQDURwDn&d=w&vh=e, https://www.instagram.com/p/B-IBk3Plk1T/ - Uchi-Mata strength https://www.instagram.com/tv/B-LI2NilhPD/?igshid=fjtg93kzttcu - Pulls https://www.youtube.com/watch?v=-govJYGN5t0 - Rope Climb https://www.youtube.com/watch?v=-govJYGN5t0

3. Total Workouts

<https://www.crossfit.com> → WODs als Inspiration für Workout-Zusammenstellung (HIIT). Einfach zum Abändern mit eigenen Übungen.

<https://www.facebook.com/NyonRegionTV/> → jeden Dienstag 11 Uhr Judo-Workout vom Judoclub Morges, Mittwochs 11 Uhr Yoga, jeden Freitag 11 Uhr Fitness von Crossfit

Judo Fitness: <https://www.youtube.com/watch?v=rHJ9TtF55C8>

4. Other Inspirations

- Instagram
 - #loop_it/ @loop_it.ch
- Facebook
- Youtube