



Intro to Coaching Judo Programme Outline

Course Structure

Title: Intro to Coaching Judo **Accrediting Body:** IJA / Sport Ireland Coaching **Level:** Intro

Candidates: People new to coaching, volunteers who help with clubs / young coaches who are assisting experienced coaches in a supervised capacity.

This Intro to Coaching Judo award is certified by Sport Ireland and is a practical course designed for junior members, aspiring coaches and registered club volunteers who wish to get more involved in their clubs in a supervised coaching capacity. Junior coaches will be certified to work alongside existing coaching teams of Level 1 and Level 2 certified coaches to support and help manage larger numbers on the mat.

The following is a brief overview of the modules and what you can expect to learn during the course:

Outline Course Format

- 1 hour Classroom theory (intro to LTADP & coaching theory)
- 1 hour Mat based theory (Basics of running a safe and engaging Judo session for different age groups)
- 2 hours coaching practice (i.e., coaches practice running games, leading group activities etc)
- 2 Session Plans

Learning Approach

The IJA / Sport Ireland Intro to Coaching Judo course has a blended learning approach with course content being delivered in a one-day session on the mat and in a classroom environment.

Learning Outcomes

The aim of the course is to give confidence to new coaches to assist Level 1 & Level 2 coaches running warmups and games with classes and helping qualified lead coaches to supervisor the mats during sessions.



Important Information for Pre-Registration

1. Judoka hold a grade of Yellow belt (5th KYU) or above & hold their IJA licence for 2022.
2. Judoka be 14 years of age or older.
3. Completed coach registration forms must be returned to IJA office with payment to secure your place on the course.

Note: The following points 4-6 are pre-requirements for certification, all course participants must provide copies of certification to the IJA office by the end of the course. The links below will allow you to contact the relevant organisations and arrange training and certification.

4. NVB E Invitation Form must be completed & submitted prior to course certification. Only persons over 18 will be vetted.
5. Safeguarding 1 Certificate must be completed & submitted prior to course certification with valid future date of at least 3 months – please see the following link to register with your Local Sports Partnership to obtain your certificate.
Only persons over 18 can apply for Safeguarding 1.
See: <https://shar.es/1FNObt>
6. The course fee is non-refundable for cancellation within 14 days of the course start date.
Places are limited, so please book early.

NB Apply for your NVB E Invitation & Safeguarding 1 Certificate at an early stage to ensure no delays nearer certification time. Only candidates over 18 have to adhere to Vetting & Safeguarding requirements.



Intro to Coaching Judo Course Registration Form

Course Details

Course Title:	Intro To Coaching Judo
Duration:	4 hours over one day
Date:	8 th May 2022
Venue:	Senshin Sports Centre, Athenry, Galway H65 TN32
Host Province:	Connaught
Course Fee:	€20.00
Closing Date:	CLOSING DATE for registration: Wednesday 4 th May 2022

Payment Option

(Tick Box)

- | | | |
|-----------------------------|--------------------------|--------------------------------------|
| PayPal | <input type="checkbox"/> | To members@irishjudoassociation.ie |
| Lodge funds to IJA Account- | <input type="checkbox"/> | Account Name: Irish Judo Association |

Bank Name: Bank of Ireland

IBAN: IE88 BOFI 9005 1956 3348 35

BIC: BOFIE2D

Narrative: 'Your Name & IJA00022'



Personal Details (required for certification)

Name: _____ Date of Birth: _____

Address: _____

Club: _____ IJA License Number: _____

Grade: _____ Mobile Number: _____

Email Address: _____

Parent/Guardian Signature: _____

(If applicant is under 18)

Full Day Schedule will be provided after registration has closed