



Northern Ireland Pathway Squad

Lesson Plan 7 November 2021

Time	Activity	Organisation/equipment	Coaching Points	Delivered by
10.30am	Mobility Exercises Hick Kicks Hip extensions Bear Crawls Frogger Monkey Crawl Thoracic Rotations	Straight lines down the mat	Full body preparation for exercise Feet Flat, legs as straight as possible.	Stephen
10.40am	Dynamic Movement Drills/ Tendoku Renshu Tsugi Ashi, following foot Tai Sabaki, body positioning Two step Okuri Ashi Barai drill Step back Okuri Ashi Barai drill	Use whole mat in visible lines, single mat each for individual movements Increase speed and intensity	Proper posture, back almost straight. Bent knees, Soft at knees, hips, and ankles. Head looking forward and central.	Stephen
(Water Break)				
10.55am	Alternative Breakfall Practice Tai Otoshi from knees Sasae Tsuru Komi Ashi from knees Uchi Mata from knee O soto Gari from knee	Partner work Spatial Awareness Partner from different club Relative age, weight, and size.	Both partners working on dynamic movement, Breakfalling correctly and control of opponent at point of impact.	Stephen
(Water break)				



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11.10am (Water Break)	Technical Tachiwaza Harai Goshi. To include kuzushi, Tsukuri and Kake. Alternative grips if necessary.	Normal mats. Safe landing mats available.		Joszef
11.30am	Technical Tachiwaza Kaeshi waza to Harai Goshi. To include avoidance, stance, reposition and counter technique.	Safe Landing Mats.		Paul
11.50am	Cool Down and Review Recap main coaching points. Date of next session Saturday 11th December. 9.00am-10.45am, Coleraine Leisure Centre. Group photo and badge presentation!			Joszef/Paul