The use of Performance Analysis in the Judo Club Environment

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Introduction

In order to change, a notation analysis system there are serious steps that should be considered. Cross & Lyle (1999) state that the coaching process is the purposeful engagement of the athlete and the coach for improving performance. The first step was to determine exactly what the coach wanted and then see how much of that the children could do. The next step was to ensure that the system was valid and reliable. To do this the children were asked to video all the contests as well as note down. The next stage was to ensure that the system was valid and reliable. To do this the teachers were asked to watch the video footage and fill in a separate sheet. The sheets were then compared to the video footage to ensure that the system was valid and reliable.

What has been done so far?

The first task was to decide exactly what the coach wanted and then see how much of that the children could do. The next step was to ensure that the system was valid and reliable. To do this the children were asked to video all the contests as well as note down. The next stage was to ensure that the system was valid and reliable. To do this the teachers were asked to watch the video footage and fill in a separate sheet. The sheets were then compared to the video footage to ensure that the system was valid and reliable.

Developing Further

It has already been described that sports involving heavy contact or full contact are seen as having the best possible systems for better coaching and performance. However, in this case it should also be a major consideration that the "analysts" are not trained analysts and that there are no abbreviations for grips so the information derived from performance analysis includes: technical, tactical, and physical aspects. The aim of this presentation was to consider the steps that one club has taken to start computerized system for studying of the technical and the tactical actions in judo. One method of providing feedback is the use of performance analysis. The aim of this presentation was to consider the steps that one club has taken to start analyzing the results of judo fights.

Conclusion

The coaching process is the purposeful engagement of the athlete and the coach for improving performance. The first step was to determine exactly what the coach wanted and then see how much of that the children could do. The next step was to ensure that the system was valid and reliable. To do this the children were asked to video all the contests as well as note down. The next stage was to ensure that the system was valid and reliable. To do this the teachers were asked to watch the video footage and fill in a separate sheet. The sheets were then compared to the video footage to ensure that the system was valid and reliable.

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References


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