



NATIONAL ATHLETE PATHWAY FRAMEWORK

[Athlete Profile](#)



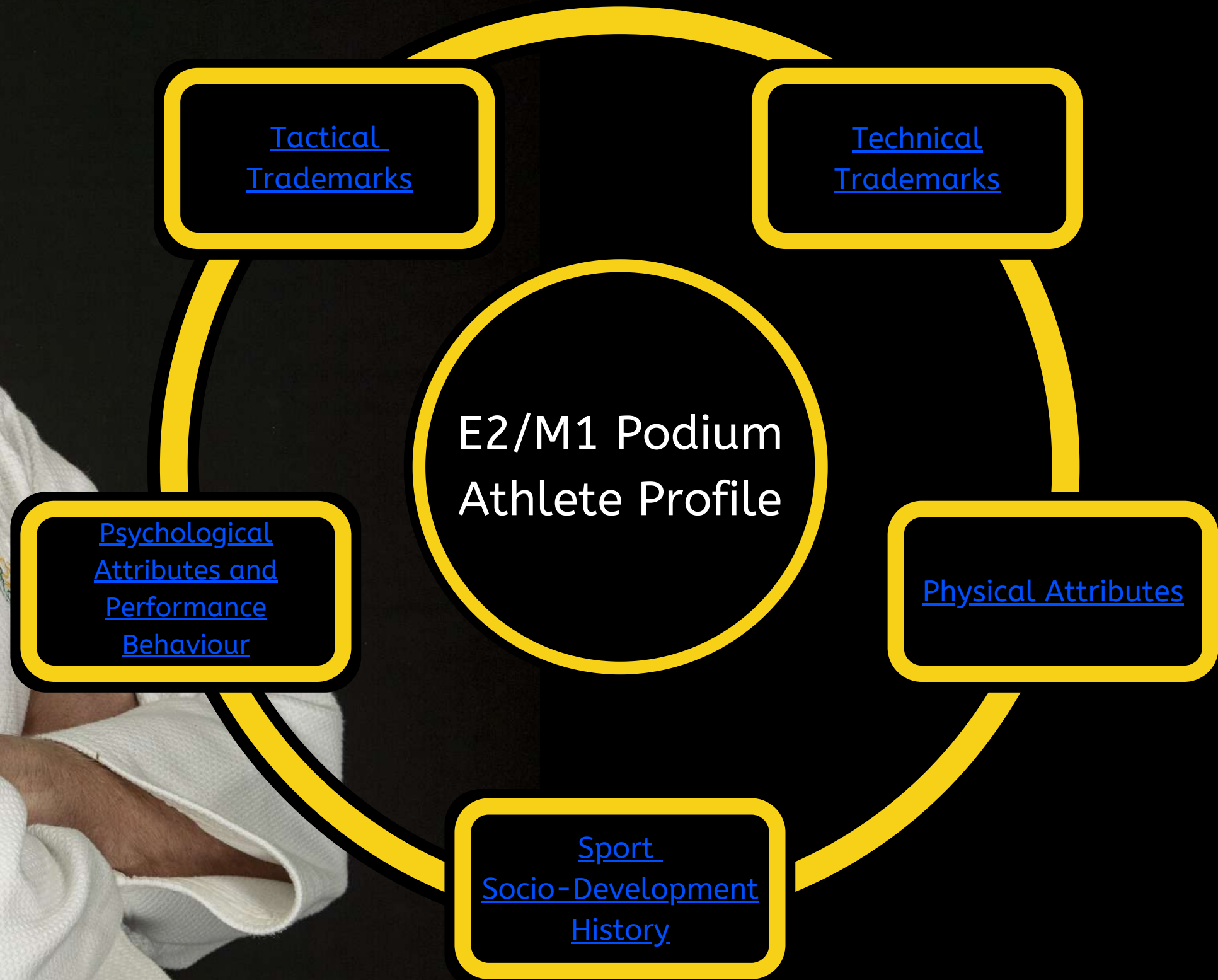
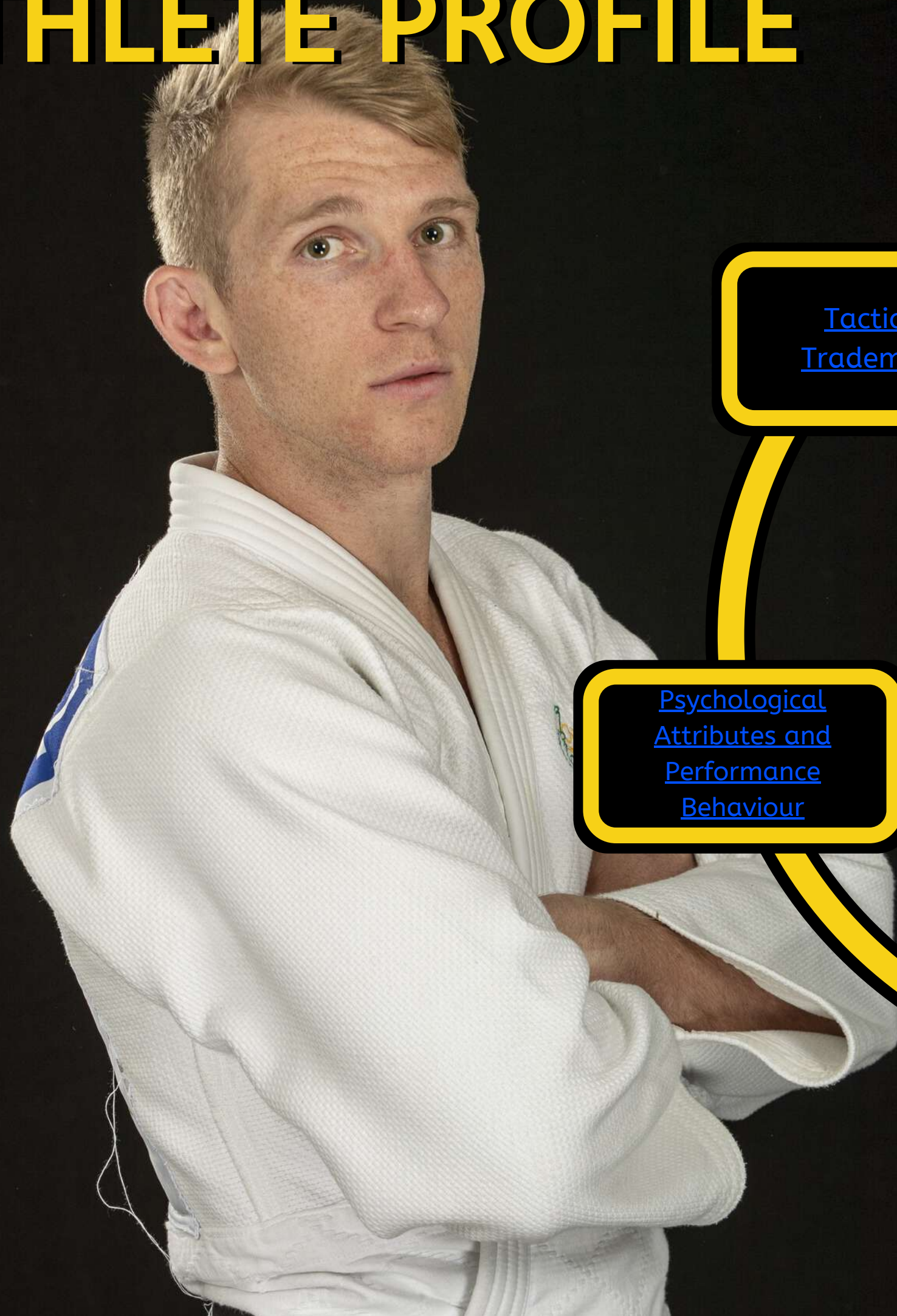
JUDO
AUSTRALIA

[System Leadership](#)

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ATHLETE PROFILE




Judo Australia
National Athlete Pathway
Framework



High Performance Partners





LTAD STAGE	FUNDAMENTALS			LEARN TO TRAIN	TRAIN TO TRAIN		TRAIN TO COMPETE		TRAIN TO WIN		
FTEM STAGES	FOUNDATION LEVELS			PRE-ELITE LEVEL (Potential To Be Elite)				ELITE LEVEL (Senior International)			
	Basic Movement Foundations	Extension and Refinement of Movement Foundation	Sport Specific Commitment and/or Competition	Demonstration of Potential	Talent Verification	Practising and Achieving	Breakthrough and Reward	Senior National Representation	Podium Success	Sustained Success at E2	
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ATHLETE CATEGORY	PARTICIPATION			POTENTIAL EMERGING		EMERGING	DEVELOPING	PODIUM POTENTIAL/ PODIUM READY	PODIUM SUCCESS	SUSTAINED PODIUM SUCCESS	
 <p>TACTICAL TRADEMARKS</p>				<p>Able to read and effectively manage the contest under fatigue and pressure</p> <p>Able to adapt to scenarios presented in a contest</p> <p>Able to read the opposition and respond to changes in competition strategies</p> <p>Demonstrates awareness of scoreboard, time, and mat area</p>	<p>Confirmed through observation at camps through scenario based training and fight plan execution at competition</p> <p>Can recall and explain actions taken in a fight</p> <p>Ability to analyse own performance</p>	<p>Athlete Displays:</p> <ul style="list-style-type: none"> Increasing focus on executing tactical skills in training sessions and competitions Able to develop, follow, and modify match plan Utilises feedback (training and competition data, footage) to review actions 	<p>Athlete Displays:</p> <ul style="list-style-type: none"> Knowledge of competitors Execution of effective and adaptable fight plan Excellent decision making under competition pressure Effectively reads and manages the contest Great anticipation of opponents attacks 				

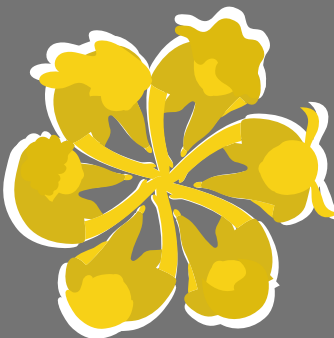
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TECHNICAL TRADEMARKS	Demonstrates fundamental movement skills	Learns fundamental judo skills	Demonstrates and applies fundamental judo skills	Execution of key technical skills which are robust & consistent under competitive & environmental constraints including: <ul style="list-style-type: none"> • Ability to throw for ippon • Ability to win in newaza • Learning to dominate kumikata • Demonstrate attacking judo • Instinct to transition 	Confirmation of talent through observation at national camps and competitions	Athlete Displays: <ul style="list-style-type: none"> • Dominant and effective kumikata • Can throw for ippon • Can win in newaza • Good defensive skills • Minimum 2-3 ippon scoring techniques • 3-4 auxiliary throwing techniques • Minimum 1 counter attack • Minimum 2 transition standing to mat • Minimum 1 major attack on ground with ability to execute from multiple scenarios 		Athlete Displays: <ul style="list-style-type: none"> • Dominant and effective kumikata • Comprehensive defensive skills • Robust effective technical skills under competition pressure • Counter and combination techniques • Throwing from multiple angles • Mastery of 2-3 major throws in multiple scenarios and setups • 4-5 auxiliary throwing techniques from different angles • Mastery of minimum 1 counter movement • Mastery of minimum 2 transitions standing to mat • Mastery of minimum 1 major attacks on ground with ability to execute from multiple scenarios 		



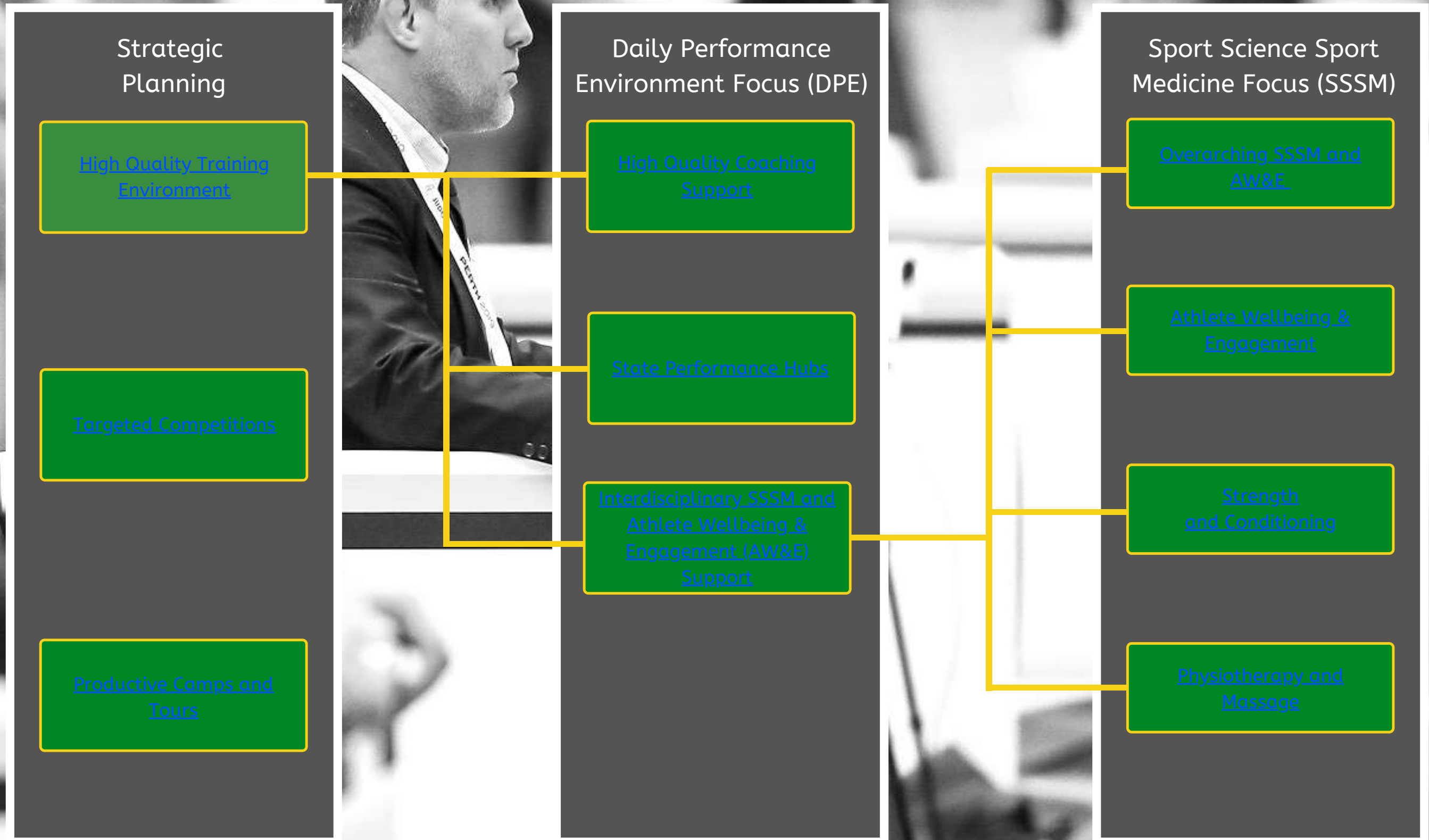
TECHNICAL TRADEMARKS


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 <p>PHYSICAL ATTRIBUTES</p>				<p>Performs well against cadet fitness tests benchmarks and elite Nage Komi test</p> <p>Demonstrates good mobility skills</p>	<p>Confirmed through observation at camps and competition</p>	<p>Further improvement in:</p> <ul style="list-style-type: none"> • Aerobic and anaerobic conditioning (fitness) • Upper and lower body explosive power • Muscle endurance • Mobility • Flexibility <p>Athlete progress is monitored by regular physical testing</p> <p>Developing awareness of appropriate physical loadings, injury avoidance and rehabilitation</p>	<p>Athlete displays World Class:</p> <ul style="list-style-type: none"> • Agility • Speed • Strength • Power • Aerobic and anaerobic endurance • Muscular endurance • Excellent range of motion (ROM) • Optimal body composition 			


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 <p>PSYCHOLOGICAL ATTRIBUTES AND PERFORMANCE BEHAVIOUR</p>				<p>Displays positive attitude to training and development including:</p> <ul style="list-style-type: none"> • Growth mindset • Mental resilience • Coping skills • Motivation • Adaptability • Coachability • Lack of fear <p>Able to manage emotions</p> <p>Able to be a good winner/loser</p> <p>Developing good preparation routines</p>	<p>Confirmed through observation of behaviour within training, scenario based learning and competition</p> <p>Interviews with stakeholders (state coach/ club coach/ state hub coach, parents and athletes)</p>	<p>Further development of psychological profile acquired through training and competition experiences and effective utilisation of performance psychology strategies such as goal setting, maintaining concentration, relaxation techniques and visualisation</p> <p>Demonstrating good knowledge of lifestyle management including sport life balance, managing stress and making informed decisions</p> <p>Understanding the importance of long-term career planning, creating timelines and contingency plans</p> <p>Displays the values of Judo Australia</p> <p>Demonstrating appropriate use of social media</p>	<p>Athlete displays:</p> <ul style="list-style-type: none"> • World class performance behaviour • Mental toughness and resilience • Ability to adapt to challenging situations • Strong ability to reset and focus under fatigue and competition pressure • Self belief • Self regulation • Confidence • Discipline • Motivation • Professionalism • Strong work ethic • Ability to reflect • Coachability • Upholds values of Judo Australia • Has strong organisational skill • Strives for sport/life balance • Able to deal effectively with demands of high performance sport • Manages and takes ownership of their career 			


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 <p>SPORT SOCIO-DEVELOPMENT HISTORY</p>	Participant has acquired a full repertoire of Fundamental Movement Skills inclusive of object control (e.g. throwing), body control (e.g. balancing), locomotive skills (e.g. running) and aquatic skills (e.g. floating)	Participant is participating in deliberate play activities related to Judo which promote skill versatility and adaptability	Athlete is acquiring: <ul style="list-style-type: none"> • Early competitive experiences against same aged peers and older peers where appropriate for progression • Appropriate competition exposure, State and National level competitions • Sampling of a number sports prior to specialisation in judo 		Athlete possess: <ul style="list-style-type: none"> • Sport-specific commitment and development of an extensive and quality training history and appropriate domestic and international competition experience and progression 		Athlete possess: <ul style="list-style-type: none"> • Extensive training history in Australia, Asia and Europe • Vast competitive exposure in Australia, Asia and Europe 			

ENVIRONMENTAL SUPPORT





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 HIGH QUALITY TRAINING ENVIRONMENT	Focus on skill development in modified environments and through unstructured activities	Age appropriate, modified and varied activities Structured activities and deliberate play to build fundamental judo skills	Sampling of multiple sports in full format and training in similar environments to competition settings	<p>Holistic training strategies promoting athlete skill progression and adaptability under competition-like contexts and fatigue</p> <p>Appropriate level of coaching</p> <p>Introduction to effective load management strategies</p> <p>Resources provided for 'off-mat' training including strength and conditioning and performance analysis</p> <p>Access to State Performance Hubs for selected athletes</p>	<ul style="list-style-type: none"> • Culture of excellence for delivering holistic and specialised high quality coaching • Effective and collaborative relationships between national and club coaches • Growth mindset for coaches and athletes • Vertical integration of athletes and coaches • Adoption of best practice training principles • Access to a variety of high quality training partners • Combination of elite training sessions and vertical integration sessions • Periodised training plans • Consistent and optimal load management • Implementing Individual Performance Plans and regular reviews • Planned exposure and progression with appropriate domestic and international competitions informed directly by the athlete's development status • 10-12 appropriate level competitions per year (T3-E1) • 6-8 appropriate level competitions per year (E2-M1) 					


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 <p>TARGETED COMPETITIONS</p>			Club and inter-club competitions, State Opens and National Championships	Club competitions, State Opens and National Championships	Targeted overseas tournaments: <ul style="list-style-type: none"> • Cadet European Cups • Junior European Cups • Cadet Asian Oceania Championships • Cadet World Championships • Commonwealth Youth Games • Youth Olympic Games 	State Opens and National Championships Targeted overseas tournaments: <ul style="list-style-type: none"> • Junior European Cup • Senior European Cup • Junior Asian Oceania Championships • Junior World Championships 	Targeted overseas tournaments: <ul style="list-style-type: none"> • Junior World Championships • Senior European Cup • Senior Continental Open • Grand Pix • Grand Slam • Senior World Championships • Commonwealth Games 	Targeted overseas tournaments: <ul style="list-style-type: none"> • Senior Continental Open • Grand Pix • Grand Slam • Senior Asian Oceania Championships • Senior World Championships • Commonwealth Games • Olympic Games 	Targeted overseas tournaments: <ul style="list-style-type: none"> • Olympic Games • Senior Asian Oceania Championships • Senior Worth Championships • Grand Slam • Grand Prix • Commonwealth Games 	


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 HIGH QUALITY COACHING SUPPORT	Description	<p>Evidence based and age appropriate curriculum and delivery specific to modified formats of judo</p> <p>Judo4Kids</p>	<p>Evidence based curriculum and delivery which is cognisant of maturation</p> <p>Evidence-based and holistic coaching</p>	<p>Evidence based and holistic characterised by strong sports specific knowledge and strong interpersonal and intrapersonal skills</p> <p>Holistic skill development</p> <p>Individual Performance Plans in place for State Performance Hub athletes</p> <p>Club Coaches liaise with State, Hub and National coaches regarding athlete development</p>	<p>Evidence based and holistic coaching characterised by strong interpersonal and intrapersonal skills</p> <p>Holistic Individual Performance Plans in place, integration of inter-disciplinary expertise and management of athlete-coach relationship</p> <p>Coach programming responsive to athlete monitoring</p> <p>Club coaches liaise with State, Hub and National Coaches regarding individual needs</p>	<p>Coaching responsive to athlete feedback</p> <p>National head coach to lead direction for national programs, development and HP athlete individual programming</p> <p>HP coaching to provide evidence based and holistic coaching characterised by strong sport-specific knowledge and strong interpersonal and intrapersonal skills</p> <p>Holistic Individual Performance Plans in place</p> <p>Integration of inter-disciplinary expertise and management of athlete-coach relationship</p> <p>National coach works closely with club coach</p>				
	Personnel	Club Coach			Club Coach and State Hub Coach	Club, State Hub and National Coach				


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STATE PERFORMANCE HUBS				<p>To expose the best emerging talent to enhanced DPE in their local environment on a weekly basis that is quality controlled by a nationally appointed coach</p> <p>Helps overcome the lack of exposure to the quality and quantity of training partners required</p> <p>Teaches young talented athlete's performance behaviour at an early age</p> <p>Provides individualised planning based on each athlete's need further into the pathway</p> <p>Lead talented judoka from club level to high level competition</p>				<p>Provides supplemental training to home club environments and national team activities</p> <p>Exposure to greater quantity of training partners in their local DPE</p>		

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 <p>OVERARCHING SSSM AND AW&E</p>	SSSM Leadership				Sport Science & Sport Medicine Committee							
	SSSM Coordination						AIS Combat Centre Performance Support Consultant					
	Physio, S&C, Medical, Nutrition, AW&E						AIS during camps and National Institute Network (NIN) or private providers in daily performance environment					
	Other Combat Centre Support						<ul style="list-style-type: none"> Regular individual performance plan and athlete management system monitoring reviews Effective communication between all JA stakeholders supporting the High Performance Pathway Periodic review and consistency of daily performance environments both domestically and internationally Research and innovation provided by AIS Combat Centre PhD scholars, masters and honours students 					
	Skill Acquisition						AIS Combat Centre during camps					
	Education and Servicing			Basic educational resources made available online for coaches and athletes	SSSM disciplines provide direct input into talent identification testing protocols	SSSM disciplines provide direct input into talent confirmation testing protocols	SSSM disciplines provide athlete education and services (where applicable)	Individualised multidisciplinary athlete case management and athlete education	Individualised multidisciplinary athlete case management with service provision both domestically and internationally			

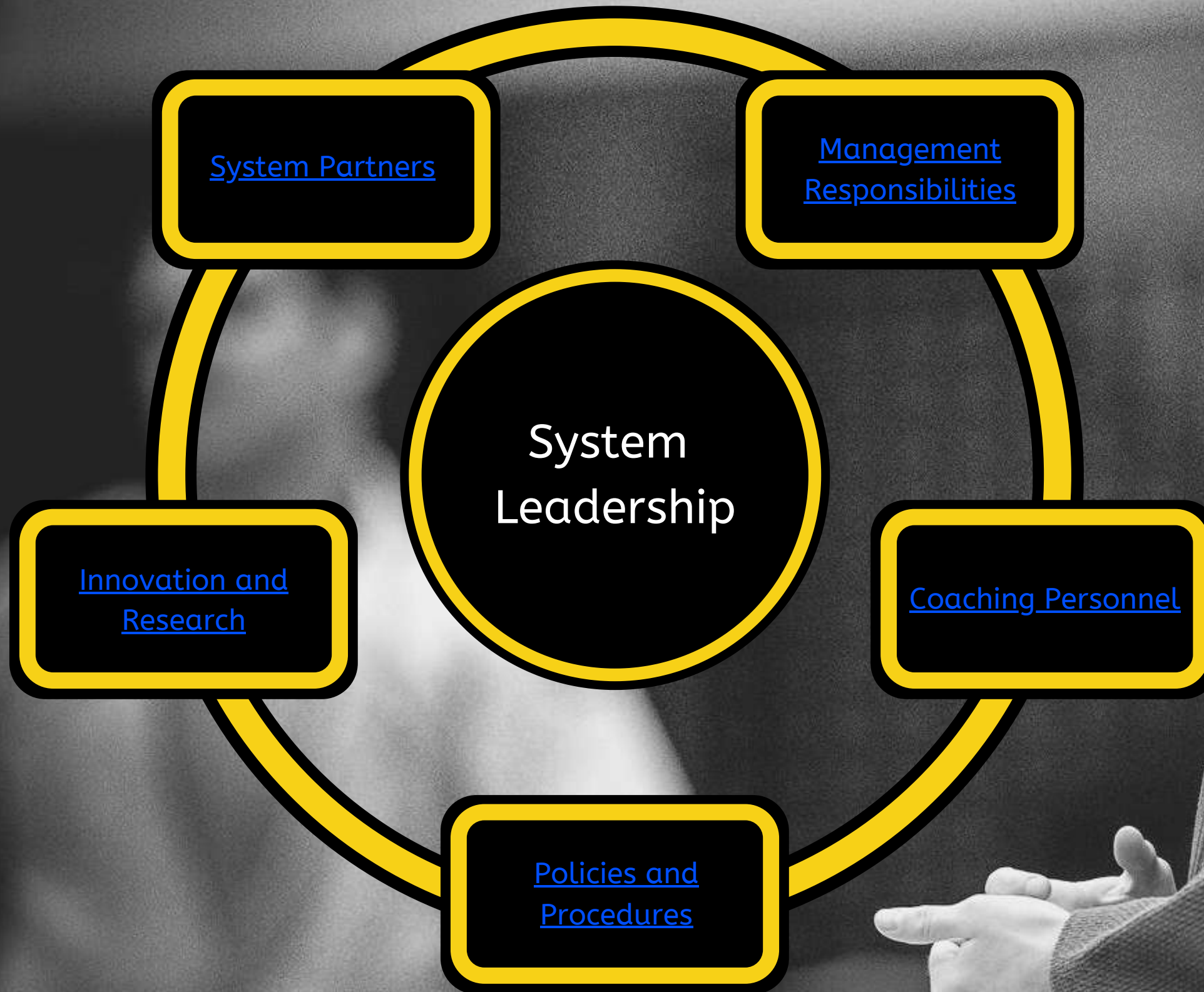
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 <p>ATHLETE WELLBEING & ENGAGEMENT</p>	Personnel	Parents and club coaches	Parents and club coaches	Club coaches Member States, athlete and parent liaison	State coaches, Performance Hub coaches, national coaches, Member States, athlete and parent liaison		<ul style="list-style-type: none"> Dedicated Combat Sports Athlete Wellbeing & Engagement Manager available to categorised athletes State and National Coaches AIS and NIN Athlete Wellbeing & Engagement Managers Access to a variety of programs, support and initiatives (Elite Athlete Education Network, Mental Health Referral Network) Online learning 				
	Engagement				Opportunities for athletes to engage with their local communities, grassroots sport and national charities						
	Mental Health						Access to the best practice mental health information, education and individualised psychology services through the Mental Health Referral Network				
	Career and Education						Access to information, advice and face to face learning related to education, career mapping, professional development and work experience				
	Personal Development						Face to face or online learning related to wellbeing and personal growth				

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 ATHLETE WELLBEING & ENGAGEMENT CONT.	Conduct and Professionalism						Advice on managing integrity issues, guidance and support to navigate ethical decision making within the high performance environment, and provision of policies and procedures				
	AW&E Framework						Focusing on athlete progression support; Selection, transitions in, through and out of the pathway, creating safe spaces and supporting improved communication for athletes to provide and receive				
	Education	Not applicable at this stage of the pathway	Education on the importance of having interests, hobbies or learnings outside of judo through resources and fact sheets		Education on the importance of having interests, hobbies or learnings outside of judo through resources and confirmation camps	Categorised athletes to work with their AW&E manager on working towards creating a 'life plan', incorporating their qualifications, career ambitions, life ambitions and sport ambitions, as well as reflecting on coping strategies and prior experiences to shape their current and future life plans. Within this plan, athletes can elect to have involvement in education relating to; career development, mental health support, AIS funding, athlete agreements, financial literacy, personal branding, sponsorship, and time management					


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 STRENGTH AND CONDITIONING	Not applicable at this stage of the pathway		Club coaches to provide basic education, programming and technique on relevant strength training principles considerate of maturation		Education on strength and conditioning principles, lifting techniques and load management SSSM disciplines to provide direct input into talent confirmation protocols		AIS and Performance Hub partners (NIN and private providers) strength and conditioning coaches to provide individualised case management, including Injury prevention and rehabilitation Monitored through Athlete Management System			


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 PHYSIOTHERAPY AND MASSAGE	Personnel	Not applicable at this stage of the pathway		Parents, club coaches and private providers	Private providers	AIS Combat Centre during camps (targeted athletes only) and accredited recognised private physiotherapy/massage providers	AIS Combat Centre during camps and accredited recognised private physiotherapy/massage providers	AIS Combat Centre during camps and accredited recognised private physiotherapy/massage providers Contracted accredited recognised physiotherapists available during international competitions Contracted soft tissue/massage therapists available during international competitions		
	Education	Not applicable at this stage of the pathway		Basic education on injury prevention and management, massage principles and self massage techniques through online resources, fact sheets and warm ups	Education on injury prevention and management Education on massage principles and development of self- massage technique					
	Support	No Support at this stage of the pathway		Coordination with Strength and Conditioning to implement injury prevention and management strategies Individualised physiotherapy servicing including performance enhancement Individualised soft tissue/massage servicing						


SYSTEM LEADERSHIP

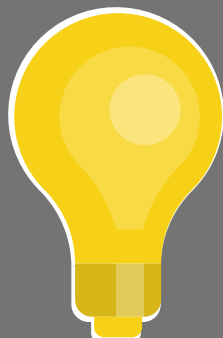


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 MANAGEMENT RESPONSIBILITIES	JA CEO	Overall responsibility for implementation of the Judo Australia Strategic Plan									
	Technical Director				<ul style="list-style-type: none"> • Development and Implementation of High Performance strategy • Promote ongoing engagement and program integration throughout the whole sport pathway and influence strategic high performance priorities • Program planning and implementation across all national teams • Coordination of Coaching teams 						
	National Coaching Team				Delivery of High Performance Strategy and Programs						
	Combat Centre Team						<ul style="list-style-type: none"> • Manage the delivery of appropriate servicing support, development of capability and sport sustainability • Facilitate knowledge sharing between combat sports 				
	JA National Engagement Officer	Responsibility for communications, profile enhancement and promotion of national team activity and national athletes									
	JA Operations Officer				Responsibility for logistics and operational administration of all programs activity, including travel, competitions and camps						

LTAD STAGE	FUNDAMENTALS		LEARN TO TRAIN	TRAIN TO TRAIN		TRAIN TO COMPETE		TRAIN TO WIN		
FTEM STAGES	FOUNDATION LEVELS			PRE-ELITE LEVEL (Potential To Be Elite)				ELITE LEVEL (Senior International)		
	Basic Movement Foundations	Extension and Refinement of Movement Foundation	Sport Specific Commitment and/or Competition	Demonstration of Potential	Talent Verification	Practising and Achieving	Breakthrough and Reward	Senior National Representation	Podium Success	Sustained Success at E2
	F1	F2	F3	T1	T2	T3	T4	E1	E2	M1
ATHLETE CATEGORY	PARTICIPATION			POTENTIAL EMERGING	EMERGING	DEVELOPING	PODIUM POTENTIAL/ PODIUM READY	PODIUM SUCCESS	SUSTAINED PODIUM SUCCESS	
 SYSTEM PARTNERS	Sport Australia, Member States, Parents, Clubs	Sport Australia, Member States, Parents, Clubs and Schools	Sport Australia, Member States, Parents and Club Networks	Sport Australia, Member States, Parents, Club Networks and AIS Combat Centre	Club network, AIS Combat Centre, National Institute Network (NIN) and international networks	Club networks, AIS Combat Centre, National Institute Network (NIN) International networks, Australian Olympic Committee, Commonwealth Games Australia and Paralympics Australia				

LTAD STAGE	FUNDAMENTALS		LEARN TO TRAIN	TRAIN TO TRAIN		TRAIN TO COMPETE		TRAIN TO WIN		
FTEM STAGES	FOUNDATION LEVELS			PRE-ELITE LEVEL (Potential To Be Elite)				ELITE LEVEL (Senior International)		
	Basic Movement Foundations	Extension and Refinement of Movement Foundation	Sport Specific Commitment and/or Competition	Demonstration of Potential	Talent Verification	Practising and Achieving	Breakthrough and Reward	Senior National Representation	Podium Success	Sustained Success at E2
	F1	F2	F3	T1	T2	T3	T4	E1	E2	M1
ATHLETE CATEGORY	PARTICIPATION			POTENTIAL EMERGING	EMERGING	DEVELOPING	PODIUM POTENTIAL/ PODIUM READY	PODIUM SUCCESS	SUSTAINED PODIUM SUCCESS	
 POLICIES AND PROCEDURES	<ul style="list-style-type: none"> • JA Strategic Plan • JA Sporting Code • JA National Grading Policy • JA National Member Protection Policy 									
				<ul style="list-style-type: none"> • JA Anti Doping Policy • National Points System and Points Tables (Cadet, Junior and Senior) • JA National Team Agreement and Code of Conduct 						
	<ul style="list-style-type: none"> • Junior Safety Rules – Parents and Spectators Guide 		<ul style="list-style-type: none"> • Junior Safety Rules – Parents and Spectators Guide • State Team Selection Policy • JA Calendar 		<ul style="list-style-type: none"> • JA Cadet minimum fitness standards • Junior Introductory S&C program • Aerobic Fitness for Judo • Selection Guide for Cadet and Junior International Events • Selection Documents for Major International Events • JA Calendar • JA High Performance Calendar 		<ul style="list-style-type: none"> • JA Athlete Categorisation Guidelines • Aerobic Fitness for Judo • Selection Criteria for Major International Events • Individual Performance Plans • Medal Performance Reimbursement Program • JA Calendar • JA High Performance Calendar 		<ul style="list-style-type: none"> • JA Athlete Categorisation Guidelines • Grand Slam/Grand Prix Eligibility Criteria • Selection Criteria for Major International Events • Individual Performance Plans • Medal Performance Reimbursement Program • JA Calendar • JA High Performance Calendar 	

LTAD STAGE		FUNDAMENTALS		LEARN TO TRAIN	TRAIN TO TRAIN		TRAIN TO COMPETE		TRAIN TO WIN		
FTEM STAGES		FOUNDATION LEVELS			PRE-ELITE LEVEL (Potential To Be Elite)				ELITE LEVEL (Senior International)		
		Basic Movement Foundations	Extension and Refinement of Movement Foundation	Sport Specific Commitment and/or Competition	Demonstration of Potential	Talent Verification	Practising and Achieving	Breakthrough and Reward	Senior National Representation	Podium Success	Sustained Success at E2
		F1	F2	F3	T1	T2	T3	T4	E1	E2	M1
ATHLETE CATEGORY		PARTICIPATION			POTENTIAL EMERGING	EMERGING	DEVELOPING	PODIUM POTENTIAL/ PODIUM READY	PODIUM SUCCESS	SUSTAINED PODIUM SUCCESS	
 INNOVATION AND RESEARCH	Partnerships	Sport Australia			Australian Institute of Sport (AIS)						
	Focus	Innovation & research that assists with maximising engagement enjoyment of participant's experiences at all levels			Innovation and research that assists with refinement and enhancement of talent identification & confirmation strategies		Innovation and research that assists with the development and progression of talent athletes (i.e. deliberate programming, etc)		Innovation and research that will provide athletes with a competitive advantage over their international competition		
	Data Mining	Data collected on participants experiences and used to increase participant satisfaction.					Athlete Management System data collected to enhance athletic development and monitor athlete welfare and loading				
	Projects	Innovative projects investigating participation trends and future practice			Innovative projects are based on trends						
	Research	Subject matter experts and literature reviews will be used to enhance participation products			Subject matter experts and literature reviews will be used to improve talent identification practices, athletic development and conversion of Australian representative to podium performances						



JUDO

AUSTRALIA

