

Judo Team Lëtzebuerg 2.0

Pathway to High
performance



Proces to new structure

- Analyses current situation
- **Vision** for the Future
- Presentation New Structure
- Implementation New Structure

Analyses

What did we find?

Strengths

- Good potential
- Motivated athletes
- Willingness to learn
- Great infrastructure
- "Open Minded" federation
- Welcoming Judo Community

Weaknesses

- Small groups
- Big difference in level
- Big difference in commitment / No strong training culture
- Big difference in training programs
- No structured talent development
- No structure in place for LTAD
(Long Term Athlete Development)
- Small number of Clubs

Ambitions

"Build a high quality training program as a tool to create world class athletes"

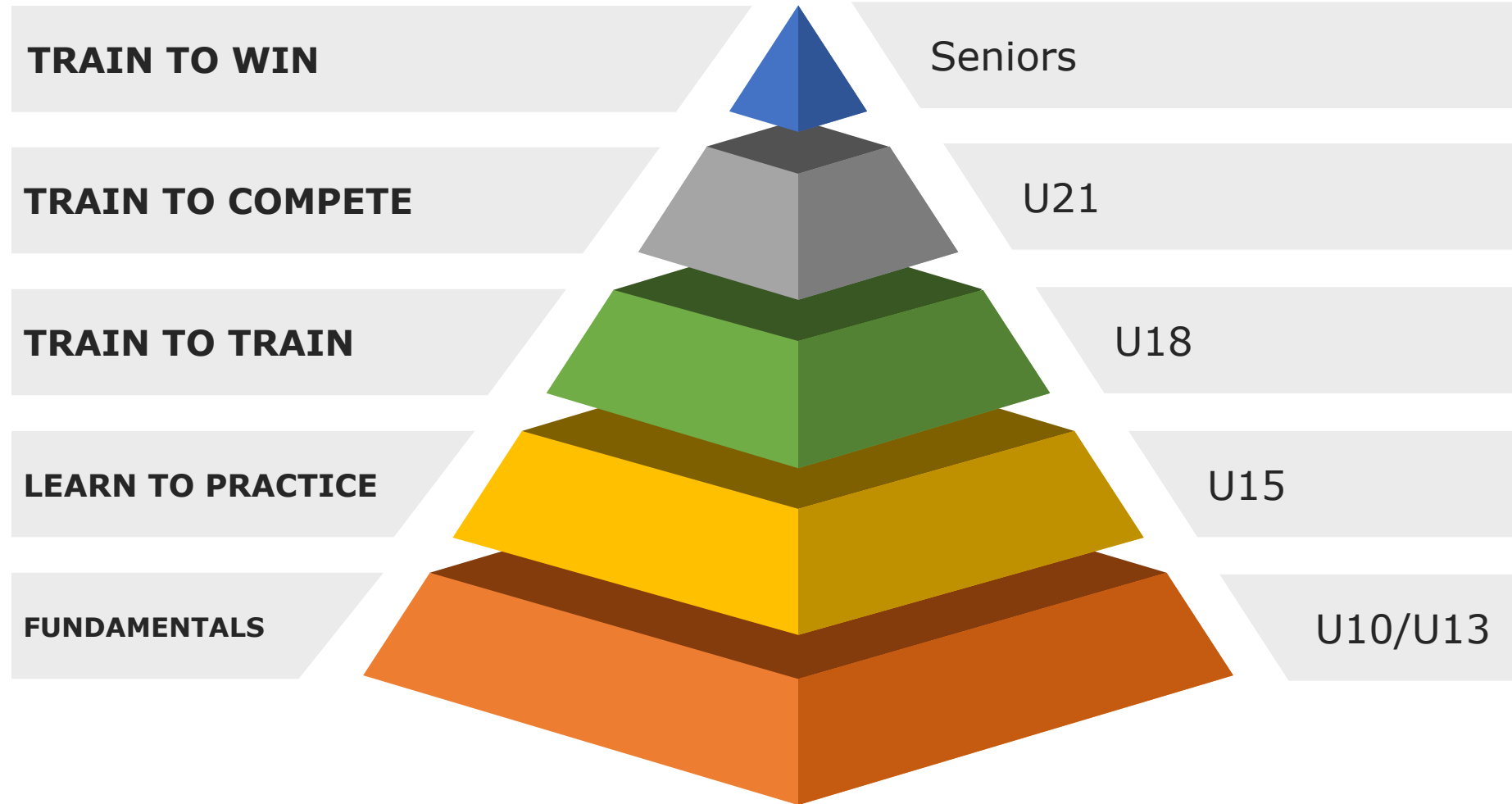
"Create an high performance culture in which athletes, coaches and federation work professionally"

"Structurally winning medals in the EJU and IJF tours in all age categories"

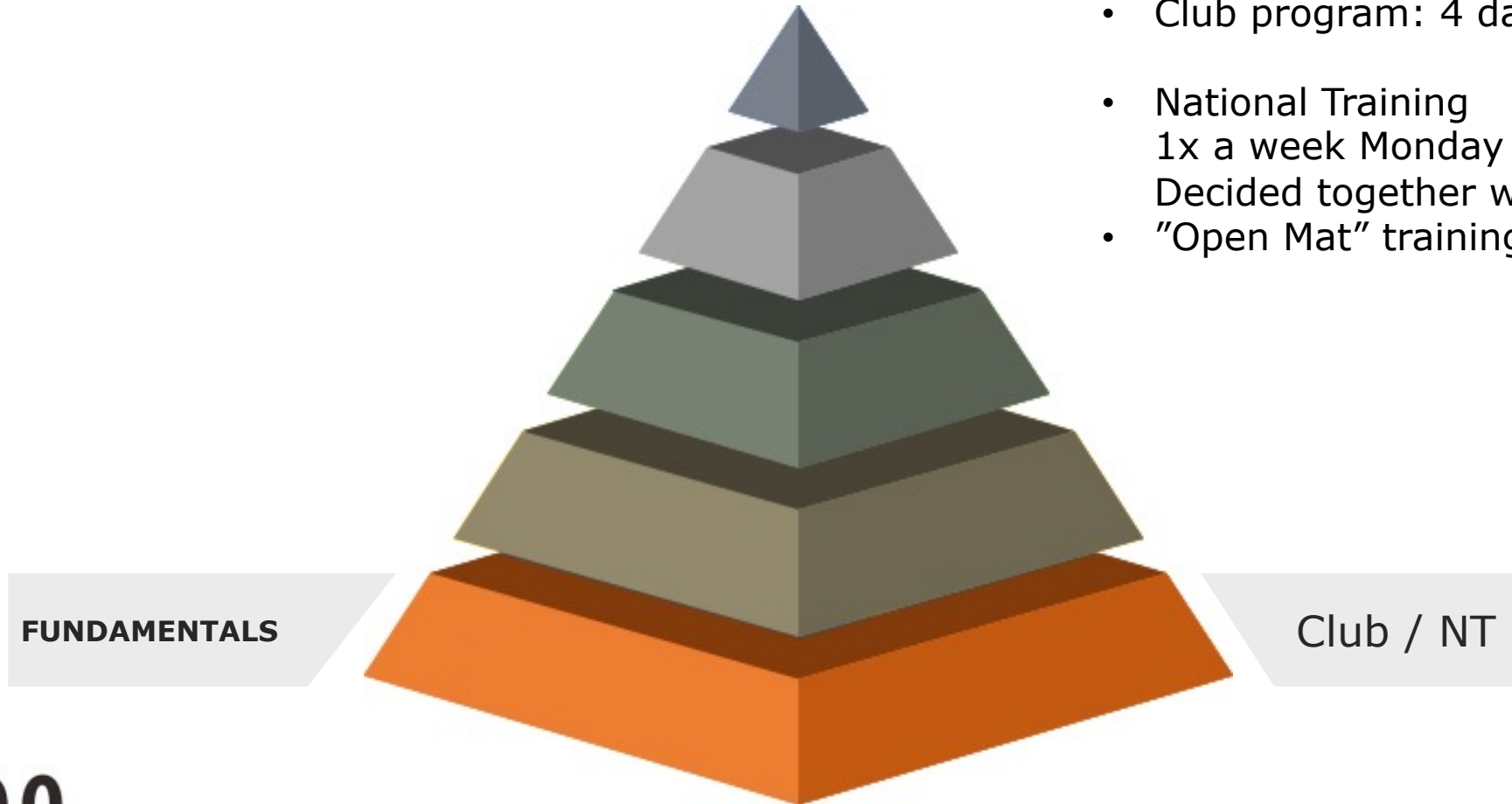
Vision for the Future

- *Step 1: Create a professional program*
- *Step 2: Create a high performance structure*
- *Step 3: Create professional behavior*
- *Step 4: Create a strong group*
- *Step 5: Create a strong environment*

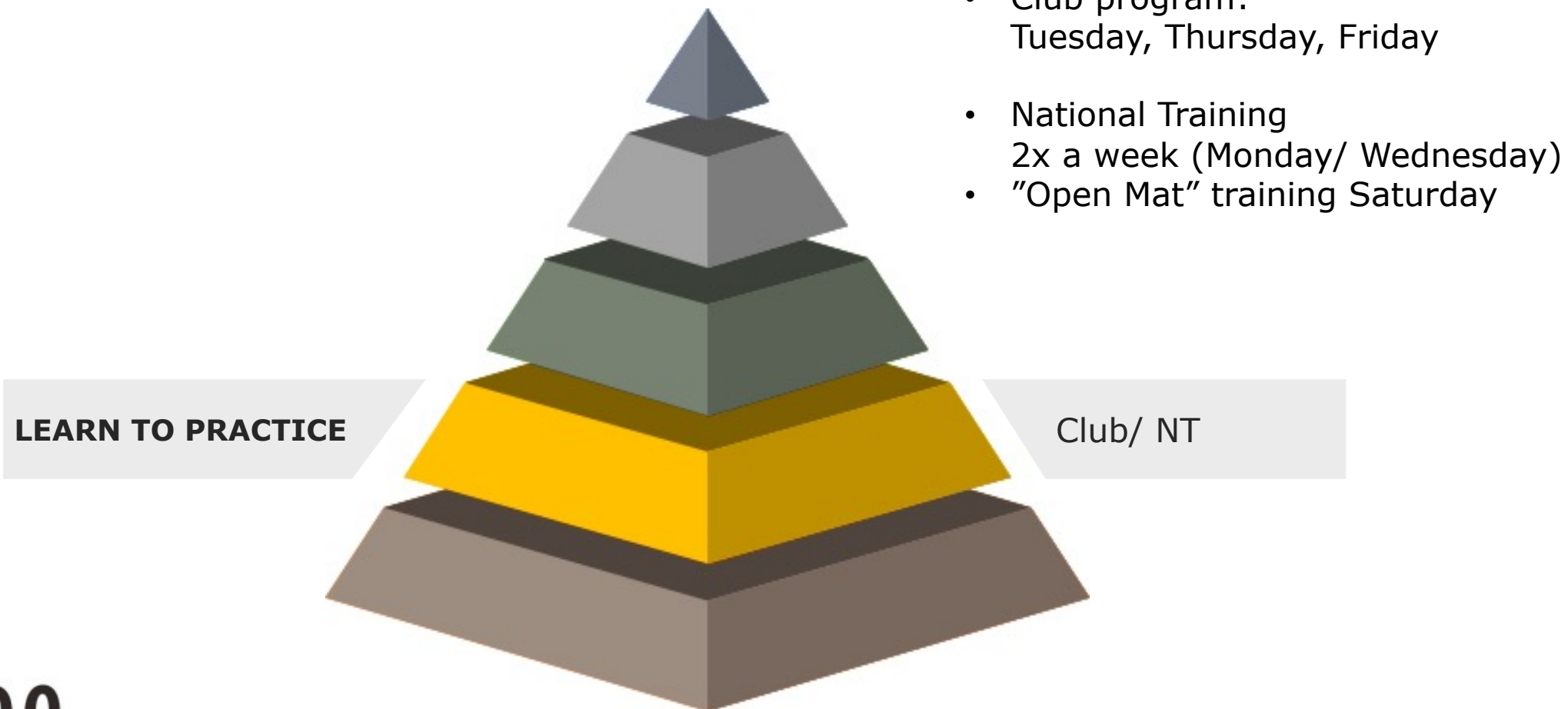
High Performance Structure



High Performance Structure U13

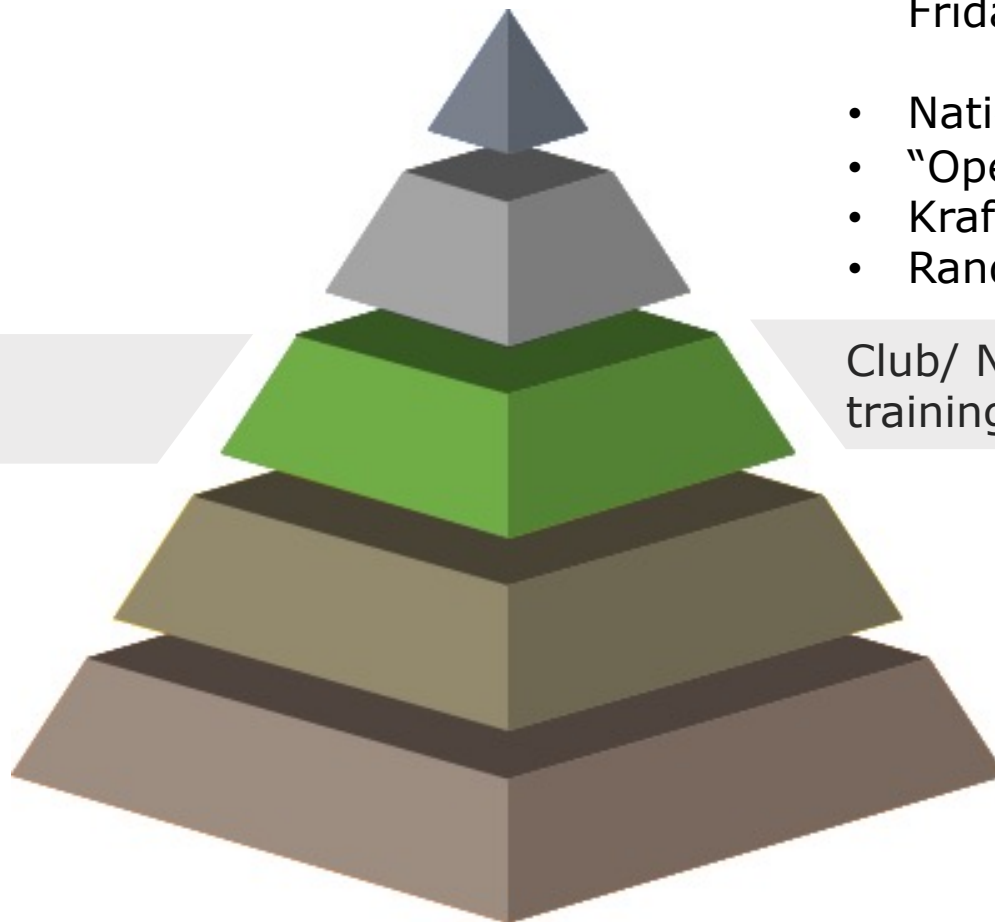


High Performance Structure U15



High Performance Structure U18

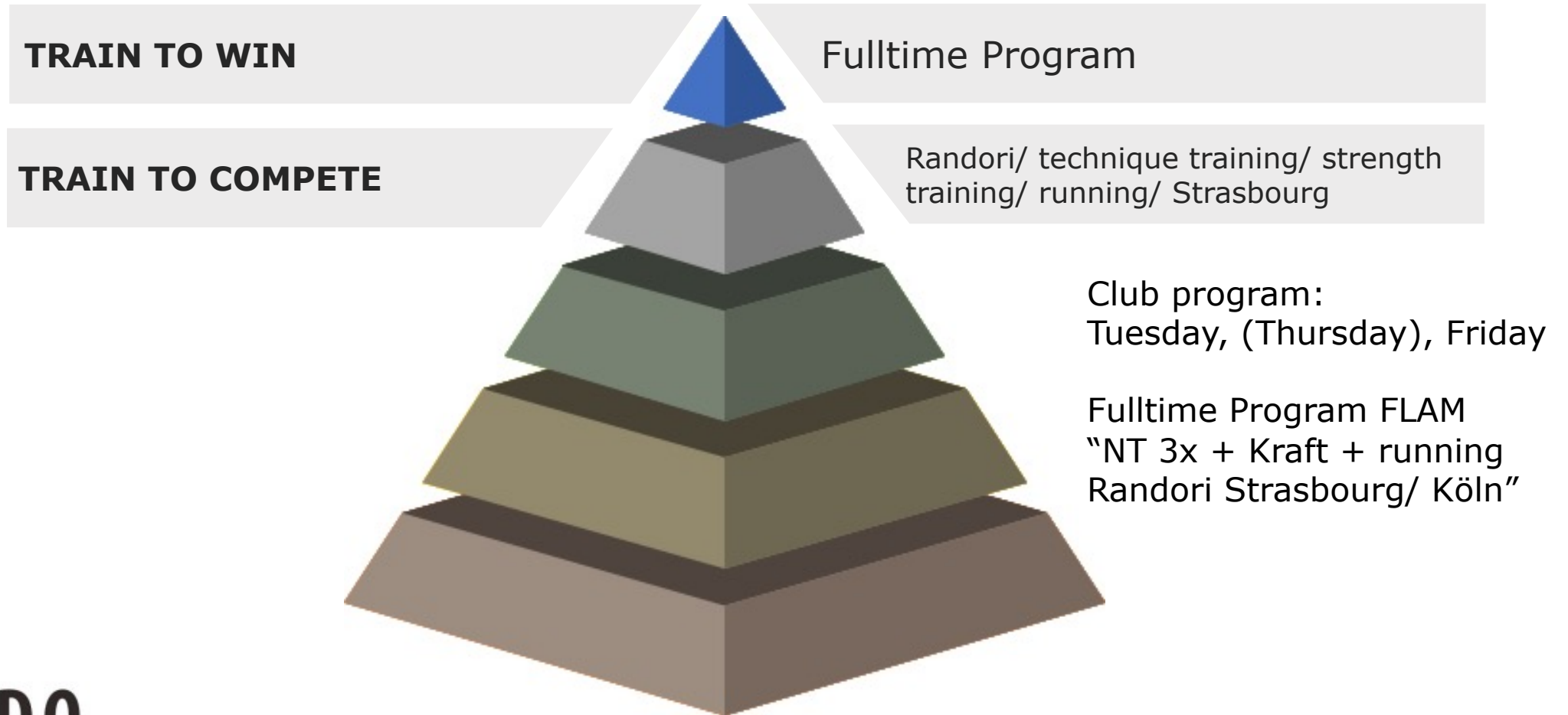
TRAIN TO TRAIN



- Club program: (Tuesday), Thursday, Friday
- National Training 2x a week
- "Open Mat" training Saturday
- Kraft training (FLAM)
- Randori Metz

Club/ NT/ Strength training/ Metz

High Performance Structure U21/seniors

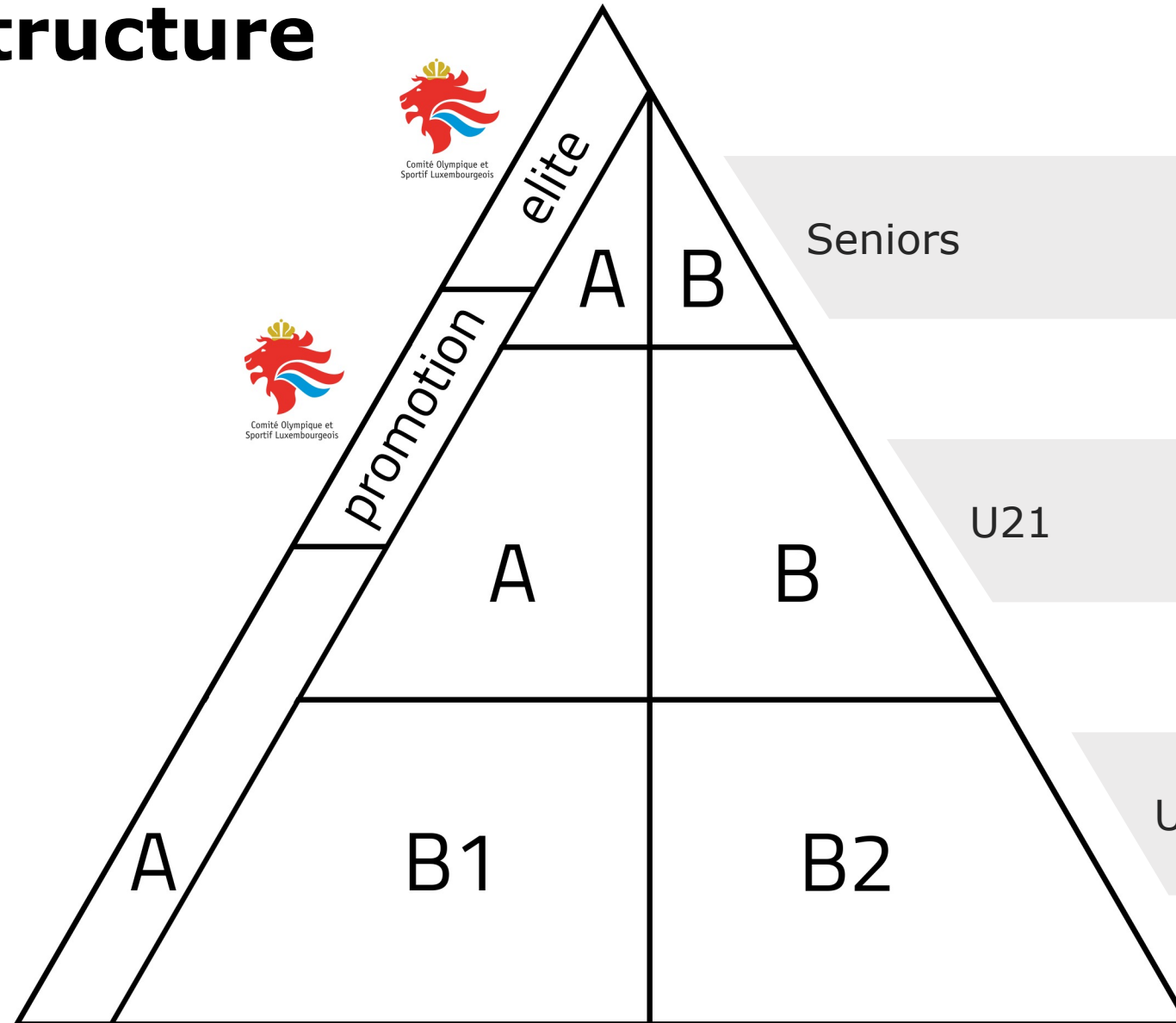


Fulltime Program

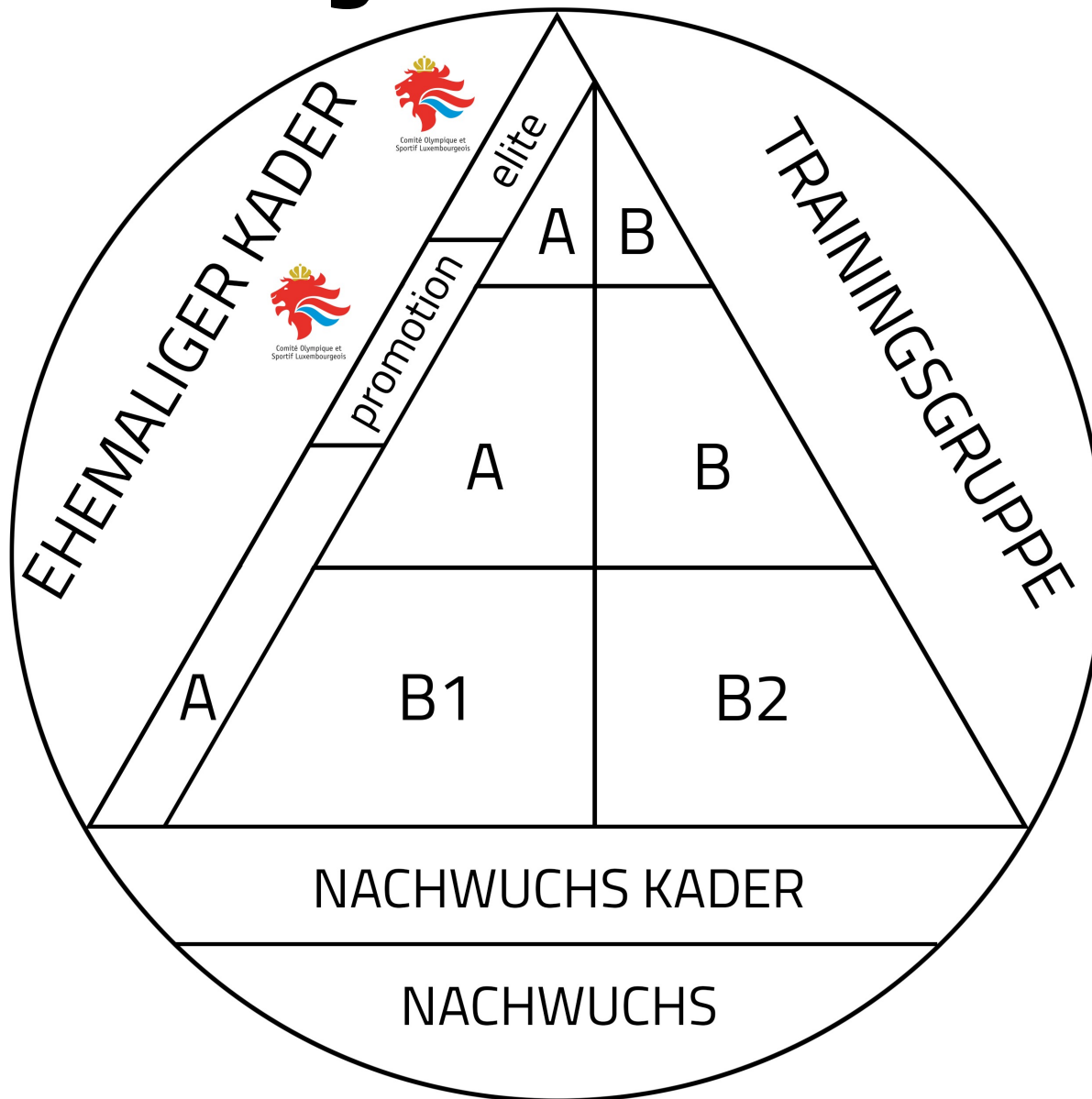
<i>Training:</i>	<i>Randori/ Technique/ Strength/ Running</i>
<i>Coaching:</i>	<i>Coaching/ PDP/ IFC/ Monitoring</i>
<i>Activities:</i>	<i>Competitions and Stages</i>

This program is the base to create World Class Athletes.

Kader structure



Team Luxembourg



Kader Criteria U15

U15	Program Criteria	Responsible	Competitions	Other Criteria
Junior Squad (Nachwuchs Kader)	2x a week Clubtraining	CLUB	tournaments	- Good training behaviour
	National Training (minimum 2x a week) Saturday Open Mat (Minimum 1x a Month)	FLAM	International tournaments (if nominated)	

Kader Criteria U18

U18	Program Criteria	Responsible	Competitions	Other Criteria
B2	2x a week Clubtraining	CLUB	tournaments	- Good training behaviour
	National Training 2x a week Mo, We Saturday Open Mat (Minimum 2x a Month)	FLAM	International Competitions (if nominated)	
B1	1x a week Clubtraining (Th, Fr)	CLUB	tournaments	- Good training behaviour - Focus on topsport - Good results International competitions - Evaluation NT based on Athletic Profile (Level, Development, Potential)
	National Training 2x a week Mo, We Saturday Open Mat 2x Strenth Training Randori Metz	FLAM	International Competitions (if nominated) European Cups EM/EYOF/ WM (if nominated)	
A	1x a week Clubtraining (Th or FR)	CLUB	tournaments	- Good training behaviour - Focus on topsport - Good results International competitions - Evaluation NT based on Athletic Profile (Level, Development, Potential) - European Cup Top 5
	National Training (2x a week Mo, We) Saturday Open Mat Randori Metz	FLAM	International Competitions (if nominated) European Cups (if nominated) EM/EYOF/ WM (if nominated)	

Kader Criteria U21

U21	Program Criteria	Responsible	Competitions	Other Criteria
B	National Training (2x a week: Mo und We) Saturday Open Mat	FLAM	International Competitions	<ul style="list-style-type: none"> - Good training behaviour - Strength program (in agreement with NT)
A	Full Time Training program	FLAM	European Cups (if nominated) EM/ WM (if nominated)	<ul style="list-style-type: none"> - Good training behaviour - Focus on topsport - Good results International tournaments - Evaluation NT Based on Athlete Profile (Level, Development, Potential)
COSL Promotion	Full Time Training program	FLAM	European Cups (Wann Nominiert) EM/ WM (Wann Nominiert)	<ul style="list-style-type: none"> - A Kader Kriterien - COSL Kriterien Juniors - Evaluation NT Based on Athlete Profile (Level, Development, Potential)

Kader Criteria Seniors

Seniors	Program Criteria	Responsible	Competitions	Other Criteria
B	National Training (2x a week: Mo und We) Saturday Open Mat	FLAM	International Competitions	- Good training behaviour - Strength program (in agreement with NT)
A	Full Time Training program	FLAM	International Competitions EC's/ EO's (if nominated) GP/ GS/ EM/ WM (if nominated)	- Good training behaviour - Focus on topsport - Good results International competitions - Evaluation NT Based on Athlete Profile (Level, Development, Potential)
COSL Promotion	Full Time Training program	FLAM	Internationale tourniere EC's/ EO's (if nominated) GP/ GS/ EM/ WM (if nominated)	- A Kader Criteria - COSL Criteria Seniors - Evaluation NT Based on Athlete Profile (Level, Development, Potential)
COSL Elite	Full Time Training program	FLAM	Internationale tourniere EC's/ EO's (if nominated) GP/ GS/ EM/ WM (if nominated)	- A Kader Criteria - COSL Criteria Seniors - Evaluation NT Based on Athlete Profile (Level, Development, Potential)

Process New Kader Selection

From November 1st 2021 until the end of the year we will evaluate everyone using the new Kader criteria

For tournaments the current Kader will stay in place until the end of the year

The current Kader plays no role in the new Kader selection

We will have a fresh start from January 1st 2022

Agreements

- Competing in foreign countries under the flag of Luxembourg is only allowed with the agreement of the FLAM
- Competing with the badge of Luxembourg is only allowed for B1/A-Kader/COSL
- The FLAM only covers the costs of PCR-Testings which are officially obligated for an event (pre-tests), extra tests for travel are not covered

Program U15

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8:00-8:30			Technik /Taktik			
8:30-9:00						
9:00-9:30						
9:30-10:00						
10:00-10:30						Technik / Taktik
10:30-11:00						
11:00-11:30						Randori
11:30-12:00						
12:00-12:30						
12:30-13:00						
13:00-13:30						
13:30-14:00				Judo/ Physik		
14:00-14:30						
14:30-15:00						
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00		* CLUB				
17:00-17:30	Jugend National Training		Jugend National Training	* CLUB	* CLUB	
17:30-18:00						
18:00-18:30						
18:30-19:00						
19:00-19:30						
19:30-20:00						
20:00-20:30						
20:30-21:00						
21:00-21:30						

* Minimum 2x pro Woche Clubtraining

Program U18

	Montag		Dienstag	Mittwoch		Donnerstag	Freitag	Samstag		
8:00-8:30			Kraft Training A/ B1	Technik /Taktik			Kraft Training A/B1			
8:30-9:00										
9:00-9:30										
9:30-10:00								Technik / Taktik		
10:00-10:30										
10:30-11:00										
11:00-11:30								Randori		
11:30-12:00						Kraft Training A/ B1				
12:00-12:30										
12:30-13:00										
13:00-13:30										
13:30-14:00						Judo/ Physik				
14:00-14:30										
14:30-15:00										
15:00-15:30										
15:30-16:00										
16:00-16:30										
16:30-17:00			Metz A/ B1 Kader							
17:00-17:30	Jugend National Training B2			Jugend National Training B2		CLUB	Club			
17:30-18:00										
18:00-18:30		Technik A/B1	CLUB B2		National Training A/ B1					
18:30-19:00										
19:00-19:30	National Training A/ B1		CLUB B2	National Training A/ B1						
19:30-20:00										
20:00-20:30										
20:30-21:00										
21:00-21:30										

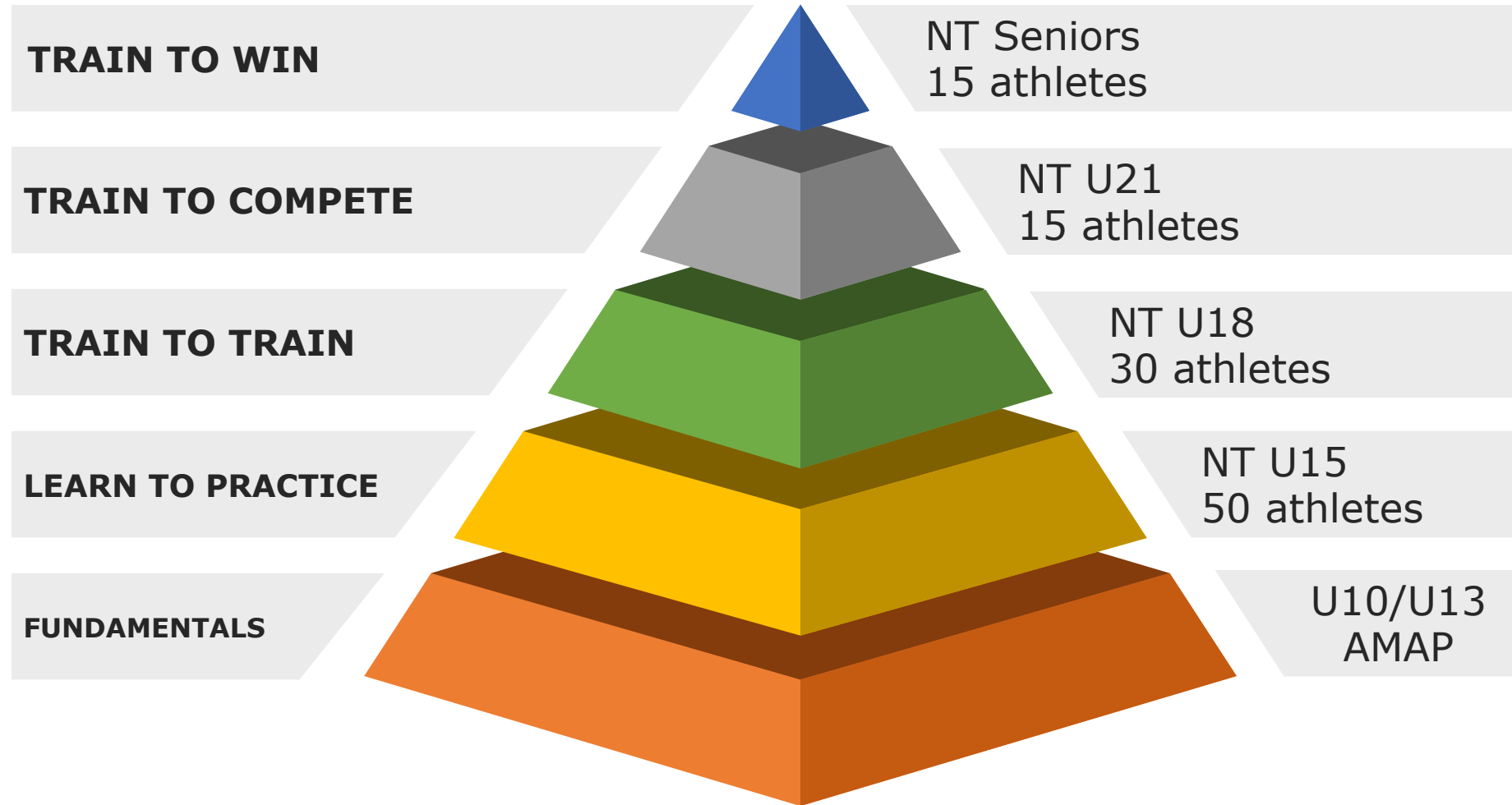
Fulltime Program U21/Seniors

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8:00-8:30		Kraft Training	Technik /Taktik		Kraft Training	Running
8:30-9:00						
9:00-9:30						
9:30-10:00						Technik /Taktik
10:00-10:30						
10:30-11:00						
11:00-11:30						Randori
11:30-12:00				Kraft Training		
12:00-12:30						
12:30-13:00						
13:00-13:30						
13:30-14:00						
14:00-14:30						
14:30-15:00						
15:00-15:30						
15:30-16:00						
16:00-16:30						
16:30-17:00		CLUB				
17:00-17:30						
17:30-18:00						
18:00-18:30	Technik			Technik	Randori Strasbourg	
18:30-19:00						
19:00-19:30	National Training			National Training		
19:30-20:00						
20:00-20:30						
20:30-21:00						
21:00-21:30						

Calendar (part of the fulltime program)

Month	Date	Name	Place	U15	U18	U21	+21
SEP	9.12	EM U21	Luxembourg			X	
	18.19	Brabant Open	Tervuren (BEL)	X	X	X	X
	23.26	CREPS TC	Strassbourg (FRA)			X	(X)
OKT	16.20	Koroska Open	Slovenj Gradec (SLO)	X(u16)	X		
	23.24	European Cup Spain	Malaga (ESP)				X
	30	Cormelles les Royal (U20)	FRA			X	
NOV	5.7	EM U23	Budapest (HUN)				X
	11.14	TC Denmark	Velje (DEN)		X	X	X
	20.21	National Championships	Coque (LUX)	X	X	X	X
	28	Excellence Cad	Harnes (FRA)		X		
DEC	12	Excellence Sen.	Wasqueheal (FRA)				X
	18.19	Open Twentse	Enschede (NED)	X	X		
	End	Training camp	GER or ITA (Sascha)		X	X	X
JAN	8.9	Dutch Open Espoir	Eindhoven (NED)	X	X	X	

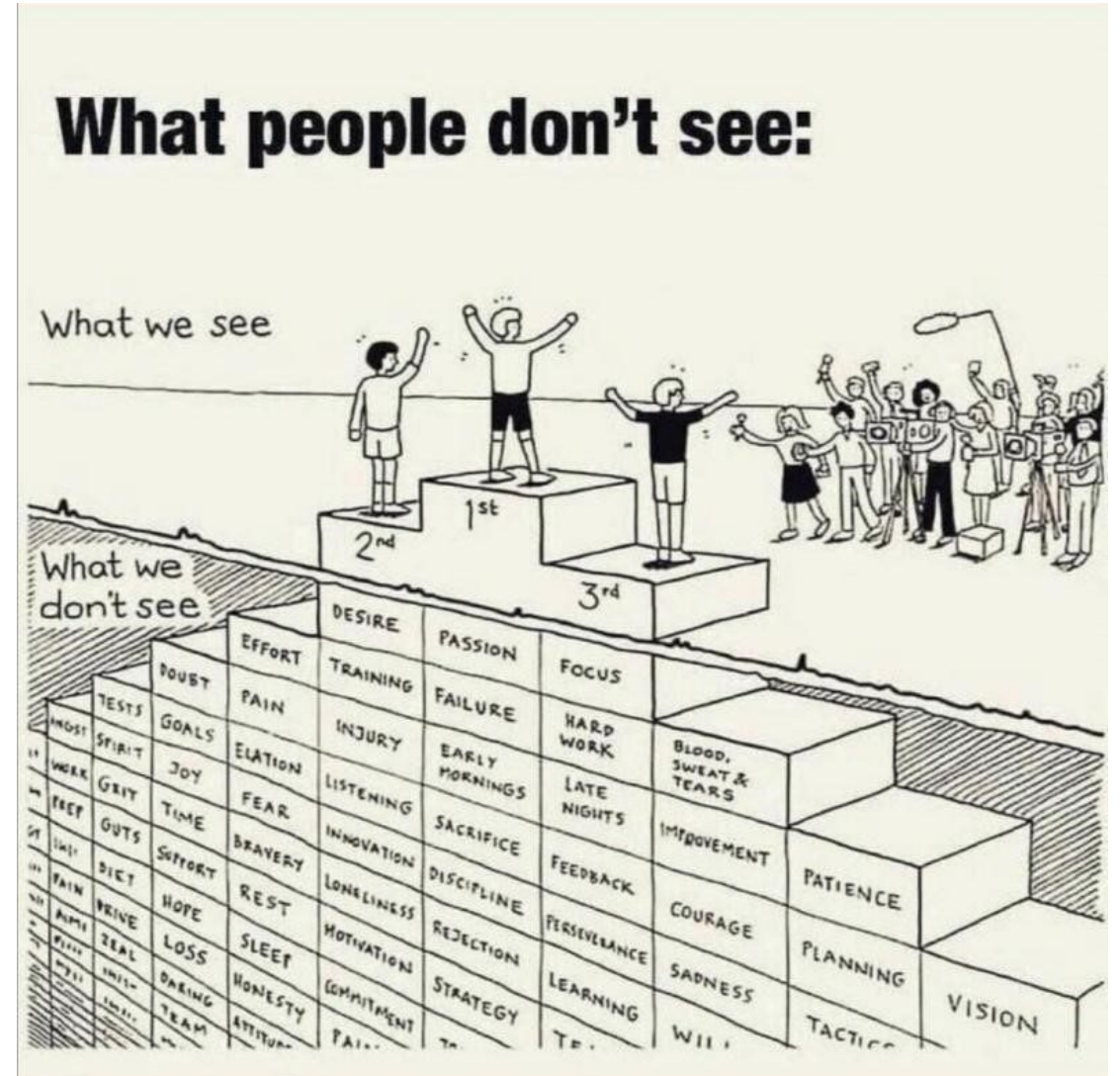
Create a strong group (numbers)



Create professional behaviour

Discipline, Communication,
Nutrition, Mental Training, Recovery,
Supplements, Planning,
Determination, Efficiency, Goal
Setting, Conditioning, Rest, Mobility,
Weight Management, Open mind,
reflecting, analyses,

"Collect as much tickets as you can to increase the chance on winning the lottery"



Create a strong environment

There are a lot of parties surrounding your child. Everyone has a role in the development of an athlete. Make sure you surround yourself with positive influences.



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Questions?

