

ADRIATIC FRIENDSHIP WORKSHOP, LATISANA

15-apr-23

not competitive / promotional / amateur JUDO



QUESTIONS	1) WHAT ARE STRENGTHS OF OUR SPORTS?	2) WHAT ARE WEAKNESSES OF OUR SPORTS?	3) WHAT SKILLS SHOULD A JUDO TEACHER HAVE?	4) GUIDELINES FOR A HANDBOOK FOR JUDO TEACHERS
WORKGROUP 1	SOCIALITY, CONTACT, INDIVIDUALITY BUT TEAM, BASIC MOTOR SCHEMES, FUN, MUTUAL GROWTH, STIMULATING, MOTIVATING, INCLUSION, DOES NOT CREATE WEAK ATHLETES	LITTLE VISIBILITY: NOT AN EASY SPORT TO UNDERSTAND	AMATEUR ADULT PRACTITIONERS EMPATHY, COMMUNICATION SKILLS, TECHNICAL KNOWLEDGE, PROBLEM SOLVING	PREPARED BY COMPETENT PEOPLE WITH JUDO EXPERIENCE, PROPOSALS FOR PROGRAMMING FOR DIFFERENT AGES, USABLE AND ACCESSIBLE / EASY TO UNDERSTAND, FREE
WORKGROUP 2	INCLUSION (ALL CAN DO IT), NO AGE/PHISICAL OR CAPACITY LIMITS. INDIVIDUAL SPORT IN WHICH YOU MUST HAVE A PARTNER. EDUCATIONAL THE CONTACT UNITS	NOT INCLUSIVE TOWARDS DISABILITY, CULTURAL BARRIERS	CHILDREN 8-10 YEARS OLD CORRECT COMMUNICATION, IMAGINATION, PATIENCE, POSITIVE ENVIRONMENT, BROAD SKILLS, YOUNG AGE	EASY TO UNDERSTAND, TRANSVERSAL ON AGE (PRINCIPLES AND PHILOSOPHY), VERSATILE, ADAPTABLE, SPECIFIC FOR EVERY AGE, GRAPHICALLY BEAUTIFUL
WORKGROUP 3	COLLABORATION, FUN, DRIVE TOWARDS ALWAYS NEW SOLUTIONS, COMPLETE SPORT FOR KIDS YEARS 8-12, POTENTIALLY ENDLESS	COMES FROM A DIFFERENT CULTURE, DIFFICULT TO UNDERSTAND, POORLY PROMOTED, DIFFICULT TO PRACTICE (FOOTBALL NEEDS ONLY A BALL), POOR IN INNOVATION	CHILDREN COMMUNICATION SKILLS, EMPATHY, PROGRAMMING, IMAGINATION, PLAYFUL-SPORTING COMPETENCE, PATIENCE	TECHNICAL PROPOSAL AND DIDACTIC PROGRESSION, PROGRAMMING OF MICRO AND MESO PRACTICAL CYCLES, PRELIMINARY TO TECHNIQUES, COMMON ERRORS IN NON COMPETITIVE TEACHING, HOW TO INTEGRATE A NEWCOMER AND MANAGEMENT OF TEAM DYNAMICS
WORKGROUP 4	FRIENDSHIP, COLLABORATION RULES, HELPS TO KNOW AND HELPS TO IMPROVE THE PERCEPTION OF THE BODY AND THE PARTNER. DISCIPLINE THAT GIVES OPPORTUNITIES TO ANY PERSON BY STIMULATING MOTOR IMAGINATION	INJURIES IN TRAINING OR BECAUSE OF EXTREME AGONISM, LONG LEARNING	NONCOMPETITIVE PRACTITIONERS PATIENCE, ABILITY TO ENGAGE, EMPATHY, CREATIVITY, FLEXIBILITY	IDEAS TO REASON ON, GUIDE QUESTIONS ON WHICH TO REASON TO IMPROVE AS A COACH, VISUAL PRACTICAL EXAMPLES ALSO TO BE SHARED WITH ATHLETES
WORKGROUP 5	COMPLETE SPORT, INCLUDES ALL AREAS OF MOVEMENT (STRENGTH, ENDURANCE, COORDINATION), HISTORY PLAYS A FUNDAMENTAL CULTURAL ROLE IF INSERTED IN THE LESSON, PROPOSES AND EDUCATES TO PHYSICAL CONTACT REGARDLESS OF GENDER, IT IS PRACTICABLE BY EVERY AGE GROUP. BECAUSE IT'S A MARTIAL ART, JUDO GIVES A SENSE OF DISCIPLINE	COMPETITION CAN DIVIDE A WORKING GROUP, JUDO NOT VERY VISIBLE, LITTLE PUBLICITY FOR THE NON-COMPETITIVE JUDO	CHILDREN RELATIONAL SKILLS, AUTHORITY, CORRECT COMMUNICATION, PATIENCE, DYNAMISM OF PROPOSALS	CLEAR, COMPREHENSIBLE, SIMPLE, WORKABLE, EXHAUSTIVE
WORKGROUP 6	DISCIPLINE (THAT OTHER SPORTS DO NOT HAVE), COMPLETE, INCLUSIVE, FASCINATING BECAUSE IT BELONGS TO A DIFFERENT CULTURE, CHEAP	INTERNAL AND EXTERNAL PRECONCEPTIONS, LOW VISIBILITY, MINORITY SPORT	ADULTS TECHNICAL KNOWLEDGE, ABILITY TO RELATE TO THE INDIVIDUAL /GROUP, ABILITY TO MEDIATE BETWEEN DIFFERENT NEEDS, ABILITY TO DIVERSIFY TECHNICAL SKILLS AND TO INSPIRE	PLANNING, CLARITY, SYNTHESIS, PRACTICAL PROPOSALS, PICTURES