

*Kaipov Sodiq Bazarbaevich**Doctarant of Nukus State Pedagogical Institute named after Ajiniyoz***ORGANIZATIONAL PEDAGOGICAL FOUNDATIONS OF TRAINING IN JUDO SPORTS IN CHILDREN'S AND YOUTH SPORTS SCHOOLS**

Annotation: This article examines the organizational and pedagogical foundations of judo training in children's and youth sports schools. The study highlights the importance of structured training programs, age-appropriate pedagogical approaches, and the role of coaches in developing young athletes. The findings emphasize the need for a systematic and scientifically backed methodology to enhance the effectiveness of judo training for young athletes.

Keywords: Judo training, children's sports, youth sports schools, pedagogical foundations, coaching methodology, athletic development.

Judo, as a martial art and sport, requires a structured and methodologically sound training system, particularly for children and youth. The development of young athletes depends on pedagogically appropriate training approaches that align with their physical and psychological development. This article explores the organizational and pedagogical aspects of judo training in children's and youth sports schools, emphasizing training methodologies, athlete development, and the role of coaches. Judo is a dynamic and strategic martial art that fosters physical fitness, discipline, and mental resilience. Children's and youth sports schools play a crucial role in developing young athletes, ensuring that they receive structured training while adhering to pedagogical principles. This document explores the organizational and pedagogical foundations necessary for effective judo training in children's and youth sports schools.

Organizational Aspects of Judo Training

Structure of Training Sessions

Judo training is typically structured into the following components:

- Warm-up and Mobility Drills:
 - Stretching and joint mobility exercises.
 - Light cardiovascular activities (jump rope, jogging, or dynamic stretching).
 - Judo-specific warm-ups such as rolling and break-falling (ukemi) techniques.
- Technical Skills Training:
 - Teaching basic and advanced judo techniques systematically.
 - Focus on standing techniques (nage-waza) such as throws and takedowns.
 - Ground techniques (ne-waza) such as pins, joint locks, and submissions.
 - Correct posture, balance, and grip fighting strategies.
- Tactical Training:
 - Understanding timing, reaction speed, and anticipation in fights.
 - Practicing offensive and defensive strategies.
 - Decision-making under pressure during combat scenarios.
- Randori (Free Practice):
 - Simulated sparring to apply learned techniques in a dynamic setting.
 - Controlled sparring for beginners to develop confidence.
 - Intense competition-style sparring for advanced students.
- Cool-down and Recovery:

- Static stretching to improve flexibility and reduce muscle soreness.
- Breathing and relaxation exercises to promote recovery.
- Hydration and proper nutrition recommendations.

Age and Skill-Based Grouping

Children and youth should be grouped based on their age, skill level, and experience:

- Beginner Level (Ages 5-9):
 - Introduction to basic movements and fundamental principles.
 - Emphasis on safe falling techniques (ukemi) and body coordination.
 - Simple throwing techniques and playful training methods.
- Intermediate Level (Ages 10-14):
 - Introduction to more complex throws, transitions, and ground control.
 - Development of strength, agility, and endurance.
 - Participation in friendly competitions and technical assessments.
- Advanced Level (Ages 15-18):
 - High-intensity training, competition strategies, and physical conditioning.
 - Refinement of technical skills and tactical awareness.
 - Specialization based on strengths (e.g., standing techniques vs. ground techniques).
 - Regular participation in tournaments and ranking events.

Safety Measures and Injury Prevention

- Ensuring proper use of tatami (mats) for training safety.
- Teaching correct falling techniques to minimize injury risk.
- Regular medical check-ups and injury monitoring.
- Supervision by qualified instructors to prevent accidents.
- Proper conditioning exercises to strengthen joints and muscles.

Pedagogical Foundations of Judo Training

Teaching Methods and Principles

- Progressive Learning:
 - Gradual introduction of skills from simple to complex.
 - Layered approach to developing technique and strategy.
- Demonstration and Imitation:
 - Coaches model techniques for students to observe and replicate.
 - Use of video analysis to improve understanding and performance.
- Individualized Approach:
 - Addressing different learning paces and physical capabilities.
 - One-on-one coaching for students requiring additional support.
- Positive Reinforcement:
 - Encouraging student motivation through constructive feedback and recognition.
 - Use of rewards, ranking system (belt progression), and praise to inspire improvement.

Psychological Preparation

- Developing mental resilience and confidence through controlled challenges.
- Teaching the principles of discipline, respect, and perseverance.
- Utilizing visualization and relaxation techniques before competitions.
- Encouraging self-reflection and goal setting.
- Stress management and coping strategies for competitive environments.

Competitive Training and Talent Development

- Encouraging participation in local, regional, and national judo tournaments.
- Identifying talented athletes for specialized coaching programs.

- Integrating cross-training and strength conditioning programs.
- Developing personalized training plans based on athletes' strengths and weaknesses.
- Providing exposure to international judo techniques and trends.

Integration of Modern Technologies in Judo Training

- Use of video playback for technique analysis and correction.
- Implementation of data analytics for tracking progress and performance.
- Online training modules for theoretical knowledge and strategy development.
- Wearable sensors to monitor athletes' biomechanics and physical condition.

Role of Coaches and Instructors

- Continuous professional development and certification of judo coaches.
- Understanding sports psychology to provide holistic training.
- Effective communication and leadership skills for guiding young athletes.
- Creating a positive and inclusive training environment.
- Collaborating with parents and guardians for athlete development.

Conclusions

The success of judo training in children's and youth sports schools depends on well-structured organizational frameworks and effective pedagogical approaches. By fostering technical proficiency, physical fitness, and psychological resilience, these programs prepare young athletes not only for sports competitions but also for lifelong personal development. A combination of safety protocols, structured training, and motivational teaching ensures that young judokas thrive in their sporting journey. The integration of modern technologies and personalized training methodologies further enhances the effectiveness of judo coaching, ensuring that each student reaches their full potential.

The study concludes that an effective judo training system in children's and youth sports schools should include structured training sessions, pedagogically sound coaching, and psychological preparation. It is recommended that judo training programs be periodically reviewed and updated based on scientific research. Additionally, the integration of sports psychology and modern training tools can further enhance the effectiveness of training programs.

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