

Special Olympics Judo



***Special
Olympics***



Games Manual

WARM UP and TAG GAMES

Warm up games are an essential part of any class plan - be creative & have fun. Tag games are ideal for warm ups, coordination, balance, agility and are great fun

Creature Tag Games

Moving around on the floor in various poses, you have to avoid or catch the other players. When caught the player rolls over twice and in a press up position makes a bridge. To get free someone must crawl under bridge.



Worm Tag



Dog Tag



Monkey Tag



Frog Tag

When caught you can introduce a frog star jump, great fun and explosive exercising.

Warm Up and Tag Games cont

Scooch Tag / Scooch Tag & Bang

Starting in a sitting position with hands and feet on the ground you have to avoid or catch the other players by moving around the mat in a sitting position. When caught the player must arch into a bridge and is released when someone crawls underneath them on their back. This game can be extended by added a backward break fall after being caught.



Zig Zag Tag (lava monster tag)

Being a bit creative with your mat laying you can create a number of interesting tag games including the featured zig zag tag where the object of the games is for everyone to stand on one colour while the person(s) chasing, stand on the other colour. On the begin command everyone must move diagonally around the mat trying to avoid the capture.



Warm Up and Tag Games cont

Jelly Tag

Starting with two people holding hands in a circle, you have to move around and try and catch other people by looping over their head, so you can expand the jelly net. Once caught you then form part of the jelly.



Chain Tag

Starting with two people holding hands, you have to move around and try and catch other people. Once caught they then form part of the chain, which keeps getting longer.



Warm Up and Tag Games cont

Jump and Hop Tag

In pairs, each student places arms around waists to support each other and jumps around to avoid or catch the other players. When caught they can form a bridge with their arms and other players can release them by hopping under the bridge.

This game can be adjusted/expanded to include Hop tag which involves the players hopping on one leg instead of jumping.



Tail Tag

Using cut up old judo belts make tails approx. 50cm long. Place the belt tail either in the judo belt or hanging from the back of training bottoms. This is a group game and the object is for each player to collect as many other peoples tails as possible in a specified time - 10/15 seconds.



Warm Up and Tag Games cont

King of the Castle

Using a hoop or floor disc, the king has to protect his castle from the attacking dragon. This game develop the fundamental of movement and grappling skills.



Snake Grab

Snake grab is a simple, fun and reactive competitive game. With opponents opposite side of the mat place a cut up piece of belt in the centre. On the go command each player has to grab the snake and bring it back to their side. This game can be expanded by encouraging the players to wrestle the snake from their opponent before they get it back to their side .



Warm Up and Tag Games cont

Caterpillar

Starting in a line with feet apart, the person at the back climbs belly first under every one legs and when they get to the top will stand up and resume standing pose. This game can be expanded to include an uchi-komi when you stand up at the front.



Copy Game

The copy game is exactly as it sounds, the group leader will do a series of moves/ actions and everyone copies. Simple actions such as sit, kneel, stand, lie, jump, squat, hop, clap, break-fall etc. You can make it as easy or as difficult as you like and for added participation you can ask some of the players/children to become the leader.



PUSH & PULL GAMES

Push & Pull games are great fun and encourage a range of movements and help develop muscle strength/tone, coordination and gripping ability

Star Fish - Pull

In groups of varied sizes players grip both ends of a belt and try and pull their fellow players off their spot. You can play this game with or without floor markers/hoops, each of these ways use and requires different skill bases.



Star Fish - Throw

Assemble as above and after pulling to warm up, introduce resistance uchi-komi to the play. Great team building game as everyone is playing their part.



Push and Pull Games cont

Swamp Pull

Using two pieces of belt tails, player one lays on their back and player two stands. Each player holds tight onto opposite ends of the belt tails. The standing player slowly pulls his opponent along the mat using only the tails for grips. Repeat for both players to have a turn pulling. Great game for improving grip strength



Belt Battle

Simply using a judo belt as a rope one/two people on each end are going to try pull the others over a central line or marker.



Push and Pull Games cont

Smelly Pool In and Out

Group Game: Make a circle out of a number of belts, holding on to sleeves make a circle of people inside the belt circle. Object of the game is to make the other players step out of the circle by pulling/pushing on the sleeves. Reverse the game by standing outside the circle and try to make the other players step in the circle



Bulldozer - back & front

In pairs sit in the centre of the mat back to back, on the start command, you must try and push the other player to the opposite side of the mat using just your legs and back. Then facing each other, taking basic judo grips, you must try and push the other player to the opposite side of the mat using just your arms. To expand - the players must pull sharply forward on the sleeve grip to try roll the other player over.



BALANCE & CO-ORDINATION GAMES

Balance & Coordination games are great for developing and improving the fundamentals of movement, especially with children that require a little extra support in this area.

Mine Field

Using dots or cones on the floor, players have to skip around avoiding stepping on dots and bumping into each other, this game can be done singular or in pairs and is a great way of developing the fundamental of movement and movement patterns .



Mine Field Sweep

Adding some cut up belt pieces to the game above creates a foot sweeping / movement exercise that is great fun and practical.



Balance and Coordination Games cont

Hot Spot

Whilst moving around the mat in pairs with judo grips, each player has to try and manoeuvre their opponent on to a hot spot. If they step on a hot spot they carry out a task, such as getting thrown or doing an exercise.



Lily Pad Challenge

Using floor markers/dots each player has to jump from dot to dot from one end of the mat to the other. This game can be expanded by introducing a task at each end such as an exercise or uchi-komi. Simple but effective!



BALL GAMES

Ball games are a great interaction tool that can be used in a number of creative ways to encourage movement, agility, competitiveness and of course are great fun.

Group Dodge Ball

Depending on the size of the group a number of balls are put in play. The object of the game is to get a ball and throw it at one of the other players (always aiming for the legs). When a player is hit they must complete 5 jumping jacks and stand with their feet apart. To get back in the game one of the other players must crawl between the legs (from behind only).



Shoulder Ball

In pairs, everyone has a small ball, the object of the game is to tap the other players shoulder with the ball, each tap is worth a point. You can also change the tap target to the hips. This exercise/game is designed to help with grip reach and the fundamentals of movement.



Ball Games cont

Wrestle Ball

In pairs in a standing position, each player places their hands on a large gym ball. On the start command each player has to wrestle the ball from the other players hands. This game encourages wrestling motions and movement, without physical contact.



Treasure Protector

In groups of three in a ground position, one of the players holds onto a small /sensory ball i.e. the Treasure. The other two players have to turn them over and wrestle the ball from them. Whoever retrieves the ball is now the treasure protector. This game encourages rough & tumble interaction and helps with turnovers.



Ball Games cont

Scorpion Tail

Lying down head to foot in a line, the object of the game is to pass the ball down the line using only your feet.



Canon Ball Run

This is a fun game usually played at the end of class. The group assembles at the end of the mat while the cannon ball shooters position at the sides. The object of the game is to get from one end of the mat to the other without getting hit with the cannonballs.



Safety Mat Games

If you have a safety mat the following exercises/games are of great benefit as they allow the players to practice certain activities in perfect safety and comfort

Smelly River Raft

Using the safety mat as a raft, place a number of players on the raft, the object of the game is to be the last person left on the raft. The players should be encouraged to wrestle their opponents off the raft and into the imaginary smelly river. Great fun and full of rough & tumble and imagination.



Superman Splat

Taking turns each student will run and jump face down on to the safety mat . This game is great fun and reduces the fear of falling.



Safety Mat Games cont

Skip Skip Fall

In pairs and in a standing position both players take good judo grips and at the same time skip sideways towards the mat and then just fall over.



Skip Skip Throw

In pairs and using a safety mat, each player takes judo grips and skips sideways together towards the safety mat, when they get close one of the players turns and places leg in front of opponents legs and executes a side on tai otoshi. This exercise can be repeated with the position of the tori's hand changing to Ippon Seoi-nage and O-goshi. Great exercise in fundamentals of movement and throwing.



Basic Gymnastic & Rolling Games

Basic Gymnastic games are essential for mobility, flexibility, fundamentals of movement and are very relevant for a lot of natural judo movements.

Wheel Barrow Tip

In pairs, do the wheel barrow walk down the mat, near the end, the carrier lifts the legs up of the wheel barrow and tips it over into a tumble/roll over.



Boulder Roll

Using a large gym ball, the player hugs the ball and turning their head/ear to the ball complete a roll holding onto the ball as they roll. Great exercise for people who have difficulty with tumbling freestyle. The roll also simulates a judo throw land and is a great tool for teaching break-falls.



Basic Gymnastic & Rolling cont

Rolling games are ideal for warm ups, coordination and improving speed of twisting out of holds.

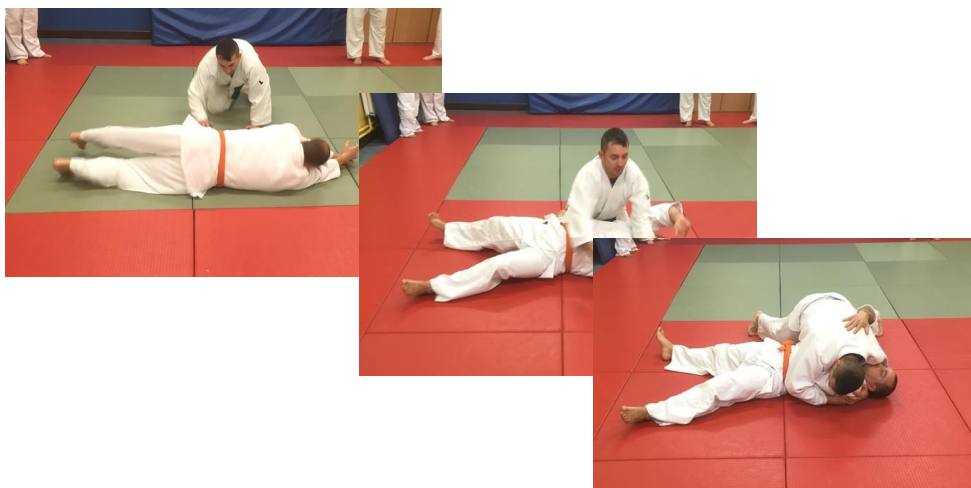
Twin Rolls

Lying front down on the mat facing your partner, hold hands at arms length and roll together down the length of mat.



Roll and Catch - Cat and Mouse

One person rolls down the mat while their partner (on hand & knees) tries to catch them before they reach the end. The catcher should be encouraged to catch using their body rather than just the hands. This encourages body contact and hold advantage.



Break-fall Games

Break-fall games are an essential part of good judo practice. It is very important for everyone to learn how to fall correctly to avoid injury. Falling occurs even in basic play situations so knowing the basics will help.

Japanese Wave

The Japanese wave is a judo version of the Mexican wave with break falls instead of waves. This is really good fun and can be done from sitting, grouching or standing.



Human Bowling

Human bowling is a fun game where one person rolls a gym ball at the players standing in a bowling pin formation. When hit with the ball you just fall back onto the mat and execute a backward break fall.



Break Fall Games cont

Clap Clap Bang plus roll & spin

In pairs sit opposite each other with knees bent. The game is exactly as the name suggests, you first clap your own hands then clap your partners hands and then roll back and bang the mat. You can be as creative as you like with the clapping of hands. You can expand this exercise by adding a backward roll after the bang or a body spin before the bang.



Golden Buzzer

Following the instructions from the previous game, add a target/floor disc in between the two players. After completing their backward break fall they have to sit back up as quickly as possible and hit the target. First to hit the target wins.



Break Fall Games cont

Colour Bang

Lying on your back with a different colour floor disc on either side, you have to hit the colour called out. This is an ideal game to improve side break falls, reaction time and listening skills.



Flip and Bang

This game/exercise is designed to assist with break-falling as it simulates a perfect landing position from a judo throw in a safe and controlled manner.



Break Fall Games cont

Crouching Tiger

Squatting down, using the palms of your hands only for contact, you have to try and push your opponent backwards. If pushed backward they must perform a backward break-fall.



Jump Circle

In a circle each player holds the sleeves of the person next to them. Altogether each player will jump and rotate until the count of five after which everyone falls to the ground using basic two handed break falls. This game can be expanded by counting in different languages (including Japanese).



Judo Ground Games

Belts

Belts is a creative way to encourage friendly grappling and interaction. Each player has to try and untie their opponents belt while grappling. Simple and effective!



Socks

Socks is a creative way to encourage friendly grappling and interaction. Using colour socks each player has one sock, which they wear on their foot, the object of the game is to remove the other players sock before they remove yours.



Judo Ground Games cont

Rise & Stand

Starting with one player lying on their front and the other lying over them, on the start command the person on the bottom has to manoeuvre out from under and stand up. This is then expanded by lying on their backs and repeating. You can then add holding using arms only, legs only and then full body pin-downs.



Kesa Challenge

Starting lying head to toe, on the start command each player has to sit up as quickly as possible and try and catch their opponent in kuzure-kesa gatame



Judo Throwing Games

In this section we will cover a number of throwing games to assist with the teaching and progression of different judo throwing techniques and movements.

Road Sweeper

Using tails and corresponding colour belts the player has to sweep the corresponding colour tail to the correct colour side. This develops coordination, balance and left & right sweeping skills.



Clean Your Room

Using the same colour tails as above, place tails on each end of the mat, divide the mat with cones or belts. In teams the object of the game is to clean your side of the mat (room) by sweeping the tails into the other team side (room).



Judo Throwing Games cont

Sweeping Circle

Group exercise: gather in a circle holding onto each other sleeves. On the start command each player tries to sweep their adjoining partner to the ground using sweeping motion from previous games and not forgetting to use their grips.



Knee Throw Tag

Straight game of tag, when caught you must kneel in various poses, two knees down, right knee up, left knee up. To get free, one of your playmates must perform a simple throw depending on your pose. Two knees down Tai Otoshi throw, right knee down Uchi Mata throw and left knee down O Soto Gari throw.



Judo Throwing Games cont

Heel Ball - Osoto

Heel Ball O Soto is designed to introduce O Soto Gari in a movement target scenario. Have a number of people stand with legs apart and place a ball on a cone in between their legs. The player has to approach by hopping on one leg out to the side and heeling the ball off the cone. This develops O Soto Gari leg movement and backward drive.



Heel Ball - O Uchi

Heel Ball O Uchi is designed to introduce O Uchi Gari in a movement target scenario. Have a number of people stand with legs apart and place a ball on a cone behind and to the side of them. The player has to approach and place their leg in-between the legs and heel the ball off the cone. This develops O Uchi Gari leg movement and backward drive.



Judo Throwing Games cont

Strike a Pose

Drawing from the popular game of Rock - Paper - Scissors, the lead player with his back to the group will invite the group to "Strike a Pose", the lead player will then strike a pose. All those matching his pose will move forward one step. Winner is the one who makes it to the top first. This is a simple throw practice game and leads on nicely to the next game.



Rock - Paper - Scissors - Throw

Like the last game there are three throw poses, Rock - Tai Otoshi with clenched fist, Paper - Ippon Seoi with open hand and Scissor - Uchi Mata with lifted leg.

In pairs each player stands with their back to each other a metre or so apart, on the start command, they both turn around and immediately strike a pose. The winning pose gets to throw the other player with the posed throw.



*For those not familiar with the game Rock - Paper - Scissors:
Rock beats Scissors - Scissors beats Paper - Paper beats Rock*

Judo Throwing Games cont

Tail Grab

Using tails, in pairs one player tucks a tail into belt or pants, holding one sleeve the other opponent tries to retrieve the tail from his/her opponent. (o-goshi build-up)



Shoulder Tap

In pairs, one player grips the sleeve of their opponent, with the free hand they try to tap the underside of their opponents shoulder. This is a great set up for Ippon Seoinage.



Judo Throwing Games cont

No No Throw

This game is a take on the popular kids game duck, duck, goose. One player goes around the outside of the circle tapping each player saying No, No and eventually says 'throw' at which point the person that was tapped must chase the other player around the outside of the circle until they catch them or a complete circle has been achieved. If caught you must get thrown.



Colour Match

Colour match is a simple and effective way of helping students remember which leg to attack which leg. By placing a colour sock on the attacking foot of tori and a corresponding colour sock on uki's foot, you can make it very easy to remember a lot of basic throwing techniques.



Acknowledgements



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