

MATSIDE COACHING

IN THE BEGINNING OF THE MATCH

- 1) Player
 - a) Proper stance
 - i) "T" formation
 - ii) Hand up
 - b) Gripping
 - i) Getting the sleeve grip first
 - c) Applying their favorite throw
- 2) Opponent
 - a) What are they trying to do?
 - i) Stance
 - (1) Left or Right
 - (2) Bent over
 - (3) Stand up straight
 - ii) Grip
 - (1) Sleeve grip
 - (2) Lapel grip
 - (3) Over the back grip
 - iii) What is the opponent's throw?
 - (1) Front
 - (2) Back
 - (3) Side
 - (4) Tackle-double leg

MATSIDE COACHING

DURING THE MATCH

- 1) Player: Philosophy: Attacking/controlling better than defending
 - a) Are you dominating the match?
 - i) Gripping
 - ii) Throws
 - iii) Newaza
- 2) Opponent
 - a) What is the opponent doing to dominate the match?
 - b) What can you do to nullify the opponent's tactics?
 - i) Grip
 - ii) Stance
 - iii) Newaza

POST MATCH EVALUATION

- 1) Player
 - a) Where you able to dominate the match?
 - i) Why/Why not
 - ii) What was the opponent doing to stop your domination?
 - b) Evaluation of:
Strengths/Weakness/Corrections
 - i) Stance
 - ii) Grip
 - iii) Throws
 - iv) Newaza
 - c) Next Practice Session
 - i) What should they work on? (related to the Evaluation section)

MATSIDE COACHING

COACH DEVELOPMENT PLAYBOOK

Coaching Book: (add corrections and styles to your playbook)

Strategy Development:

- 1) If tall players bend over, they CANNOT throw
- 2) Small players vs tall players
 - a) Small players usually use Seoi-nage
 - b) Tall players use Osoto-gari or Harai-goshi