

JUDO GAMES AND DRILLS

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Provided for the United States Judo Association Resource CD

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USJA DEVELOPMENT RESOURCE CD – James Wall – Judo Games

Game	Instructions	Helps Teach
1. Pogo	Players hold one leg up and hop on the other while bumping their partner. The person who falls or puts down his leg first loses.	Balance esp. on one leg, leg strength
2. Lead Foot	One partner stands, the other lays on his stomach behind him and grabs each ankle with one of his hands. The standing player steps forward 1 foot at a time for 1 step per foot then the other player pulls himself back up close to his legs. Repeat down the mat.	Balance, strength, teamwork & cooperation
3. Dead Weight/Drag Race	One partner lays on his stomach holding 1 end of a belt. The other partner holds the other belt end and stretches it out down the mat. He sits facing the partner who is laying down & then pulls him hand over hand all the way down the mat.	Gripping, arm, shoulder & back strength.
4. Hang ‘em Out to Dry	Attach plastic clothes pins at various gripping points on each player’s gi. Players attempt to remove their opponents pins while keeping their on.	Gripping & grip fighting skills
5. Tiger Tail	Take a short piece of a belt and put it in the rear of each players belt. Players attempt to pull their opponents tail out while protecting theirs.	Rear belt gripping & defense. Especially the over the back & under arm grip
6. Tug-O-War	Pair players up facing each other. Players attempt to pull their opponent across the mat until their own foot reaches a certain point (a line or the red zone, etc)	Balance and pulling action for throws
7.		

<p>8. Sumo Challenge</p>	<p>Arrange 4 belts on the mat to form a square or rectangle. Players step in and attempt to force their opponent to step over one of the belt lines without throwing.</p>	<p>Balance, footwork, using turning motion, mat control</p>
<p>9. Land Mine</p>	<p>Place soft plastic cones all over the mat. Players try to move their partner so that he steps on a cone while trying to avoid stepping on cones themselves.</p>	<p>Balance, footwork, mat control, control of your opponent & his balance</p>
<p>10. Foot Stomp</p>	<p>Partners pair up facing each other. 1 partner tries to step on his opponent's right foot with his right foot. The opponent steps his right foot back to protect it and then uses his other foot to perform Deashi Harai or Kouchi Gari on his partner's exposed foot. Switch sides. You may also step straight across and then defend with Kouchi Gari.</p>	<p>Helps teach basic Ashi Waza such as Deashi Harai & Kouchi Gari</p>
<p>11. Belt Lifts</p>	<p>Partners stand facing each other taking a normal grip. They then try to grab their partner's belt and lift them from the ground. Variation: duck under and step behind your partner then wrap your arms around him and try to pick him up.</p>	<p>Grip fighting, esp. belt gripping, strength, using your legs to help lift</p>
<p>12. Tai Otoshi Hops</p>	<p>Solo drill. 1st Stand in a normal posture. On command hop into a Tai Otoshi leg position and bring your arms up into a Tai Otoshi gripping position. 2nd – same thing but this time face 1 way & then hop around to face the</p>	<p>Tai Otoshi position for legs and hands. Balance.</p>

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<p>13. Wind Sprint Throws</p>	<p>Place crash pad at 1 end and a rubber ball on a cone at the other. Players take turns running from the crash pad end down to the ball end. On the ball end they will perform a leg throw (Osoto Gari, Uuchi Gari, etc) by circling the ball with their foot & leg. Then they run back down and throw an Uke onto the crash pad. Each player does several or goes through the whole line.</p>	<p>Ashi Waza techniques, esp. Osoto Gari & Uuchi Gari, endurance.</p>
<p>14. Touch the Crown</p>	<p>1 Player lies on their back the other stands or kneels at their feet. On command the up player tries to pass the down players guard and place both hands on top of the down players head at the same time. Variation: Up player tries to get a pin & down player has to defend or escape.</p>	<p>Mat positional control, defending from and attacking against the guard, pins & escapes.</p>
<p>15. Frog Rolls</p>	<p>Solo drill. Players lay on their back. On command they roll to their stomach then quickly bring their knees up under them and then step up to a fighting position on 1 knee. Repeat.</p>	<p>Getting off your back quickly, properly rising from your stomach.</p>
<p>16. Penguin & Sharks</p>	<p>1 player sits down. The other kneels on both knees, puts his elbows at his side and walks on his knees like a penguin. The down player (shark) uses his legs (like jaws) to try to catch the penguin and topple him to the mat. No hands can be used.</p>	<p>Ground mobility & balance, getting the guard when on bottom, strength, balance.</p>

<p>17. Crab Battle</p>	<p>All players sit on the mat. Using their hands and feet the walk with their stomachs facing up (crabs) They move around the mat & use their hands and feet to try to make other crabs fall on their rear-end. Any crab whose butt hits the floor is out.</p>	<p>Ground mobility, arm, wrist and hand strength, defending with the legs</p>
<p>18. Butterfly Guard Lifts/Superman</p>	<p>Players break into pairs. 1 player on his back & 1 in his Butterfly guard (feet inside thighs or on hips) Partner on bottom grabs top player's gi, sits up, then rolls back and uses his legs and arms to lift his partner into the air. See who can do the most lifts in a certain time limit.</p>	<p>Leg strength, using position and momentum to help with guard sweeps.</p>
<p>19. Guard Jumps</p>	<p>1 player on his back, the other in his guard (open or butterfly) Top player places his head on 1 side of bottom player and then hops up and over the guard and lands on the side opposite where he put his head. Bottom player than works back into the guard position. See who can do the most in a certain time limit.</p>	<p>Guard passing, explosiveness, endurance. Bottom player gets to work on re-applying the guard against a top player.</p>
<p>20. Jump Passes</p>	<p>Player on his back, the other kneels on 1 side of him. Top player puts his hands on bottom player and then places his head on bottom player's side closest to him. Top player then jumps across bottom player and lands on the opposite side. Repeat back and forth and see who can do the most in a certain time limit.</p>	<p>Explosiveness, guard passing, endurance.</p>

Game/Drill	Instructions	Helps Teach
21. Monkey Feet	<p>Players pair up and sit facing each other with a rubber ball on the mat between them. Player 1 picks up the ball with only his feet then turns around on his butt and lays back, reaching the ball over his head to player 2. Player 2 takes the ball with his feet, spins around and passes it back to player 1 who has also turned back into his original position. Repeat and see who can do the most passes in a certain time limit.</p>	<p>Ground mobility, flexibility, dexterity of the feet and toes to help with Ashi Waza</p>
22. Tunnel Race	<p>Split players into teams of the same number if possible. Teams line up single file with each person putting his hands on the shoulders of the person in front of him. All players spread their legs wide. Last person in line drops down and belly crawls under everyone else then hops up in front of the first person. Each player does the same in turn so that the line slowly moves down the mat. Once the end is reached players repeat but this time on their backs. First line to go down the mat and back wins.</p>	<p>Endurance, strength, balance, Tai Otoshi body position.</p>
23. Cowboys & Horses	<p>1 person is the Cowboy, he goes to one end of the mat. All others are the horses, they go to the opposite end. Horses attempt to crawl on all-fours to the far end of the mat while the cowboy crawls on all-fours and attempts to get them onto the ground. If a player is pinned on the ground then they become a cowboy for the next round. Game continues for a set time or until all horses are caught.</p>	<p>Endurance, ground mobility, positional control on the ground.</p>

