

GAMES CATALOGUE

(samples only; add your own and share it with the rest of the Judo Community if the game is a lot of fun)

Games Appropriate for the U7 & U9

TIPS and Key Points

Repeat safety rules every time you play a game; i.e. running only in one direction.

Do not put any emphasis on winning or losing during this kind of game.

The instructor must pay particular attention when there is a lot of movement on the mat; the group must be controlled in order to avoid collisions or too much chaos;

Direct the student so that he/she concentrates on the task at hand.

The Beetle Game - A *group game*; develops agility, concentration, decision-making, coordination, mobility, etc. The Beetle Game is played on the ground (leg tag) while moving in a controlled environment. Two partners move around while on their hands and knees and they must try to touch one of the other kids (who are standing and trying to avoid being touched) with one of their legs. Each person who gets tagged must then get on their hands and knees with the original two “beetles”, which increases their number until there is only one or two survivors/winners.

The Cat and Mouse Game; A *group game* that involves learning how to catch or outsmart the other by making the opponent, the “cat”, chase (standing up) after the end of a belt (the mouse’s tail) which is attached to the belt of the “mouse”: this involves speed, decision-making skills, coordination, agility, balance, etc. The student, the “cat”, who is standing must try to step on the end of the belt in order to catch the “mouse”. Each person takes turns in being the cat or the mouse and each person has about thirty seconds to catch the “mouse”.

Frozen Tag - A *group game* with one or two “its” trying to catch as many as possible who are “frozen” once tagged and who can be freed if another child is able to slide between their legs.

Chain Tag - A *group/team game* ; A basic game of tag, but once the person who is “it” tags another player, they must stay paired up to tag the other players. The game ends when there is no one left to tag.

Mini soccer - a basic game of soccer with tennis balls and mini nets. This game is very good for developing coordination.

Crab soccer -A *team game*; A basic game of soccer, but the players must be on all fours either frontward or backward.

Pushing sumo game - *Individual* or two on two, etc; with both partners confined to one tatami and trying to push each other out.

Around the world – An *individual* is standing or on the ground one partner serving as a support either standing or in high quadruped prone position and the other partner sitting on the back of the “Support” and trying to get around the support’s body without touching the ground. Children of this age can not serve as the support partner, only as the climbers. This game is a great developer of coordination and agility.

Sensei’s coming - Have the students pretend they are on a boat. Name the four sides of the mat: bow, stern, port, and starboard.

When sensei calls out the direction, the students run to that side. Last one there is overboard and has to “tread water” (sit-ups or some other exercise) until the game is over.

Change directions in mid-run and add the following commands:

Sensei’s coming- everyone stops where they are and does a judo bow to sensei

Sensei’s kid- everyone drops to one knee and holds their hand out, like they are proposing marriage

Submarine- lie on the back and hold one leg in the air (periscope)

Airplane- face down on the tatami, arms out to the side

Machine guns- seiza position with hands in front making noise like a machine gun

Man overboard- exactly three judoka sit in a circle (anza position), holding hands and pretending they are rowing (the odd one(s) out can try to break in- (leads to some fun ne-waza)

Last person left is the champion

Sensei says - An *individual game* ; Just like “Simon Says”. Call out and mimic the action – “Sensei says touch your head” and everyone has to touch their head, (last one to do it is eliminated); if you just say touch your head (without saying “sensei says”) the people who do the action are eliminated. Add to the fun by saying one action and mimicking another.

Ball and chain -An *individual game*; Participants must create a ball and chain from their judogi belts for this game. Participants create a circle with one player in the middle holding the ball and chain.

This person must turn in a circle and try to hit the participants ankles with the belt. The participants must not touch the ball and chain by jumping or skipping over it. If they fail to do so they are eliminated.



Belt tug of war -A *team or individual game*; This game is played with the use of a judogi belt and can be played with a team or with two individuals. Each partner grabs an end of the belt and must pull as hard as they can to get it out of the other teams hands.

King of the mat – A *group game*; All judoka are on the mat on hands and knees. Object is to eliminate others by putting them on their back or having some part of their body touch outside the mat area. The last on the mat is the king.

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Chess - A *team game*; Divide the group into two equal teams. Let them choose a king for each team. As in chess the object is to capture the king (put on osae-komi). Teams will need a strategy (who protects our king, who attacks other king?). Lots of good ne-waza action. If someone other than the king is pinned in osae-komi, (s)he does 10 push-ups and gets back in the game.
Safety tip : No pulling on the limbs or belts

Knights - Pair up students. (If different sizes put the smallest judoka with the largest, second smallest with second largest, etc.). The bigger judoka is the horse, the smaller is the knight. Horse is on hands and knees. Knight is on horse's back, legs hooked around torso. The object is to knock the other knights off the horse. Only the knights can "fight". If any part of knight touches ground, (including feet), the team is eliminated.
This can also be done standing (piggy back) with older judoka (minimum U13).

Tag team ne-waza - As in professional wrestling, pairs of judoka compete against each other. When one judoka is in danger of being pinned, he can tag off with his partner who replaces him in the battle.

Sumo - Make a circle with belts. Competitors must force one another out of the circle or to touch the ground with something other than their feet.

Cops and Robbers - Divide into two teams. Partner with someone from the other team. Both teams lie on stomachs, facing each other, one tatami width apart. One team is Cops, the other Robbers. When sensei says "Cops" all the Robbers must get back to their edge of the mat before they are tagged by their partner (a Cop). When sensei says "Robbers", the Cops must get away (back to their edge of the mat).

Animal Ball- Two teams on opposite sides of the mat. Number them from Ichi, ni, etc on each team. Put a ball in the middle (a semi-deflated volleyball works well). Call a number (or several numbers). Those called move towards the ball. Object is to get the ball and carry it to the opposite side. Everyone must stay on the ground. Ball cannot be thrown or rolled. Great ne-waza action.

Rugby Judo - A *team game*; Similar to the above but all players participate at once. Variation: ball can be thrown from one player to another.

3-person ne-waza - Groups of three, labeled A, B, and C. A wrestles B until sensei calls switch, at which time C goes against B, without stopping. The next time sensei says switch, A goes against C, and so on.

Planets - A *team game*; Participants are separated into 4-5 groups. Each group is assigned a planet name. The instructor must call the name of two planets to "attack" each other. The length of the "attacks" are at the instructors discretion and typically range between 30-45 seconds. When planets attack each other they must steal the "satellites" from the opposing team. "Satellites" are kids sitting down holding on to each other. If a team successfully steals a satellite, the stolen members are now part of the opposing team.
One rule : No pulling on belts

Rolling Tag - A *group game* ; All players are on the tatami. One (or two) are "It" and must tag the others. Players (including It) can move only using somersaults, log rolls, or forward or backward shoulder rolls.

Chicken fights - Each student holds one leg up with his hand. Bounce/balance on the other leg and attempt to knock opponent over, or force him to put other leg down.

<p>Turn the Turtle - One person lies on their stomach or the low knee/elbow “turtle” position; their partner tries to turn them on to their back.</p>	
<p>Arm link game - <i>An individual/partner game</i>; One person links their arms together. The other links his arms through his partner’s arms. They try to separate without letting go of their hands. Can they do it?</p>	
<p>Kuzushi game - <i>An individual/partner game</i>; Two partners stand on a line, feet apart, facing opposite directions. They join their inside hands. They try to force each other off the line by pushing or pulling (use only the hand that’s joined. If either foot leaves the line or one person touches the ground with other than a foot, they lose.</p>	
<p>Kuzushi Game II -<i>An individual/partner game</i>; Two partners face each other about 1.5- 2.0 meters apart. Snake a belt around their left sides and back and hold with the right hand. Using hip action and pulling on the belt try to force the other to move his feet.</p>	
<p>Footsweep game - <i>A group game</i>; Make a circle with several people. Grip the sleeve of the people on both sides of you. Using only kuzushi and ashi-waza, try to knock down the other people. Last one standing is champion.</p>	
<p>British Bulldog - <i>A group or team game</i> ; All judoka line up on one side of the mat except for one who is in the middle. When he calls “hajime” all the judoka must make their way (on hands and knees) to other side. The one in the middle must stop the others by putting an osae-komi on them. Those who are captured join in trying to capture the others.</p>	
<p>Tape Game - <i>An individual/partner game</i>; Everyone puts a piece of masking tape on the thigh of the gi pants. It can be flat on or fold it over and leave some hanging to make it easier to grab. (This is a good way to handicap the better judokas). The object is to grab the opponent’s tape while protecting your own while in ne-waza. Variation: Put the tape on the back of the belt and play the same game while standing. Works great for grip fighting.</p>	
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