

JUDO

Teams 2019, 2018, 2017, 2016 - 16:30 do 17:45

Teams 2015, 2014, 2013, 2012, 2011- 17:45 do 19:00



OCTOBER 2024 – MAY 2025

Start: 06.10.24

End: 25.05.2025



190 pln/ month

Coach: Grzegorz Lewiński - vice - World Champion

Registration: projekt@bvbwbswarsaw.pl



BVB Evonik Football Academy
School Partner - WBS Warsaw

WHY JUDO

Judo develops many physical and intellectual qualities in children: agility, strength, endurance, speed, coordination, courage, resistance, concentration, etc. Thanks to Judo, children naturally develop their muscles. It is an excellent stage in preparation for practicing other individual or team disciplines.

WHAT FOR JUDO IN FOOTBALL

JUDO trainings for football teams are aimed at improving the motor skills of players, teaching them the technique of safe falling and developing a willingness to fight 'for every ball' through games and activities in which there is a lot of fight and competition.

