

# Brazilian Jiu-Jitsu Lesson Plan Template

**Class Length:** \_\_\_\_ minutes

**Skill Level:** (Beginner/Intermediate/Advanced/Mixed)

**Instructor:**

**Date:**

1. Class Objective (What students should improve today)

## 2. Warm-up

**Purpose:** Raise heart rate, mobilize joints, and reinforce movement patterns used in today's techniques.\*

**Movement drills (choose 3–5):**

- Granby, forward, and backward rolls
- Sprawls
- Shots
- Inversions: Hip escapes along the wall
- Handfighting rounds

## 3. Technique/instruction

**Techniques:**

**Key Concepts:**

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**Progression Breakdown:**

**Step 1:** \_\_\_\_\_

**Step 2:** \_\_\_\_\_

**Step 3:** \_\_\_\_\_

**Common mistakes to watch for:**

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#### Follow-up Techniques and Counters:

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### 4. Drilling structure

#### Format:

- ☐ Goals, Cues,
- ☐ Cues
- ☐ Common mistakes
- ☐ FAQs

### 5. Positional sparring

- Starting Position: \_\_\_\_\_
- Goal for Top Player: \_\_\_\_\_
- Goal for Bottom Player: \_\_\_\_\_
- Round Length: \_\_ minutes
- Rounds: \_\_

#### Win Conditions:

### 6. Open rounds/live rolling

Round Length: \_\_ minutes

Total Rounds: \_\_

Focus for Students: