

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:

-
-
-

Progression Breakdown:

Step 1: _____

Step 2: _____

Step 3: _____

Common mistakes to watch for:

-
-

Follow-up Techniques and Counters:

-
-

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: