

Metadata: <https://www.youtube.com/watch?v=uqllMuvRTzQ>

Hey guys, Bernardo Ferreira here, and I'm making this video here to talk about one topic in Jiu-Jitsu that people always ask me, like how to build a game plan, and it's one of my favorite subjects, and that's the purpose of my YouTube channel and BJJFanatics.com is always to bring you guys the best instructional videos and the best tips in Jiu-Jitsu, I want to share this with you guys, so game plan in Jiu-Jitsu, I think in Jiu-Jitsu there are two types of athletes, there is the very, very, very talented athlete, and there is the athlete that's not very talented, which was my case, and I think for those that are not very talented, having a game plan is extremely, extremely, extremely important, and the reason why is because those people who are very talented in Jiu-Jitsu, they are the type of guys that normally they can kind of like easy learn any game, so I know a lot of great athletes in Jiu-Jitsu for example, that if you teach them butterfly, they learn butterfly very quick, and they start doing butterfly, and if you teach them spider guard, next day they are playing spider guard, and they are one of the best in spider guard, and they pass the guard with pressure, they pass the guard with Toriano pass, they pass the guard in all ways, but also there is the type of person who I consider like the non-talented athletes, and those people, it's hard for them to learn like all type of games, so for these people I think it's really, really important to focus on a game plan, so in my case for example, I remember when I started Jiu-Jitsu, all that I would do was close guard, so I just wanted to play close guard, that was my game, when I was like 14 years old, white belt, all I wanted to do was close guard, but at some point I couldn't close the guard anymore, so I was like what I'm going to do if my opponent doesn't let me close the guard, so half guard was the easiest thing I found that was like kind of like, there is the close guard that lock your legs, but then if I can't lock my legs on my opponent's hip, the close guard, I would lock on his leg, and that's the half guard, so that's how I started playing half guard, so I went from close guard to half guard, but then at some point I only had like one really, really solid sweep on half guard, that was the one I called the single leg sweep, that I grabbed my opponent's leg, and I go from there, so all my opponents started defending that sweep, so I started thinking like okay, I gotta come out of something new, that's not outside from half guard, so I didn't want to learn a new sweep on spider guard for example, I want to learn a new sweep inside the half guard, so that was the time that I start playing the deep half guard, okay, but then for example, if I'm fighting someone that's very tough, I don't want to sweep my opponent and let him play his game, so I wanted to find a way to sweep my opponent and still be able to play my favorite techniques, so I was like okay, so when I sweep my opponent from half guard, where do I fall? So most of the times I would fall on my knees, I would fall on top of my opponent on the knees, and then my options was like or playing the stack pass, or playing like something related to the stack pass, which was the over-under pass, so that's how I started developing the over-under pass, because I went from half guard, from half guard I would get a sweep, and then also I was on top, I didn't want to sweep to a knee cut for example, it would be like too far to go from the knees to the knee cut, or maybe to go from the knees to stand up to do the toriano pass, so the easiest thing I found was the over-under pass, so the half guard was linked to the over-under pass, and that's how I built my over-under pass, and then also I passed my opponent's guard, I was like what should I do next that's not like very far from where I am, so most of the times that I would pass my opponent's guard with the over-under for example, I would fall on side control, and I would notice that my opponent was, they would resist so much the over-under pass, but resist so much, but so much, but so much, that I would always find like some five to ten seconds that they were kind of like, and they were kind of breathing, so in my mind I was like, I gotta find one submission to use in this meantime, and then the scarf choke became one of my favorite submissions, because it was like I just passed my opponent's guard, in that period of time that he's kind of breathing and resting, I would bring my lapel, pass around my opponent's neck, and hit him with the scarf choke, so just trying to make some background here of how I developed my game plan, because I think that's something that you

could do as well, even if it's not half guard, if it's not like an over-under pass, for example, I love Marcelo's game, and then I always notice that, for example, when he sweeps someone from butterfly, he falls on top, on the half guard, in the way that he loves to pass, so everything is connected, so the best jiu-jitsu athletes that I've ever seen in my career are the ones that are able to connect the techniques one to the next, so for example again, if I sweep my opponent from half guard, and I stay on top, and I wait for him to set up his guard, and start attacking me, I'm delayed, it would be much better if I can sweep my opponent, and get my next position right away, and then I only, I made a video like a few days ago, about talking about attacking, attacking, attacking, attacking, if you can position yourself in the situation that you get the sweep, and you fall on your favorite pass, and then from there you're already trying to pass your opponent's guard, you are always attacking, you are never behind, you are always going forward, going forward, going forward, so try to find one type of game that you love in jiu-jitsu, and try to focus on that game, if you are the non-talented athlete, if you feel that you're that type of guy, that you learn every single technique very well, great, keep doing that, but if you are that type of guy, that you feel that you have some sort of like hard time to learn, my suggestion is that you take one topic, and try to master that topic, and then try to understand everything about it, so for example, if we're talking about guard, once you get the sweep, what should you do next, so which type of pass should you do next, that's combined with the way that you sweep, and that's how we're going to build our game plan, so I do believe that game plan in jiu-jitsu can make the, the like, the not great, the good guy to beat the great guy, or it can make even like the average player to beat the extraordinary player, so if you are able to take one extraordinary athlete, and put him on your game, you can beat him even if you are an average player, even if you are not even that good in jiu-jitsu, but you have that game plan so solid, that you can do that, so that's my tip here guys, I hope that helps, so try to take the techniques that you feel you're good at, and try to develop more ways around it, try to develop more details around it, try to understand what happens after you get a sweep, or after you get passing, what do, what's on your plate when you get the pass, what's on your plate when you get a sweep, and then work on there, try to watch videos, try to ask questions to your training partners, try to like go home thinking, like what did you do that you could have done that was connected to the technique that you use it, and that kind of stuff, so with the purpose, as I said in the beginning of the video, the purpose of this youtube channel and bjjfanatics.com is this, is to bring you guys the best techniques, the best tips, so I hope that have, that has helped you guys, oss! Please help me out to grow my youtube channel, just click subscribe, and to watch more videos just click under see more videos, I hope you enjoyed! bjjfanatics.com use the promo code youtube faria to get 10% off any instructional video, improve your jiu-jitsu faster!