

PADEL INSTRUCTOR'S TRAINING COURSE



LIST OF TOPICS

1. Rules to success as an instructor

- Instructor's general considerations
 - Before the lesson
 - While the lesson
 - After the lesson

2. The lessons

- Introduction
 - Beginners
 - Advanced students
 - Individual lessons
 - Lessons with two students
 - Lessons of three or more students
- Prediction and new working techniques.
 - Introduction to working with groups
 - Classification of the students personality
 - The different class groups
- First eight hours of lesson planning
- Lesson considerations.
- When to correct.
- The order of the corrections
- Planning 40 hours of lesson
- Students' control and monitoring templates
 - Academy's control and evolution

3. Technical expertise

- The grips
- Game positions
- The effects
 - Flat
 - Backspin
 - Top- spin
- Padel shift.
 - Lateral shift
 - Frontal shift
 - Rearward shift (backward)
- The importance of moving well
- Pyramid of strokes

4. Teaching didactics

- Introduction
 - Baskets
 - Exchanging balls with the instructor
 - Exchanging balls between students and players.
- Zoning "the light"
 - Full court

- defending

5. Technique and stroke progression

- The volley: high, low and block
 - Introduction
 - Technique
 - Most common mistakes
 - Teaching methodology
- The drive
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
 - Corrections
- The backhand
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
 - Corrections
- The serve
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
- The return
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
- The lob
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
- Rebound after leaving the wall
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
- Hit against the back wall
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
- The swing
 - Introduction
 - Advantages of swing
 - Technique
 - Most common mistakes
 - Teaching methodology
- The strokes
 - Introduction
 - The tray
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology
 - The viper
 - Introduction and technique
 - Most common mistakes
 - Teaching methodology

- Flat stroke definition
 - Introduction
 - Technique
 - Most common mistakes
 - Teaching methodology

6. Mistakes and corrections

- Drive
- Backhand
- Volley
- Tray
- Smash
- The lob
- The serve

7. Exercises and working systems

- How to form a couple
- Use and concept of the exercises
- Ball control
- Training under pressure
- The training intensity
- Tactical training

8. Strategy and tactics in padel

- Introduction
- Basic tactics
 - Definition of personal game
 - Evaluation of opponent's game
 - What to do when nothing works
 - How to receive more play or let our partner plays more
 - Changing the rhythm
 - How to transmit the game pressure to the opponents
 - The importance of knowing how to play without the ball
 - How to play according to the scoreboard
 - How to communicate with your partner
 - **How to send our rival out from the net**
 - How to play your points under pressure
 - Service without changing your position: Australian.
 - **How to close angle at the net and at the defense**
 - The defensive and offensive lob
 - **Where to volley**
 - What kind of smash I may play
 - Where to return
- Special tactics: 4 ways to win the net

PADEL INSTRUCTOR'S TRAINING COURSE



DESCRIPTION: This course is aimed at individuals who want to take their first steps in teaching this sport, monitors and coaches who want to improve and learn new working techniques to enrich themselves as professionals, and players who seek to progress technically and learn new training systems to help improve their performance in competitions.

CONDITIONS FOR TAKING THE COURSE:

- Have an intermediate level of play.
- Know the official regulations.
- Be in good physical condition.
- Have a spirit of teamwork and collaboration.

COURSE DEVELOPMENT:

The course will be 50% theoretical and 50% practical, so participants are recommended to have good preparation. The course will be conducted over 3 (three) days, and an official certificate from the A.P.A. (Argentine Padel Association) will be awarded, recognized by the F.I.P. (International Padel Federation), the C.O.A. (Argentine Olympic Committee), and the National Sports Secretariat.

MATERIALS PROVIDED:

- Attendance certificate.
- Workbook.
- Practical booklet with 250 exercises.
- Notebook on sports psychology applied to padel.
- Free T-shirt.

REGISTRATION:

To pre-register, send the following information to the email address cursos@padelalmaximo.es:

- Full name.
- Address.
- ID number.
- Mobile number.

Once the registration is accepted, a deposit of 200 euros must be made to the La Caixa account with IBAN code ES4021008665920200022978 (BIC/SWIFT CAIXESBB). The rest of the payment will be made during the same weekend at the club.

PRICE:

510 euros.

SCHEDULE:

Friday and Saturday from 9:00 AM to 7:00 PM. Sunday from 9:00 AM to 2:00 PM.

CONTACT AND REGISTRATIONS:

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