



Course:
**Paddle Instructor
Level II - Trainers**

APA



Asociación Padel Argentino

Requirements for attending the course

- Paddle monitor or being at least one year teaching paddle
- Good level at playing
- It is required a good physical condition
- Team spirit and collaborative work

Course progress

The course will be (50%) theoretical-practical, so participants are considered to have some training.

It will be held during 3 days and the certificate given will be the "official" of the A.P.A (Argentinean Paddle Association), which is supported by the FIP (Paddle international Federation), the C.O.A (Argentine Olympic committee) and Sports Nation Ministry.

Address to

This course is directed to Paddle monitors, players of Paddle that are teaching Paddle and would like to widen their knowledge as well as for professional players that are looking forward to progressing and updating with new working systems that could help them to improve their game.

The study of the mistakes and its correction (own and external mistakes) is a clear benefit for those that are teaching and also for those professional players that, even though are not teaching Paddle, could detect their own mistakes and the rivals technical mistakes. Eventually, this would help them to improve the game and elaborate a correct tactic.

Equipment

- Assistance certificate
- Reference manual
- Sports psychology applied to paddle
- Practical notebook with 500 exercises
- T-shirt for all participants

Registration

The registration will be done sending personal data to e-mail cursos@padelalmaximo.es.

- Full name and family name
- Address
- ID card number
- Telephone number

The registration will also need a bank transfer of 200 € in the following bank account: La Caixa ES4021008665920200022978 (BIC/SWIFT CAIXESBB).

The rest of the payment will be made the same weekend at the club

Price

550 euros

Date

9 to 19 friday and saturday

9 to 16 sunday

Contact

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Plan of work

Court and materials

- The court
 - Evolution in paddle's courts
- The paddle racket
 - Our ideal paddle racket
 - Selecting the ideal paddle racket
 - Evolutions in paddle's rackets

Technical data

- The handles and their changes
- Positioning in the game
- The effects: when to use each of them
 - Flat
 - Backspin
 - Top spin
- Displacements in Paddle: technique and reading the ball
 - Lateral displacement
 - Frontal displacement
 - Backwards displacement
- The importance of a correct movement

Technique of the shots

- The service: aim, type and realization
- The rest: with and without wall, aim, type and realization
- Bounces: hitting side walls and back wall. High and low bounces. Two walls.
- The volley: neutral and offensive; realization and aims

- Technique
- Common mistakes
- The spin
 - Advantages
 - Technique
 - Common mistakes
- The smash: offensive and defensive. Variations and effects
 - The "tray"
 - Technique
 - Common mistakes
- The "viper"
 - Technique
 - Common mistakes
- Backspin smash
 - History
 - Technique
 - Common mistakes
- Definition smashes
 - Flat
 - Technique
 - Common mistakes
 - Lifted
 - Technique
 - Common mistakes
- Approach shots
 - Advantages and disadvantages
 - Whether to use it or not
 - Ways of using it

Teaching pedagogy

- Introduction
 - Baskets
 - Ball exchange between players
- General aims of the sport
- Advices for trainers
- The trainings
 - With the pair
 - Individual
 - With more than three players
- Three months plan: competition level
 -

Strategy and tactic in paddle

- Introduction
- Basic tactics

Training and work systems

- The defense: the semaphore
 - Which shots should you use
 - Towards where should you play
- Methodology of the defense training
 - Progressions
- The semaphore in the court and in attack
- How to make a pair
- The relationship between players
- The relationship with the parents
- To feel tired "being fed up"
- Things to consider during trainings
- The corrections
- Pre-season

- Controlling the ball
 - Regularity
 - Direction
 - Depth
 - Precision
 - Speed
- Training under pressure
- The intensity during the training
- Tectical trainings
- To foresee a shot
- Game statistics (Prof. Amadeo Althaus)
 - From statistics to training
 - Differences between female and male paddle

The evolution in the sport

- Changes in the last years
 - Pyramid of shots
- Last technical, tactical and physical news
 - Speed during the game: the new shots
 - The defense: how to defend actually
 - The counter-attack: special tactics
 - The 4 ways to hit the net
 - Alternative tactics
- The attack: how to open spaces in the rival defense
 - A new concept of smash



Training theory

- Introduction
 - Aims of the training
- Factors that play a role in the training
- Planning the training
 - Pre-season period
 - Competition period
 - Off season
- Principles of the training
- Planing or programming the training
- Stages when planning the long-term training
 - Stage of pre-sport
 - Stage of improvement
 - Stage of high performance sport
 - Stage of peak performance
- The warm up
 - During the training
 - In competition
 - General
 - Specific
 - Different methods of warm up for special conditions
- Physical abilities

Sport psychology applied to paddle

- Tenacity
- Optimal emotional atmosphere for competition
- Playing with the scoreboard
- Verbal and no-verbal communication in paddle
- 16" method

- How to boost the pair through verbal communication
- Talking about chemical attraction
- Mental training in paddle
- Ups and downs in paddle
- Positive energy vs negative energy
- Do not give up you paddle racket
- Danger. Important point
- How to breath for getting a maximal performance
- Fears
- How to become professional and how to retire

Marketing and paddle promotion

- The trainer from the point of view of the marketing

Nutrition and nutritional supplementation

- Macronutrients (Patricia Hernández García)
- Immediate principles and micronutrients
 - The importance of the hydration: before, during and after
 - Drinks and supplements
- Pre-competition food
- After-competition food
- Dietary recommendations

Basic principles about sport medicine

- Injuries prevention
- Frequent injuries

Planning annual training (example)

- Time table
- Pre-season
- Competition season
- Off season