



Course for Padel Instructors of Level 1

Timetable Schedule

First day

09:00 – 11:15	Classroom Welcome, Presentation, History of Padel Sport, What is Padel?
11:15 – 11:30	Break
11:30 – 12:30	Classroom Grips in Padel.
12:30 – 13:00	Court (one court) Participants Level Test
13:00 – 13:50	Break for Lunch
14:00 – 16:30	Court (one court) Technical Explanations
16:30 – 16:45	Break
16:45 – 18:00	Court (two courts) Technical Explanations and Practicing
18:00 – 18:15	Court (one court) Recap and Question Time

Classroom:	09:00 – 12:30
Courts:	12:30 – 13:00 and 14:00 – 18:15



Second day

09:00 – 10:30	Classroom Introduction to Technical Models
10:30 – 10:45	Break
10:45 – 13:00	Court (two courts) Technical Explanations and Practicing
13:00 – 13:50	Break for Lunch
14:00 – 16:30	Court (two courts) Technical Explanations and Practicing
16:30 – 16:45	Break
16:45 – 18:00	Classroom Introduction to The Methodologies
18:00 – 18:15	Classroom Recap and Question Time

Classroom:	09:00 – 10:30 and 16:45 – 18:15
Courts:	10:45 – 13:00 and 14:00 – 16:30

Third day

09:00 – 10:30	Classroom The Padel Sessions
10:30 – 10:45	Break
10:45 – 13:00	Court (two courts) Technical Explanations and Practicing
13:00 – 13:50	Break for Lunch
14:00 – 15:00	Classroom The Padel Rackets. Manufacturing, History



- 15:15 – 17:15 **Court (two courts)**
Technical Explanations and Practicing
- 17:15 – 17:30 Break
- 17:30 – 18:30 **Classroom**
Teaching Guidelines for Different Levels
Final Recap and Question Time

Classroom:	09:00 – 10:30, 14:00 – 15:00 and 17:30 – 18:30
Courts:	10:30 – 13:00 and 15:00 – 17:30

Fourth day

Option 1: with up to 10 participants

- 09:00 – 10:30 **Classroom**
Written Exam (Theory)
- 11:00 – 15:00 **Courts (11.00-13:00 two courts, 13:00-15:00 one court)**
Exams (Practical)
- 15:30 Participation Certificates Giving Ceremony

Option 2: with more than 10 participants

- 09:00 – 15:00 **Courts (09.00-13:00 two courts, 13:00-15:00 one court)**
Exams (Practical)
- 15:30 – 17:00 **Classroom**
Written Exam (Theory)
- 17:30 Participation Certificates Giving Ceremony

Classroom:	09:00 – 10:30 or 15:30 – 18:00
Courts:	11:00 – 15:00 or 09:00 – 15:00



COURSE

**INFORMATION, EDUCATION AND
PREPARATION**

TO THE EXAM FOR

PADEL INSTRUCTOR LEVEL 1

**Collombey-Muraz,
Switzerland 22-25
May 2025**

COURSE FOR PADEL INSTRUCTORS LEVEL 1:

THIS IS AN INITIATION COURSE TO EQUIP INSTRUCTORS WITH THE ELEMENTS AND TOOLS TO MAKE COURSES FOR BEGINNERS AND LOW TO MEDIUM LEVEL PLAYERS.

ALL MAIN SHOTS ARE ANALYSED BUT WITHOUT EFFECT, SO FLAT SHOTS.

YOU STUDY HOW TO TEACH TECHNIQUE RATHER THAN TACTICS.

INDIVIDUAL, GROUP AND MULTI-SESSION LESSONS ARE STUDIED.

THE RULES OF THE GAME ARE ANALYSED IN EVERY DETAIL.

THE LEVEL ACHIEVED IN THE FIVE EXAMINATIONS (FOUR TECHNICAL AT THE COURT AND ONE WRITTEN IN THE CLASSROOM) WILL DETERMINE THE FINAL QUALIFICATION OBTAINED:

1.A, 1.B OR 1.C.

PROGRAMME

AREA 0. INTRODUCTION

- 0.1. THE INTERNATIONAL PADEL FEDERATION. RULES AND REGULATIONS
- 0.2. INTRODUCTION TO RACKETS SPORTS
- 0.3. GENERAL ASPECTS OF PADEL SPORT

AREA 1. HISTORY

- 1.1. ORIGIN AND EVOLUTION
- 1.2. MATERIALS

AREA 2. TECHNICAL & EDUCATIONAL PROGRAMME

- 2.1. INTRODUCTION
- 2.2. DEVELOPMENT PROGRAMME
- 2.3. UPDATING STAGES

AREA 3. TECHNIQUES

- 3.1. CONTINENTAL HANDGRIP
- 3.2. EASTERN HANDGRIP

AREA 4. SHOTS

- 4.1. HIT METHODOLOGY DEMONSTRATION. FLAT SHOTS
- 4.2. TEACHING PROGRESSIONS
- 4.3. THE FEET MOVEMENTS
- 4.4. TECHNICAL PROBLEMS AND CORRECTIONS
- 4.5. THE FOREHAND
 - 4.5.1. FOREHAND SHOT PROGRESSION
 - 4.5.2. TEACHING WAY OF FOREHAND
 - 4.5.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
- 4.6. FOREHAND SIDEWALL WAY OUT
 - 4.6.1. HOW TO TEACH THE WAY OUT FROM FOREHAND SHOT AT THE BASELINE
- 4.7. DOUBLE RIGHT SIDEWALL. DOUBLE WALL CLOSED. DOUBLE WALL OPENED

- 4.8. FOREHAND LOB SHOT
- 4.9. THE SMASH
 - 4.9.1. SMASH PROGRESSION
 - 4.9.2. TEACHING WAYS OF SMASH
 - 4.9.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
- 4.10. THE BACKHAND
 - 4.10.1. BACKHAND SHOT PROGRESSION
 - 4.10.2. HOW TO TEACH THE BACKHAND SHOT
 - 4.10.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
- 4.11. BACKHAND SIDEWALL WAY OUT
- 4.12. BACKHAND DOUBLE WALL
- 4.13. BACKHAND LOB
- 4.14. THE VOLEY (VOLÉE)
- 4.15. THE HALF VOLEY (DEMI- VOLÉE)
- 4.16. BACKHAND VOLEY (VOLÉE)
 - 4.16.1. BACKHAND VOLÉE PROGRESSION
 - 4.16.2. TEACHING WAYS OF BACKHAND VOLÉE
 - 4.16.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
- 4.17. TRAY-LIKE

AREA 5. INFORMATION ABOUT SPECIAL SHOTS

- 5.1. ABOUT SPINNINGS
 - 5.1.1. BACKHAND SPINNING
 - 5.1.2. FOREHAND SPINNING
- 5.2. FOREHAND & BACKHAND BACKSPIN
- 5.3. BANDEJA
- 5.4. AGGRESSIVE AND DEFENSIVE SHOTS

AREA 6. EXERCISES

- 6.1. ORGANIZATION AND MASTER-CLASS SET-UP
- 6.2. TECHNICAL SKILL TO GIVE THE BALL FROM THE BASKET-BALLS (FEEDING BALLS)
- 6.3. RALLY AND MISTAKES CORRECTIONS

Preliminary Schedule

First Day

<i>09:00 – 11:15</i>	Arrival of participants to the Course place Welcome from the Swiss Padel Association representatives Objective and purpose of the Course Presentation of the International Level Course of Information, Educational and Preparation to the Exam for Padel Instructor Level 1 History of Padel Sport History of Padel in Switzerland What is Padel ?
<i>11:15 – 11:30</i>	Break
<i>11:30 – 12:30</i>	Grips in Padel.
<i>12:30 – 13:00</i>	Participants Level Test
<i>13:30 – 13:50</i>	Break for Lunch
<i>14:00 – 16:30</i>	Technical Explanations at the Court
<i>16:30 – 16:45</i>	Break
<i>16:45 – 18:00</i>	Technical Explanations at the Court. Practicing
<i>18:00 – 18:15</i>	Recap and Question Time at the Court

Second Day

<i>09:00 – 10:30</i>	Introduction to Technical Models at the Classroom.
<i>10:30 – 10:45</i>	Break
<i>10:45 – 13:00</i>	Technical Explanations and Practicing at the Court.
<i>13:00 – 13:50</i>	Break for Lunch
<i>14:00 – 16:30</i>	Technical Explanations and Practicing at the Court.
<i>16:30 – 16:45</i>	Break
<i>16:45 – 18:00</i>	Introduction to The Methodologies at the Classroom.
<i>18:00 – 18:15</i>	Recap and Question Time at the Classroom.

Third Day

09:00 – 10:30	The Padel Sessions at the Classroom
10:30 – 10:45	Break
10:45 – 13:00	Technical Explanations and Practicing at the Court.
13:00 – 13:50	Break for Lunch
14:00 – 15:00	The Padel Rackets. Manufacturing, History
15:15 – 17:15	Technical Explanations and Practicing at the Court.
17:15 – 17:30	Break
17:30 – 18:30	Teaching Guidelines for Different Levels, at the Classroom. Final Recap and Question Time

Fourth Day

08.00 - 08.45	Warm-up for the Test of Technical Demonstration and of Play
09:00 – end	Exams (Practical)
Followed by	Written Exam (Theory)
	Participation Certificates Giving Ceremony

(The timetable in the classrooms and courts can be changed according to the needs of the Swiss Padel Association, the Club, the Participants, weather conditions, etc.)