



Course for Padel Instructors of Level 1

Indicative Timetable Schedule

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

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

18:15 – 20:00 **Court (two or more courts)**

Free practice without Professors

Classroom: 09:00 – 12:30

Courts: 12:30 – 13:00 and 14:00 – 18:15 (20:00)



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

18:15 – 20:00 **Court (two or more courts)**

Free practice without Professors

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

Courts: 10:45 – 13:00 and 14:00 – 16:30 (18:15 – 20:00)

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

18:30 – 20:00 Court (two or more courts)

Free practice without Professors

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

Courts: 10:30 – 13:00 and 15:00 – 17:30 (18:30 – 20:00)

Fourth day

08:00 – 08:50 Court (two courts)

Free practice without Professors

09:00 – 14:00 Courts (09:00-13:00 two courts, 13:00-14:30 one court)

Exams (Practical)

15:00 – 16:00 Classroom

Written Exam (Theory)

17:00

Participation Certificates Giving Ceremony

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

Courts: (08:00) 09:00 – 15:00