

INTERNATIONAL EDUCATIONAL PROGRAMME

COURSE for PADEL INSTRUCTOR

LEVEL II

AREA 0. INTRODUCTION

- 0.1. THE CURRENT DEVELOPMENT OF THE PADEL SPORT AT INTERNATIONAL LEVEL AND OF THE INTERNATIONAL PADEL FEDERATION

AREA 1. EVOLUTION

- 1.1. TECHNICAL AND TACTICAL PADEL EVOLUTION FROM YEAR 1990 UP TO TODAY

AREA 2. TECHNICAL & EDUCATIONAL PROGRAMME

- 2.1. INTRODUCTION
- 2.2. DEVELOPMENT PROGRAMME
- 2.3. UPDATING STAGES
- 2.4. BASIC SHOTS LEVEL 1 RECAP

AREA 3. SPINS

- 3.1. DIFFERENT POSSIBILITIES
- 3.2. TECHNICAL ANALYSING
- 3.3. TACTICAL APPLICATIONS

AREA 4. BASIC SHOTS LEVEL 2 WITH SPIN

- 4.1. SHOTS WITH SLICE AND TOP SPIN WITHOUT REBOUND
 - 4.1.1. FOREHAND
 - 4.1.2. BACKHAND
 - 4.1.3. VOLLEYS
 - 4.1.4. SMASH
 - 4.1.5. HALF VOLLEYS
 - 4.1.6. SERVE AND RETURN
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- 4.2. SHOTS WITH SLICE AND TOP SPIN WITH REBOUND
 - 3.2.1. BACK GLASS
 - 3.2.2. SIDE GLASS
 - 3.2.3. DOUBLE GLASSES
 - 3.2.4. SLICE LOBS

AREA 5. SPECIAL SHOTS

- 5.1. TURNS TO ONE AND TWO WALLS
- 5.2. ATTACK OUT OF THE WALL (BAJADA DE PARED)
- 5.3. AGAINST THE WALL
- 5.4. TURNS TO ONE AND TWO WALLS
- 5.5. FAMILY SMASHES
 - 5.5.1. FLAT AND TOPSPIN POWER SMASH
 - 5.5.2. OVER 4 m
 - 5.5.3. SLICE AND TOPSPIN CONTROL SMASH
 - 5.5.4. FLAT AND SLICE BANDEJA
 - 5.5.5. VIBORA
 - 5.5.6. OVER 3 m
- 5.6. OTHER SHOTS: CHIQUITA / DORMILONA / AGAINST SIDE WALL / OUT OF THE COURT / GRAND WILLY

AREA 6. TACTICS AND STRATEGIES

- 6.1. DIFERENCE BETWEEN THE CONCEPTS OF “TACTIC” AND “STRATEGY”
- 6.2. GENERAL BASIC CONCEPTS IN DIFFERENT LEVELS
- 6.3. ELEMENTS THAT CONDITIONING THE TACTICAL DECISIONS
- 6.4. INDIVIDUAL TACTICS
- 6.5. COMUNICATION BETWEEN PLAYERS OF THE PAIRING (TEAM)

AREA 7. PLANIFICACION

- 7.1. IMPORTANCE TO “HAVE A PLAN”
 - 7.2. MAIN OBJECTIVES
 - 7.3. BASIC CONCEPTS
 - 7.4. DIFFERENT TYPES
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7.5. CONTROL AND EVALUATION

AREA 8. EXERCISE DESIGN / WORKSHOP

8.1. MAIN OBJECTIVES

8.2. DIFFERENT TYPES

8.3. ELEMENTS TO TAKE CARE FOR A CORRECT DESIGN

8.4. EXERCISE DESIGN WORKSHOP

AREA 9. FEEDING POSSIBILITIES / WORKSHOP

AREA 10. GENERAL CONCEPTS OF SPORT PSYCHOLOGY

10.1 PSYCHOLOGY APPLIED TO SPORT

10.1.1. REASEARCH

10.1.2. THE APPLICATION

10.1.3. EDUCATION

10.1.4. DISSEMINATION

10.2 MENTAL TRAINING

10.3 MENTAL REHEARSAL

AREA 11. MOTOR SKILLS IN CHILDREN AND YOUNG PLAYERS



Course for Padel Instructors of Level 2

Timetable Schedule

First day:

15:30 – 16:30	Classroom Welcome, Course Presentation. Padel Evolution.
16:30 – 16:45	Break
16:45 – 18:00	Court (three courts) Technical Explanations and Practicing
18:00 – 18:30	Classroom Recap, question time.
18:30 – 20:00	Court (three courts) Free Practicing

Classroom:	15:30 – 16:30 and 18:00 – 18:30
Courts:	16:45 – 18:00



Second day:

09:00 – 10:45	Classroom Spins Tactics and Strategy
10:45 – 11:00	Break
11:00 – 13:00	Court (three courts) Technical Explanations and Practicing
13:00 – 13:50	Break for Lunch
14:00 – 16:45	Court (three courts) Technical Explanations and Practicing
16:45 – 17:00	Break
17:00 – 18:00	Classroom Motor Skills in Children and Young Players
18:00 – 18:15	Classroom Recap and Question Time
18:15 – 20:00	Court (three courts) Free Practicing

Classroom:	09:00 – 10:45 and 17:00 – 18:15
Courts:	11:00 – 13:00 and 14:00 – 16:45

Third day:

09:00 – 11:00	Classroom Planning General Concepts of Sport Psychology
11:00 – 11:15	Break
11:15 – 13:00	Court (three courts) Technical Explanations and Practicing
13:00 – 13:50	Break for Lunch
14:00 – 16:45	Court (three courts) Technical Explanations and Practicing
16:45 – 17:00	Break
17:00 – 18:00	Classroom Exercise Design
18:00 – 18:15	Classroom Recap and Question Time
18:15 – 20:00	Court (three courts) Free Practicing

Classroom:	09:00 – 11:00 and 17:00 – 18:15
Courts:	11:00 – 13:00 and 14:00 – 16:45

Fourth day:

09:00 – 10:15	Classroom Workshop Design
10:15 – 11:15	Court (three courts) Workshop Exercise
11:15 – 11:30	Break
11:30 – 12:30	Court (three courts) Technical Explanations and Practicing
12:30 – 13:00	Classroom Recap and Question Time
13:00 – 13:50	Break for Lunch
14:00 – 17:00	Courts (two courts) Exams (Practical)
17:00 – 17:15	Break
17:15 – 18:15	Classroom Written Exam (Theory)
18:30	Participation Certificates Giving Ceremony

Classroom:	09:00 – 10:15, 12:30 – 13:00 and 17:15 – 19:00
Courts:	10:15 – 12:30 and 14:00 – 17:00