



Course:

Paddle Improvement

Level I

Organizations and Clubes



Aims

One of the aims is to improve the technique of each player as well as to learn the game strategy. We are using a new methodology that will help you to find and correct the “bad technical habits” during playing aim of this course is to optimize the efficiency of each player according to technique, strategy and psychology.

Address to

Paddle players that would like to improve their technique in every shots together with getting to know new ways of training strategy. Paddle trainers that look for further improvement of their play and new ways to train Paddle.

Requirements for this course

- Fair level playing
- Knowledge of the basic strategy and game’s rules
- Dedication with the trainings

Course progress

The course will be held during one day, with 9 hours of work from 09am until 19pm.

75% of the time will be practical, the rest of it will be divided in a theoretical part, analysis of the game and analysis and correction of mistakes watching DVD.

Equipement for participants

- Attendance certificate
- T-shirt for all participants

Contents of the course

Basic and special shots

We will cover with detail the basic shots and those that are more difficult for players. We will work on the

technical part, the way and the correct time for using each of them.

Detection and correction of mistakes

This course aims to detect the technical mistakes, the way of correcting them and the practical exercises to improve them.

Basic strategy of the game

We would like to realize a “dynamic and fun course”, so, we will work all the time on the basic strategy of the game.

While we will work on the different technical for the shots, we will also work on diverse exercises for strategy using those shots.

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 50 € 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

120 euros

Date

09:00 to 19:00

Contact

Máximo Castellote.

cursos@padelalmaximo.es

Phone number: +34 606595143

Plan of work

09:00 Presentation (theoretical part)

- Pyramid game: basic shots, specific shots and their definition
- Handles and effects
- How to make a pair

11:00 Practical part

- The warm up: its importance
- Basic shots: Why you should control basic shots for "starting playing"
- The volley: Technique: defense and offense. "Where to direct the ball"
- Drive and backhand: Thecnique and effects. "When you should use them"
- The bounce: Technique .high and low. In one and tho walls. "When to defend and when to counter-attack"
- The lob: Technique and importance "How to play it and towards where"

13:30 Lunch time

14:30 Theoretical part

- Video-analysis: mistakes and corrections
- Basic strategy: The "ABC" of the paddle:
 - How to close angles at the back of the court and on the net
 - How to get more balls ourselves or our pair
 - Advantages of the service without changing the positioning: "Australian"
 - How to play when our best shots are not working
 - How to play without the ball
- Special estrategies

16:00 Practical part

- Special shots. "Why is important to know these shots for improving our play"
- Smashes: Definition smash. "Strategy and when use it"
- The spin: Technique and its importance. "When use it"
- Displacements: The importance of knowing how to move yourself"
- Circuit: Automation of the technique during the shots
- Competitions