



Course:

Paddle Recycling

Level II - Trainers



Address to

This course is oriented to the monitors and trainers that want perfect yourself, learn new work techniques and who want to acquire current information regarding the evolution of sport in recent years.

And it's also oriented to competition players looking to improve technically, acquire new game tactics and learn new systems of training to help them improve their performance in competitions. The paddle has evolved a lot in recent years in all levels (technical - tactical - physical), and based in the analysis and in current game statistics, we give in this course the necessary tools to be able teach and play with the latest information that you see in the professional paddel.

Requirements for this course

- Monitor or trainer skill
- Good level playing
- Have a good preparation physical
- Dedication with the trainings

Course progress

The course will be theoretical - practical (50%) so it is recommended to the participants that have a good preparation physical

Equipement for participants

- Attendance certificate
- Practical notebook with 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 100 € 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

250 euros

Date

9 to 19 saturday

9 to 13 sunday

Contact

Máximo Castellote.

cursos@padelalmaximo.es

Phone number: +34 606595143

Plan of work

Technical knowledge

- The handles and their changes
- Current game positions
- The effects: when to apply each one
- The displacements in paddle: technique and reading the ball
 - The important of a correct movement

Technique of the shots

- The serve: aims
- The rest: where to aim the ball
- Bounces: in side wall, in the background and two walls
- The volley: neutral and offensive
- The spin
- The smash: variants and effects
 - The "tray"
 - The "viper"
 - Backspin smashes
- Definition smashes
 - Flat
 - Lifted
- Approach shots

Teaching didactics

- Introduction
- Baskets
- The effects

- Ball exchanges between players
- Recommendations for coaches
- The trainings
 - With the friend
 - Individuals
 - With more than three players

Strategy and tactics in the paddle

- Basic and special tactics

Training and systems work

- The defense: "The semaphore"
- Methodology of training the defending
 - Progressions
- How to make a pair
- Relevant considered elements in the training
- The corrections
- Ball control
- Training under pressure
- The intensity in training
- Tactical training
- The strike anticipation
- Game statistics

Evolution in sport

- The latests changes
 - The “pyramid of strikes”
 - From statictics to training
 - Diferences between the female paddle and the male
 - The speed in the game: the new hits
 - The defense: how it is defended
 - The counter-back
- The attack: how to open spaces in defense rival

Sports psychology applied to paddle

- Tenacity
- The ideal emotional climate to the competition
- Playing with the score
- Verbal, and no-verbal, communication in the paddle
- The method of the 16”
- How to strengthen the pair though the verbal communication

Phisical preparation in paddle

- The warm-up
 - Of training
 - In competition
 - General and specific
- Physical abilities: preseason, competition and transitory period

