



Course:

Paddle Physical Training

APA



Asociación Padel Argentino



Aims

To know the basics principles of physical training in Paddle in order to apply them in the different levels of the game: amateur's adults, children, underage competition and professional players.

To plan the trainings

To learn what training to do during the different stages in Paddle: pre-season, competition season and off season

Address to

Paddle monitors and trainers.

Physical Education Degree and professional Paddle players

Degree obtained

"Physical Paddle trainer" supported by the A.P.A (Argentine Paddle association)

Professional team

- Máximo Castellote: Paddle trainer, National Degree in Physical Education and Sports Sciences and Paddle physical trainer.
- Jorge Nicolini: Professional player's coach. Ex-trainer of the female Argentinean team of Paddle and actual trainer of underage players (APA)
- Roberto Martín Ochando: National Degree in Physical Education, Physical activity and Sport Degree, Sport Nutrition Degree and physical paddle trainer.

Plan of work

The course will be held during 2 days in which there will be theoretical and practical parts (field, court and gym)
Participants will obtain a certificate of "Physical trainer course" from the A.P.A (Argentine Paddle association), which is supported by the F.I.P (international Paddle federation), C.O.A (Argentine Olympic committee) and

Sports Nation Ministry.

Equipement

- Assistance certificate
- Diploma of "Pádel Physics Instructor" (APA)
- Reference manual
- Practical notebook with 500 Paddle exercises for class and trainings.
- A specific training Paddle exercises video
- T-Shirt

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

320 euros

Date

9 to 19 saturday

9 to 17 sunday

Contact

Máximo Castellote

cursos@padelalmaximo.es

Phone: +34 606 595 143

Paddle for children at school

Principles of progress and education

- Important facts for teaching.

Class progress- Organization

- Parts of a unit
- Level of the children (Pre-paddle and mini-paddle)
- Location and rules
- Duration of the class
- Materials for the game- Equipment

Teaching methodology: Progressions

- Pre – Paddle: 5 – 6 years old
- Mini – Paddle: 7 – 9 years old
- Adapted game “Everything is fine”
- Different exercises for “pre and mini paddle”

Features of the development during childhood

- Age of familiarization (5 – 7 years old)
 - Features of the child
 - Psychological portrait
 - Psychosomatic features
 - Physical exercising
 - Paddle activity
 - Aims of the period
- Age of the basics (fundamentos) (7 – 9 years old)
- Age of the basics (fundamentos): 2nd stage (9 - 12 years old)

- The age of efficiency and perfection (from 12 to 14 years old)
- The age of efficiency and perfection: 2nd stage (from 14 to 16 years old)
- The age of maximum efficiency (over 16 years old)

Three-month planning

- Initiation level
- Intermediate and advanced level
- Professional level

Control of the school’s evolution

Control of students’ evolution

Monitoring plan and talent

hunting

Mistakes and corrections in

children’s paddle

Basics of sport training

- Adaptation
- Efficient stimulus
- Gradualism
- Continuity
- Reversibility
- Variety
- Individualization and multilateral
- Specificity
- Periodic regeneration

Physical abilities

- Resistance
 - Concepts
 - Types
 - Means and methods of training paddle
- Strength
 - Concepts
 - Types
 - Means and methods of training paddle
- Speed
 - Concepts
 - Types
 - Means and methods of training Paddle
- Motility
 - Concepts
 - Types
 - Means and methods of training paddle
- Flexibility
 - Concepts
 - Types
 - Means and methods of training aaddle
- Anthropometry evaluation

Physical and body fitness test

- Anthropometry evaluation
- Physical test

Physical trainingfor children

- Inheritance and training
- Initiation and early specialization
- Child´s Physical development
- Stages for the high efficiency
- Detection and talent haunting
- Systems of high efficiency

The warm up

- The warm up for technical training
- The warm up for physical training
- The warm up for professional training

Planning the season

- Pre-season
- Pre-competition(complex integrated method)
- Competition
- Off season

Statistics

- Pyramid of shots
- Difference between male and female paddle

Practical exercises

- Displacements
- Strategy
- Control

Injuries prevention

- Prevention joints exercises
- Recover exercises
- First aid

Sport nutrition

- Sport nutrition aims
- Energetic sources
- Minimal recommendations
- Nutrition and supplementary nutrition before, during and after training and competition.
- Hydration
- Hygiene and rest
- Sport nutrition in children
 - Nutritional monitoring



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Physical training

- The warm up
 - General warm up
 - Specific warm up
- Physical abilities
- Strength
- Speed
- Resistance
- Flexibility
- Coordination
- Coordination
- Rhythm

Paddle marketing and promotion

- The monitor from the point of view of the marketing

