



Course:

# **Paddle Instructor Level I - Monitors**

A P A



Asociación Padel Argentino

**varlion**  
ACADEMY

## Address to

This course is directed to those persons that would like to introduce in paddle teaching, to monitors and trainers of paddle that would like to improve and learn new techniques of work that make of them better professionals. It is also directed to players that would like to improve their technique and learn new systems of training that make them be more efficient during competitions.

## Requirements for attending this course

- Having an intermediate level playing Paddle
- Knowing the official rules
- It is required a good physical condition
- Team spirit and collaborative work

## Course progress

The course will be (50%) theoretical-practical, so participants are considered to have some training.

It will be held during 3 days and the certificate given will be the "official" of the A.P.A (Argentinean Paddle Association), which is supported by the FIP (Paddle international Federation), the C.O.A (Argentine Olympic committee) and Sports Nation Ministry.

## Equipement

- Assistance certificate
- Reference manual
- Sports psychology applied to paddle
- Practical notebook with 500 exercises
- T-shirt for all participants

## Registration

The registration will be done sending personal data to

e-mail [cursos@padelalmaximo.es](mailto:cursos@padelalmaximo.es).

- Full name and family name
- Address
- ID card number
- Telephone number

The registration will also need a bank transfer

of 200 € 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

510 euros

## Date

9 to 19 friday and saturday

9 to 14 sunday

## Contact

Máximo Castellote.

[cursos@padelalmaximo.es](mailto:cursos@padelalmaximo.es)

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## Plan of work

### The history of paddle

- Origen
- Discovery and creation
- Spread and evolution
- Merging as a sport

### The court, the paddle racket and the ball

- The court
  - Evolution's of paddle courts
- The paddle racket
  - Evolution of paddle's rackets
- The ball

### Rules for being successful as a monitor

- General regards for the monitor
  - Before the class
  - During the class
  - After the class

### The classes

- Introduction
  - New beginners
  - Advanced students
  - Individual classes
  - Classes with two students
  - Classes with three or more students
- Prediction and new techniques of work
  - Introduction to working on groups
  - Classification of student's personalities
  - The different groups in class

- Planning the first eight hours of class
- Regards for the classes
- When to correct
- The order of the corrections
- Planning 40 hours of class
- Control forms and monitoring for the classes
  - Control and evolution of the school
  - Monitoring plan and talent hunting

### Technical knowledge

- The handles
- The positions
- The effects
  - Flat
  - Backspin
  - Top spin
- Displacements in Paddle
  - Lateral displacement
  - Frontal displacement
  - Backwards displacement
- The importance of a correct movement
- The pyramid of shots

### Didactic of the teaching

- Introduction
- Baskets
- Exchange of balls with the monitor
- Exchange of balls among players
- Division of zones "the semaphore"
  - Complete court
  - Defense

## Technique and progression of the shots

- The volley: low, high and the block
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
- The drive
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
  - Corrections
- Backhand
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
  - Corrections
- The service
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
- The rest
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
- The lob
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
- Service from the back wall
  - Introduction and technique
  - Common mistakes
  - Teaching methodology

- Against the wall (La contrapared)
  - Introduction and technique
  - Common mistakes
  - Teaching methodology
- The spin
  - Introduction and technique
  - Advantages of the spin
  - Common mistakes
  - Teaching methodology
- The smash
- Introduction
- "The tray"
  - Technique
  - Common mistakes
  - Teaching methodology
- "The viper"
  - Technique
  - Common mistakes
  - Teaching methodology
- Definiton flat smash
  - Introduction
  - Technique
  - Common mistakes
  - Teaching methodology

## Mistakes and corrections

- Drive
- Backhand
- The Volley
- The tray
- The smash
- The service
- The lob

## Exercises and system work

- How to make a pair
- Use and concept of the exercises
- The control of the ball
- Training under pressure
- The intensity of the training
- Tactical trainings

## Strategy and tactic of Paddle

- Introduction
- Basic tactics
  - Definition of the game
  - Evaluation of the rival's game
  - What to do when nothing works
  - How to play more or make our pair play more
  - Changing the rhythm
  - How to move pressure to our rivals
  - The importance of playing without the ball
  - How to play according to the scoreboard
  - How to communicate with your pair
  - How to make your rival fail
  - How to play under pressure
  - The service without changing the position: Australian
  - How to close angles in the net and during defense
  - The defensive and offensive lob
  - Towards where should I drop
  - What type of smash should I play
  - Towards where should I be left
- Specific tactics: 4 ways to win the net

## Sport psychology applied to paddle

- Tenacity
- The eight points of mental strength
- The ideal emotional atmosphere to compete
- Playing with the scoreboard
- The verbal and non verbal communication in Paddle
- 16'' method
- How to strength the pair with the verbal communication
- What is chemistry?
- Profile of your pair's personality
- The mental training in Paddle
- The emotional ups and downs

## Paddle at school age

- Principles of development and education
- Important facts for the teaching process
- Class plan- organization
  - Parts of the lesson
  - Level of the children
  - Space 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"
- Three-month planning
  - Initiation level
  - Intermediate and advanced level
  - Professional level

- Features of children's development
- 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)

## 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

