



Course:

Paddle Instructor for Children

APA



Asociación Padel Argentino

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ACADEMY

Address to

This course is directed to those monitors and trainers that would like to get further knowledge and improve as teachers and learn new ways of working with children at different stages; it is also directed to those trained at TAFAD or INEF, that would like to use Paddle as a tool for working with children at their different stages of development.

Requirements for attending this course

- Being Paddle monitor or trainer
- Having the college degree of TAFAD or INEF
- Having an intermediate level playing Paddle
- Team spirit and collaborative work

Course progress

The course will be both theoretical and practical (50%), so on, participants are highly recommended to have a previous preparation or training.

It will be held during two days and participants will obtain a certificate of "children's paddle trainer course" from 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.

Equipo de profesionales

- Máximo Castellote: entrenador de pádel, profesor de Educación Física y Ciencias del Deporte y preparador físico de pádel.
- Jorge Nicolini: entrenador de jugadores profesionales de pádel. Ex-entrenador de la Selección Argentina Femenina de Pádel y actual entrenador de la Selección de Menores (A.P.A.).

- Roberto Martín Ochando: diplomado en Educación Física. Licenciado en Actividad Física y Deporte. Titulado en Nutrición Deportiva y Preparador Físico de Pádel.

Equipement

- Assistance certificate
- Reference manual
- Practical notebook with game and 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

320 euros

Date

9 to 19 saturday

9 to 17 sunday

Contact

Máximo Castellote

cursos@padelalmaximo.es

Phone: +34 606595143

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

Children's physical education

Stages of the progress

- Childhood motor development
 - General features of development during childhood
 - Motor development during childhood
 - Paddle at childhood
- School age motor development.
 - General features of school age development
 - School age motor development
 - Paddle at school age
- Teenagers motor development
 - General features of Teenagers motor development
 - Teenagers motor development
 - Paddle at adolescence

Paddle Physical abilities development according to age

- Age
- Cycles
- Content

The game as a teaching strategy in our sport

- Definition
- Classification and type of proper games
- Features of the students related to the game and age

Differences between initiation at early Paddle and initiation at Paddle

Paddle and nutrition

- General guidelines
- Nutrition for optimal performance
 - The day-to-day of the paddle player
 - Nutrition before, during and after match.

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)
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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