

INTERNATIONAL COURSE

**INFORMATION, EDUCATION AND
PREPARATION**

TO THE EXAM FOR

PADEL INSTRUCTOR LEVEL 1

PROGRAMME

First Day

- 15.30 – 15.45 Arrival of participants to the Course place
Welcome-desk
Check-In
- 16.00 Welcome from the CFO of the Danish Padel Federation Mr. Christian Nybroe
Objective and purpose of the Course
Presentation of the International Course of Information, Educational and Preparation to the Exam for Padel Instructor Level 1
Staff Presentation
- 16.15 – 18.15 Start of Theory Course
- General aspects of Padel sport
Teaching method
Materials
Explanation of Exam of Theory
- 17.10 - 17.20 Pause
- Methodologic Area:*
The Junior Sport knowledge.
The performance characteristics of a junior athlete.
General principles of juniors training.
Mobility capacity education.
Mobility capacity education and abilities evaluation.
- Pedagogic Aspects:*
The support to motivations.
Didactic aspects of mobility-sport education.
- 18.30 – 20.30 Start of Activity in the court
(First hour: only one court, Second hour, two or more courts)
- Explanation of Exam of Practice
Throw Tests
Practice

Second day

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| 08.45 – 10.30 | Start of Practical Course <i>(one court only)</i> Hit methodology Demonstration Teaching progressions The feet movements Technical problems and correction <i>The following Hits or Shots will be presented:</i> The Forehand or “Drive” (of right hand) The Volée The Backhand The exit-of-the-wall shot The Lob shot The Demi volée The Smash shot |
| 10.30 - 12.30 | Practice <i>(two or more courts)</i> |
| 12.30 - 14.00 13.00 | Pause Lunch time |
| 14.00 | Short summary with video or Teacher’s Recap |
| 14.30 | <i>Generic Technical aspects:</i> Suggestions for the election of coach or trainer and teacher Classification of game personalizations and forecast Differences between a player who play in right-hand position and a player who play in back-hand position |
| 15.30 – 17.00 | Practical Course continuation <i>(one court only)</i> Teaching skill: the Forehand Teaching skill: the Backhand Teaching skill: the Volée and the Smash shot |
| 17.00 – 19.00 | Practice <i>(two or more courts)</i> Teaching praxis: the Forehand and the Backhand |
| 19.15 – 20.15 | Theory Course continuation Padel history Padel rackets evolution |

Third day

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| 9.00 – 10.30 | Practical Course continuation <i>(one court only)</i> Organization and master-class set-up |
| 10.30 – 12.30 | Practice <i>(two or more courts)</i> |
| 12.30 - 14.00 | Pause |
| 13.00 | Lunch time |
| 14.00 | Short summary with video or Teacher's Recap |
| 15.00 | <i>Generic Technical aspects:</i> Rackets types, Shoes types Art-of-play for each floor surface |
| 16.00 – 17.30 | Practical Course continuation <i>(one court only)</i> Technical skill to give the ball from the basket-balls Special effects: Top Spin - Side Spin Special Smash: "Bandeja" – Plane – Slice Aggressive or Defensive Warm-Up in 5 minutes Skill-Test Playing Tactics Priorities and fundamental rules and regulations |
| 17.30 – 18.30 | Practice <i>(two or more courts)</i> Practice of teaching |
| 18.45 – 19.45 | Brief summary International Rules and Regulations Question time |

Fourth day

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| 9.00 - 10.00 | Warm-up for the Test of Technical Demonstration and of Play <i>(two or more courts)</i> |
| 10.00 | Pause |
| 10.30 - 13.00 | Practical exam – Part 1 <i>(two courts)</i> <i>(to be considered approx. 20 minutes per participant)</i> |
| 13.00 - 14.00 | Pause. Lunch |
| 14.00 - end | Practical exam – Part 1 <i>(two courts)</i> <i>(to be considered approx. 20 minutes per participant)</i> |
| 15.30 - 17.00 | Theoretical exam |
| 17.15 (approx.) | End of The Course Participation Certificates giving ceremony |

Predicted hours in class-room: 10 hours

Predicted hours in the court: 31 hours 15 minutes