

EDUCATIONAL PROGRAMME
PADEL INSTRUCTOR COURSE
LEVEL II

AREA 0. INTRODUCTION

- 0.1. THE INTERNATIONAL PADEL FEDERATION
- 0.2. INTRODUCTION

AREA 1. HISTORY

- 1.1. EVOLUTION AND DEVELOPMENT. UP-DATING

AREA 2. TECHNICAL & EDUCATIONAL PROGRAMMES

- 2.1. INTRODUCTION
- 2.2. DEVELOPMENT PROGRAMME
- 2.3. UPDATING STAGES

AREA 3. SPECIAL SHOTS

- 3.1. SHOTS WITH TOP SPIN AND WITH SLICE
 - 3.1.1. FOREHAND SPINNING
 - 3.1.2. BACKHAND SPINNING
 - 3.1.3. FOREHAND BACKSPIN
 - 3.1.4. BACKHAND BACKSPIN
 - 3.2. SCORING FROM A BALL WHICH COMES HIGH OFF THE WALL
 - 3.3. SPECIAL SHOTS FOR RIGHT-HANDED PLAYERS
 - 3.4. COUNTER-ATTACK. TEACHING HOW TO MOVE FORWARD WHEN RECEIVING A SMASH
 - 3.5. ANTICIPATING AND READING ALL THE POSSIBLE SPINS AND THE WAY TO DEAL WITH THEM
 - 3.6. DEFENDING YOUR "VIBORITA" SMASH (FAST SMASH WITH SPIN)
 - 3.7. ANTICIPATING VOLÉES AND SMASH SHOTS. LEARNING HOW "TO READ" YOUR OPPONENT'S WAY OF PLAY
 - 3.8. SPECIAL SHOTS AGAINST THE WALL
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AREA 4. TACTICS AND STRATEGIES

- 4.1. HOW TO DECIDE ON A STRATEGY
- 4.2. DEFENDING FAST BALLS AT THE WALL
- 4.3. USE OF THE WRIST FOR ADVANCED AND BEGINNERS PLAYERS
- 4.4. AVOID MOVING BACKWARDS AFTER HITTING A SMASH SO THAT YOU ARE NOT UNCOMFORTABLE
- 4.5. COUNTER-ATTACK FROM THE BACK PART OF THE COURT
- 4.6. TACTICS FOR BEGINNERS AND FOR PROFESSIONALS

AREA 5. COMMUNICATION BETWEEN MEMBERS OF A PAIRING

- 5.1. TAKING OVER
- 5.2. PLAYING A BALL CONSIDERING YOUR PARTNER'S POSITION
- 5.3. COMMUNICATION WITH YOUR PARTNER
- 5.4. CONCEPT OF PLAYING AS "A BLOCK" FOR AN ADVANCED LEVEL
- 5.5. MAKING DECISIONS WHEN YOUR OPPONENTS FORCES YOU TO BREAK "THE BLOCK"
- 5.6. DECIDING WHEN IT IS NOT CONVENIENT TO GO TO THE NET
- 5.7. PLAYING WITH A PARTNER WHO DOES NOT GO TO THE NET

AREA 6. SHOTS AT THE NET

- 6.1. HIGH VOLÉE TO KEEP YOUR OPPONENTS UNDER PRESSURE
 - 6.2. LOW VOLÉE
 - 6.3. BATTLE OF VOLÉES
 - 6.4. VOLÉE WITH ANGLES
 - 6.5. FAST VOLLÉE. CONCEPT AND TACTICS. KNOWING HOW TO PLAY TO YOUR OPPONENT'S FREE SPACES
 - 6.6. "BANDEJA" TECHNIQUE WITH A JUMP TO GET THE RIGHT PLACE. VARIATIONS FOR DIRECTING THE "BANDEJAS"
 - 6.7. WINNING SMASH. HITTING THE BALL "3-METERS" OUT.
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6.8. “VIBORITA”. TECHNIQUE AND WHEN TO USE THIS SHOT

6.9. TACTIC ADMINISTRATION OF “BANDEJAS” AND SMASHES

AREA 7. ATTACKING FROM THE BACK OF THE COURT

7.1. “TONTITAS”. TECHNIQUE AND WHEN TO PLAY THEM

7.2. DIFFERENT SITUATIONS AND VARIANTS TO ATTACK FROM THE BACK PART OF THE COURT

7.3. SMASH VOLLEY

AREA 8. GENERAL CONCEPTS

8.1. CLASSIFYING STUDENTS
