

# University Master's Degree

# IN PADEL SPORTS TRAINING AND MANAGEMENT





#### **GOALS**

To deepen knowledge and broaden professional **skills** related to the different areas of the sport of padel (technique, tactics, methodology, physical preparation, sports management, research, psychology and padel for children)

Have access to all PadelMBA's high quality contents and audiovisual material

Obtain an **official** qualification accredited by the University of Murcia and endorsed by PadelMBA

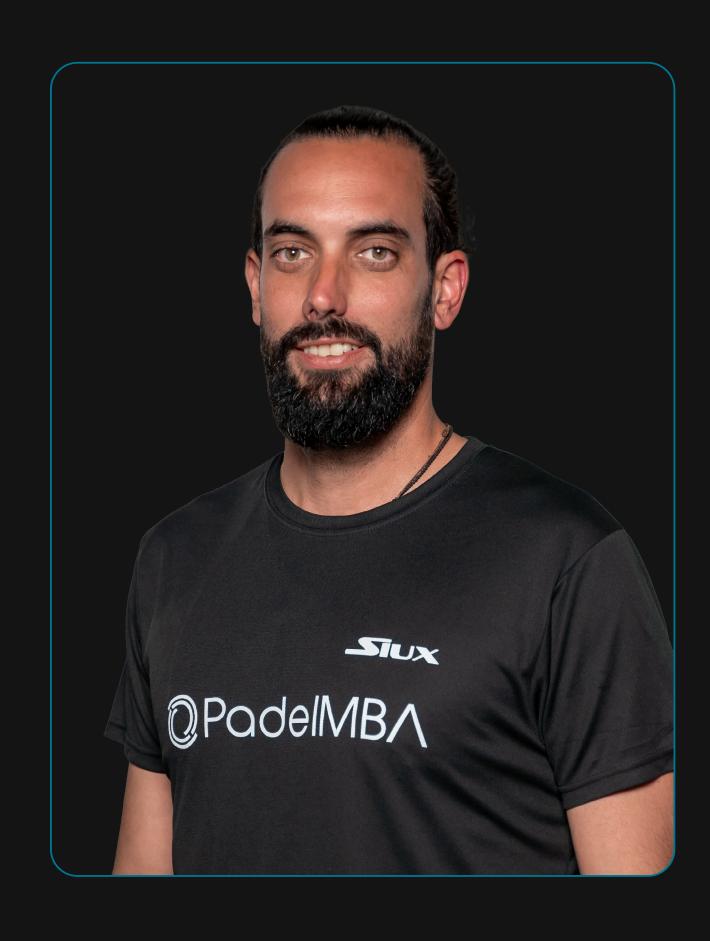
To increase the possibilities of finding a job by accessing the PadelMBA **job market** 







#### DIRECTOR



# BERNARDINO J. SÁNCHEZ-ALCARAZ MARTÍNEZ

- ► Dr. in Physical Activity and Sport Sciences
- ▶ Vice-Dean of the Faculty of Sports Sciences. University of Murcia
- ► Racket Sports Teacher. Degree in Physical Activity and Sport Sciences. University of Murcia
- ► Director and teacher of different university padel teaching courses
- ► Author of numerous articles and books on padel
- ► Member of PadelMBA Science
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# **TEACHERS**



MANUEL MARTÍN REINA



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ÓSCAR MARHUENDA



DIEGO MUÑOZ



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MARCOS DEL PILAR



HORACIO ÁLVAREZ CLEMENTI



BERNARDINO J. SÁNCHEZ-ALCARAZ MARTÍNEZ



PABLO AYMÁ



FERNANDO GARCÍA JIMÉNEZ



PAU CALATAYUD ANDRÉS



FRANCISCO GARCÍA



IVÁN LIDÓN







# STRUCTURE AND CURRICULUM

#### **COURSE I**

Padel update seminar

# **COURSE II**

Introduction to padel:
Basic concepts

# **COURSE III**

Technical analysis of padel

# **COURSE IV**

Padel training tactics and methodology

#### **COURSE V**

Padel club management

#### **COURSE VI**

Physical preparation and injuries in padel

# **COURSE VII**

Children's padel and sport psychology

# **COURSE VIII**

Padel research







# **CONTENT OF EACH COURSE**

#### **VIDEO-LESSONS**

Each course is made up
of different 15-minute video
lessons. The total duration
of each course is between
5 and 10 hours of video lessons

# COMPLEMENTARY MATERIAL

In each of the 8 courses, complementary material will be provided for the student to consult and read: dossier of notes, presentations, scientific articles on padel, templates for the design of tasks, examples of the different contents presented, etc

#### **ASSESSMENT**

At the end of each course, the student must complete an evaluation task that will be submitted through the virtual classroom of the master's degree







# **COURSE I. PADEL UPDATE SEMINAR**

#### CONTENT

- ► Presentations by professional padel players and coaches
- ► Developed online, in real time, allowing you to interact with the speakers

#### **DATE**

Saturday, 29 of October of 2022

Professional players

Professional trainers

Professional researchers







# COURSE II. INTRODUCTION TO PADEL

#### **CONTENT**

- ► Introduction to padel. Basic concepts
- ► Technical-tactical aspects for the beginning of the game in padel

#### **DATE**

From 31 of October to 19 of November of 2022







MARCOS DEL PILAR







# COURSE III. TECHNICAL ANALYSIS OF PADEL

#### **CONTENT**

- Technical analysis of groundstrokes and wall strokes in padel
- ► Technical analysis of net strokes in padel
- ▶ Technical analysis of the serve and return in padel
- ► Laterality and its influence on the development of technique in padel

#### **DATE**

From 20 of November to 23 of December of 2022







ÓSCAR MARHUENDA







# COURSE IV. PADEL TRAINING TACTICS AND METHODOLOGY

#### CONTENT

- Technical analysis of groundstrokes and wall strokes in padel
- ► Technical analysis of net strokes in padel
- ▶ Technical analysis of the serve and return in padel
- ► Laterality and its influence on the development of technique in padel

#### **DATE**

From 9 of January to 5 of February of 2023



MANUEL MARTÍN REINA



HORACIO ÁLVAREZ CLEMENTI



PABLO AYMÁ







# **COURSE V. PADEL CLUB MANAGEMENT**

# **CONTENT**

- Management and direction of padel clubs
- ► Resources for the optimisation of padel clubs

#### DATE

From 6 to 26 of February of 2023



MARTÍN REINA











# COURSE VI. PHYSICAL PREPARATION AND INJURIES IN PADEL

#### **CONTENT**

- Physical preparation in padel
- ► Injuries in padel

#### DATE

From 27 of February to 26 of March of 2023



PAU CALATAYUD ANDRÉS









# COURSE VII. CHILDREN'S PADEL AND SPORT PSYCHOLOGY

#### **CONTENT**

- ▶ Padel kids
- Sports psychology applied to padel

#### DATE

From 27 of March to 8 of May of 2023



PAU CALATAYUD ANDRÉS



ALBERTO DE LEDESMA







# **COURSE VIII. PADEL RESEARCH**

#### **CONTENT**

- ► Research in padel and its application to training and competition
- ► Analysis of padel performance
- Preparation of reports based on statistics and data collection in padel
- ► Final Master's thesis

#### **DATE**

From 9 of May to 15 of June of 2023



BERNARDINO J. SÁNCHEZ-ALCARAZ MARTÍNEZ



DIEGO MUÑOZ



FERNANDO GARCÍA JIMÉNEZ



IVÁN LIDÓN







# CONTACT

#### **TECHNICAL DOUBTS**

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#### **ACADEMIC DOUBTS**

Private message through the virtual classroom to the coordinator of each of the master's courses

#### **TUTORING**

3 real time tutorships during the master's course









# THANK YOU VERY MUCH



