



**University Master's Degree**  
**IN PADEL SPORTS TRAINING**  
**AND MANAGEMENT**

Syllabus

UNIVERSIDAD DE  
MURCIA



 PadelMBA

# COURSE I

## PADEL UPDATE SEMINAR

### CONTENTS OF THE SEMINAR

1. Presentation of the Master's Degree and the seminars
2. Teaching methodologies in padel: How to use them to teach better
3. Physical condition training for competitive padel players
4. Characteristics of padel coaches. Differences between beginners, intermediate-advanced and professional levels
5. Research in paddle tennis: Application of statistics and data to paddle tennis training and competition
6. Advanced and professional players: Evolution of padel and new needs

# COURSE II

## INTRODUCTION TO PADEL: BASIC CONCEPTS

### 2.1. INTRODUCTION TO PADEL. BASIC CONCEPTS

1. Introduction
2. Rules of etiquette
3. Equipment for beginners
4. Important accessories for the player
5. Continental grip
6. East forehand grip
7. East backhand grip
8. Grip changes, grip types and two-handed backhand

### 2.2. TECHNICAL-TACTICAL ASPECTS FOR THE BEGINNING OF THE GAME OF PADEL

1. Padel: a quick overview before you start
2. How to switch from tennis to padel quickly
3. Padel basics
4. Basic strategies: Starting to understand the game
5. Wall rebounds
6. Counter-attacking strategies
7. Volleys
8. Aerial play
9. Attacking strategies
10. The serve and the return
11. How to plan a match

## COURSE II

### INTRODUCTION TO PADEL: BASIC CONCEPTS

#### 2.3. TECHNICAL-TACTICAL ASPECTS FOR THE BEGINNING OF THE PADEL GAME II

1. Keys to hit better strokes without a wall from the back of the court
2. Improve your baseline strokes without a wall
3. Three forgotten aspects, looking at the ball, using the non-dominant hand and attitude
4. How to position yourself on court: attack, defence and transitions
5. Racket types and recommendations for choosing them
6. How the grip can condition your game
7. Keys to hit a better lob
8. How to grip the racket, grips and recommendations

## COURSE III

### TECHNICAL ANALYSIS OF PADEL

#### 3.1. TECHNICAL ANALYSIS OF GROUNDSTROKES AND WALL STROKES IN PADEL

1. Analysis of the forehand stroke
2. Exercises to correct the forehand stroke
3. Analysis of the backhand stroke without a wall
4. Exercises to correct the backhand without a wall
5. Analysis of the side wall smash
6. Exercises to correct the side wall
7. Analysis of the back wall stroke
8. Exercises to correct the back wall stroke
9. Analysis of the opening double wall stroke
10. Exercises to correct the opening double wall stroke
11. Analysis of the closing double wall stroke
12. Drills to correct the closing double wall
13. Analysis of the serve
14. Analysis of the return
15. Analysis of the lob
16. Tips on how to read and hit better strokes without a wall from the back of the court
17. Technical details to improve your wall rebounds
18. How to recognise double walls
19. How to recover your opponent's smash
20. Technical tips on how to execute the down the wall smash
21. How to move with your partner at the back of the court, moving and tilting
22. Footwork during the game and how to use your legs

## COURSE III

### TECHNICAL ANALYSIS OF PADEL

#### 3.2. TECHNICAL ANALYSIS OF NET STROKES IN PADEL

1. Analysis of the forehand volley
2. Analysis of the backhand volley
3. Exercises to correct the forehand and backhand volley strokes
4. Analysis of the backhand return to the back wall
5. Exercises to correct the backhand return to the back wall
6. Analysis of the “bandeja” to the side wall
7. Exercises to correct the “bandeja” to the side wall
8. Analysis of the smash
9. Exercises to correct the smash
10. How to backhand volley on both sides of the court
11. The wind-up and the contact point in the volley: technical keys
12. How to place the feet in the volley
13. Technical keys to smashing the ball in the volley
14. The drop shot: technical and tactical keys for you to use it
15. Playing over the fence, how you can defend and attack over it
16. How to forehand volley on both sides of the court
17. How to position yourself at the net, distances and tilting
18. Technical keys to execute your “bandeja”
19. The smash by three: technical and tactical keys so that you know how to execute it
20. Tricks to smash by four in a match
21. How to make your smash return high
22. The “bandeja” with jump
23. Technical references for hitting the “víbora”
24. The backhand to the fence or “rulo”
25. Tactical tips to improve your “bandeja”

## COURSE III

### TECHNICAL ANALYSIS OF PADEL

#### 3.3. TECHNICAL ANALYSIS OF THE SERVE AND THE RETURN IN PADEL

1. How to make the serve draw and a good warm-up
2. Technical keys to improve your serve
3. Technical keys to improve your return
4. Tactical tips to improve your serve
5. Tactical tips to improve your return
6. Learn how to play in Australian mode
7. How to choose your side of the game according to your characteristics
8. The static or dynamic serve, bouncing or dropping the ball

#### 3.4. LATERALITY AND ITS INFLUENCE ON THE DEVELOPMENT OF TECHNIQUE IN PADEL

1. What is laterality?
2. Influence of laterality in the game
3. Influence of laterality in the game II
4. Case I. Cross player on the left side
5. Case II. Homogeneous player on the left side
6. Case III. Crossed player on the right side
7. Case IV. Homogeneous player on the right side

# COURSE IV

## TACTICS AND TEACHING METHODOLOGY IN PADEL

### 4.1. TACTICAL ASPECTS OF PADEL

1. Basic tactical concepts
2. Basic tactics of the starting point
3. Basic tactics at the back of the court
4. Basic tactics at the net
5. Basic tactics when the net is lost
6. Basic tactics to play at the net
7. The fridge
8. Situations outside the match
9. Positioning on the court with the traffic light technique
10. Options for directing the serve
11. Where to return depending on the serve variant
12. Mistakes and corrections of the return
13. Where to play the first volley depending on the situation
14. Mistakes and corrections of the volley
15. Aerial strokes
16. Mistakes and corrections of the smash and “bandeja”
17. How to play with and against a left-handed partner
18. How to regain a good feeling when you are playing badly
19. How to beat defensive players
20. How to beat very aggressive players
21. Learning to play as a team: tips on how to be a good teammate
22. How to get out of the fridge
23. How to assess your opponents' weaknesses during the match
24. How to communicate with your teammate, universal vocabulary
25. The serve
26. The return
27. The lob
28. The counter-attack
29. Where to volley after serving
30. Correct court position when the opponent attacks us with a drop-shot
31. Aerial play
32. Court positioning when we receive a smash



## COURSE IV

### TACTICS AND TEACHING METHODOLOGY IN PADEL

#### 4.2. PADEL TEACHING AND TRAINING METHODOLOGY

##### THROWING AND PLANNING

1. Feedback
2. Throwing from the basket
3. The free throw
4. Throwing alternatives and special resources
5. Individual lessons
6. Group lessons
7. The warm-up
8. How to make a basic planning according to the level of the player: beginner level

##### TEACHING METHODOLOGIES IN PADEL

1. Methodology based on the game
2. Analytical methodology
3. Mixed use or comprehensive model
4. Types of learners and how to choose methodology and goals
5. Analysing, locating and selecting goals
6. Constructing exercises with analytical methodology
7. Build exercises with game-based methodology
8. Build control exercises

# COURSE V

## PADEL CLUB MANAGEMENT

### 5.1. MANAGEMENT OF PADEL CLUBS

1. Padel clubs; types and business analysis
2. Key points in the planning and analysis of a Padel Club
3. School; design, organisation, promotion and measurement
4. Organised matches (with Manuel Ozamiz from Padel Indoor Center)
5. Secondary services in a Padel Club (with Gonzalo Pérez from Padel 2.0)
6. Court rental; variants
7. Competitions
8. Partnerships

### 5.2. RESOURCES FOR THE OPTIMISATION OF PADEL CLUBS

1. The use of social networks for the padel coach
2. Technological tools: video analysis in lessons
3. Selection of the instructor and how to hire him/her
4. Club organisation and communication
5. Types of contract for your company
6. Success story 1: Padel Training club
7. Success story 2: Vita10 club

# COURSE VI

## PHYSICAL PREPARATION AND INJURIES IN PADEL

### 6.1. PHYSICAL PREPARATION IN PADEL

1. Functional training
2. The physical demands of padel
3. Learn the physical abilities for padel
4. How to train the core in padel. Part 1
5. Core exercises for padel. Part 1
6. How to train core in padel. Part 2
7. Core exercises for padel. Part 2
8. How to perform a good warm-up
9. Strength
10. Basic strength work
11. Speed
12. Endurance
13. Coordination
14. Balance
15. Flexibility
16. Agility
17. How to increase your mobility
18. How to improve your acceleration
19. How to improve your jumps
20. How to change direction better
21. Improve your strength
22. Improve your speed
23. Improve your coordination
24. Learn how to transfer your strength

# COURSE VI

## PHYSICAL PREPARATION AND INJURIES IN PADEL

### 6.2. PADEL INJURIES

1. Strengthening the ankles
2. How to prevent knee pain
3. Strengthening the hips
4. Preventing low back pain
5. Strengthen the shoulder
6. How to prevent elbow pain

# COURSE VII

## CHILDREN'S PADEL AND SPORT PSYCHOLOGY

### 7.1. PADEL FOR CHILDREN

1. Theory and examples for children 4-5 years old (Part I)
2. Theory and examples for children 4-5 years old (Part II)
3. Theory and examples for children 5-6 years old (Part I)
4. Theory and examples for 5-6 year olds (Part II)
5. Theory and examples for 7-8 year olds (Part I)
6. Theory and examples for 7-8 year olds (Part II)
7. Theory and examples for 9-10 year olds (Part I)
8. Theory and examples for 9-10 year olds (Part II)
9. Theory and examples for 11-12 year olds (Part I)
10. Theory and examples for 11-12 year olds (Part II)
11. Physical abilities applied to padel
12. Physical preparation exercises
13. Children's padel
14. Exercises for children's padel

### 7.2. PSYCHOLOGY APPLIED TO PADEL

1. The influence of your mind in your sport
2. Keys to mental strength and level of activation
3. Your beliefs drive your performance
4. Boost your motivation by planning goals
5. Self-dialogue and sports priming
6. Mental imagery and pre-competitive routines
7. Decision-making
8. Attention and concentration in sports practice

# COURSE VIII

## PADEL RESEARCH

### 8.1. PADEL RESEARCH

1. Introduction to padel research
2. Research in Performance Analysis I. Temporal structure of padel
3. Research in Performance Analysis I. Actions of play in padel
4. Research in Performance Analysis I. Movements of padel players
5. Research in Health Sciences I. Physiological characteristics of padel
6. Health Sciences Research II. Physical condition in padel and injuries in padel
7. Research in Social Sciences I. Technical analysis and biomechanics in padel
8. Research in Social Sciences II. Other areas of research in padel

### 8.2. RECORDING, ANALYSIS AND APPLICATION OF PADEL STATISTICS AND DATA IN TRAINING AND PADEL COMPETITION

1. Definition of performance indicators in padel
2. Protocol for recording data through the PadelTrain application
3. Data analysis and design of graphs and figures for players. Practical examples
4. Preparation of reports to players based on competition statistics. Templates and practical examples



[padeImba.com](http://padeImba.com)

