



University Master's Degree

**TEACHING PADEL**

**FOR KIDS**



# GOALS

1

**Deepen knowledge and broaden professional skills** related to the teaching and training of kids padel in different areas (methodology, technique, tactics, physical conditioning, exercise design, etc.).

2

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

3

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

4

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

## BERNARDINO J. SÁNCHEZ-ALCARAZ MARTÍNEZ

- ▶ Dr. in Physical Activity and Sport Sciences
- ▶ Teacher 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
- ▶ Founder of PadelMBA Science

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# TEACHERS



**MANUEL  
MARTÍN REINA**



**PAU  
CALATAYUD  
ANDRÉS**



**BERNARDINO J.  
SÁNCHEZ-ALCARAZ  
MARTÍNEZ**



**DIEGO  
MUÑOZ**



**FERNANDO  
GARCÍA  
JIMÉNEZ**



**IVÁN  
LIDÓN**

# STRUCTURE AND CURRICULUM

## COURSE I

Padel update seminar

## COURSE II

Methodology and planning  
in kids padel

## COURSE III

Technical-tactical fundamentals  
in padel for kids

## COURSE IV

Physical conditioning  
in padel for kids

## COURSE V

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 5 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

### START DATE

Saturday, 29th October 2022



**MANUEL  
MARTÍN REINA**



# COURSE II. METHODOLOGY AND PLANNING IN KIDS PADEL

## CONTENT

- ▶ Basics of kids padel
- ▶ Communication in kids padel
- ▶ Planning in kids padel
- ▶ Teaching methodology in kids padel

## START DATE

Tuesday, 1st November 2022



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# COURSE III. TECHNICAL-TACTICAL FUNDAMENTALS IN PADEL FOR KIDS

## CONTENT

- ▶ Technical-tactical basics of padel for kids
- ▶ Training of ground strokes in padel for kids
- ▶ Training net strokes in kids padel
- ▶ Training of aerial strokes in kids padel

## START DATE

Monday, 9th January 2023



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# COURSE IV. PHYSICAL CONDITIONING IN PADEL FOR KIDS

## CONTENT

- ▶ Physical abilities padel for kids
- ▶ Physical skills in padel for kids
- ▶ Physical conditioning in padel for kids

## START DATE

Monday, 27th March 2023



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# COURSE V. 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

### START DATE

Monday, 15th May 2023



**BERNARDINO J.  
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MARTÍNEZ**



**DIEGO  
MUÑOZ**



**FERNANDO  
GARCÍA  
JIMÉNEZ**



**IVÁN  
LIDÓN**

## TECHNICAL DOUBTS

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J. Sánchez-Alacaraz  
Martínez

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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**

UNIVERSIDAD DE  
MURCIA



 PadelMBA