



University Master's Degree
**TEACHING PADEL
FOR KIDS**

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 padel: Application of statistics and data to padel training and competition
6. Advanced and professional players: Evolution of padel and new needs
7. Interview with a professional padel player

COURSE II

METHODOLOGY AND PLANNING IN KIDS PADEL

BASICS OF KIDS PADEL

1. The goals of kids padel
2. The values of padel
3. The importance of parents in their kids development
4. Get to know your students better
5. Profiles of the students
6. The context on the court
7. Motor development. Biological age and maturational age
8. The four dimensions of kids
9. How to teach the rules to young kids
10. Frequent limitations when working with kids

COMMUNICATION IN PADEL FOR KIDS

1. The importance of communication in teaching
2. Communication skills to connect better with our students
3. Communication skills to be able to reach out to our students
4. Questions as a learning tool
5. Commands for teaching
6. Teaching assignments
7. Feedback

COURSE II

METHODOLOGY AND PLANNING IN KIDS PADEL

PLANNING IN KIDS PADEL

1. Planning in kids padel: technical goals
2. Planning in kids padel: tactical goals
3. Planning in kids padel: psycho-physical and formative goals
4. Group dynamics
5. Warming up
6. Preparing material for the initial stages
7. Familiarisation with the padel racket
8. Familiarisation with the balls
9. Time-outs
10. Diverse lessons
11. How to teach different students

METHODOLOGY IN PADEL FOR KIDS

1. Methodology based on the game
2. Composition of game-based exercises
3. Analytical methodology
4. Composition of analytical exercises
5. Composition of guided discovery-based exercises
6. Composition of control exercises

COURSE III

TECHNICAL-TACTICAL FUNDAMENTALS IN PADEL FOR KIDS

TECHNICAL BASICS OF KIDS PADEL

1. Types of grips
2. Frequent mistakes in grips
3. Types of movements
4. Frequent mistakes in the movements

TECHNICAL BASICS OF GROUNDSTROKES IN PADEL FOR KIDS

1. The forehand groundstroke
2. Exercises to teach the forehand groundstroke
3. The backhand groundstroke
4. Exercises to teach the backhand groundstroke
5. The serve
6. Exercises to teach the serve

TECHNICAL BASICS OF NET STROKES IN PADEL FOR KIDS

1. The forehand volley
2. Exercises to teach the forehand volley
3. The backhand volley
4. Exercises to teach the backhand volley

TECHNICAL BASICS OF AERIAL STROKES IN PADEL FOR KIDS

1. The “bandeja”
2. Exercises to teach the “bandeja”
3. The smash
4. Exercises to teach the smash

COURSE IV

PHYSICAL CONDITIONING IN PADEL FOR KIDS

PHYSICAL ABILITIES IN KIDS PADEL

1. Useful and applied strength
2. Hand-eye coordination
3. Spatial organisation and orientation: turns and positioning
4. Spatial-temporal organisation and calculation of trajectories

PHYSICAL SKILLS IN KIDS PADEL

1. Decision making: selecting and discriminating stimuli
2. Ball dodging and balance
3. Adjustments and weight transfers
4. Pace and speeds
5. Concentration skills

PHYSICAL CONDITIONING IN PADEL FOR KIDS

1. Physical abilities applied to padel
2. Physical conditioning exercises
3. Kids padel
4. Exercises for kids padel

COURSE V

PADEL RESEARCH

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

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



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