

 **padelmba**



Curriculum

PADEL TEACHING FOR CHILDREN

UNIVERSIDAD DE
MURCIA



COURSE I

Padel refresher

SESSION CONTENTS

1. Do you train as you compete? Analysis of game actions in professional padel
2. Performance analysis in padel. Key aspects for training and competition
3. Padel tactics. Train with purpose
4. Children's padel. Study and development of training stages
5. Children's padel and content during the season
6. Between-point routine. How to manage time between points and maintain
7. sustained attention during matches
8. Padeltrain. Multidisciplinary team seeking professionalization of padel and
9. its training

COURSE II

Methodology and planning in children's padel

FUNDAMENTALS OF CHILDREN'S PADEL

1. The objectives of children's padel
2. The values of padel
3. The relevance of parents in their children's development
4. Getting to know your students better
5. Student profiles
6. The court context
7. Motor development: Biological age and maturation age
8. The four dimensions of children
9. Teaching the rules to young children
10. Common limitations when working with children

COMMUNICATION IN CHILDREN'S PADEL

1. The importance of communication in teaching
2. Communication skills to better connect with our students
3. Communication skills to effectively reach our students
4. Using questions as a learning tool
5. Teaching commands
6. Teaching instructions
7. Feedback

COURSE II

Methodology and planning in children's padel

PLANNING IN CHILDREN'S PADEL

1. Planning in children's padel: Technical objectives
2. Planning in children's padel: Tactical objectives
3. Planning in children's padel: Psycho-physical and formative objectives
4. Group dynamics
5. Warm-up
6. Preparing materials for initial stages
7. Familiarization with the paddle
8. Familiarization with the balls
9. Timeouts
10. Heterogeneous classes
11. Teaching different students

METHODOLOGY IN CHILDREN'S PADEL

1. Game-based methodology
2. Designing game-based exercises
3. Analytical methodology
4. Designing analytical exercises
5. Designing exercises based on guided discovery
6. Designing control exercises

COURSE III

Technical-tactical fundamentals in padel for children

TECHNICAL FUNDAMENTALS OF CHILDREN'S PADEL

1. Grip types
2. Common grip errors
3. Footwork types
4. Common footwork errors

TECHNICAL FUNDAMENTALS OF GROUNDSTROKES IN CHILDREN'S PADEL

1. Forehand groundstroke
2. Exercises to teach the forehand groundstroke
3. Backhand groundstroke
4. Exercises to teach the backhand groundstroke
5. Serve
6. Exercises to teach the serve

TECHNICAL FUNDAMENTALS OF NET PLAY IN CHILDREN'S PADEL

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

TECHNICAL FUNDAMENTALS OF AERIAL SHOTS IN CHILDREN'S PADEL

1. Bandeja (Lob)
2. Exercises to teach the bandeja (lob)
3. Smash
4. Exercises to teach the smash

COURSE IV

Physical training in padel for children

PHYSICAL CAPABILITIES IN CHILDREN'S PADEL

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

PHYSICAL SKILLS IN CHILDREN'S PADEL

1. Decision-making: selecting and discriminating stimuli
2. Ball dodging and balance
3. Weight adjustments and transfers
4. Rhythms and speeds
5. Concentration ability

PHYSICAL PREPARATION IN CHILDREN'S PADEL

1. Physical capabilities applied to padel
2. Physical preparation exercises
3. Children's padel
4. Exercises for children's padel

COURSE V

Padel research

RESEARCH IN PADEL

1. Introduction to research in padel
2. Research in Performance Analysis I: Temporal structure of padel
3. Research in Performance Analysis II: Game actions in padel
4. Research in Performance Analysis III: Players' movements in padel
5. Research in Health Sciences I: Physiological characteristics of padel
6. Research in Health Sciences II: Physical condition 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 STATISTICS AND DATA IN PADEL TRAINING AND COMPETITION

1. Definition of performance indicators in padel
2. Data recording protocol using the PadelTrain application
3. Data analysis and design of graphs and figures for players
4. Practical examples
5. Creation of player reports based on competition statistics
6. Templates and practical examples

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