



Curriculum

**PADEL**

**TRAINING**

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 sustained attention during matches
7. Padeltrain. Multidisciplinary team seeking professionalization of padel and its training

# COURSE II

## Introduction to padel

### **2.1. INTRODUCTION TO PADEL. BASIC CONCEPTS**

1. Presentation
2. Etiquette rules
3. Equipment for beginners
4. Important accessories for the player
5. Continental grip
6. Eastern forehand grip
7. Eastern backhand grip
8. Grip changes, types of grip, and two-handed backhand

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

1. Padel: quick summary before starting
2. How to transition quickly from tennis to padel
3. Fundamental concepts about padel
4. Basic strategies: Beginning to understand the game
5. Wall rebounds
6. Counterattack strategies
7. Volleys
8. Aerial game
9. Attack strategies
10. Serve and return
11. How to plan a match

## COURSE II

### Introduction to padel

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

1. Keys to better hitting shots without wall from the back of the court
2. Improve your shots without wall
3. Three forgotten aspects: watching the ball, using the non-dominant hand, and attitude
4. How to position yourself on the court: attack, defense, and transitions
5. Types of padel and recommendations for choosing them
6. How grip can affect your game
7. Keys to better hitting the lob
8. How to grip the padel, grips, and recommendations

## COURSE III

### Technical analysis of padel

#### 3.1. TECHNICAL ANALYSIS OF GROUND 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 wall
4. Exercises to correct the backhand stroke without wall
5. Analysis of the side wall stroke
6. Exercises to correct the side wall stroke
7. Analysis of the back wall stroke
8. Exercises to correct the back wall stroke
9. Analysis of the opening wall stroke
10. Exercises to correct the opening double wall stroke
11. Analysis of the closing double wall stroke
12. Exercises to correct the closing double wall stroke
13. Analysis of the serve
14. Analysis of the return
15. Analysis of the lob
16. Tips for reading and hitting shots without wall from the back of the court
17. Technical details to improve wall rebounds
18. How to recognize double walls
19. How to recover your opponent's smash
20. Technical keys for executing the drop shot on the wall
21. How to move with your partner in the back of the court, footwork and weight shifts
22. Footwork during the game and how to use your legs

## COURSE III

### Technical analysis of padel

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

1. Analysis of the forehand volley
2. Analysis of the backhand volley
3. Exercises to correct the forehand and backhand volleys
4. Analysis of the back wall lob
5. Exercises to correct the back wall lob
6. Analysis of the side wall lob
7. Exercises to correct the side wall lob
8. Analysis of the smash
9. Exercises to correct the smash
10. How to volley with the backhand on both sides of the court
11. Setup and point of contact in the volley: technical keys
12. Foot placement in the volley
13. Technical keys to crush the ball in the volley
14. The drop shot: technical and tactical keys for using it
15. Playing on the net, how to defend and attack at the net
16. How to volley with the forehand on both sides of the court
17. How to position yourself at the net, distances, and weight shifts
18. Technical keys to execute your lob
19. The three-wall shot: technical and tactical keys for execution
20. Tips for hitting a four-wall shot in a match
21. How to make your smash return high
22. The jumping lob
23. Technical references for hitting the snake shot
24. The shot to the net or roller shot
25. Tactical advice to improve your lob

## **COURSE III**

### Technical analysis of padel

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

1. How to do the serve toss and a good warm-up
2. Technical keys to improve your serve
3. Technical keys to improve your return
4. Tactical keys for serving better
5. Tactical keys for returning better
6. Learn to play with the Australian formation
7. How to choose your playing side based on your characteristics
8. Static or dynamic serve, bounce or drop the ball

#### **3.4. LATERALITY AND ITS INFLUENCE ON TECHNIQUE DEVELOPMENT 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-handed player on the left side
5. Case II: Homogeneous player on the left side
6. Case III: Cross-handed player on the right side
7. Case IV: Homogeneous player on the right side

# COURSE IV

## Training tactics and methodology

### 4.1. TACTICAL ASPECTS OF PADEL

1. Basic tactical concepts
2. Basic tactics at the start of a point
3. Basic tactics from the back of the court
4. Basic tactics at the net
5. Basic tactics when losing the net
6. Basic tactics for playing at the net
7. The refrigerator strategy
8. External situations during the match
9. Court positioning using the traffic light technique
10. Options for directing the serve
11. Where to return based on the serve variation
12. Resting errors and corrections
13. Where to play the first volley based on the situation
14. Volleying errors and corrections
15. Plays with aerial shots
16. Bandeja and smash errors and corrections
17. Playing with and against a left-handed partner
18. Recovering good sensations when playing poorly
19. Defeating defensive players
20. Defeating highly aggressive players
21. Learning to play as a team: tips to be a good partner
22. How to escape the refrigerator strategy
23. Evaluating opponents' weaknesses during the match
24. Communication with your partner, universal vocabulary
25. The serve
26. The return
27. The lob
28. The counterattack
29. Where to volley after serving
30. Correct court positioning when the opponent attacks with a drop shot
31. Aerial game
32. Court positioning when being smashed



# COURSE IV

## Training tactics and methodology

### 4.2. "4.2. TEACHING AND TRAINING METHODOLOGY IN PADEL

#### PLANNING AND SCHEDULING

1. Feedback
2. Basket throw technique
3. Free throw technique
4. Alternative throwing methods and special resources
5. Individual classes
6. Group classes
7. Warm-up routines
8. How to create a foundational training plan based on the player's level:
9. beginner level

#### TEACHING METHODOLOGIES IN PADEL

1. Game-based methodology
2. Analytical methodology
3. Mixed use or comprehensive model
4. Types of students and how to choose methodology and objectives
5. Analyzing, locating, and selecting objectives
6. Designing exercises with analytical methodology
7. Designing exercises with game-based methodology
8. Creating control exercises

# COURSE V

## Padel club management

### 5.1. PADEL CLUB MANAGEMENT

1. Padel clubs: types and business analysis
2. Key points in planning and analyzing a Padel Club
3. School: design, organization, promotion, and measurement
4. Organized 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: variations
7. Competitions
8. Partnerships

### 5.2. RESOURCES FOR PADEL CLUB OPTIMIZATION

1. Using social media for padel coaches
2. Technological tools: video analysis in classes
3. Selecting and hiring coaches
4. Club organizational chart and communication
5. Types of contracts for your company
6. Success case study 1: Padel Training Club
7. Success case study 2: Vita10 Club

# COURSE VI

## Physical preparation and injuries in padel

### 6.1. PHYSICAL PREPARATION IN PADEL

1. Functional training
2. Physical demands of padel
3. Understanding physical capabilities for padel
4. How to train the core in padel - Part 1
5. Core exercises for padel - Part 1
6. How to train the core in padel - Part 2
7. Core exercises for padel - Part 2
8. Proper warm-up routine
9. Strength training
10. Basic strength exercises
11. Speed training
12. Endurance training
13. Coordination training
14. Balance training
15. Flexibility training
16. Agility training
17. Improving mobility
18. Enhancing acceleration
19. Improving jumping ability
20. Enhancing change of direction
21. Improving strength
22. Enhancing speed
23. Improving coordination
24. Learning to transfer strength

# COURSE VI

## Physical preparation and injuries in padel

### INJURIES IN PADEL

1. Strengthening the ankles
2. Preventing knee pain
3. Hip strengthening exercises
4. Preventing lower back pain
5. Shoulder strengthening exercises
6. Preventing elbow pain

# COURSE VII

## Children's padel and sports psychology

### 7.1. CHILDREN'S PADEL

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

### 7.2. PADEL PSYCHOLOGY

1. The influence of your mind on your sport
2. Keys to mental strength and arousal level
3. Your beliefs drive your performance
4. Boost your motivation through goal planning
5. Self-talk and sports priming
6. Mental imagery and pre-competition routines
7. Decision-making
8. Attention and concentration in sports practice

# COURSE VIII

## Padel research

### **8.1. 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

### **8.2. 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. Practical examples
4. Creation of player reports based on competition statistics. Templates and practical examples

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