



Certified Padel Coach Kids

CERTIFICATION FOR KIDS' PADEL COACHES



Presentation



Presentation of the Padelmba team

We begin with the presentation of the coach and a global presentation of Padelmba and the training team that constitutes it.

» NAME

» AGE

» ACADEMIC
EDUCATION

» TRAINING
IN PADEL

» WORK
EXPERIENCE

» NO. OF CURRENT
CLASSES

» LEVEL OF
STUDENTS

» COMPETITION
EXPERIENCE

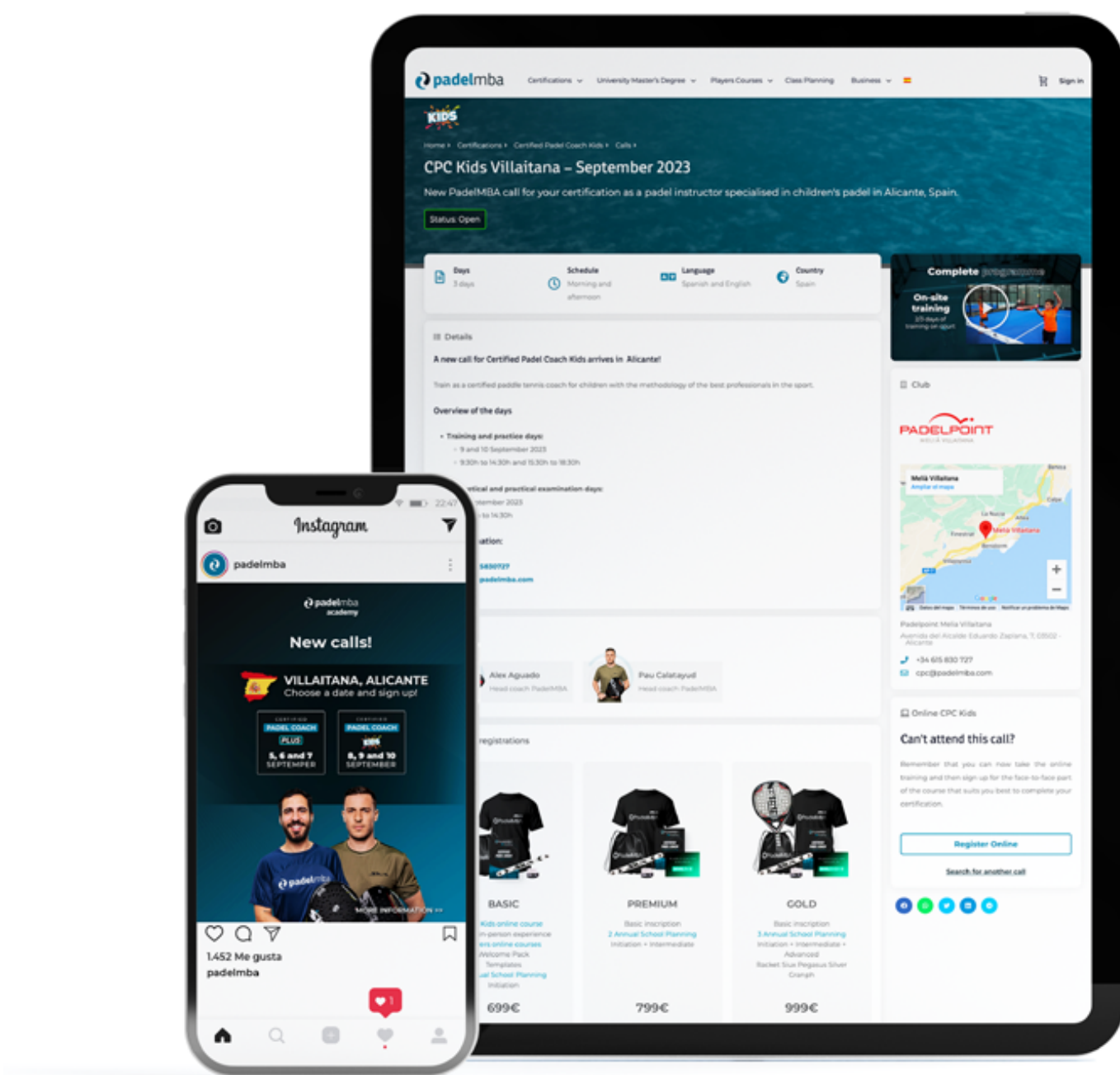
Presentation of the students

Getting to know our students and their experience in the professional sector of the world of padel.

- » NAME
- » AGE
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Course structure



Certified Padel Coach Kids Blocks

- 01 Online training, acquire the theoretical knowledge necessary to become a specialized paddle tennis instructor for children. Modules from 01 to 08.
- 02 Face-to-face training, demonstrating in practice the theoretical knowledge acquired during the course.
- 03 Final exam to acquire the official certificate and continuous training to continue acquiring new knowledge. Modules 9 and 10.

Continuous training will not be available until you have completed the online training for block 01 and received the grades for block 02. Its completion is neither mandatory nor gradable.

Assessable contents of the certification

This is all the minimum knowledge that is acquired after completing our certified course.

01 BASICS OF CHILDREN'S PADEL

Objectives, stages, motor development, physical capabilities and track context.

02 COMMUNICATION

Communication skills, questions, commands, slogans and feedback.

03 PLANNING IN CHILDREN'S PADEL

Stages and levels.

04 TECHNICAL BASICS

Grips, displacements, adjustments, jumps, landings, turns and errors.

05 METHODOLOGIES

Games and uses of different methodologies.

06 GROUNDSTROKES

- Demonstration and explanation of each stroke.
- Frequent errors.
- Exercises.

07 NET STROKES

- Demonstration and explanation of each stroke.
- Frequent errors.
- Exercises.

08 AERIAL STROKES

- Demonstration and explanation of each stroke.
- Frequent errors.
- Exercises.

Evaluation criteria

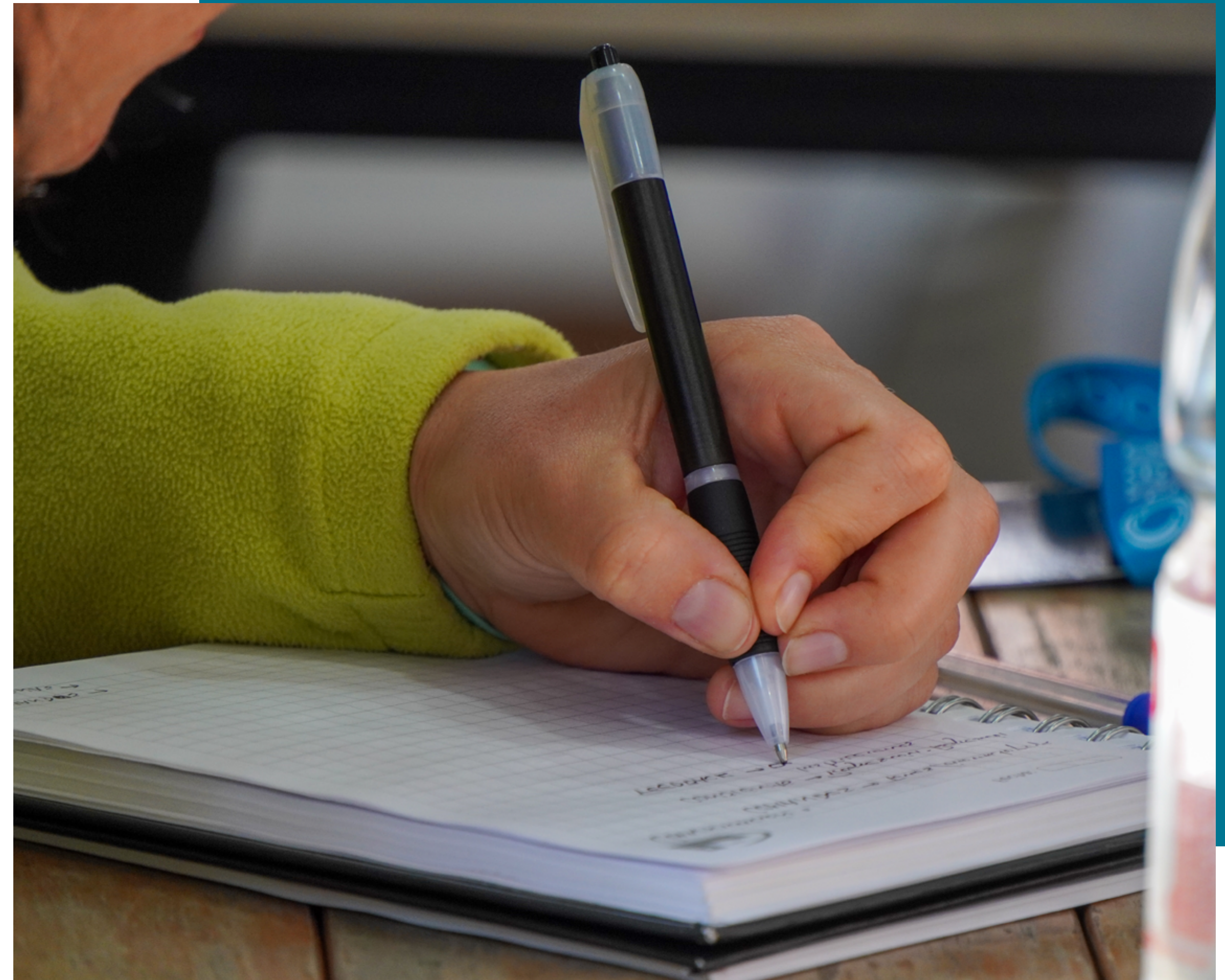
Block 01

The modules from 1 to 8 have associated evaluation questionnaires. To successfully pass each quiz you must get 80% of the questions correct.

It is **MANDATORY** to pass the quizzes of the modules to be able to issue the certificate.

It is also **MANDATORY** to view all the online content of block 1 to be able to issue the certificate (also passing block 2).

It is **RECOMMENDED** to watch the videos for a better experience when attending the face-to-face part of the course.





Block 02

During the block all the contents of block 1 will be worked in a practical and dynamic way. The student will have to know and put into practice in a logical and useful way all the concepts that are taught during the course.

The approved students will be able to opt after passing the Final Exam to a certificate as Instructor or Monitor specialized in children's training.

To become an instructor, the passing grade must be between 60% and 79% of the total score.

To become a monitor, the passing grade must be between 80% and 100% of the total score.

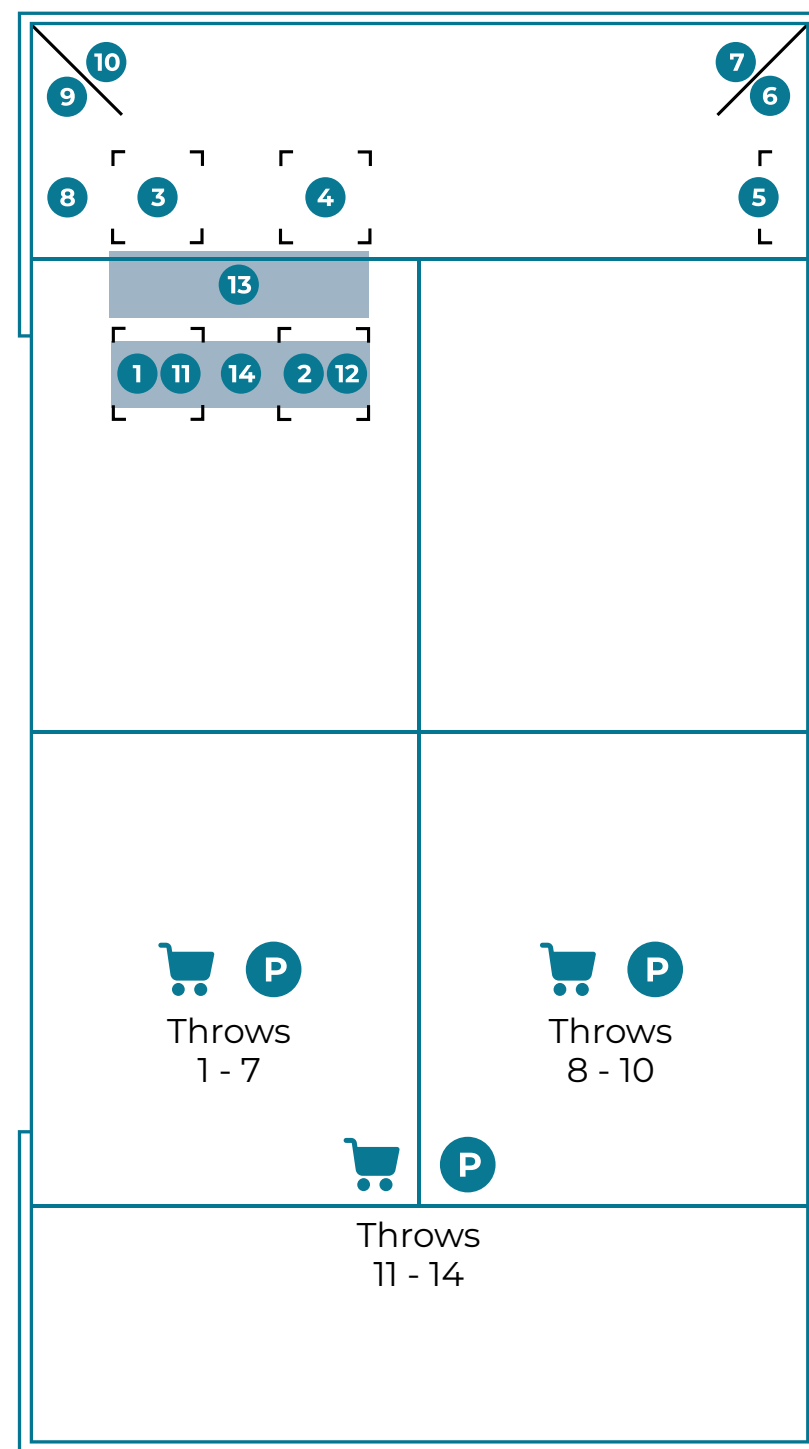
The grades will be obtained through the exams that will take place on the last day of the training.

The last day will be used for exams:

- Feeding
- Technique
- Methodology

Examples of exams

Technique and feeding test



Throws

- 1 Simple forehand
- 2 Simple backhand
- 3 Forehand backwall
- 4 Backhand backwall
- 5 Backhand sidewall
- 6 Open double wall
- 7 Closed double wall
- 8 Forehand sidewall
- 9 Open double wall
- 10 Closed double wall
- 11 Forehand volley
- 12 Backhand volley
- 13 Lob for “bandeja”
- 14 Lob for smash

Key

- N° Direction of throw
- P Coach
- Trolley
- Throwing area marking tapes
- Lob area



Methodology exam

padelmba academy

EXAM

BLOCK 2 - FACE TO FACE TRAINING

CERTIFIED PADEL COACH

Level: **Beginner**

Students: **4**

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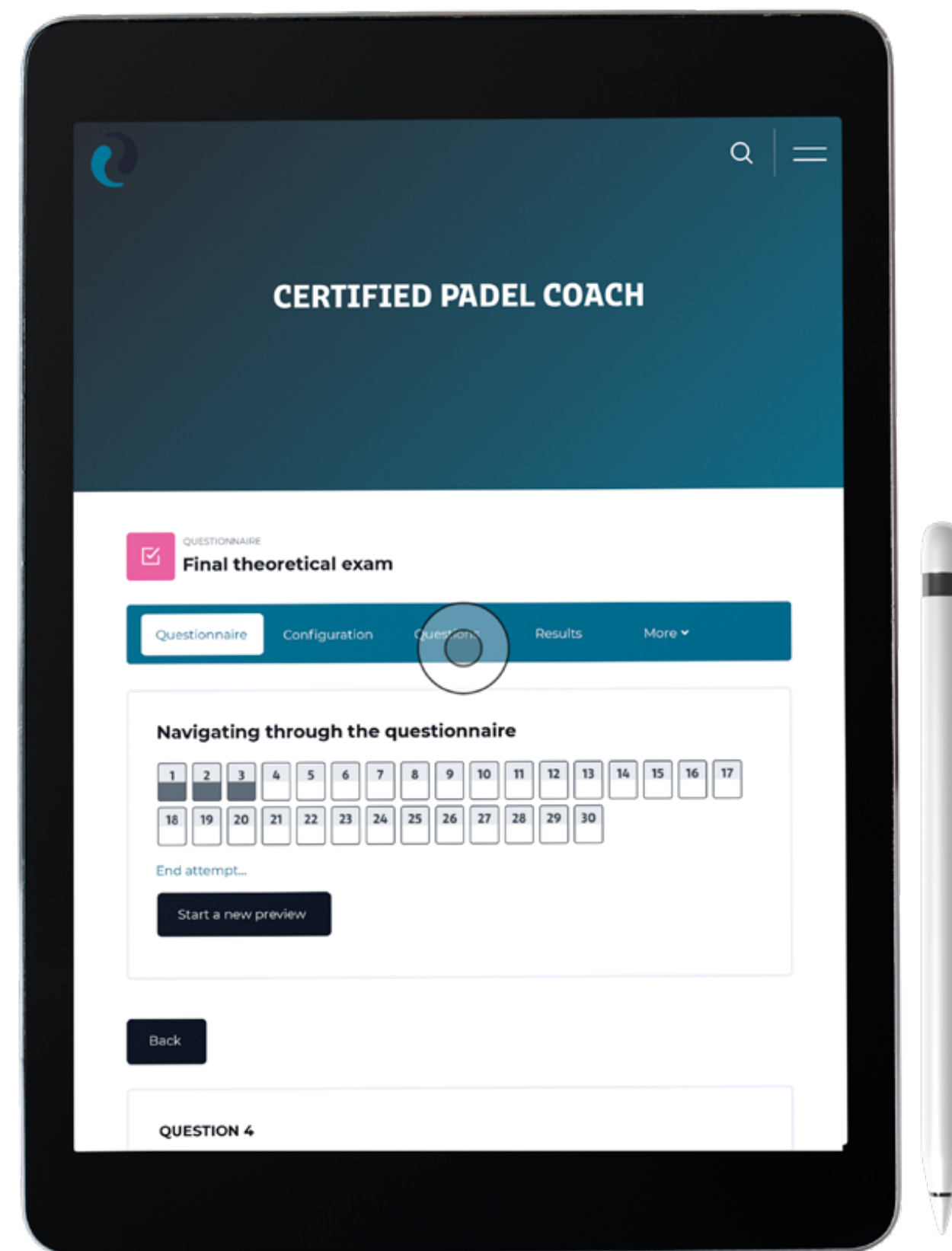
The **sequence** and process in the **class structure** must be respected.

The session will be designed according to the goals set, level and number of students.

To pass the exam with a grade of **assistant coach**, it will be necessary to obtain at least **60%** of the maximum total grade.

To pass the exam with a **head coach** rating, it will be necessary to achieve at least **80%** of the maximum total grade.

Final Exam



The Final Exam consists of **30 questions** and you have **1 hour to complete it**, if it has not been completed after that time, an automated delivery will be made grading the questions that have been answered.

To pass the exam it **will be necessary to obtain at least 80%** of the maximum total grade.

Padelmba method

Concept

The Padelmba methodology is a mixed methodology, which seeks to accelerate the learning process of each student as much as possible and values the diversity of each client in the classes. ANALYTICAL + GAME-BASED.



Structure

It is very important that the Padelmba Coach respects the structure of the session, which is divided into 4 sub-sections.

ORGANISATION:

- Presentation.
- Placement of students in the corresponding area.
- Explanation of the goals of the class with visual examples.
- General + specific warm-up: 10 minutes (free method).
- Main part: 30 minutes of work focussing on the goal.
- Final tactical work: 15 minutes of tactical work with conditioned play.
- Cool down: 5 minutes of cool down exercises.
- Closing of class: Synthesis of the errors and solutions provided, goals for the next session and farewell.

TECHNICAL CORRECTIONS:

Presentation of the work to be carried out (goal 1 of the session)

- Demonstration.
- Explanation.

The assistant coach will carry out the exercises he has planned

Corrections and Feedback

- While the exercises are in progress: positive and negative reinforcement adapted to the learner.

TACTICAL CORRECTIONS:

The first question

- Why did you play that ball?
- What goal were you pursuing by playing in that direction?
- Do you think you have achieved your goal by hitting the ball in that area?

Following the student's response

- The coach will obtain the information.
- The coach will clarify the concept and another question will be added:
 - Do you think you could have made a different decision?
 - Do you think you could have done it better in another way?
 - How could you optimise this situation?

Structure

Commitment:

- The coach obtains more information.
- · With the second answer the student will have provided a solution and the coach will turn it into a commitment.
 - Example: Perfect, so as you say, playing that ball cross-court would be more productive. Will you commit to play it in the next...?

EXERCISE DESIGN:

- **Physical construction:** delineate strike zones, safe zones, goals and circulation.
- **Demonstration and explanation:** the coach will demonstrate and then explain the exercise in detail.
- **Dynamism:** number of balls per student, number of rows and maximum useful time (< 20 sec without hitting / student).
- **Feedback:** during the exercise, the coach will apply the appropriate type of feedback and take advantage of transit times between exercises and/or end of the session.

· Flat technical model:

- This will be the basis from which the student will learn to add more complex spins and technical models.
- Linear model - linear strokes.
- Very simple.
- Facilitates the learning of other spins.
- When the student masters the flat spin we will move on to add the following parameters:
 - Height.
 - Direction.
 - Depth.
 - Speed.



Kids Method

“
GET TO KNOW THEM BETTER
*Understand
better to your
students and
your profiles*

— Padelmba
”

Essence Triumph

OBJETIVOS DEL PÁDEL INFANTIL

- Training
- Hotbed
- Take advantage of sensitive phases
- Technical
- Tactical
- Physicists
- Mental
- Management of emotions
- Interpersonal relations
- Have fun and enjoy
- Values of sport

VALUES OF CHILDREN'S PADEL

- Companionship
- Respect
- Honesty
- Discipline
- Constancy
- Intelligence

Evolution

STAGES

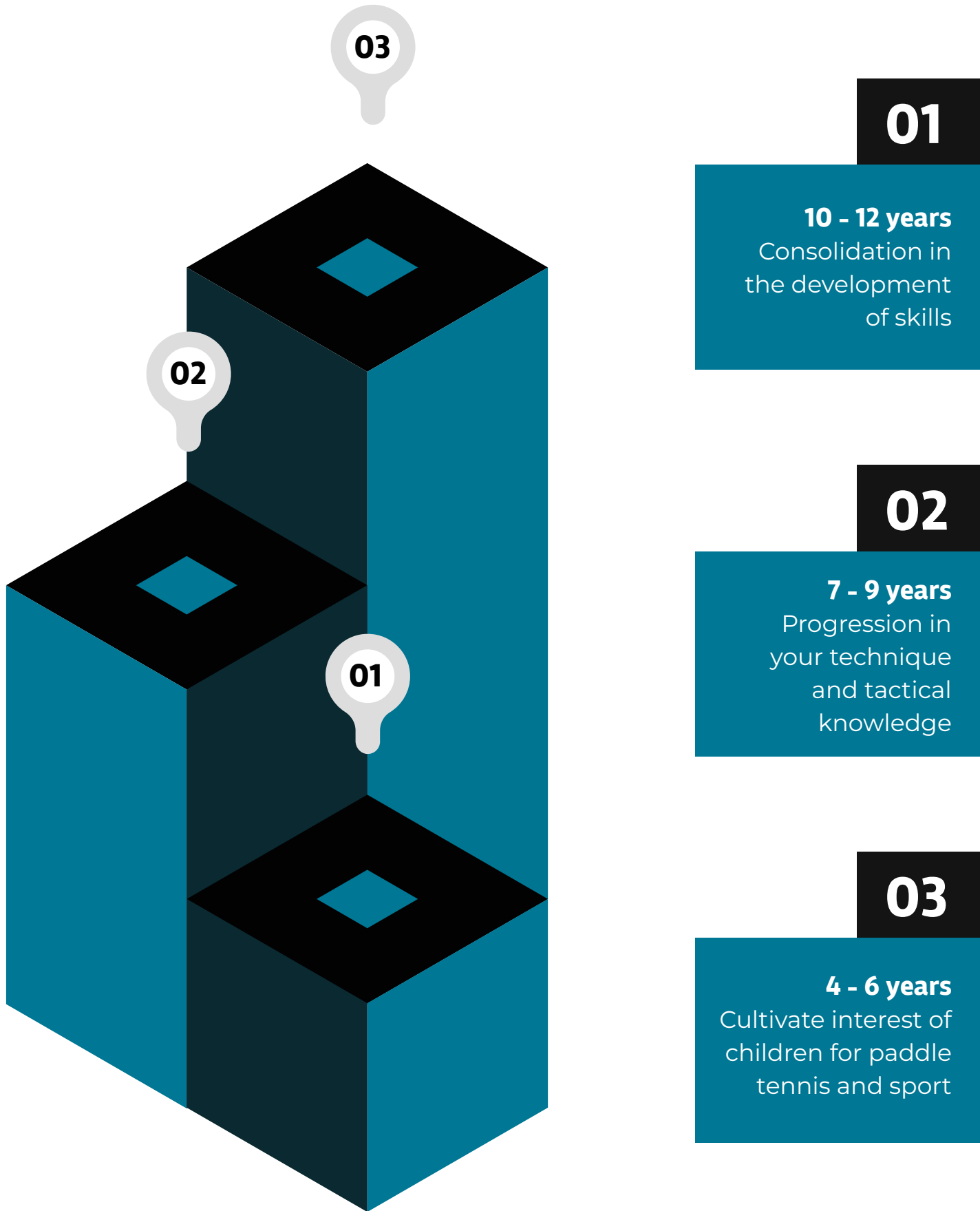
- Baby padel: 4 - 5 years
- Mini padel: 5 - 6 years
- Development: 7 - 8 years
- Consolidation: 9 - 10 years
- Specialization: 10 - 11 years

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- 100% Baby padel
- 90% Mini padel
- 70% - 80% Development
- 50% - 60% Consolidation
- 40% - 50% Specialization

STAGE

- Stage 3: 4 - 6 years
- Stage 2: 7 - 9 years
- Stage 1: 10 - 12 years



Skills

LEARNING CHANNELS

- Perceptive: Observe visually
- Understanding: Listening
- Executive: Internship

SCENARIO DEVELOPMENT

- Describe scenarios
- Must be attractive and eye-catching
- Everything we tell and how we tell it
- Tone, rhythm and sequence ideal

NARRATIVE

- Describe scenarios
- Must be attractive and eye-catching
- Everything we tell and how we tell it
- Ideal tone, rhythm and sequence





Classification criteria

01

Started level
Intermediate level
Advanced level

02

Stage 3: 4 - 5 years Baby padel | 5 - 6 years Mini padel
Stage 2: 7 - 9 years (Development and consolidation)
Stage 1: 10 - 12 years (Specialization)

The **evaluation criteria** for children's paddle tennis are based on understanding the skill level, setting specific goals, breaking down key skills, creating an assessment scale, considering physical and psychological aspects, and ensuring a fun and motivating approach.



Effective Interaction

WHEN TO GIVE FEEDBACK?

- Not to give 1:1
- Every minimum 2-3 hits
- Wait 4-5 seconds before the next one
- Optimal execution window after applying feedback between 6-20 seconds
- More than 10 seconds won't be as effective
- More than 20 loses a lot of clarity or is forgotten
- Allow about 5 seconds for the student to self-analyze
- Intra-task
- Post-task
- Post-exercise

COMUNICACION

- Communication skills
- Questions as a tool
- Commands (commonly corrections)
- Instructions
- They are part of the proposals
- Directions
- Specify what can and cannot be done