

CERTIFIED

PADEL COACH

Our training will provide you with the necessary knowledge to become a padel coach with the methodologies of the best padel in the sector.



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

>> WORK EXPERIENCE

>> ACADEMIC EDUCATION

>> TRAINING IN PADEL

>> LEVELS OF STUDENTS

>> N° OF CURRENT CLASSES

>> COMPETITION EXPERIENCE

Presentation of the students

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

>> NAME

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PADEL

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Motivation

RESPECT AND ADMIRATION

- >> You show great determination to achieve your goals.
- >> We are inspired by the dedication you have put into your training.

A TRANSFORMATION PROCESS

- >> It is important to let go of beliefs, routines and comfort zones and to fight the resistance to change.
- >> Seek personal and professional growth, expanding horizons and opening ourselves to new opportunities.
- >> Facing this process with courage will make you grow, improve and achieve your goals.

Congratulations on this achievement and all that is about to come!

Course structure

Certified Padel Coach modules

01

ONLINE TRAINING

Acquire the theoretical knowledge necessary to become a padel coach. Modules from 01 to 06.

02

IN-PERSON EXPERIENCE

Demonstrating in practice the theoretical knowledge acquired during the course.

03

FINAL EXAM AND CONTINUOUS TRAINING

Final Exam to acquire the official certificate and continuous training. Modules 07 and 10.

Continuous training will not be available until you have completed the online training in block 01 and received marks for block 02. It is not compulsory and cannot be graded.

Course structure

Assessable contents of the certification

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

01

PADELMBA METHOD

Concept and characteristics.

02

NOTIONS OF FEEDING

Learning the various ways to feed the ball.

03

METHODOLOGIES

Work on the Padelmba methodology

(ANALYTICAL + GAME-BASED).

04

GRIPS

- Identification.
- Common errors in different grips.
- Exercises.

05

GROUNDSTROKES WITHOUT A WALL

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

06

GROUND STROKES WITH WALL

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

07

NET STROKES

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

08

EXAMS

The completion of the three exams.

Evaluation criteria

Block 01

- >> **MODULES 1 TO 6** have associated evaluation quizzes. To successfully pass each quiz, you must get 80% of the questions correct.
- >> **IT IS MANDATORY** to pass the module questionnaires 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 classroom part.

Evaluation criteria

Block 02

EXAMPLE 1

- **TECHNIQUE:** Instructor
- **LAUNCH:** Monitor
- **METHODOLOGY:** Not Suitable

FINAL RATING: Not Suitable

EXAMPLE 2

- **TECHNIQUE:** Monitor
- **LAUNCH:** Instructor
- **METHODOLOGY:** Monitor

FINAL RATING: Instructor

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. To be instructor the approved must be between 60% and 79% over the total score.

To be monitor the approved must be between 80% and 100% over the total score.

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

The last day will be destined to the exams:

- >> Feeding
- >> Technique
- >> Methodology

Examples of exams

TECHNIQUE EXAM

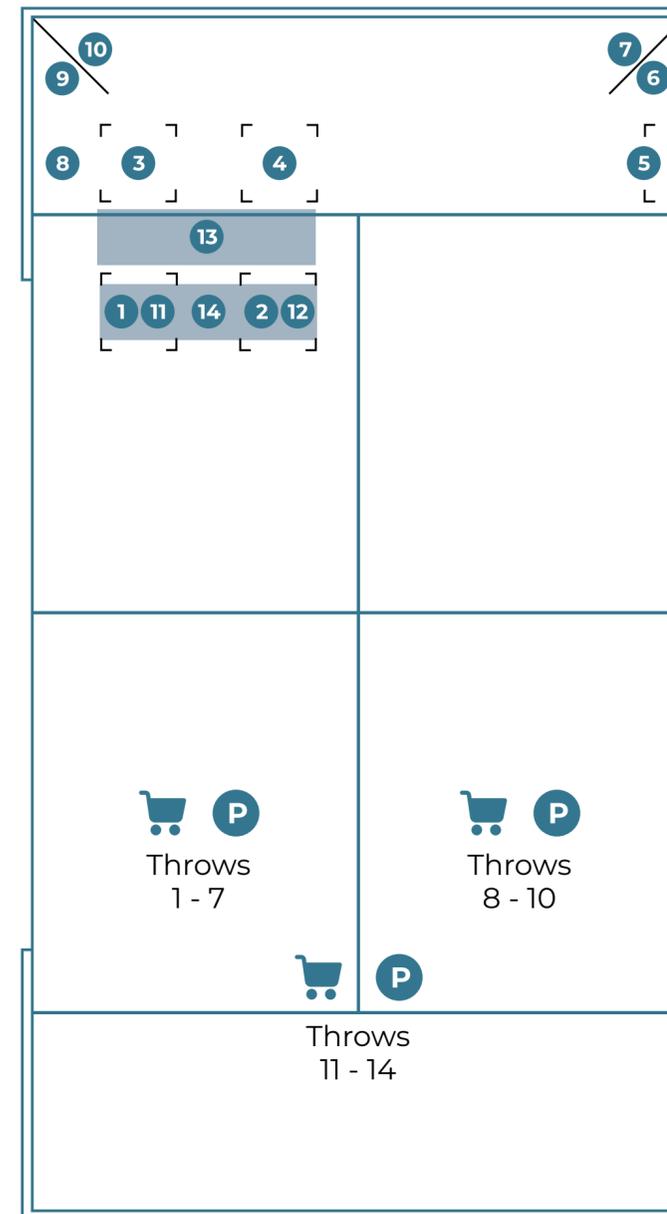
EXAMPLE →

vimeo.com/manage/videos/790392348/bd81c99f58

THROWING EXAM

EXAMPLE →

vimeo.com/manage/videos/790392282/3900e9729a



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

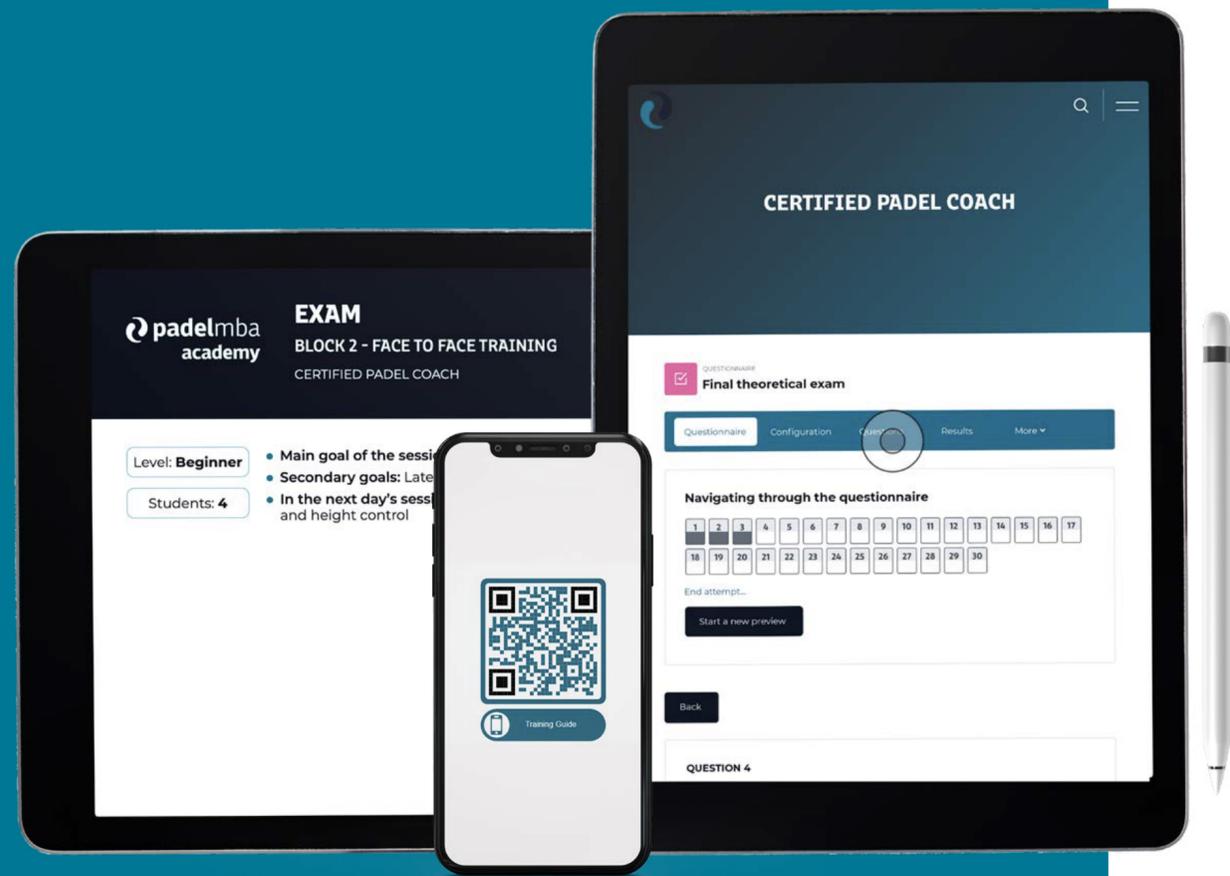
Trolley Trolley

— Throwing area marking tapes

■ Lob area



Examples of exams



METHODOLOGY EXAM

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.

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?

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 stroke, we will move on to adding the following parameters:
 - > Height.
 - > Direction.
 - > Depth.
 - > Speed.