

## PROGRAM OF THE ONLINE COURSE OF LEVEL 1

### PRESENTACIÓN

- General Knowledge of the Sport
- Rules and Regulations
- Instructor Formation I
- General concepts and resources an instructor should know
- Teaching Didactics I
- Instructor Formation II
- Strokes and Techniques I
- Strokes and Techniques II
- Instructor Formation III
- Strokes and Techniques III: Wall Rebounds – Basic Concepts
- Strokes and Techniques IV: Wall Rebounds – Advanced
- Tactics and Important concepts of padel I
- Ball Basket Management and Ball Feeding Techniques
- Ball Control Exercises
- Strokes and Techniques V
- Teaching Didactics II
- Strokes and Techniques VI
- Play at the Net I
- Tactics and Important concepts of padel II
- School for Kids
- Tactics and Important concepts of padel III
- Play at the Net – Strokes and Techniques VII – Volley
- Strokes and Techniques VIII – Smash Variations
- Strokes and Techniques IX – Definitions with Smash
- Techniques of Strokes and Foot Work
- Teaching Didactics III
- Instructor Formation IV