PADEL ACADEMY



PRIVATE LESSON OBJECTIVES

1 Discover Padel

Get introduced to padel and understand the fundamentals of the game.

2 Improve Movement

Develop better coordination and movement on the court.

3 Build Technique

Improve stroke technique in both defensive and attacking situations.

4 Understand the Game

Recognize game situations and begin to understand tactical aspects.

PRIVATE LESSON PROGRAM

3 Sessions

SESSION 1
Movement with forehand and backhand shots / volley and bandeja
(Technique)

SESSION 2
Coordination and movement in defense and attack
(Transitions)

SESSION 3
Simple rebounds, forehand-backhand combinations / lobs

5 Sessions

SESSION 1
Movement with forehand and backhand shots / volley and bandeja
(Technique)

SESSION 2
Coordination and movement in defense and attack
(Transitions)

SESSION 3
Simple rebounds, forehand-backhand combinations / lobs

SESSION 4
Combination of volleys and bandejas.
Serve and return

SESSION 5
Forehand and backhand volley
(Technique)

8 Sessions

SESSION 1
Movement with forehand and backhand shots / volley and bandeja
(Technique)

SESSION 2
Coordination and movement in defense and attack
(Transitions)

SESSION 3
Simple rebounds, forehand-backhand combinations / lobs

SESSION 4
Combination of volleys and bandejas.
Serve and return

SESSION 5
Forehand and backhand volley
(Technique)

SESSION 6
Volley and bandeja coordination

SESSION 7
Double rebounds.
Coordination and movement

SESSION 8
Double rebounds.
Coordination with lobs