

INTERNATIONAL COURSE

**INFORMATION, EDUCATION AND
PREPARATION**

TO THE EXAMINATION F.I.P.

PROGRAMME

Thursday

- 15.30 – 15.45 Arrival of participants to the Course place
Welcome-desk
Check-In
- 16.00 Welcome from the President of the ...
Objective and purpose of the Course
Presentation of the International Course of Information,
Educational and Preparation to the Examination FIP Level 1
Staff Presentation
- 16.15 – 18.15 Start of Theory Course
- General aspects of Padel sport
Teaching method
Materials
Explanation of Examination of Theory
- 17.10 - 17.20 Pause
- Motodologic Area:*
The Junior Sport knowledge.
The performance characteristics of a junior athlete.
General principles of juniors training.
Mobility capacity education.
Mobility capacity education and habilities evaluation.
- Pedagogic Aspects:*
The support to motivations.
Didactic aspects of mobility-sport education.
- 18.30 – 20.30 Start of Activity in the court
(First hour: only one court, Second hour, two courts)
- Explantaion of Examination of Practice
Throw Tests
Practice

Friday

- 08.45 – 10.30 Start of Practical Course
(only one court)

Hit methodology
Demonstration
Teaching progressions
The feet movements
Technical problems and correction

The following Hits or Shots will be presented:

The Forehand or "Drive" (of right hand)

The Volée

The Backhand

The exit-of-the-wall shot

The Lob shot

The Demi volée

The Smash shot

10.30 - 12.30

Practice

(two courts)

12.30 - 14.00

Pause

13.00

Lunch time

14.00

Short summary with video

14.30

Generic Technical aspects:

Suggestions for the election of coach or trainer and teacher

Classification of game personalizations and forecast

Differences between a player who play in right-hand position and a player who play in back-hand position

15.30 – 17.00

Practical Course continuation

(in only one court)

Teaching skill: the Forehand

Teaching skill: the Backhand

Teaching skill: the Volée and the Smash shot

17.00 – 19.00

Practice

(two courts)

Teaching praxis: the Forehand and teh Backhand

19.15 – 20.15

Theory Course continuation

Padel history

Padel rackets evolution

Saturday

9.00 – 10.30

Practical Course continuation

(only one court)

Organization and master-class set-up

10.30 – 12.30

Practice
(two courts)

12.30 - 14.00

Pause

13.00

Lunch time

14.00

Short summary with video

15.00

Generic Technical aspects:
Rackets types, Shoes types
Art-of-play for each floor surface

16.00 – 17.30

Practical Course continuation
(just in one court)

Technical skill to give the ball from the basket-balls

Special effects: Top Spin - Side Spin
Special Smash: “Vivora” – “Bandeja” – Plane – Slice
Aggressive or Defensive

Warm-Up in 5 minutes

Skill-Test
Playing Tactics
Priorities and fundamental rules and regulations

17.30 – 18.30

Practice
(two courts)

Practice of teaching

18.45 – 19.45

Brief summary
International Rules and Regulations
Question time

Sunday

9.00 - 11.00

Warm-up for the Test of Technical Demonstration and of Play
(two courts)

11.00

Pause

11.30 - 13.00

Practical examinations F.I.P. – Part 1 *(two courts)*

<i>13.00 - 14.00</i>	Pause. Lunch
<i>14.00 - 15.30</i>	Theoretical examinations F.I.P.
<i>16.00 (approx.)</i>	End of The Course Participation Certificates giving ceremony

Predicted hours in class-room: 10 hours
Predicted hours in the court: 31 hours 15 minutes