

# PADEL

CAMP

**Wilson**  
CIB PADEL  
DEKEL  
TLV

**PADEL  
SPORT  
ACADEMY**  
SINCE 2005 TEACHING TO PLAY PADEL 



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# PRESENTATION

At Padel Sport Academy, our commitment is the learning and progression of the student. For this, our Staff has more than 15 years of experience at all levels (initiation, improvement and competition that will help you increase your padel level.

Our way of working is based on polishing the technique from the most basic level to the highest. For this, all of our monitors are certified by **FEDERACION ANDALUZA DE PADEL** and **FEDERACION ESPANOLA DE PADEL**, providing an extensive experience to each of our students.





*THE*  
**COACHES**

Leonardo Gatto  
German Thomas

# PADEL CAMP

## **DURATION:**

3 Days

3 Hours technique and tactic

## **START**

4-6 SEP

## **INCLUDED:**

T-shirt for each player

Fruits and water every training day

Pictures and videos



# SCHEDULE

*B. S. S.*

## DAY 1

16:30 Presentation  
16:45 Warm up

### TECHNIQUE

#### Lesson 1:

Grip, forehand and backhand, backglass forehand and backhand.

#### Lesson 2:

forehand and backhand volleys.

BREAK 10 min.

### TACTIC

#### Lesson 1:

When have I go to the net?  
Ball's Maintenance and games with handicaps.

19:20 Streching  
19:30 End

## DAY 2

16:30 Warm up

### TECHNIQUE

#### Lesson 3:

Side glass forehand and backhand, double glass forehand and backhand.

Lesson 4: Bandeja and Smash.

BREAK 10 min.

### TACTIC

#### Lesson 2:

How to cover the middle of the court on offensive position.  
Ball's Maintenance and games with handicaps.

19:20 Streching  
19:30 End

## DAY 3

16:30 Warm up

### TECHNIQUE

#### Lesson 5:

Defensive to offensive combination shots.

#### Lesson 6:

Offensive to defensive combination shots.

BREAK 10 min.

### TACTIC

#### Lesson 3:

Ball's Maintenance and games with coaches or sparrings.

19:20 Streching.  
19:30 End



# SCHEDULE

*Advanced*

## DAY 1

20:30 Presentation  
20:45 Warm up

### TECHNIQUE

#### Lesson 1:

Grip, forehand and backhand, backglass forehand and backhand.

#### Lesson 2:

forehand and backhand volleys.

BREAK 10 min.

### TACTIC

#### Lesson 1:

When have I go to the net?  
Ball's Maintenance and games with handicaps.

23:20 Streching  
23:30 End

## DAY 2

20:30 Warm up

### TECHNIQUE

#### Lesson 3:

Side glass forehand and backhand, double glass forehand and backhand.

Lesson 4: Bandeja and Smash.

BREAK 10 min.

### TACTIC

#### Lesson 2:

How to cover the middle of the court on offensive position.  
Ball's Maintenance and games with handicaps.

23:20 Streching  
23:30 End

## DAY 3

20:30 Warm up

### TECHNIQUE

#### Lesson 5:

Defensive to offensive combination shots.

#### Lesson 6:

Offensive to defensive combination shots.

BREAK 10 min.

### TACTIC

#### Lesson 3:

Ball's Maintenance and games with coaches or sparrings.

23:20 Streching.  
23:30 End



# JOIN US

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