# ACADEMY 2023



# **iiWELCOME ON BOARD!!**

My name is Fede Vives, coaching director of Royal Padel Academy, created in 2021 togheter with our Royal Padel team. Our mission is to share our padel knowledge gained through many years of experience to clubs, coaches, and players in our main center in Barcelona. Furthermore, we travel worldwide to offer our padel services.

Welcome to Royal Padel Academy and thank you for sharing your passion with us!!



Fede Vives
Royal Padel Academy Coaching Director



## BARCELONA ACADEMY

## Padel packages

- Full weekend (6h)
- Full day (4h)
- Half day (3h)

#### **Private Lessons**

#### Certifications

Courses aimed at clubs, coaches or players who want to dedicate themselves to teaching or expand their technical and tactical knowledge of padel.

- Coach certification (Beginners, Intermediate and Advance)
- Mini padel
- Physical training certification

# **WPT Experience**





# FULL WEEKEND PACKAGE

#### STANDARD 6H PROGRAM

Saturday: 2h training + 1h game
Sunday: 1h morning training +2h
tournament (10h to 12h or 12h to 14h
Americana or game)

**Royal Padel racquet test** 

10% discount Royal Padel racquets

Price: 135€/per person for group of 3/4 players

#### PREMIUM 6H PROGRAM

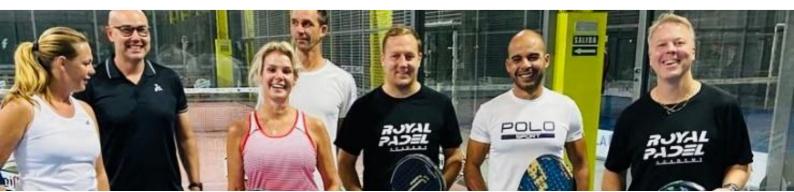
Saturday: 2h training + 1h game Sunday: 1h morning training +2h tournament (10h to 12h or 12h to 14h

Americana or game)

Royal Padel racquet test

20% discount Royal Padel racquets

Coach: Fede Vives
(Coach Director Royal Padel Academy)
Price: 170€/per person for
group of 3/4 players



<sup>\*</sup>Airport transfer and hotel under request

<sup>\*</sup>Americana or match upon availability

<sup>\*</sup>Royal Padel rackets under request

<sup>\*</sup>Premium Package with Fede Vives under request



# FULL DAY PACKAGE

#### **STANDARD 4H PROGRAM**

**Saturday**: 2h training morning +1h training afternoon + 1h afternoon game

or

Sunday: 2h tournament (10h to 12h or 12h to 14h Americana or game) + 2h afternoon training

Royal Padel racquet test

10% discount Royal Padel racquets

Price: 95€/per person for group of 3/4 players

- \*Airport transfer and hotel under request
- \*Americana or match upon availability
- \*Royal Padel rackets under request
- \*Premium Package with Fede Vives under request

#### **PREMIUM 4H PROGRAM**

**Saturday:** 2h training morning +1h training afternoon + 1h afternoon game

or

**Sunday:** 2h tournament (10h to 12h or 12h to 14h Americana or game) + 2h afternoon training

Royal Padel racquet test 20% discount Royal Padel racquets

Coach: Fede Vives

(Coach Director Royal Padel Academy)

Price: 120€/per person for group

of 3/4 players

More info and reservations: <a href="mailto:academy@royalpadel.com">academy@royalpadel.com</a>





# HALF DAY PACKAGE

#### STANDARD 3H PROGRAM

Saturday afternoon 1'5h training + 1'5h game or

#### Sunday morning

1h training + 2h Tournament (10h to 12h or 12h to 14h Americana or game)

Royal Padel racquet test

10% discount Royal Padel

Price: 70€/per person for group of 3/4 players

- \*Airport transfer and hotel under request
- \*Americana or match upon availability
- \*Royal Padel rackets under request
- \*Premium Package with Fede Vives under request

#### PREMIUM 3H PROGRAM

Saturday afternoon 1'5h training + 1'5h game or

#### Sunday morning

1h training + 2h Tournament (10h to 12h or 12h to 14h Americana or game)

Royal Padel racquet test

20% discount Royal Padel

Coach: Fede Vives

(Coach Director Royal Padel Academy)

Price: 90€/per person for group

of 3/4 players





#### PRIVATE LESSONS

#### STANDAR PRICES 1H LESSON

65€/1 player

70€/2 players

75€/3 players

80€/4 players

#### STANDARD 2H PACK

130€/1 player

140€/2 players

150€/3 players

160€/4 players

#### PREMIUM PRICES 1H LESSON

85€/1 player

90€/2 players

95€/3 players

100€/4 players

#### PREMIUM 2H PACK

160€/1 player

170€/2 players

180€/3 players

190€/4 players

\*Coach: Fede Vives

(Coach Director Royal Padel Academy)

#### **Schedule lessons:**

Monday to Friday: 8am - 16h Saturday &

Sunday: Fully day

\*Under request





#### **COACH CERTIFICATION**

BEGINNERS COURSE: 12h course (8h Saturday, 4h Sunday morning) Welcome pack, PDF book, Coach certificate, Saturday lunch included. Course oriented to teach beginner level players.

- -How to be the successful coach
- -How to prepare and execute the best training session
- -How to throw a ball correctly based on students' level
- -The basic shots required for a beginner
- -The progression of every basic shot
- -The basic tactics for beginners
- -Common mistakes and how to remedy

#### The basic shots in beginners

- 1.Flat Forehand
- 2. Flat Backhand
- 3.Flat Service
- 4.Return
- 5.Backend Walls
- 6.Lob
- 7. Side Walls
- 8.Flat Vollevs
- 9.Flat overhead

**Price**: 350€/pers, 12h course

4 players minimum





INTERMEDIATE COURSE: Course oriented to teach medium level players. 12h course (8h Saturday, 4h Sunday morning)
Welcome pack/ PDF book/ Coach certificate/ Saturday lunch included.

- -Progression from beginner to intermediate
- -Introduction to movement and positioning
- -The basic shots required for intermediate
- -The progression of every intermediate shot
- -The basic tactics for intermediate
- -Common mistakes and how to remedy

#### The basic strokes in the middle level

- 1.Forehand slice
- 2.Backhand slice
- 3.Slice service
- 4.Return
- 5.Slice volleys
- 6.Bandeja
- 7.Double wall (in, out)
- 8.360° Wall turn
- 9. Against the wall

Price: 350€/person 4 players mínimum



# RJYALPADEL ACADEMY

ADVANCED COURSE: Course oriented to teach advanced level players.

12h course (8h Saturday, 4h Sunday morning)

Welcome pack/ PDF book/ Coach certificate/ Saturday lunch included.

Course oriented to teach pro level players on tactic and technique.

- -Basic shots for advanced level players
- -Required progression for advanced shot execution
- -Basic tactics for advanced level players
- -Common mistakes and how to remedy
- -How to successfully train players to begin competing

#### The basic strokes in advanced level

- -Víbora
- -Smash X3 (over the fence)

#### Tactical variations of other shots

- -Back wall shots: off the wall smash, fast lobs and trick shots
- -Groundstroke
- -Smash: Bringing the ball back
- -Drop shot volley
- -X4 (over the back wall)
- -Sleepyhead

Price: 350€/person 4 players mínimum





#### **COACH CERTIFICATION MINI PADEL**

Course oriented to teach kids starting padel. Aimed exclusively at coaches and players who want to dedicate themselves to teaching padel for children from 4 to 10 years old.

8h course (8h Saturday )Welcome pack/ PDF book/ Coach certificate/ Saturday lunch included.

#### DAY 1

- 1. How to be the successful coach for kids
- 2. The basic shots and progressions
- 3. Exercises for kids

#### DAY 2

- 1. Revision of day 1 / Questions?
- 2. Preparation of coaching class
- 3. Video Record of your own shots
- 4. Explanation of one basic beginner shot per pairs exam
- 5. Summary of coaching class + Diploma Assistance

Price: 350€/person 4 players mínimum





# COACH CERTIFICATION INTEGRATED PHYSICAL TRAINING

It is essential that the players do no physical see preparation as a punishment, we look for tasks with integrated training that are enjoyable for the players.

### **COURSE STRUCTURE**

2h course
Saturday 10am to 14h & 16pm to
20h Sunday 10am to 14h
Number of participants: 8 to 12 players

Price: 250€/person 4 players mínimum





#### WPT EXPERIENCE

Enjoy a padel journey with 2h training, 1 game and a ticket for WPT or Premier padel tournament.

MASTER FINAL 14-17 December Padel package + Ticket tournament

\*Ask for prices

