

**ROYALPADEL**  
A C A D E M Y

2023

# ROYALPADEL

A C A D E M Y

A C A D E M Y

## ¡¡WELCOME ON BOARD!!

My name is Fede Vives, coaching director of Royal Padel Academy, created in 2021 together 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

# ROYALPADEL

## ACADEMY

### INTERNATIONAL ACADEMY

We bring our knowledge to your club:

#### 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

Customized seasonal programs for padel schools

Private Lessons

Clinics & match exhibitions



## 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 Volleys
- 9.Flat overhead

**Price: 350€/pers, 12h course**

**4 players minimum**

**More info and reservations: [academy@royalpadel.com](mailto:academy@royalpadel.com)**



# ROYALPADEL

## A C A D E M Y

**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 minimum

**More info and reservations:** [academy@royalpadel.com](mailto:academy@royalpadel.com)



# ROYALPADEL

## 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 minimum

**More info and reservations:** [academy@royalpadel.com](mailto:academy@royalpadel.com)



# ROYALPADEL

## ACADEMY

### 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 minimum

More info and reservations: [academy@royalpadel.com](mailto:academy@royalpadel.com)



## COACH CERTIFICATION INTEGRATED PHYSICAL TRAINING

It is essential that the players do not see physical 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 minimum

More info and reservations: [academy@royalpadel.com](mailto:academy@royalpadel.com)





## CUSTOMIZED SEASONAL PROGRAMS FOR PADEL SCHOOLS

Annual/seasonal coaching program

- 36 lessons per season for every level
- + 500 warm up, drills, control & games content
- Seasonal program based in our coaching course

**\*Ask for price**

4 players minimum

**More info and reservations: [academy@royalpadel.com](mailto:academy@royalpadel.com)**



## PRIVATE LESSONS

Ask for our coaches and they will come for a weekend to help your players and memberships to improve their game.

**Price:** 500€ fully day coach (8h) + expenses (accommodation, flight, meals, transfer)

\*Prices for European zone

More info and reservations: [academy@royalpadel.com](mailto:academy@royalpadel.com)



# ROYALPADEL

## A C A D E M Y

### CLINICS & MATCH EXHIBITIONS

We offer different formats of clinics and exhibition games depending on your needs.

Improve specific shots and have fun playing.

We offer different formats of clinics and exhibition games depending on your needs.

- Clinics for all levels (beginners, medium and advance)
- Each clinic will consist of minimum 6 players
- Club must provide minimum of 3 clinics a day. 2h each clinic
- Clinic dates will be agreed and promoted minimum of 30 days from set event

**Price:** 600€ fully day coach (8h) + expenses (accommodation, flight, meals, transfer)

**More info and reservations:** [academy@royalpadel.com](mailto:academy@royalpadel.com)

