

# Introduction to PADEL

INTRODUCTION TO PADEL

TRAINING THE TRAINERS



All Racquet Sports/ PADEL-U by **adidas** is the platform where teaching professionals perfect their knowledge and teaching methods. The methodology that was developed pushes professionals to complete specific Padel training techniques in the technical, tactical, bio-mechanical & physical areas of the sport.

## GOALS:

During your time on the court you will be introduced to the sport of padel including the history, rules of the sport and training techniques. In addition you will get insight into the intensive ARS/ PADEL –U by **adidas** Certification program that is supported by the USPTA and the USPA.

## CONTENT:

- **Knowledge of padel:** Learn the details of the sport and the excitement of playing.
- **Analysis:** Learn the rules and the fundamentals of Padel while getting a clear understanding of the benefits of the Certification process..
- **Master Classes & Workouts:** Receive a basic understanding of the sport, workouts and training techniques.
- **Communication:** Understand how to teach with passion and explain how to get others excited about Padel.

**INTRO INCLUDES:** All Racquet Sports **adidas** T shirt, bag tag and Certificate of attendance of Introduction to Padel Certification

## MASTER CERTIFIED TEACHING PROFESSIONAL:

**SIGN-UP NOW • \$199** includes registration fees

Questions about the course, please contact  
[marcos@allracquetsports.com](mailto:marcos@allracquetsports.com)

In partnership with:



Marcos del Pilar  
All Racquet Sports USA

1  
PROGRAM

1  
DAY

2  
HOURS

Lifetime  
OPPORTUNITY

