

# 1<sup>st</sup> COACH COURSE

COORDINATED BY: PROFESSOR NUNO MATEUS

APPLY TO: [SECRETARY@PADEL-EUROPE.ORG](mailto:SECRETARY@PADEL-EUROPE.ORG)



**September 18th to 24th**

MODULE 1 OF 2 - GENERAL by Zoom (Online)

**October 05th to 08th**

MODULE 2 OF 2 - SPECIFIC on Site (Lisbon/Portugal)

COURSE HOMOLOGATION & RECOGNITION BY:







## 1<sup>st</sup> FEPA COACH COURSE LEVEL 1 Coach

- 1 – Open to all candidates affiliated with a FEPA member Federation
- 2 – The Course is recognized by FEPA, by the Portuguese Padel Federation and by the National Sports Entity of Portugal
- 3 – It is divided in Theory and Practical Models
- 4 – The Theory Module will be lectured in Zoom and the Practical Module will take place in Lisbon.
- 5 – The Course will cost 1.200 Euros per person (Lectures & Materials Included). Any other expenses such as hotels, meals and transportation are not included in the price – we will have a special price contract with an hotel nearby and special meal prices at the club where the lectures are taking place. We expect to arrange for about 80 euros for a double room per night and meals to be about 15 euros per meal.
- 7 – You can sign-up to the course by sending an email to [secretary@padel-europe.org](mailto:secretary@padel-europe.org)
- 8 – you will be confirmed as an attendee once your federation confirms you are an affiliate or agrees with your participation.
- 9 – Entries are limited to 30 participants so if there are more applications than places, we'll accept at least one representative of each country first, and then the remaining participants will be accepted by order of application.
- 10 – You must attend all lectures and pass a theory exam (Module 1) as well as a practical exam (Module 2) in order to get your certificate.
- 11 – You can repeat the exams if you do not get a passing grade or cannot attend on the specified dates.
- 12 – Applications must arrive by August 21<sup>st</sup> and payments by August 28<sup>th</sup>.





# MODULE 1 - GENERAL REQUISITES - Level 1

(by Video – 36h – September 18<sup>th</sup> to 24<sup>th</sup>)

## 1. THEORY AND METHODOLOGY OF SPORT TRAINING – 12h

by: Prof Paulo Caldeira & Pedro Cardoso

- a. FUNDAMENTALS OF THE TRAINING PROCESS
- b. PRINCIPLES OF TRAINING
- c. INTRODUCTION TO MOTOR SKILLS OR QUALITIES
- d. THE TRAINING UNIT

## 2. PEDAGOGY AND DIDACTICS OF SPORT – 15h

by: Prof Frederico Cardoso

- a. COACH AS A TRAINER OF PEOPLE
- b. EQUALITY AS A STRUCTURING PRINCIPLE OF PEDAGOGICAL PRACTICE
- c. LEARNING TO BE A TRAINER: MISSION AND PROJECT
- d. THE CULTURE OF PEDAGOGICAL "GOOD PRACTICES" IN THE PROMOTION OF ADHERENCE AND AFFILIATION TO SPORTS
- e. PRACTITIONER CENTERED SPORT TRAINING
- f. THE COMPROMISE BETWEEN COMPETITION AND INCLUSION IN YOUTH TRAINING
- g. SPORT TRAINING AS A TEACHING-LEARNING PROCESS
- h. STRATEGIES FOR THE GRADUAL AUTONOMY OF PRACTITIONERS IN LEARNING
- i. STRATEGIES FOR EFFECTIVE ACCOUNTABILITY OF THE PARTICIPANTS IN THE TRAINING PROCESS

## 3. FUNCTIONING OF THE HUMAN BODY, FIRST AID AND ANTI-DOPING – 5h

by: Prof Gonçalo Vicente & Prof Sofia Neves

- a. FUNCTIONING OF THE HUMAN BODY
- b. INJURY PREVENTION/FIRST AID
- c. GENERAL PRINCIPLES AND DOPING CONTROLS
- d. ANTI-DOPING AWARENESS AND EDUCATION

## 4. ADAPTED SPORT – 2h

by: Tiago Ferreira

- a. THE RIGHT TO SPORT FOR PEOPLE WITH DISABILITIES
- b. FUNDAMENTAL MOTOR SKILLS
- c. ADAPTATION
- d. ADAPTED AND INCLUSIVE GAMES

## 5. ETHICS IN SPORT – 2h

by: Prof Pedro Cardoso

- a. ETHICS AND VALUES IN SPORT
- b. PROMOTION OF ETHICS IN SPORT





## MODULE 2 - SPECIFIC REQUISITES - Level 1

(In Lisbon – 40h – October 19<sup>th</sup> to 22<sup>nd</sup>)

### 1. PADEL KNOWLEDGE 1 – 3h

by: Prof Nuno Mateus

- a. 1.1. ORIGINS
- b. 1.2. NOWDAYS
- c. 1.3. FUTURE OF OUR SPORT

### 2. METHODOLOGY AND DIDACTICS OF PADEL 1 – 18h

by: Prof Nuno Mateus

- a. DEFENSIVE GAME
- b. OFFENSIVE GAME
- c. TRANSITION GAME

### 3. TECHNICAL & TACTICAL ANALYSIS 1 – 8h

by: Prof Nuno Mateus

- a. FOREHAND
- b. BACKHAND (ONE AND TWO HAND)
- c. VOLEY
- d. BANDEJA
- e. VIBORA
- f. SMASH
- g. SERVICE

### 4. THE DIFFERENT POSITION ROLES IN CLASSIC AND MODERN GAME 1 – 4h

by: Prof Nuno Mateus

- a. RIGHT SIDE
- b. LEFT SIDE

### 5. DRILLS & PRACTICAL EXERCISES – 3h

by: Prof Nuno Mateus

