



*Federación Internacional de Pádel (F.I.P.)
International Padel Federation (I.P.F.)*

*Rue de l'Aurore n.1
CH-1005 Lausanne
Switzerland*

OFFICIAL EDUCATIONAL PROGRAMME

PADEL INSTRUCTOR COURSE

LEVEL 1: INITIATION AND PROMOTION

AREA 0. INTRODUCTION

- 0.1. THE INTERNATIONAL PADEL FEDERATION
- 0.2. INTRODUCTION

AREA 1. HISTORY

- 1.1. ORIGIN AND EVOLUTION

AREA 2. TECHNICAL & EDUCATIONAL FIP PROGRAMME

- 2.1. INTRODUCTION
- 2.2. DEVELOPMENT PROGRAMME
- 2.3. UPDATING STAGES

AREA 3. TECHNIQUES

- 3.1. CONTINENTAL HANDGRIP
- 3.2. EAST HANDGRIP

AREA 4. SHOTS

- 4.1. FOREHAND
 - 4.1.1. FOREHAND PROGRESSION



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- 4.1.2. TEACHING WAY OF FOREHAND
 - 4.1.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
 - 4.2. FOREHAND SIDEWALL WAY OUT
 - 4.3. FOREHAND SIDEWALL WAY OUT
 - 4.3.1. HOW TO TEACH THE WAY OUT FROM FOREHAND SHOT AT THE BASELINE
 - 4.4. DOUBLE RIGHT SIDEWALL
 - 4.5. FOREHAND LOB SHOT
 - 4.6. SMASH
 - 4.6.1. SMASH PROGRESSION
 - 4.6.2. TEACHING WAYS OF SMASH
 - 4.6.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
 - 4.7. BACKHAND
 - 4.7.1. BACKHAND SHOT PROGRESSION
 - 4.7.2. HOW TO TEACH THE BACKHAND SHOT
 - 4.7.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
 - 4.8. BACKHAND SIDEWALL WAY OUT
 - 4.9. BACKHAND SIDEWALL WAY OUT
 - 4.10. BACKHAND DOUBLE SIDEWALL
 - 4.11. BACKHAND VOLÉE
 - 4.11.1. BACKHAND VOLÉE PROGRESSION
 - 4.11.2. TEACHING WAYS OF BACKHAND VOLÉE
 - 4.11.3. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS
 - 4.12. BACKHAND LOB
 - 4.13. SPINNINGS



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4.13.1. BACKHAND SPINNING

4.13.2. FOREHAND SPINNING

4.14. SMASH SHOT

4.14.1. POSSIBLE SOLUTIONS TO SOLVE TECHNICAL ERRORS

4.15. TRAY-LIKE

AREA 5. SPECIAL SHOTS

5.1. FOREHAND BACKSPIN

5.2. BACKHAND BACKSPIN

AREA 6. EXERCISES

AREA 7. PADEL CARDS