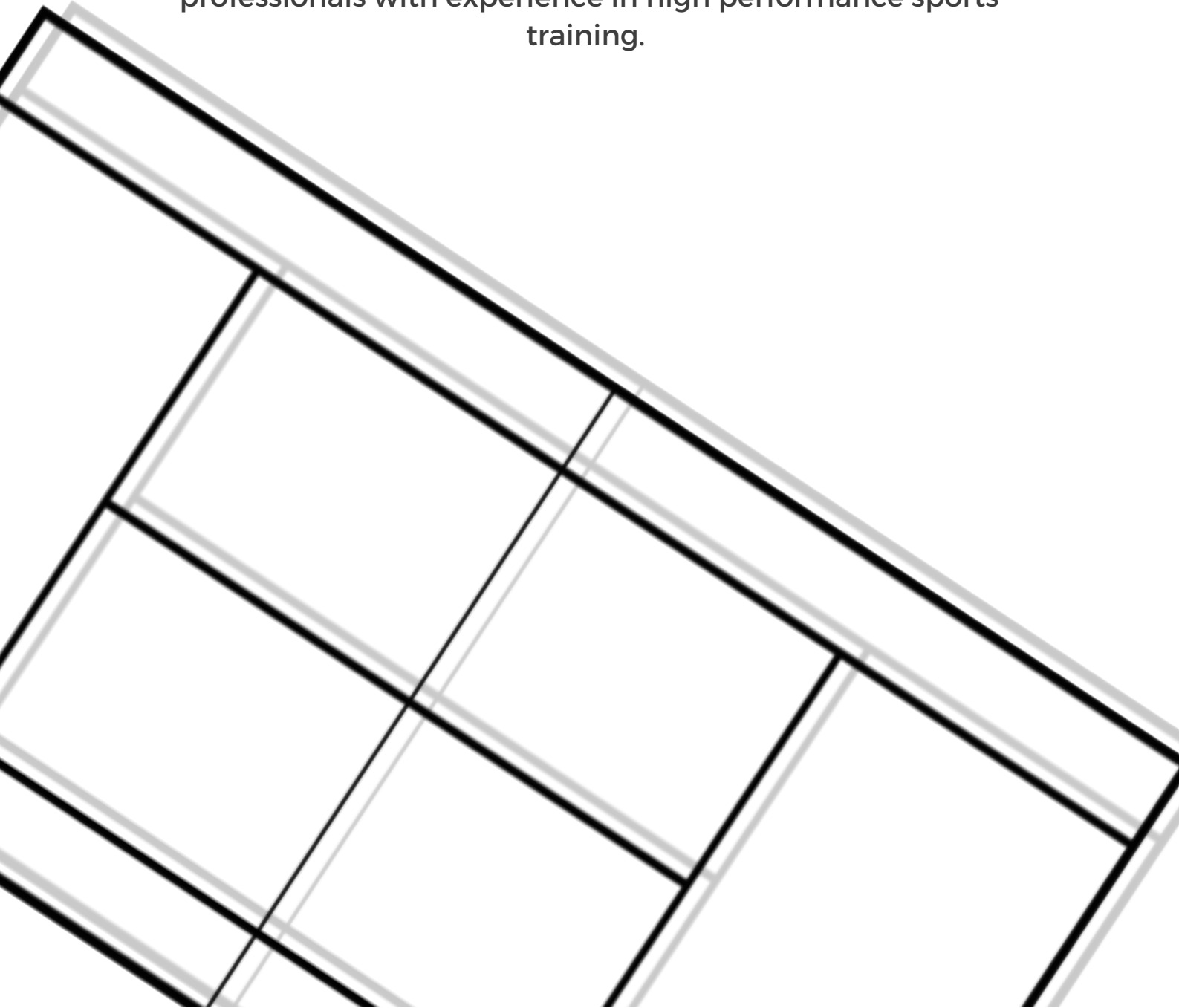


PÁDEL CLINIC

International

This program is designed for those Clubs that want to enjoy paddle tennis and are looking for new challenges to learn and improve their sport. They will be prepared with professionals with experience in high performance sports training.





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01 INTRODUCTION

We are specialists in organizing clinics all over the world for those players who want to enjoy and learn padel. If you are looking for a service in your club with qualified coaches with Wold Padel Tour experience, we are your academy:

Club Sports Padel Cunit.



A passion for padel is all that is required to be part of this experience.

In padel, and in the world of sports in general, technical training and physical preparation are essential to avoid injuries and improve individual and team play, thus helping to enjoy the sport more and to advance in the competitive field.



02 ABOUT US

CST&PCunit is an padel academy situated in Cunit, Tarragona with over 15 years of experience developing junior tennis and padel players in the process of reaching their goals and objectives. Our academy provides a very familiar treatment, an unique and innovative program based on training adapted to the basics needs of each player.



We believe that every athlete is different and a personalized course of training is needed.

DEDICATION

Dedicated to all types of players from beginner, developmental and elite, our bilingual coaches have the patience and understanding necessary to motivate and develop players of all styles, levels and personalities.

RATE 4:1

Our exceptional coaching staff works individually and in groups with no more than a 4:1 player to coach ratio, using live ball drills, game situations, buckets and a psychological and physical conditioning program.



03 OUR TEAM



GUSTAVO ORDOÑEZ CEO

Former professional tennis and padel player. General Director of the International Tennis Academy Cunit for more than 15 years. 20 years of experience as Coach of different ATP, WTA and ITF players.

Founder of Club Sports Tennis & Padel Cunit.



NOEL UREÑA Padel Academy Director

Responsible for the international expansion of the Academy, public relations and international coach with more than 7 years of experience in several countries organizing clinics.



LUCAS LUCAS National Coach

Coach of the padel base school and players in competition development with more than 10 years of experience. Padel player and champion of several federated tournaments.



ALEIX SANPEDRO Physical Trainer

Physical trainer and responsible for the planning and training of competitive players with more than 5 years of experience.

04 SPORTS BID

What is a Padel Clinic? A different paddle day, where you will meet other people with the same profile as you and you will take home tips and points of view with which to continue improving your paddle every day.

In these days will be developed an intense and varied practice Padel in which the amateur player can enjoy and share the track with professional padel coaches who will provide technical and tactical advice.

The contents of the clinic will be to perfect the strokes of each of the participants and also teach them special strokes and definition from three areas: technical, tactical and physical.

The importance of good training is to combine technical, tactical and physical areas in a balanced way.



05 TRAINING PLAN

SCHEDULE

- Friday to Sunday: Dates to be determined.
- 3 hours group training x day: 1'5h morning and 1'5h afternoon.
- Minimum 8 players for 1 trainer and 16 players for 2 trainers.

MORNING From 9:30h to 11:00h or 11:00h to 12:30h

- Technical working on control body position
- Learn different spins
- Correct grip and perfection of volleys, lobs, "bandeja" vibora and smash x3.
- How to work properly and effectively with walls.

AFTERNOON From 16:00h to 17:30h or 17:30h to 19:00h

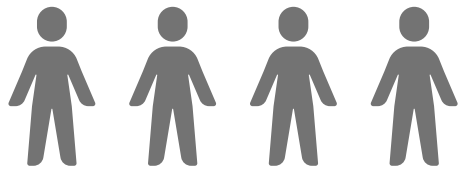
- Understand the importance of great defense and how to attack properly
- Develop rallying continuity
- Work on playing patterns and strategy
- Communication and playing skills.

OPTIONAL

Possibility of 1 hour of physical training

This is a proposal about the sports program that we recommend. Fully adaptable to the needs of the players, facilities and requirements of the group.

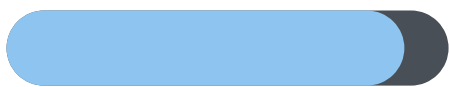
06 BUDGET 3 DAYS / 3 HOURS



4 players per group



2 sessions of 1:30h a day



Total training: 9 hours

Possibility of adding 1 hour of physical preparation per day.

Prices will be calculated according to the needs and conditions of the group.

Training schedules may vary by agreement



PÁDEL CLINIC

If you are a club or group interested in holding a clinic in your city, please contact us for a meeting.

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