

PADEL LESSONS.



WEEK TRIP

AN UNFORGETTABLE PADEL EXPERIENCE ON THE COAST

**LIVE A FULL WEEK OF PADEL
AND IMPROVE LIKE NEVER BEFORE**

Is a weekend not enough to take your padel to the next level? Make your progress untoppable with our **WEEK TRIP!**

With **5 days of intensive training**, you will perfect every aspect of your game through specialized sessions, supervised matches, and advanced strategies. Plus, you'll have more time to absorb what you've learned, enjoy the international atmosphere, and experience a complete sports journey.

More days, more learning, more padel... **and better results!**

THE EVENT

What can you expect from this exclusive clinic?

- **Duration:** 5 days packed with training, matches, and activities.
- **Technical-tactical training:** Improve your game with specialized sessions.
- **Matches and tournament:** Apply what you've learned in a fun and competitive environment.
- **Social activities & tour:** Connect with other padel enthusiasts and enjoy a guided tour of Málaga.
- **Prime location:** Torre del Mar, a coastal destination with great weather and plenty of tourist attractions.

LET'S PLAY

CLINIC PROGRAM

DAY 1 – IMPROVING BASIC STROKES

- **Training:** Forehand and backhand groundstroke improvement.
- **Volley technique:** Learning the three types of volleys (attack, defense, and low ball).
- Friendly matches supervised by coaches.

DAY 2 – BANDEJA & WALLS

- **Training:** Mastering the bandeja and its tactical use. Understanding wall rebounds.
- **Application:** Technical-tactical drills based on what has been learned.
- Matches supervised by coaches.

DAY 3 – TACTICS & COMMUNICATION ON COURT

- **Transition volley:** Its importance and application in the game.
- On-court communication training: A key factor for improving performance.
- Málaga city tour.

DAY 4 – LOBS & ADVANCED VOLLEY TACTICS

- **Lob improvement:** Application in real-game situations.
- Tactical use of the volley: To destabilize opponents and win points effectively.
- Matches supervised by coaches.

DAY 5 – WALL RETURN & APPLIED TACTICAL SITUATIONS

- **Training:** Wall return (forehand and backhand) and tactical application drills.
- Positional awareness: How to always be ready for the next shot.
- Final closing tournament.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 12:30	CHECK IN			
12:30 - 14:30	PADEL	PADEL	PADEL	PADEL
14:30 - 16:30	CHECK IN	LUCH (OPCIONAL)	LUCH (OPCIONAL)	LUCH (OPCIONAL)
16:30 - 18:00	CHECK IN	MATCHES	TOUR (2H 30M)	MATCHES
18:00 - 19:30	CHECK IN	FREE TIME	FREE TIME	FREE TIME

INCLUDES

- Access to the facilities.
- 10 hours of training with certified coaches.
- 6 hours of matches and competitions.
- Training material (balls, courts, and more).
- Welcome Pack.
- 5 nights in a 4-star hotel.

•OPTIONAL:

- **Excursions:** Cultural visits (advance booking required).
- **Car rental:** Easy booking with **PlanetDrive** (reservation link).

PRICES & BOOKINGS

**Shared
Package
(nights)**

€995

**Individual
Package
(5 nights)**

€1250

***Sign up now and secure your spot!
Online booking with immediate confirmation.***

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CONTACT

**FOR MORE INFORMATION AND BOOKINGS,
CONTACT US:**

- **Email:** [Your email]
- **Phone:** [Your phone]
- **Website:** [Your website]



See you on the court!

LET'S PLAY