

## Annex 1

Technical-tactical objectives by stages for padel (TTOSP).	
Stage	Technical-tactical objectives
Beginning (4-7 years old)	<ol style="list-style-type: none"> <li>1. Encourage and develop basic motor skills (running, braking, changing direction, receiving an object (ball), throwing an object (ball), jumping, using both arms and legs to send and receive objects, etc.).</li> <li>2. Familiarise children with the materials and play space by combining individual and group tasks.</li> <li>3. Prioritise the child's use of a continental grip.</li> <li>4. Start playing rallies, cooperative and competitive. The rally can be with the ball rolling, with multiple bounces or just one bounce, with or without net, against the wall, with or without racket...</li> </ol>
Development (7-10 years old)	<ol style="list-style-type: none"> <li>5. Work on simple communication: ask for the ball at the time of hitting and, the player who does not hit, keep his eyes on the opponent's field.</li> <li>6. Encourage consistency as a basis for being a good player.</li> <li>7. Understand and identify the 3 phases of the game (offensive, neutral, defensive).</li> <li>8. Move as a brick (go up to the net and down to the back at the same time).</li> <li>9. Know the partner's own space, repositioning oneself according to the stroke executed; and the opponent's space, through the search for zones (moving the opponent).</li> <li>10. Play on both sides of the court, regardless of the dominant hand.</li> <li>11. Encourage the formation of the traditional serve to promote play on both sides. Also, explain the two systems that exist (traditional and australian).</li> <li>12. Know and practise the different game situations (serve vs. return, baseline vs. net, net vs. net, transitions...).</li> <li>13. Become aware of the scoreboard (you can start with a modified scoreboard: 1, 2, 3... and progress towards the regulation scoreboard) and the basic rules of padel.</li> <li>14. Make contact in front of the body if possible.</li> <li>15. Handle the simple wall rebound (introduce the turn in both directions).</li> <li>16. Work on the different parameters of the trajectory: direction, height, depth, speed. In terms of spin, it is advisable to consolidate the flat shot (hitting with a wall, with a bounce and without a wall, volleys, <i>ganchos</i>, <i>bandejas</i>, smashes...).</li> <li>17. Strengthen the continental grip.</li> <li>18. Improve motor skills (coordination, agility...).</li> <li>19. Prioritise control over power by means of short strokes.</li> <li>20. Strengthen the use of the non-dominant arm to maintain stability when hitting.</li> </ol>
Under 12 (10-12 years old)	<ol style="list-style-type: none"> <li>21. Introduce staggered play.</li> <li>22. Introduce counter-attack (opening angles from the back, <i>chiquita</i> and up to volley...).</li> <li>23. In terms of communication, as well as asking for the ball, start to call the opponent's position in order to adapt the stroke to be executed.</li> <li>24. Continue working on consistency.</li> <li>25. Master the phases of the game and act accordingly. For example, defend without taking risks and attack with the aim of making the opponent hit an uncomfortable shot or even to make the point.</li> </ol>

	<p>26. Dominate the team's own space, repositioning oneself according to the stroke executed; and the opponent's space, through the search for zones (moving the opponent).</p> <p>27. Master the simple walls and improving the strokes after a double wall.</p> <p>28. Introduce the slice spin (and also the side spin in the aerial game) in both the baseline and net game. Also introduce topspin from the back of the court. Bear in mind that the flat spin must be established beforehand.</p> <p>29. Play on both sides of the court, regardless of the dominant hand.</p> <p>30. Introduce the Australian serve formation.</p> <p>31. Master the continental grip and introducing grip changes according to the demands of the game.</p>
Under 14 (12-14 years old)	<p>32. Handle counter-attack situations (<i>chiquita</i> and advance to the net, high lob and go up to block, <i>bajada de pared...</i>).</p> <p>33. Detect strengths and weaknesses in the opponent's team.</p> <p>34. Explore to solve situations in front of different opponents.</p> <p>35. Manage the change of pace (time management, when to play fast or slow...).</p> <p>36. Develop a pattern of play according to the characteristics of the player.</p> <p>37. To consolidate and master the Australian serve formation.</p> <p>38. Continue to play on both sides of the court and, taking into account the player's characteristics, start specialising on one of them.</p> <p>39. Manage spin shots (introduce topspin smash).</p> <p>40. Strengthen the aerial game (<i>bandeja, gancho, vibora, rulo</i> to the side wall/fence, power smash, smash over the side fence...).</p> <p>41. In addition to the continental grip, begin to handle other grips with ease depending on the demands of the game.</p> <p>42. Encourage fluid communication with the partner in any situation.</p> <p>43. In a service situation, try to hold the net. In a return situation, try to win the net when the opportunity arises.</p>
Under 16 (14-16 years old)	<p>44. Master the effects.</p> <p>45. Master all types of grips.</p> <p>46. Encourage reading and anticipating the opponents' game.</p> <p>47. Improve the ability to defend and neutralise when opponents are dominating.</p> <p>48. Take advantage of the opportunities created to try to close plays.</p> <p>49. Acquire a range of resources to counteract opponents' strengths.</p> <p>50. Adapt the pattern of play depending on the environment (partner, opponents, temperature, humidity, court, balls...).</p> <p>51. Master the aerial game (<i>bandeja, gancho, vibora, rulo</i> to the side wall/fence, power smash, smash over the side fence...).</p>
Under 18 (16-18 years old)	<p>52. Minimise unforced errors by adjusting strokes to tactical needs.</p> <p>53. Improve the accuracy of strokes, ensuring that each stroke has a clear tactical intention with the aim of gaining the greatest possible advantage.</p> <p>54. Improve the ability to evaluate oneself in both technical and tactical terms.</p> <p>55. Encourage the ability to analyse the opponent.</p> <p>56. Encourage specialisation on one side of the court.</p> <p>57. Encourage power as a tactical weapon.</p>