

Summer Padel Camp Junior

Players from 12 to 18 years old

11th to 25th August, 2024
Mallorca



Includes

Training and recreational activities

- 20.5 h of padel tennis training. Ratio 1:4.
- 6 h of specific physical preparation for padel tennis.
- 1.5 h of multi-sport activities.
- 1.5 h of theoretical session on competition.
- 8 h of recreational and leisure activities in Mallorca.
- 4 sessions of "Building a Champion".
- RNA Games.
- Guided visit to the Rafa Nadal Museum.
- BBQ dinner and trophy presentation.
- Welcome pack.

Boarding (option with on-campus accommodation)

- 7 nights of accommodation in the supervised residence of the Academy (full board).
- Medical attention and physiotherapy service (if necessary).
- Airport transfer service.

Do you want to train like a professional player?

The Rafa Nadal Academy by Movistar and the Spanish Padel Federation have designed a high-performance training camp aimed at **players aged 12 to 18** who are seeking a top-level experience with padel tennis training tailored to their skill level.

The Rafa Nadal Academy will open its doors to all young players who want to enjoy an **unforgettable experience at one of the world's premier high-performance sports centers**. **Players can book one or two weeks of the camp (from August 11th to 18th and/or from August 18th to 25th)**. Player check-in and check-out will be on Sundays.

The **training methodology has been jointly developed** by the padel tennis coaches of the Academy and the Spanish Padel Federation, drawing on their extensive experience in player development from youth to professional levels. Our coaches have incorporated this training system into the technical sessions of the camp and will be responsible for imparting it to all participants. Additionally, they will conduct a level assessment for players before the program starts to assign them to a training group that matches their skill level.

Junior Padel Camp players will **enhance their technique, physical fitness, and on-court skills** while enjoying numerous recreational activities in the unparalleled setting of Mallorca.

In the sessions, **we will focus on the following aspects** of the game:

- We will work on both basic and advanced padel tennis techniques analytically using baskets and globally through control and gameplay situations.
- Tactical situations involving attack, defense, and counterattack will be addressed globally through 1x1, 1x2, 2x1, and 2x2 gameplay situations, conditioned scenarios, matches, and competitions.
- Physical preparation tailored to padel tennis will be emphasized through games, team dynamics, and specific exercises.
- Factors to consider in competition: before, during, and after.



The Campus also **aims to educate attendees** through sport via the engaging practical activities that make up the **'Building a Champion'** program. Thanks to sessions led by educators from the Rafa Nadal Academy by Movistar, young athletes will receive training in **areas such as nutrition, physical preparation, and values** like effort, humility, tolerance, patience, respect, and integrity.

The Junior Padel Camp at the Rafa Nadal Academy by Movistar will provide a **unique opportunity for padel tennis, fun, leisure, and values** to come together through a camp where young people from around the world will live and learn together.

Weekly schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	Good morning!						Check-ins & Check-outs
7.30am	Breakfast						
8 - 9.45am	Physical preparation	Sports activity	Physical preparation		Padel competition & Sports activities		
9.45 - 10am	Energy break						
10 - 12am	Padel training						
12am - 1pm	RNA Games						
1 - 3pm	Lunch & Free time						
3 - 4.30pm	Padel training	Leisure activities	Padel training		Leisure activities		
4.30 - 5pm	Snack break		Snack break				
5 - 6.30pm	Building a Champion		Building a Champion		Level test		
6.30 - 7.30pm	Free time		Free time				
8 - 10pm	Dinner & Free time					BBQ Dinner & Trophy presentation	Dinner & Free time
10 - 10.30pm	Good night!						Good night!
10.30pm							

*The schedule of weekly activities is indicative.

Facilities

- 16 padel courts | 7 indoor
9 outdoor (3 panoramic)
- 2 outdoor recreational pools | • Fitness center | • 45 tennis courts | 23 hard courts (19 outdoor & 4 indoor)
22 clay courts (15 outdoor & 7 semi-covered)
- 1 padbol court | • 2 squash courts | • 1 seven-a-side field
- 1 indoor semi-olimpic 25m pool | • 1 beach volley court
- SPA & Wellness center

