



VI WOMEN & PADEL

Full-Day Training & Competition
Event

20 MARCH
2026
MILAN

● Max. 30 players

● Free registration

● Country Sport Village,
Paderno Dugnano

● women@europeandeafpadel.com

10:00 - 11:00 WELCOME & WARM-UP

Programme introduction

Team cohesion activity

Competitive mindset focus

Physical activation

Player networking

11:00 - 14:00 ON-COURT TRAINING · 5 COURTS · LEVEL GROUPS

TRAINING CONTENT

- > Technical fundamentals
- > Real match situations
- > Decision-making
- > Individual corrections

PLAYING LEVELS

BEGINNER

INTERMEDIATE

UPPER-
INTERMEDIATE

Certified coaches · Accessible communication

15:30 - 19:00 PERSONAL SESSIONS · PRIOR BOOKING REQUIRED

SPORTS PSYCHOLOGY

Coach TOIS · 15 min / session

- > Match preparation
- > Emotional management
- > Confidence & focus

TECHNICAL CONSULTATION

EDP Coaches · 15 min / session

- > Individual technical analysis
- > Tactical review
- > Specific Q&A

Booking mandatory. Individual or pair format · One session per player · First-come, first-served

★ **FREE REGISTRATION**

Part of the official EDP 2026 calendar. Exclusive event for deaf and hard-of-hearing women players.