

A man with a beard, wearing an orange t-shirt, is shown from the chest up. He is holding a black padel racket in his right hand, which is raised. A yellow padel ball is suspended in the air above the racket. The background is dark and out of focus.

LEVEL UP  
YOUR PADEL  
GAME

3D PadelFit  
CLINICS FOR PLAYERS

# 3D PadelFit

With 3D PadelFit you learn how to overcome your movement limitations and improve performance.

3D PadelFit is unique in the world of padel as it is the first padel clinic concept to link 3D sport specific functional fitness training for padel with on court technics and tactics training. It is created during the 3 year's collaboration between movement specialist Leonardo Snelleman, MoveQ and World Padel Tour player Uriël Maarsen, UM PADEL ACADEMY.



We help you reach your full potential no matter your level.

## WHY 3D PADELFIT MOVEMENT TRAINING?

Padel teachers experience many differences in level among their pupils. Usually the main focus is simply to improve the technical level. Little or no attention

is paid to the efficient performance of the body itself, which has a direct influence on your technical development and the level of your game.

## WHAT IS 3D PADELFIT MOVEMENT TRAINING?

- It is a MoveQ training method based on Applied Functional Science improving the body's functionality;
- we have main focus on padel specific three-dimensional (3D) movements as padel has some very unique sport specific requirements;
- we apply different types of resistance and a significant degree of variation;
- it makes the training more CHALLENGING and provides a lot of FUN which increases the joy of movement;
- it lays the foundation for your technical progress;
- this brings positive long-term effects to injury prevention.



**We increase the fun factor and make the body work for you as the starting point for technical progress.**

## DURING THE 3D PADELFIT CLINIC YOU WILL:



- take your technic to the next level;
- have a greater understanding for the tactical aspects of the game;
- improve your general and padel specific movement patterns in situations such as:
  - a. jumping
  - b. turning and defending
  - c. diving
  - d. running out of the box
  - e. special shots
- get a "toolbox" full of exercises to keep progressing.



## THE FUTURE OF PADEL ARE THE KIDS

Often kids have to settle for unexperienced coaches which can have some unfortunate consequences for their development and motivation to play the game. In fact, kids deserve the best coaches enabling them to build good habits. We have a reputation of getting the best out of the kids in terms of motor skills development, technic, tactics as well as cognitive and social skills. Our Cool2Move (8-11 yrs) program has been a great success, not only for kids playing recreative padel but also for kids with higher ambitions coming from many different sports, including padel.

We will give them an experience they will remember  
for a very long time.

### DURING THE 3D PADELFIT COOL2MOVE THE CLUB'S YOUNG MEMBERS WILL:

- develop basic padel technics in authentic situations;
- develop movement patterns with engaging tasks and games for any sport;
- learn basic movement patterns unique for padel;
- move in a playful and safe environment kids love;
- face energetic movement challenges;
- be captivated by the experience of moving with a padel racket;
- develop adaptive ability because we stimulate problem solving skills and creativity.



# LEONARDO

LEONARDO IS THE CREATOR AND OWNER OF ASPIRE2EXCELLENCE AND MOVEQ.

He has worked with development of human potential through sport most of his life. He has helped athletes around the world to identify their personal talent and find the strength to reach their goals. (Amongst them world class junior athletes that were guided to a smooth and successful transition to a professional career).

Leonardo has worked as junior coach for the Norwegian-, Swedish-, and Danish Tennis Federation and was International Tennis Federation expert for seven years. Today he works with several professional athletes in sports such as padel, tennis,

golf, windsurfing, SUP, triathlon, boxing as well as recreational athletes form a variety of sports.

Leonardo is educated at the University of Sports and Science in Norway and has studied Applied Functional Science. He is a movement-, and high performance specialist, a tennis coach, a padel coach and a myofascial release therapist.

## ABOUT US

# URIËL

URIËL IS THE OWNER OF UM PADEL ACADEMY.

He's part of the no. 1 padel team in Holland and plays on the World Padel Tour and the FIP Tour. His best WPT ranking to date is 145 in the world. Right now he has position 193.

Beside his professional padel career, he's active in teaching padel players and is a tutor for the padel education department in the Dutch Tennis Federation. He started working with MoveQ in 2015.

Uriël has a degree in Physical Education.

IF YOU ARE NOT ABLE TO FOLLOW THE 3D PADELFIT CLINIC OR WANT TO ADD SOME PERSONAL ATTENTION TO YOUR SPECIFIC NEEDS, YOU CAN ALSO BOOK A PRIVATE LESSON.



APART FROM OUR STANDARD SET UP, WE ALSO PROVIDE TAILOR MADE PACKAGES TO ACCOMMODATE THE NEEDS OF THE CLUB AND ITS MEMBERS.

## AN IMPORTANT EXERPT FROM THE TERMS OF CONDITIONS:

When you sign up, you also allow us to take photo's and video shots. We will make a compilation and send it to the club to share with the members. We have the right to use the shots for educational and information purposes on print and digital for the social medias.



## ADDRESS

Nazarethstraat 7c  
3061 KN Rotterdam  
The Netherlands

## CONTACT

+31 6 24 84 11 14  
info@moveq.org



## ADDRESS

Populierlaan 113  
2282 LA Rijswijk  
The Netherlands

## CONTACT

+31 6 12 44 56 48  
info@umpadelacademy.nl