



RAFA NADAL
ACADEMY by **M** Movistar

MALLORCA

RODRI OVIDE

Summer Padel Camp Junior

From July 27th to August 3rd, 2025

A unique experience
for players aged between
12 and 18 years old



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Dreaming of taking your padel game to the next level?

The **Rodri Ovide Summer Padel Camp Junior** is your chance. Led by **Rodri Ovide**—new head of padel methodology at the Rafa Nadal Academy by Movistar and an international reference in elite player development—you'll follow an **intensive training program at one of the world's premier high performance sports centers.**

Beyond sharpening your technique and tactics, **you'll experience an unforgettable week in Mallorca**, blending padel training with fun excursions and cultural activities while **living alongside young athletes from around the globe.**



What's included?

- **20 hours of padel training**
Ratio 1:4, combining technical drills and real game situations.
- **7.5 hours of padel specific fitness**
delivered through games, team dynamics, and age appropriate exercises.
- **4.5 hours of off court workshops**
to refine your tactics, including talks on defense, counter attack, attack, and a Babolat racquet test.
- **8 hours of recreational activities**
to enjoy Mallorca in a unique setting.
- **Guided tour of the Rafa Nadal Museum**
for inspiration from sporting legends.
- **BBQ dinner and trophy presentation**
with Rodri Ovide—an unforgettable celebration of your week's achievements.
- **Welcome pack**
with everything you need to start the camp at full throttle.

Boarding option

- **7 nights' accommodation** in the Academy's supervised residence (full board).
- **On site medical care and physiotherapy** if needed.
- **Round-trip airport transfer** service.



Rodri Ovide Methodology

This system **fuses technical and tactical training with a focus on biomechanical efficiency, natural movement, and ball control** to promote rapid, safe improvement.

Each session is tailored to the players' level, continually boosting confidence and motivation.

Book your spot now!

Weekly schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	Good morning!						Arrivals & Departures
7:30	Breakfast						
8:30 - 10:30	Technical padel training					Padel competition & sports activities	
10:30 - 12:30	Physical conditioning / games					Trophy presentation	
12:30 - 13:30	Recovery session						
13:30 - 15:30	Lunch break						Level test for group placement
15:30 - 17:00	Competition activities			Recreational activities	Competition	Recreational activities	
17:00 - 18:30	Defense talk	Countner attack talk	Attack talk		Babolat racquet test		
18:30 - 20:00	Free time				Free time		
20:00 - 22:00	Dinner					BBQ dinner	Dinner
22:30	Good night!						

**The schedule of weekly activities is indicative.*

Live the Experience in Mallorca!

Our academy is located in Manacor (Mallorca), a privileged setting where you can balance training sessions with visits to beautiful beaches, local culture, and the island's exquisite cuisine—a perfect blend of sport and leisure.

Don't miss the chance to join this unique padel camp—reserve your place now!



Fitness Center



**Museum
& Shop**



16 padel courts

- 7 indoor
- 9 outdoor



Gastronomy



45 tennis courts

- 23 hard courts (19 outdoor & 4 indoor)
- 22 clay courts (15 outdoor & 7 semi-covered)

• 1 indoor semi-olimpic 25m pool • 2 outdoor recreational pools

• 1 seven-a-side field • 1 beach volley court • 1 padbol court • 2 squash courts