

Sign up



Session Mental Coaching

Tue, 21. Oct 2025

18-21h

49 CHF pp
/ 3h session

Beginners

Max 16 players

1.5h off court prep / 1.5h on court practice

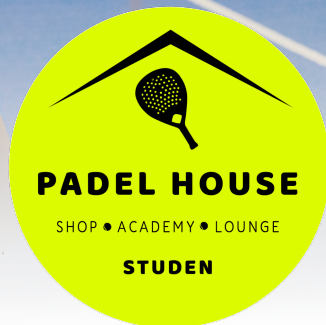


Kurt Egger

Mental Coach



EGGER
MENTAL
TRAINING



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Program

18:00 **Part 1 – Theory & Practice of Mental Training**

- 10' Welcome & Goal Setting
- 20' Basics of Mental Training in Sports
- 20' NLP Tools for Athletes
- 15' Hypnosis & Trance in Sports
- 20' Practical Mental Group Exercises
- 5' Interactive Round

19:30 **Part 2 – Application on Court**

- 10' Warm-up with Mental Focus
- 20' Focus & Error Processing
- 40' Match Simulation with Mental Coaching
- 20' Wrap-up & Takeaways

Mental Power for Padel

Your mind decides the match

Padel is not just about technique and fitness – your mindset makes the difference!

In this 3-hour workshop, whether you're a beginner or advanced player, you'll learn how to use mental training, NLP, and hypnosis to boost your performance on the court.

- ✓ 1.5 hours theory & practice – basics, mental tools, live demos
- ✓ 1.5 hours on-court application – implement directly, experience tangible effects
- ✓ Max. 16 participants – personal attention guaranteed

You will learn:

- How to get into optimal focus before a match
- How to quickly shake off mistakes
- How to score under pressure with mental strength