

## Saturday

| Time          | Topic                                                                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10:45 - 11:00 | <b>Arrival</b> - Meet your Active Away host and the rest of the group, then get ready for the first session.                                                            |
| 11:00 - 11:20 | <b>Introduction to padel</b> - Learn the basic rules, court layout and positioning, followed by a racket warm-up.                                                       |
| 11:20 - 11:40 | <b>Rally building</b> - Use a structured points game to build control, consistency and longer rallies.                                                                  |
| 11:40 - 12:00 | <b>The power of the net</b> - Work on volley technique, court position and placing the ball into space.                                                                 |
| 12:00 - 12:30 | <b>Using the back glass</b> - Learn how to read the rebound and use the back glass when defending and resetting the point.                                              |
| 12:30 - 13:00 | <b>Serve and return</b> - Practise starting the point with a controlled serve and a purposeful return.                                                                  |
| 13:00 - 14:00 | <b>Lunch</b> - Take a one-hour break. Lunch and drinks are not included. Food and drink are available from the walk-in Coffee Club Restaurant and are paid for locally. |
| 14:00 - 14:30 | <b>Lobs and overheads</b> - Learn when to use the lob and build confidence dealing with overhead balls.                                                                 |
| 14:30 - 15:00 | <b>Introduction to the bandeja</b> - Understand when to use the bandeja and how it can help you keep an effective court position.                                       |
| 15:00 - 16:00 | <b>Coached match play</b> - Put the day's skills into practice through points and match scenarios, with feedback from your coach. The clinic finishes at 16:00.         |