activeaway®

Advantage Padel Nottingham

Example Itinerary

Saturday

Time	Topic
10:45 - 11:00	**Arrival** - Meet your Active Away host and the rest of the group, then get ready for the first session.
11:00 - 11:20	**Introduction to Padel** - Learn the basic rules, court layout and positioning, followed by a racket warm-up.
11:20 - 11:40	**Guided Game** - Use a structured points game to build control, consistency and longer rallies.
11:40 - 12:00	**Volley & Net Positioning** - Work on volley technique, court position and placing the ball into space.
12:00 - 12:30	**Back Glass** - Learn how to read the rebound and use the back glass when defending and resetting the point.
12:30 - 13:00	**Serve & Return** - Practise starting the point with a controlled serve and a purposeful return.
13:00 - 14:00	**Lunch** - Take a one-hour break. Lunch and drinks are not included. Food and drink are available from the on-site cafe and bar and are paid for locally.
14:00 - 14:30	**Lobs & Overheads** - Learn when to use the lob and build confidence dealing with overhead balls.
14:30 - 15:00	**Introducing the Bandeja** - Understand when to use the bandeja and how it can help you keep an effective court position.
15:00 - 16:00	**Coached Points & Game Scenarios** - Put the day's skills into practice through points and match scenarios, with feedback from your coach. The clinic finishes at 16:00.