

TOPIC	KEY TAKEAWAYS
Racket Warm Up	<p><u>Feelings</u> - Getting a feel for the Padel Racket and balls. We always play with a continental grip</p> <p><u>Feet Accuracy</u> - Be accurate with your feet, and getting your body behind the ball so that the contact point is out in front</p> <p><u>Short Swing</u> - Playing with the elbow tucked into the body</p> <p><u>Intent</u> - We are getting used to rallying rather than over hitting ground strokes. Padel is about attrition not power</p>
Play the Game Figure of 8	<p><u>Control the Rally</u> - Small swing path to maintain control and the rally length</p> <p><u>Spin?</u> - No spin - hit flat</p> <p><u>Court Positioning</u> - 'No Man's Land' - ensure you are in line with the back post</p>
The Power of The Net	<p><u>Groundstroke Technique</u> - When at the baseline, make sure to hit flat rather than slice to not lift the ball towards the back glass</p> <p><u>Volley Position</u> - When volleying don't get too close to the net, stand between the first two posts so you have time to react appropriately</p> <p><u>Attacking Smart not Hard</u> - Don't go crazy once the point starts! Learn to control the point using accuracy of the second bounce over power</p>
Back Glass	<p><u>Retrieving Balls Off the Glass</u> - Don't stop the feet moving - get behind the ball and move forwards as you hit</p> <p><u>Contact Point</u> - Make sure the contact is in front of you</p> <p><u>Positioning</u> - Be sideways on</p>
Serve & Return	<p><u>Serving Position</u> - Serving position should be 2 big steps from the centre of the court</p> <p><u>Always Serve & Volley</u> - You should be looking to move forwards after your serve</p> <p><u>Serving Top Tips</u> - Start with the racket behind you at shoulder height and drop the ball to start. The ball must be contacted below waist height</p> <p><u>Returning Position</u> - As a returner: be in line with the back 2 posts for return of serve</p> <p><u>Return Direction</u> - If the serve goes wide - return should go back to the server. If the serve goes down the tee - return should be a lob</p>
Lobs & Overheads	<p><u>Overhead Contact Point</u> - Lower than Tennis - just above head height</p> <p><u>Bodyweight going forwards</u> - Moving backwards quickly is vital to try and make sure you are moving forwards as you contact overheads</p> <p><u>No Calling Switches</u> - We don't 'switch' like in tennis - we cover our own side</p>
Bandeja	<p><u>Bandeja Technique</u> - Imagine holding a tray of drinks before hitting the ball at shoulder height. We always look to play a forehand overhead</p> <p><u>Straight Arm</u> - On a Bandeja don't tuck your elbow in - have a long straight arm when hitting</p> <p><u>Precision not Power</u> - A Bandeja is NOT an aggressive shot, look to place it</p>

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Chiquita & Play	<p><u>Positioning</u> - If you play a good chiquita, look to move forwards</p> <p><u>Desired Outcome</u> - Get the ball to dip low to make the volleyers play up</p>
Fast Ball & Play	<p><u>The Best Volleyers do Nothing.</u> - The bigger the swing, the less control you have (even more so in Padel than Tennis)</p> <p><u>Dealing With a Body Shot</u> - Use your backhand to defend your body</p>
Approach & Play	<p><u>Direction of Approach.</u> - Make it difficult by approaching to panels 1/3/5 so your opponent has more ground to cover</p> <p><u>Lobbing Effectively</u> - Lob over the backhand - even if it is not successful your opponenet has a harder shot to hit rather than a forehand overhead</p>