

WELCOME TO PADEL TENNIS

YOU'LL LEAVE THE PADEL TENNIS CLINIC WITH A FULL UNDERSTANDING OF THE GAME OF PADEL - FUN, FAST PACED AND GAME BASED - YOU'LL FALL IN LOVE WITH THIS SPORT!

TIME	TOPIC	CONTENT
10:45	Arrive and meet the group.	
11:00 - 11:10	Welcome to Padel	A brief introduction to Padel - the bat, the rules and some key basics.
11:10 - 11:40	Rally Skills	Dealing with 'a bounce.' Can you adjust to rallying with a chopper grip, handling some half volleys and using slice.
11:40 - 12:20	Holding the Net	One of the most powerful positions in Padel - the net. Have you got the skills to hold the net?
12:20 - 13:00	Attacking & Defending	Combining the skills you've just learned to develop confidence in attack, neutral and defence.
13:00 - 13:30	Wall = Friend - Drill #1	Single Wall Retrieval.
13:30 - 14:30	Lunch Break	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
14:30 - 15:00	Wall = Friend - Drill #2	Back Wall Retrieval.
15:00 - 15:15	The Serve	Using the serve efficiently in Padel
15:15 - 15:30	The Return	Handling a serve - the best tactics for Padel
15:30 - 16:00	Point Play	Your first go at a real game of Padel!