

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 - 11:20	Welcome to Padel	A brief introduction to Padel - the bat, the rules and some key basics. Racket warm - up.
11:20 - 11:40	Play the Game – Figure of 8	Get stuck into a live game scenario with a special rule to encourage longer rallies.
11:40 - 12:00	The Power of the Net	One of the most powerful positions in Padel - the net. Have you got the skills to hold the net?
12:00 - 12:30	Back Glass	Becoming friends with the back glass and learn how to use it when defending / attacking.
12:30 - 13:00	Serve & Return	Get to grips with starting a Padel point and playing some ghost doubles.
13:00 - 14:00	Lunch	Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.
14:00 - 14:30	Lobs & Overheads	How to deal with the lob in padel and hitting effective overheads.
14:30 - 15:00	Bandeja	Understanding when and how to hit a Bandeja.
15:00 - 16:00	Live Game Scenarios	Your first go at a real game of Padel!