

Tips for Padel lovers (Coaches and players)

OFF THE BACK WALL



By **Marcos del Pilar**

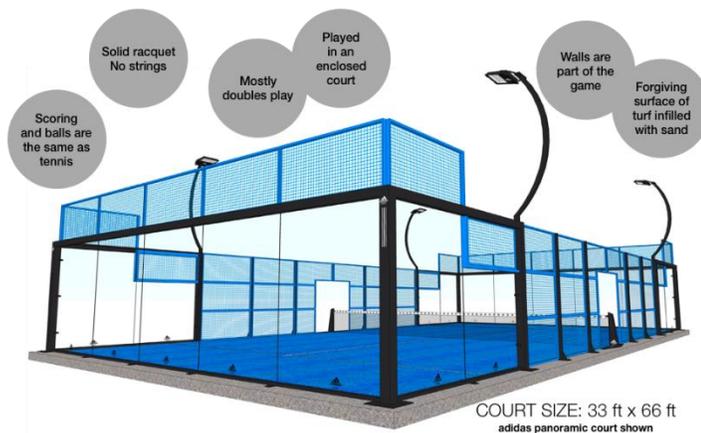
USPTA ELITE Professional.
MASTER Padel Professional

What Is Padel?

I do not even remember how many times that I have explained this in my life. In so many different countries, to so many people... I have used different languages, videos, pictures, and brochures but always with the same light in my eyes. Here we go again. I hope you enjoy my introduction to Padel.

PADEL is the fastest growing sport in the world. It is played in more than 90 countries by 20+ million people all over the world. Padel is a racquet sport that combines the absolute best of tennis, racquetball, and squash. It has been said that "It's the Swiss army knife of Racquet Sports". The best of all the sports combined into one fun, easy to learn, fast paced sport.

The court is about a third of the size of a tennis court (33 x 66 ft) and is surrounded by glass on the back and part of the sides. The middle of the sides is covered by a metal mesh fencing with two side open doors that can be used during play to go outside to keep the ball in play. Believe it or not, it happens very often, and it makes this sport exciting and different from any other that you will experience.



The rules and scoring are very similar to tennis, the only difference is that you can play off the walls (back and sides) and the serve is underhand after you bounce the ball. After the cross court serve, the ball has to bounce and, as in tennis, you only lose the point when you miss your shot (into the net or the ball is hit directly into any wall) or the ball bounces twice on your side. When serving, your partner starts at the net and you serve and volley in order to start the point, just as you would in a Tennis match.

The racquet is made of an EVA foam core with holes in it and 17 inches long. The outside of the foam can be covered with various materials from fiberglass to carbon fibers which affects the play and price of each racquet. The racquet has a strap that you need to use all the time for safety.



The Padel ball has less compression and is slightly heavier than a tennis ball for longer rallies and better playability off the glass.

Padel is almost always played in doubles (men, women and mixed). The main goal is to get to the net as much as possible to increase your chance of making a winning shot. It is recommended that the team moves together up and back all over the court.

Padel is extremely easy to learn but hard to master. Strategy is key. It is a very thinking person's sport. "If Tennis is checkers, Padel is chess".



The big promise of Padel is that everybody can play and have fun right away in less than 30 minutes. It is a great workout for all levels and ages. Padel is a sport for the entire family. On top of that, it's extremely social and you not only enjoy while playing but also just hanging out watching other matches with your friends.

Padel is the perfect addition to any Sports facility and an incredible way to attract new members with no previous experience in Racquet Sports. If you have not tried it yet, try it as soon as possible and you will be able to understand why it is taking the world by storm.

See you all soon.
Best Padel experiences ever,

If you are interested in more, do not hesitate to contact Marcos to **GET CERTIFIED IN PADEL** (marcos@allracquetsports.com) and become part of the group of ambassadors that will lead the Padel wave coming.

Next Certification: DEC, 10-11 at SVB Tennis Center in Zephyrhills, Tampa (FL)