

Tips for Padel lovers (Coaches and players)

OFF THE BACK WALL

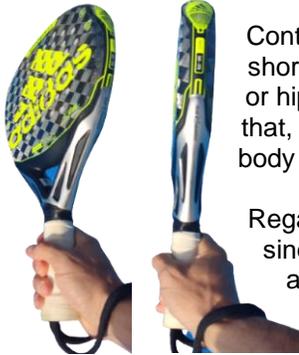


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From Tennis to Padel in one stroke.

This is the second in a series of tips to help you use your tennis experience and skills to immediately jump onto a Padel court. Today, we will focus on the **groundstrokes** and the main goals for them in your path to become an excellent Padel player as soon as possible. We will review the not-to-be-missed foundations to quickly adapt your Tennis shots to Padel.



Continental or eastern **grip** is highly recommended for these kinds of shots. Since a Padel court is shorter, you quickly understand that you need to use a shorter and compact shot with no open loops or hip rotations on the **backswing**. Early and more lineal preparation will be needed. In addition to that, you will need more control and prepare with your elbow into the side but much closer to your body than you do in Tennis since you will need to perform a much more compact movement.

Regarding **spin**, flat or back slice is recommended for beginner players. Try to avoid big topspin since it will make the ball come off your opponents' wall very high and make it easier for them to hit a winning shot...By playing flat or slice you will be controlling the height of the ball and thus reducing the attacking alternatives for your opponents.

The way to put more speed on the ball comes from the **follow through** and is related with the distance of your center of gravity from the contact position. This will be easy to practice when you are on a Padel court.

Based on all the above, you will need to get into a very **stable position**, staying down, close to the ground (trying to avoid lifting yourself up) to reduce your power and improve your control. You need to keep a nice balance, light on your feet, that will help you recover and get ready for the next shot. Be ready for exceptionally long rallies when playing Padel.



Regular forehand progressions. 1.-Ready position. 2.-Backswing. 3.-Contact point. 4.-Follow-through.

Just as in Tennis, it is **best to play cross court**, you have more distance and a bit lower net. On top of that, it is a little harder for your opponents to hit a ball coming diagonally and they will need better timing to adjust than if the ball is coming from down the line. Also, a ball passing through the center of the court offers less alternatives to your opponents and you will be able to build your counter attacking strategy more accurately as soon as you have the chance.

What is the goal of a groundstroke shot? Keep the ball in play! Focus on controlling the ball to put it in play at a low height until you have the chance of getting to the net with your partner to take an offensive position to finally win the point.

Take few, if any, risks with your groundstrokes since most of the time your opponents may miss the volleys if you just make them play. Based on compound effect, the more balls you put in play, the more odds for them to miss.

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 in the USA.