

# PADEL HOLIDAYS

## KEY TAKEAWAYS

DAY 1

### GROUND STROKES

<b>CONTROLLING THE VOLLEY</b>	<ul style="list-style-type: none"><li>• Ensure the Contact is always out in front of you</li><li>• Using a chopper grip with a high ready position</li></ul>
<b>GROUND STROKE PREPARATION</b>	<ul style="list-style-type: none"><li>• Preparation is straight back down at knee height</li><li>• Ensure the preparation is short, not going behind your back</li><li>• Preparation needs to be as early as possible, getting sideways on as you put the racket back</li></ul>
<b>CONTACT AND FINISH</b>	<ul style="list-style-type: none"><li>• Both flat and slice shots are acceptable, however a flat shot can ensure better consistency in defence</li><li>• When struggling to lift the ball open the racket face more to come underneath the ball</li><li>• Follow through shouldn't cross your body line</li></ul>

DAY 2

### GLASS WORK

<b>BACK GLASS</b>	<ul style="list-style-type: none"><li>• Ensure you are sideways on and the racket face is open</li><li>• Get the racket back before the ball passes you to ensure you are ready when it starts to return</li><li>• Be patient, let the ball come past you so the contact can be front</li></ul>
<b>SIDE GLASS</b>	<ul style="list-style-type: none"><li>• Ensure you are patient in waiting for the ball to come out to you</li><li>• Ensure you are sideways</li><li>• Tactically the easiest shot of the side glass is down the line as you don't have to chance the angle as much</li></ul>
<b>OPEN DOUBLE GLASS (SIDE GLASS THEN BACK GLASS)</b>	<ul style="list-style-type: none"><li>• This movement is creating space by moving towards the centre of the court</li><li>• Moving backwards towards the back glass to allow the ball to come in front of you</li></ul>
<b>CLOSED DOUBLE GLASS (BACK GLASS THEN SIDE GLASS)</b>	<ul style="list-style-type: none"><li>• This movement is towards the caging</li><li>• Making sure you are as patient as possible to get the contact in front of you and so the ball can come off the side glass allowing more space to hit</li></ul>

## PADEL HOLIDAY KEY TAKEAWAYS

<b>TACTICAL NOTES</b>	<ul style="list-style-type: none"><li>• The glass is a tool to use rather than a hindrance. If you think it's more beneficial to hit before the glass due to conditions or play styles then do!</li><li>• Remember that coming off the glass you are usually defending, the priority is to make the ball back into play to reset the rally.</li></ul>
<b>TECHNICAL REMINDERS</b>	<ul style="list-style-type: none"><li>• Open racket face</li><li>• Early preparation</li><li>• Trust the movements</li><li>• Don't over hit, the ball still has pace on it you can use, especially when coming of the back glass</li></ul>

### DAY 2 | AFTERNOON

<b>LOB</b>	<ul style="list-style-type: none"><li>• Use the open racket face to ensure easy lift</li><li>• Ensure to lift the ball very high to increase the difficulty for you opponent.</li><li>• A lob is 30% of all shots in padel in Mens and 50% of all shots in Womans</li><li>• Cross court lobs in open play are more affective than down the line lobs</li><li>• Always lob the player with weaker overhead shots</li><li>• Move into the net as soon as you know your opponent is going to let the ball bounce</li></ul>
<b>CHIQUITA</b>	<ul style="list-style-type: none"><li>• Remember to have a very short take back and to follow through the ball rather than pushing it</li><li>• Low and slow are the two most important attributes allowing you time to get in and volley the next shot</li><li>• Only use in comfortable situation where you are not moving back</li><li>• Hitting a chiquita cross court towards the cage will allow you a simple volley down the middle to finish the rally</li><li>• As both your opponents are at the net, do not hit the volley hard, find a gap and let it die at the back</li></ul>

### DAY 3

## VOLLEYS AND OVERHEADS

<b>VOLLEY POSITIONING</b>	<ul style="list-style-type: none"><li>• Under pressure or transitioning to the net, Middle is the best option, looking to hit the side glass with your attacking volley</li><li>• Soft well positioned volleys win more points than hitting the ball harder</li><li>• Using the cage when possible in order to create unpredictability with the path of the ball</li></ul>
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<p><b>COURT COVERAGE AT THE NET</b></p>	<ul style="list-style-type: none"> <li>• Use the opposite foot to step across in order to cover all of your side of the court.</li> </ul>
<p><b>BANDEJA</b></p>	<ul style="list-style-type: none"> <li>• A Bandeja is used as a slow, consistent overhead that pins the opponent back so you can hold the net with your partner.</li> <li>• Use the bandeja to attack by hitting the side glass when your in more comfortable positions</li> <li>• The contact point is out to the side of you and eye level to keep the ball low.</li> <li>• Ensure an early preparation with a high elbow and non dominant hand pointing upwards and the body is sideways on</li> <li>• The follow through must go all the way forward before going downwards.</li> </ul>
<p><b>SMASH</b></p>	<ul style="list-style-type: none"> <li>• Only to use when you can move forward to the lob</li> <li>• Aim for the service line to make the ball shoot forwards off the back glass</li> <li>• Always smash straight forward down the middle.</li> <li>• Same preparation as the bandeja to ensure unpredictability, how now make contact as high as possible.</li> </ul>
<p><b>RECOVERY WHEN PASSED DOWN THE MIDDLE</b></p>	<ul style="list-style-type: none"> <li>• Ensure the open racket face and prioritize make the the ball back down the middle</li> <li>• Instant reaction should be to move back towards the service line and then adjust to the trajectory of the ball to avoid over running it</li> <li>• When recovering any ball in padel you need the belief it's retrievable as 95% of balls are</li> </ul>

DAY 3 | AFTERNOON

**SERVE AND RETURN**

<p><b>SERVE</b></p>	<ul style="list-style-type: none"> <li>• Start 2 rackets lengths behind the service line in order to step forward to the ball</li> <li>• Rotate the shoulders through the ball</li> <li>• That the racket prep high to keep the ball low for the opponent</li> <li>• Use the serve positioning to find space for the first volley. For Example, serving down the T to volley into the side glass</li> </ul>
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<p><b>RETURN</b></p>	<ul style="list-style-type: none"><li>• Always keep the contact point in front in order to use the pace of the ball</li><li>• In wet conditions, stand further forward to take the ball before the glass more often as the ball will skid and be difficult to return</li><li>• In hotter conditions and receiving faster serves take an extra step back in order to give yourself more time</li></ul>
<p><b>AUSTRALIAN SERVE FORMATION</b></p>	<ul style="list-style-type: none"><li>• Serving down the T will reduce the angle the returner can hit to make an easier first volley</li><li>• The serving start positions should be as close to the centre as possible</li><li>• This tactic allows you and your partner to play on the sides you are most effective as a pair.</li></ul>

DAY 4

**MATCH PLAY**

<p><b>MATCH PLAY TAKEAWAYS</b></p>	<ul style="list-style-type: none"><li>• Ensure you and your partner are always together as a pair. Either both at the back, or both at the front.</li><li>• Clear communication on when to move back and when to move forward as a pair is essential.</li><li>• When at the net in your pair, patience is key keeping the ball deep and slow</li><li>• When you receive an easier volley, use the cage and the side glass to kill the ball</li><li>• When at the back with your partner, avoid forcing the ball and aim to regain the net rather than winning from the back</li><li>• The Lob should be used as a key tool to both defend, and turn the momentum of the rally</li><li>• Always lob the player with the weaker overheads</li><li>• When under pressure from both the back and the front, aim down the middle of the pair to have a high margin for error</li></ul>
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