



# GREAT WESTERN GOLF PADEL CLUB

## WEEKEND PADEL CLINIC ITINERARY - BEGINNER



WELCOME TO YOUR ACTIVE AWAY TENNIS CLINIC!  
Our aim is to make you a more skilled & self-assured doubles player, through a programme designed by Jamie Murray OBE.



TIME	TOPIC
10:45am	Arrive and Meet the Group.
11:00 - 11:20	<b>Welcome to Padel</b> → A brief introduction to Padel - the bat, the rules and some key basics. Racket warm-up.
11:20 - 11:40	<b>Play the Game - Figure of 8</b> → Get stuck into a live game scenario with a special rule to encourage longer rallies.
11:40 - 12:00	<b>The Power of the Net</b> → One of the most powerful positions in Padel - the net. Have you got the skills to hold the net?
12:00 - 12:30	<b>Back Glass</b> → Becoming friends with the back glass and learn how to use it when defending / attacking.
12:30 - 13:00	<b>Serve &amp; Return</b> → Get to grips with starting a Padel point and playing some ghost doubles
13:00 - 14:00	<b>Lunch</b> → Lunch is available in the on-site Café. There is a selection of Hot + Cold food/drinks.* <i>(at an additional cost)</i>
14:00 - 14:30	<b>Lobs &amp; Overheads</b> → How to deal with the lob in padel and hitting effective overheads.
14:30 - 15:00	<b>Bandeja</b> → Understanding when and how to hit a Bandeja.
15:00 - 16:00	<b>Live Game Scenarios</b> → Your first go at a real game of Padel!



Parking Available on Site\*  
(Free)



3x Covered Padel Courts



Cafe on Site