

INTERMEDIATE PADEL TENNIS

“YOU’LL LEAVE THE PADEL TENNIS CLINIC WITH A MUCH BETTER UNDERSTANDING OF THE GAME OF PADEL. FUN, FAST PACED AND GAME BASED - YOU’LL FALL FURTHER IN LOVE WITH THIS SPORT!”

TIME	TOPIC	CONTENT
10:45	Arrive and meet the group.	
11:00 - 11:15	Racket Warm Up	A fun physical warm up and then get stuck into hitting some balls.
11:15 - 12:00	Technical Drills	Fun, fast paced drills with the focus on improving your accuracy, power, and control.
12:00 - 12:10	Volley & Overhead Lob Masterclass	Coaches masterclass on perfecting volleys and overhead lobs.
12:10 - 12:30	Become a Master at the Net	Discover how to transition from defense to a powerful attack at the net.
12:30 - 13:00	Serve & Return	Perfect your serve and approach shot, setting you up to dominate the net.
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	Glass Walls	Become best friends with the wall - your secret weapon for dominating the game.
14:30 - 15:00	Mastering Bandeja	Refine your Bandeja technique, focusing on advanced timing and positioning.
15:00 - 16:00	Practice Matches	It's time for practice matches! Focusing on strategic play and adapting to different opponents.