

Saturday, 14 November 2026

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