

Saturday, 10 July 2027

Time	Topic
10:45 - 11:00	Arrival - Meet your Active Away host and the rest of the group, then get ready for the first session.
11:00 - 11:20	Introduction to padel - Learn the basic rules, court layout and positioning, followed by a racket warm-up.
11:20 - 11:40	Rally building - Use a structured points game to build control, consistency and longer rallies.
11:40 - 12:00	The power of the net - Work on volley technique, court position and placing the ball into space.
12:00 - 12:30	Using the back glass - Learn how to read the rebound and use the back glass when defending and resetting the point.
12:30 - 13:00	Serve and return - Practise starting the point with a controlled serve and a purposeful return.
13:00 - 14:00	Lunch - Take a one-hour break. Lunch and drinks are not included. Food and drink are available from the walk-in Coffee Club Restaurant and are paid for locally.
14:00 - 14:30	Lobs and overheads - Learn when to use the lob and build confidence dealing with overhead balls.
14:30 - 15:00	Introduction to the bandeja - Understand when to use the bandeja and how it can help you keep an effective court position.
15:00 - 16:00	Coached match play - Put the day's skills into practice through points and match scenarios, with feedback from your coach. The clinic finishes at 16:00.