MARDEN
Padel Club

Padel Levelling

Beginner 1.25-1.50

You're at the start of your padel journey. We all start here!
Try to attend some beginners' coaching sessions.
Understand the basics of positioning and tactics.
Get these locked in early - it's very different from Tennis!
Try to play some matches against players of similar level.
Meet other players at our Club Sessions.
Practise. Learn. Enjoy!

Beginner Plus 1.75-2.0

Trying to serve and move forward.
Trying to move forward and backward with your partner.
Avoiding 'No Man's Land'.
'Holding the net' over 'winning the point'.
Starting to play off the glass.

Improver Level 2.0-2.50

Always serve and move forward.
Moving with your partner.
Standing in correct position when defending, serving and receiving serve and at second post when forward.
Hold the net over 'winning the point', volleying past the service line.
Proficient off the glass.
Consistent and able to maintain rallies.

Level 2.60-3.0

Always serve and take the net.
Move as a unit with your partner.
Rarely out of position.
Net play: resist big winners, playing into the space to keep opponents moving, predominantly down the middle.

Level 3.0-3.25

Tactical accurate play takes precedence over power.
You appreciate patience when attacking over your opponents defence. Only 'attack easy 'sitters'.
Regularly play ball off the glass avoiding half volleys behind service line.
Move up and take net when ball passes opponents.
Rarely the player to make unforced errors.
Rarely gamble on big winners and make the error.

Level 3.25-3.5

You always: Serve and take net, move as a unit, are in correct position. You confidently retrieve and play a quality shot when the ball passes you.
Volleying with less pace but adding spin.
Confident off the glass, retrieve difficult corner shots.
Serve has accuracy and slice over power/speed.
Mastering bandeja and vibora (rather than hard smashes).
You dont 'freeze' players out of club games, it is bad form!!

Level 3.5-3.75

Shot selection is good, employing attacking shots to avoid breaking rallies down with unforced errors.
Bandeja is solid, few errors under high ball.
You avoid freezing better players out of club games (it wastes their time even though you might win the match).
Excellent defence, varied game and you are very fit with good court coverage.

Level 4.0

Advanced player competing in Grade 3 tournaments.

Marden Padel Club
MORE INFO

For more info contact coach Simon: padelcoachingmsc@gmail.com
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