

Padel Player Levels

BEGINNER:

The player has no experience of any racquet sports.

Or:

The player has some basic experience of padel or another racquet sport, but at beginner level. If coming from squash, they may have some understanding of the ball bounce against the wall. If coming from tennis, they may have basic tennis technique on groundstrokes.

IMPROVER:

The player has some experience of playing padel, and/or is an intermediate tennis, squash, or badminton player.

Player Profile:

Groundstrokes (including serve)

Prefers to use forehand, and is uncomfortable with backhand

The serve is a relatively consistent shot, but the player has no understanding of how to follow it up to the net. Double faults still occur.

Defence

Balls in play lack depth or direction.

Reluctant to use back wall but has occasional success when using it.

Volleys and net play

Has some technical understanding of volleys and can execute forehand volleys with some accuracy, but struggles with backhand volleys.

Strategy and point construction

Does not build a point, focused only on keeping the ball into play.

Very limited understanding of tactics, use of the wall, attack versus defence

Padel Player Levels

INTERMEDIATE:

The player has been playing padel consistently for a while, or is a higher intermediate/advanced tennis/squash/badminton player

Player Profile

Groundstrokes (including serve)

Can apply direction and depth to rallies of moderate pace. Consistent on forehand, not as consistent on backhand. Has an understanding of how to play against the wall, but is not always effective. Can serve consistently, but with no variety.

Defence

Can defend using the back wall if ball at a comfortable height. Not aware or able to turn at the corner.

Volleys and net play

Can execute forehand volleys with depth and direction. Can't hurt opponents with backhand volley.

Strategy and point construction

Has basic understanding of attack vs defence. Shot selection now allows the player to attack and push the opponents into a defensive position. Technical execution of some shots maybe inconsistent or not translating into winners when in an attacking situation.

Padel Player Levels

INTERMEDIATE (+):

The player has been playing padel consistently for a while including competitive play, or is an advanced tennis/squash/badminton player

Player Profile

Groundstrokes (including serve)

Consistent groundstrokes, technically accurate. Can serve with variety and slice.

Defence

Consistently defending the backwall at medium to low height. Can return double walls. Can occasionally turn at the corner.

Volleys and net play

Forehand volleys are kept at medium height consistently.

Overheads

Can execute bandejas but the ball bounces too high, making it easy to return. Struggles to strike the right balance between power and slice.

Can power smash, but the shot choice is poor and therefore the shot does not end up winning the point. Cannot use the top spin smash .

Strategy and point construction

Player uses a wider array of shots and tactics, able to shift the rally in their favour. Ability to change tactics during the course of the match to a certain extent.

Padel Player Levels

ADVANCED:

The player has been playing consistently for a number of years, tends to participate in B tournaments and their ranking improves consistently.

If playing A tournaments, gets eliminated in early rounds.

Player Profile

Groundstrokes (including serve)

Consistent groundstrokes, although still needing improvement regarding accuracy and body positioning. Ability to adjust between sliced or flat starts to be more natural.

Defence

Can defend most low balls off the back and side wall. Can turn at the corner consistently, but execution is not always accurate.

Volleys and net play

Able to produce medium to low height volleys, but they do not translate into winners consistently.

Overheads

Can direct the ball and the bounce is medium to low, at the right pace. Shows signs of developing bandeja as a winning shot.

Low understanding of the top spin smash.

Partner work

Started developing tactics with their partner and move in tandem, aware of each other's court position.

Strategy and point construction

Clear signs of point construction and able to adjust match tactics.