

HYBRID PLAYING LEVELS

Explained

LEVEL	COMPETITION LEVEL	PLAY FOCUS	KEY SKILL BENCHMARKS
Beginner (1-2)	New to Padel / Social Player	Learning the fundamentals and building confidence	Understands the rules and scoring, can rally a few shots, learning the serve, basic volleys and using the back glass.
Improver (2-3)	Regular recreational player	Building consistency and introducing tactics	Can rally consistently, reliable serve, beginning to use the walls intentionally, understands basic positioning, starting to use lobs and overheads.
Intermediate (3-4)	Club player / Local leagues	Developing tactical awareness and controlling points	Comfortable defending with the glass, confident at the net, can play bandejas and controlled overheads, understands point construction and transitions.
Advance (4-5)	Strong league & tournament player	Controlling tempo and applying pressure	High consistency under pressure, controls pace and direction, uses attacking and defensive walls effectively, strong teamwork and tactical awareness.
Performance (5+)	National-level competitor	High-performance training and match preparation	Excellent physical conditioning, dominant net play, overheads regularly create winners, adapts tactics throughout matches, competes in national events.
ELITE (6+)	Professional / International	Elite performance and tournament preparation	Exceptional technical ability, consistently executes advanced overheads (kick, X3/X4), dictates play against elite opponents and competes internationally.

WHAT YOU CAN EXPECT FROM THE CAMP

Whatever your level, you'll receive expert coaching in a fun, supportive environment designed to help you improve your game. Sessions focus on technical development, tactical understanding, match play and decision-making, with groups tailored to your ability.

Beginner (1–2): Perfect if you're new to padel. You'll learn the fundamentals, including serving, positioning, volleys, using the glass and building confidence through simple rallies and game-based drills.

Improver (2–3): Designed for players who already enjoy regular games and want more consistency. Expect to improve movement, teamwork, net play and introduce tactical concepts like lobs and court positioning.

Intermediate (3–4): Ideal for regular club players looking to sharpen their game. We'll focus on tactical awareness, transition play, defending with the glass, shot selection and improving consistency under pressure.

Advanced (4–5): For experienced competitive players. Sessions focus on advanced tactics, controlling points, improving overheads, exploiting opponents' weaknesses and refining decision-making in match situations.

Performance (5+): High-performance coaching aimed at national-level competitors. Expect advanced tactical work, elite movement patterns, match preparation and performance analysis.

Elite (6+): Professional-level training tailored to international competitors, focusing on tournament preparation, high-performance drills and elite tactical execution.

KEY

- Choose the level that best describes your current match standard, not your best performance.
- If you're between two levels, we recommend selecting the lower level.
- Coaches may adjust groups during the camp to ensure everyone trains with players of a similar standard.
- If you're unsure which level is right for you, please get in touch before booking.

