



OCTOBER

PADEL ACADEMY

Four weeks. One clear progression for every level.

WEEK 01

DEFEND

Control · glass · consistency

WEEK 02

ATTACK

Volleys · overheads · pressure

WEEK 03

TRANSITION

Defence to attack · teamwork

WEEK 04

COMPETE

Match play · tactics · feedback

EVERY SESSION

20% Coach warm-up +
technique

60% Ball feeding + specific drills

20% Rally + match play

ADAPTED EXERCISES AND INTENSITY

Each level has different exercises and intensity. Platinum follows a distinct training approach.

01 ALL LEVELS

Training adapted to your level

- Coaches adapt the exercises to each playing level.
- Intensity and ball speed vary with the level.
- Drill difficulty matches each group's abilities.
- Control and live-ball drills.

02 PLATINUM

A different approach for Platinum

- High intensity and very fast defence.
- Improve smash, víbora and bandeja technique.
- Every session combines match play, real scenarios and all these training elements.

STARTER / ROOKIE

BUILD THE FOUNDATIONS

Learn the basic shots, rules and scoring through guided play.

01

DEFEND

- Build basic forehand and backhand technique, and practise simple lobs.
- Try back glass on both sides and simple side glass.
- Keep controlled rallies going with fewer errors.

Find your position · Keep the ball in play

02

ATTACK

- Learn forehand and backhand volleys.
- Find your position at the net with your partner.
- Try the bandeja.
- Control the ball before adding power.

Feel comfortable at the net

STARTER / ROOKIE

BUILD THE FOUNDATIONS

Learn the basic shots, rules and scoring through guided play.

03

TRANSITION

- Know when to stay back or approach the net.
- Practise simple transitions with the coach.
- Start moving together as a pair.

Move forward together

04

COMPETE

- Play guided points with the coach.
- Understand the basic rules and how points work.
- Learn where to stand when serving and returning.
- Practise serving and keeping score during guided points.

Understand the rules and scoring

BRONZE

BECOME CONSISTENT

Connect reliable defence with controlled and better court positioning.

01

DEFEND

- Read back- and side-glass rebounds and create space.
- Move with the ball as it comes away from the glass.
- Choose directions and send lobs.
- Rally from the back with fewer unforced errors.

Stay in the point

02

ATTACK

- Improve volley and bandeja technique.
- Find a stronger position at the net.
- Stay patient instead of forcing the point.

Build control at the net

BRONZE

BECOME CONSISTENT

Connect reliable defence with controlled and better court positioning.

03

TRANSITION

- Use lobs to move from defence to attack.
- Spot when opponents have lost the net.
- Choose when to advance and when to stay back.
- Practise simple patterns with your partner.

Take the net as a pair

04

COMPETE

- Play matches with the student and rotate.
- Link defence, lobs and volleys.
- Improve positioning and consistency in real points.
- Use tactical feedback and corrections.

Play more consistent matches

SILVER

MAKE BETTER DECISIONS

Read the situation, choose the right shot and move in sync with your partner.

01

DEFEND

- Handle faster balls and double-glass rebounds.
- Practise 360° turns and follow balls moving away.
- Play better, more consistent defensive lobs.
- Decide when to lob or choose another shot.

Stay calm under pressure

02

ATTACK

- Create consistency through volleys and net movement.
- Learn different types of overheads, first introduction.
- Recognise when to attack or keep control.
- Maintain consistency with your partner.

Easy balls to attack

SILVER

MAKE BETTER DECISIONS

Read the situation, choose the right shot and move in sync with your partner.

03

TRANSITION

- Take the net with lobs, and introduction to chiquitas or fast balls.
- A chiquita is a soft ball to opponents' feet.
- Communicate and attack or defend always together.
- Recognise when to stop and defend again.

Know when to advance

04

COMPETE

- Connect defensive, attacking and transition patterns.
- Focus on shot selection and partner communication.
- Use feedback from real match situations.

Make smarter match decisions

GOLD

CREATE PRESSURE

Turn difficult situations into opportunities and sustain pressure as a pair.

01

DEFEND

- Defend faster balls and more difficult angles.
- Refine 360° turns and double-glass defence.
- Use chiquitas, lobs and fast balls to open space.
- Defend consistently and create chances to attack.

Turn defence into opportunity

02

ATTACK

- Accelerate volleys without losing control.
- Use attacking patterns and close in when possible.
- Practice of víbora and smash.
- Create a finishing chance before going for a winner.

Create the finishing chance

GOLD

CREATE PRESSURE

Turn difficult situations into opportunities and sustain pressure as a pair.

03

TRANSITION

- Take the net with chiquitas, lobs and fast balls.
- Coordinate the moment to move forward.
- Try to keep the net once you win it.
- Recover together when opponents force you back.

Win and hold the net

04

COMPETE

- Play demanding matches with the other students.
- Solve tactical scenarios and conditioned points.
- Make decisions under pressure.
- Link your skills with court coverage and communication.

Apply tactics under pressure

PLATINUM

CONTROL THE POINT

Control court position and momentum, then finish the opportunities you create.

01

DEFEND

- Read fast balls, tough angles and tricky rebounds. “Kiss the ball”
- Counter-attack with lobs, chiquitas and fast balls.
- Stay consistent under maximum pressure.

Transform defence into attack

02

ATTACK

- Control the net and sustain pressure as a pair.
- Refine attack volleys, víbora and smash choices.
- Choose drop shots or finish, including out of court.
- Give your partner information before each shot.

Control and finish points

PLATINUM

CONTROL THE POINT

Control court position and momentum, then finish the opportunities you create.

03

TRANSITION

- Combine shots and counter-attacks to take the net.
- Coordinate movement and decisions as a pair.
- Communicate before the transition.
- Know when to keep attacking or reset.

Control position as a team

04

COMPETE

- Play intense competitive points with the other students.
- Practise finishing and controlling momentum.
- Sharpen decisions and partner information.
- Receive individual feedback on your match play.

Compete with clear intent



FROM A LITTLE CAT TO A LION.

Grow your skills. Trust your partner. Enjoy the game.

WELCOME TO HC PADEL ACADEMY