

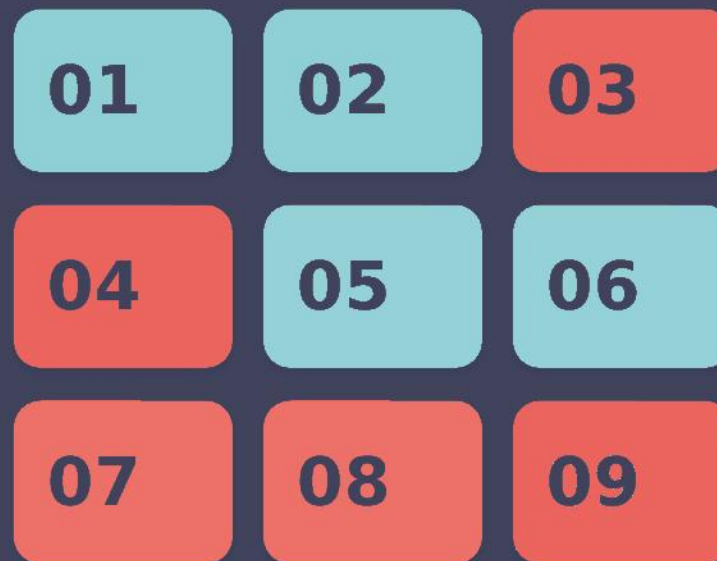
YOUR DEVELOPMENT JOURNEY

FIND YOUR LEVEL. BUILD YOUR GAME.

A clear guide to the right HC class —
from your first ball to Platinum.

9 LEVELS • ONE PROGRESSIVE PATH

**The right level is where you can learn,
contribute and improve consistently.**



THE PATHWAY

NINE LEVELS. CLEAR EXPECTATIONS.

Each step builds on the skills below it. Higher levels retain the earlier foundations.

STARTER / ROOKIE

Learn the game

Basics • groundstrokes • first rallies

BRONZE

Build your base

Glass • lobs • volleys • transitions

SILVER

Own your consistency

Reliable defence • net control • bandeja

GOLD

Play with purpose

Patience • point building • finishing

PLATINUM

Perform under pressure

Intensity • precision • partnership

SKILLS BEFORE STATUS

Your level reflects what you can repeat — not your best shot.

BOOKING & PROGRESSION

BOOK THE CLASS YOU ARE READY FOR.

Your current coach-assessed level guides your class booking.

- 01 Demonstrate every key requirement**
One good rally or one great smash does not establish a new level.
- 02 Show the skills consistently**
Your coach looks at technique, decisions, movement and match behaviour.
- 03 Keep building any missing skills**
If you cannot yet meet the next level's requirements, stay in your current class.
- 04 Wait for coach approval**
Only join a higher-level class after an HC coach approves your progression.

NOT SURE OF YOUR LEVEL? Ask an HC coach for an assessment before booking.

Starter

Start from zero.

- 01 New to padel**
You have never played and need to learn the game from the beginning.
- 02 Rules & scoring**
You do not yet understand the rules or how points work.
- 03 Grip & ready position**
Learn how to hold the racket and prepare for the ball.
- 04 Court positioning**
Learn where to stand, how to move and how the court works.

PLAYTOMIC LEVEL

0.0 - 0.7

01

LEARN THE
BASICS

FIRST GOAL

Learn the basics, then build controlled groundstroke rallies.

Rookie

Build your first reliable rally.

- 01 Groundstrokes need work**
Keep developing both your forehand and your backhand.
- 02 Glass is not yet understood**
You tend to hit before the ball reaches the glass instead of letting it pass.
- 03 Consistency is developing**
You cannot yet sustain a rally of more than 10 balls reliably.
- 04 A solid foundation comes first**
Build control and repeatable technique before moving up.

PLAYTOMIC LEVEL

0.7 - 1.5

02

**FIND YOUR
RHYTHM**

**BRONZE ENTRY
REQUIREMENT**

Sustain a controlled 10-15-ball rally from the back of the court.

PROGRESSION CHECKPOINT / BRONZE

CONTROLLED RALLIES UNLOCK BRONZE.

All requirements must be demonstrated consistently and approved by an HC coach.

01

10-15 balls

Maintain a rally from the back of the court.

02

Repeatable control

Demonstrate it regularly, not just once.

03

Coach assessment

An HC coach confirms that your foundation is ready.

If 10-15-ball rallies are not yet reliable, continue in Starter / Rookie.

Low Bronze

A more consistent foundation.

- 01 Controlled rallies**
You can maintain a rally of around 10-15 balls without an error.
- 02 Basic game understanding**
You broadly understand the game and how to use the back glass.
- 03 Directions & side glass**
You are beginning to understand ball direction and the side glass.
- 04 First steps at the net**
You move forward to the net, even though you still make mistakes there.

PLAYTOMIC LEVEL

1.5 - 2.0

03

**CONTROL
BEFORE SPEED**

NEXT FOCUS

Improve volleys, lobs, technique and movement with your partner.

High Bronze

You can play — now strengthen the base.

- 01 Read the ball**
You understand its direction and pace.
- 02 Groundstrokes & rallies**
Your technique at the back is reasonably good and you sustain long rallies.
- 03 Volleys & attacking**
You can volley and use a lob against net players to move forward and attack.
- 04 Transitions need work**
Moving together as a pair still causes difficulties.
- 05 Difficult balls test you**
A good technical base is present, but consistency under pressure needs work.

PLAYTOMIC LEVEL

2.0 - 2.5

04

BUILD YOUR ALL-ROUND GAME**SILVER IS A BIG STEP**

Improve consistency, volleys and bandeja before a coach approves Silver.

PROGRESSION CHECKPOINT / SILVER

THE BIG JUMP: BACK + NET + BANDEJA.

All requirements must be demonstrated consistently and approved by an HC coach.

01

Consistent defence

Stay reliable from the back of the court.

02

Consistent volleys

Move to the net and keep control there.

03

Reliable bandeja

Show a repeatable bandeja and suitable movement.

If defence, volleys or bandeja are not ready, continue in Bronze.

Low Silver

Reliable at the back AND at the net.

- 01 Very consistent defence**
You keep the ball in play reliably from the back of the court.
- 02 Move to the net**
You know how and when to come forward.
- 03 Reliable volleys**
Consistency at the net matters as much as consistency at the back.
- 04 Bandeja & movement**
You can play a bandeja and move relatively quickly.
- 05 Few avoidable errors**
You may not finish many points yet, but you should make few unforced errors.

PLAYTOMIC LEVEL

2.5 - 3.0

05

EARN YOUR
CONSISTENCY

ENTRY STANDARD

Bronze skills alone are not enough: defence, net play and bandeja must be reliable.

High Silver

Consistency with intention.

- 01 Refined defence**
Your defensive technique is polished and very consistent.
- 02 Intentional volleys**
You place volleys deliberately and use slice.
- 03 Pressure without excess risk**
Your shots trouble opponents while keeping risk under control.
- 04 Overhead repertoire**
You can play both a smash and a bandeja.
- 05 Keep refining decisions**
Technique and shot selection still need work; unforced errors should be few.

PLAYTOMIC LEVEL

3.0 - 3.5

06

PLACE THE BALL
WITH PURPOSE

GOLD READINESS

Reliable defence and volleys, good overheads and intentional point finishing.

PROGRESSION CHECKPOINT / GOLD

CONTROL THE POINT. THEN FINISH IT.

All requirements must be demonstrated consistently and approved by an HC coach.

01

Back & net consistency

Keep unforced errors low across both areas.

02

Good overheads

Play good bandejas and smashes; finish with intention.

03

Legs create the shot

Stay low and flexed: movement, accuracy and power begin in the legs.

If consistency or overhead quality is missing, continue in Silver.

Low Gold

A complete player with patience.

- 01 Few unforced errors**
You are consistent and do not give away many points in a match.
- 02 Patient point building**
You wait for the right moment to attack.
- 03 Groundstroke discipline**
HC focus: flat groundstrokes; topspin for chiquitas. Avoid routine slice.
- 04 Use the right touch**
You can play a drop shot when the situation calls for it.
- 05 Keep developing**
Improve partner communication and your víbora.

PLAYTOMIC LEVEL

3.5 - 4.3

07

**WAIT. BUILD.
ATTACK.**

NEXT FOCUS

More precise finishing, partner support and better chiquitas.

High Gold

Precision and smart teamwork.

- 01 Finish with precision**
You can convert the right opportunities into winning shots.
- 02 Partner awareness**
You communicate well and cover your partner when they lose position.
- 03 Choose control over risk**
You know when a softer ball can force an opponent's error.
- 04 Accurate chiquitas**
You place chiquitas precisely, although errors can still occur.
- 05 Read the moment**
You understand when to build pressure and when to finish.

PLAYTOMIC LEVEL

4.3 - 5.0

08

WIN WITH YOUR
CHOICES

PLATINUM READINESS

Communication, víbora, x3 smash, intensity and more reliable topspin chiquitas.

PROGRESSION CHECKPOINT / PLATINUM

INTENSITY WITHOUT LOSING CONTROL.

All requirements must be demonstrated consistently and approved by an HC coach.

01

Partnership

Communicate constantly and support each other.

02

Advanced execution

Show víboras, x3 smashes and more reliable topspin chiquitas.

03

High intensity, few errors

Keep control and composure as the pace rises.

If these skills are not reliable at match intensity, continue in Gold.

Platinum

Perform at the top amateur level.

- 01 Top amateur standard in Singapore**
This is the highest level in the HC pathway.
- 02 Precise attacking shots**
You execute x3 smashes, víboras, bandejas and drop shots accurately.
- 03 Constant communication**
You work with your partner throughout the point.
- 04 Sustained intensity**
You play at high intensity with very few unforced errors.
- 05 Composure in competition**
You control your nerves and maintain your performance under pressure.

PLAYTOMIC LEVEL

5.0 onwards

09

PRECISION
UNDER
PRESSURE

THE STANDARD CONTINUES Keep refining precision, teamwork and competitive consistency.

YOUR NEXT STEP

BUILD THE SKILLS. THE LEVEL WILL FOLLOW.

Book your current level.

Work on your next milestone.

Move up when your coach confirms you are ready.

EVERY LEVEL IS A VALUABLE STEP FORWARD.