

Social

Low threshold

Sportsmanship

Padel

**Padel is a simple game, and that
is precisely what makes it so difficult.**

Keep it simple!

Joy of playing

Pure Passion

Stef Rigaux



Vamosss Padel

The basics

Technique and Tactics

Rules, technique, tactics, useful tips

and much more

for beginners and advanced padel players





Design & illustrations: Stef Rigaux

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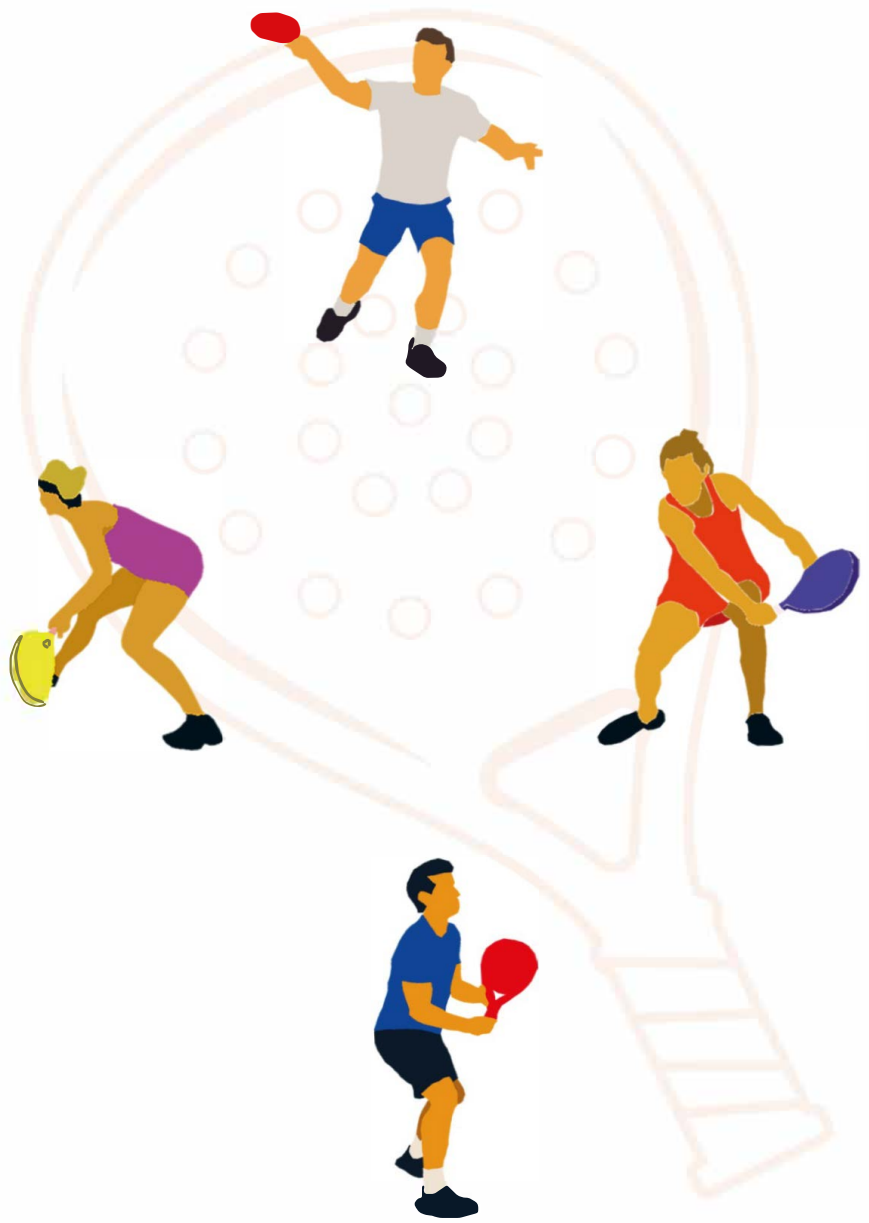
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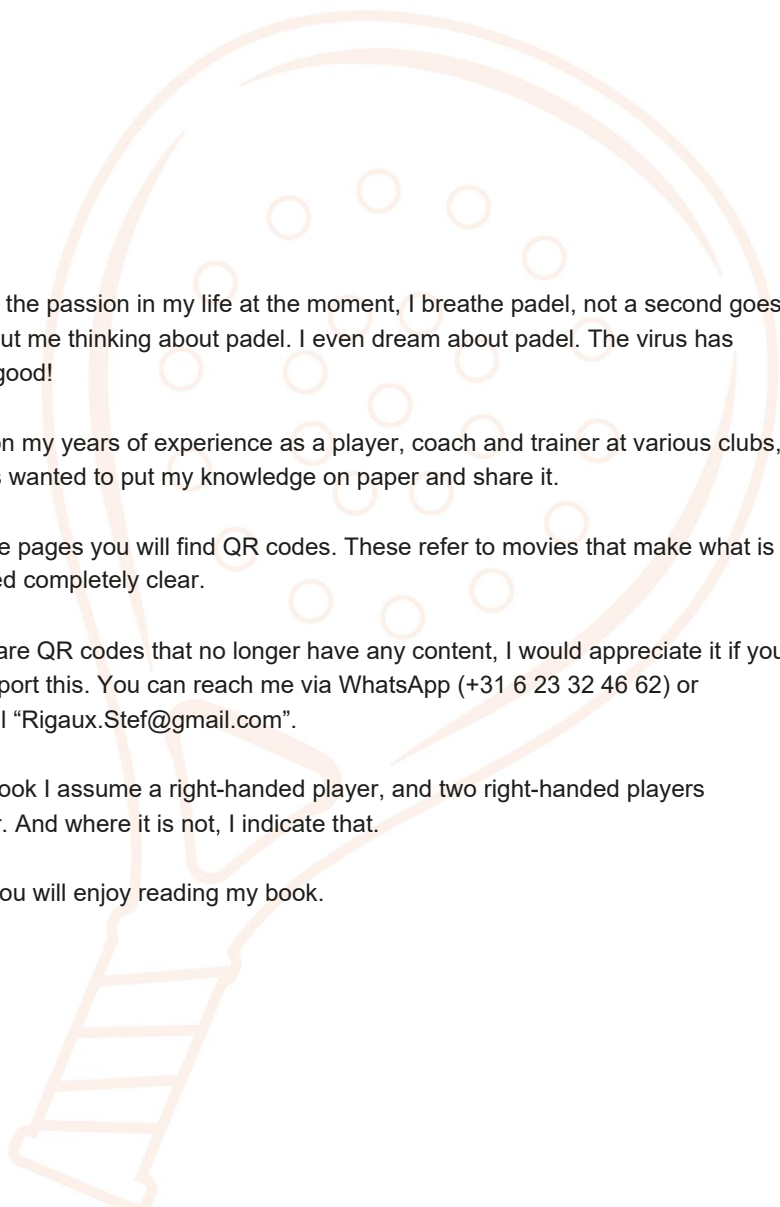
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Padel is the passion in my life at the moment, I breathe padel, not a second goes by without me thinking about padel. I even dream about padel. The virus has got me good!

Based on my years of experience as a player, coach and trainer at various clubs, I always wanted to put my knowledge on paper and share it.

On some pages you will find QR codes. These refer to movies that make what is described completely clear.

If there are QR codes that no longer have any content, I would appreciate it if you could report this. You can reach me via WhatsApp (+31 6 23 32 46 62) or via email "Rigaux.Stef@gmail.com".

In this book I assume a right-handed player, and two right-handed players together. And where it is not, I indicate that.

I hope you will enjoy reading my book.



Chapter

Overview of padel courts (GB)

The fastest growing sport

Everyone can play padel

Talent and fun

Fair play

ONE



1

General Affairs

Find a padel court nearby



Scan the QR code



Padel: the fastest growing sport!

You will not have missed the fact that padel is very much on the rise. There are now few people who have never heard of padel. Padel is also in the media.

Is padel a hype?

Initially, some thought that padel was a hype. Very popular for a short while, and then slowly faded away like a fire.

Research agency "Mulier Institute", which has done research years ago on new sports and their potential to become a major sport, had already identified padel as a growth sport in 2015, provided that certain conditions were met. These conditions have now been met.

They now expect padel to continue to grow at an accelerated pace. Four core elements contribute to the enduring nature of a sport:

- 1 . The sport must meet a rapid sense of success, a social character and the effect of a workout.
- 2 . There must be a sufficient but flexible range of competitions.
- 3 . Sports providers must be convinced that the accommodation is sufficiently occupied and profitable in the long term.
- 4 . The sport should be known to the wider public.

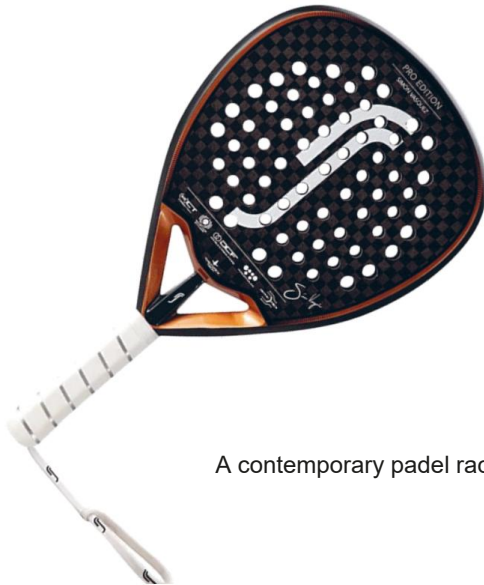
Source: Mulier Institute, Our Sport is Booming (A case study on the rise of padel, beach volleyball and bouldering)

Those who have known padel for a while know that padel meets the above criteria.

The padel racket of the first hour



When padel first started, the racket pictured above was used. Over the years, the padel racket has undergone a complete transformation.



A contemporary padel racket

Everyone can play padel

Padel is accessible. When you first step onto a court, hold a racket, hit a ball back, you immediately think "I can do this". That wonderful "Yes!" feeling continues for a while, the first ball you hit back through the glass wall, the first ball you manage to get back over the net in an incredible way, and so on. A series of happy moments. And therein lies the danger.

Padel is addictive!

You have been warned. Don't say later that you didn't know this.

I was allowed to do the "padel walk-in" for a few years at my club. An evening where everyone could come by and get acquainted with padel. After fifteen minutes of explanation, everyone, regardless of ball sports experience or not, could play a nice game of padel. Afterwards, everyone left the padel court with a satisfied feeling. With tennis, for example, you only achieve that after two or three years.

The social nature of padel lies in the fact that you are with four players on a relatively small field, which makes communication during the match perfectly possible. After playing a nice rally, regardless of who the point goes to, all four players are cheering and enjoying.

Padel can be quite intense. Especially when you are more advanced, and the rallies seem to have no end. As a beginner, you will notice that it benefits your condition. In the beginning, you may be tired after thirty minutes, but if you play for a while, you can quickly play for an hour and a half or two hours. And that happens "playfully", of course, you only notice that you are tired when you step off the court.

Celebrating a great moment together



Padel fun at its best!

Talent and fun

As annoying as it is for the other inhabitants of this planet, I almost always find a way to bring padel to the attention in a conversation. And then I often hear "Padel, that's not for me, I'm not athletic and I have no ball feeling".

"Then give it a try," I always say, "Come along to the padel drop-in evening!"

And sure enough. Sometimes that still happens!

And what happens every time again. People who think they have no ball feeling, that they are not sporty, turn out to have it after all!

And sure. There is "Talent" and there is "Talent". Everyone has talent in my eyes, only some more than others.

I was one of the early adapters of padel in 2017. In the land of the blind, the one-eyed man is king, so I could play pretty well at some point, I felt. Then a few young people start playing padel, and within two months you are no longer able to beat them. A national disaster? No, not at all. You can be disappointed by it and think "I'm not good at it". But the reality is, some people just learn faster, and some people just have more talent. In the training groups that I have had, I saw and still see that. Four people who take padel lessons together for the first time. And after a series of ten lessons, you can already see a noticeable difference in level.

My advice is, don't look at how quickly others develop and pass you in terms of playing level in no time, but keep it to yourself.

The important thing is not "How well do I play?", but rather, "How much fun do I get from padel?".

The Beatles

Whisper words of wisdom

“LET it be”

We play the rally again

Fair Play

Fair play and sportsmanship are of paramount importance in padel. Treat your opponent the way you would like to be treated and you will be fine.

Sometimes it is hard to see if a ball is in or out, if it just bounces on the court or just takes the glass. Sometimes the ball just hits the fence or just misses it. Sometimes the ball just grazes the side glass wall or not.

When you see it and your opponent doesn't, or vice versa, you could go on endlessly with a yes-no discussion. But you can prevent this by playing a "let", easy right? Everything is thought of in padel.

This is where the wise words of The Beatles come into play, a kind of loosely translated: "Whisper wise words, "let" it be, we'll play the rally again."

What exactly is a "let"?

No points are awarded to either side for the last rally played. The rally is simply replayed. Everyone is happy.

However. It doesn't always work that way. Some players ask for a let at every opportunity, and usually on the really important points.

A practical example. I was playing a competition match, and we were fairly evenly matched. One of the two opponents happened to be a 27-year-old lady, a tennis talent in her younger years, according to her father, who told us that right away when we arrived. I'll call her "Betty", but that's not her real name. During the first set, Betty calls every questionable ball to her side "out", and she repeatedly gets into discussions about balls on our side.

We won set one after all. In set two, game one, my buddy gets lobbed and as he runs back, I coach him, "Let go" I call, and by that I mean "Let the ball bounce via the glass wall". My buddy follows my advice, this time. He plays a lob back, over the net, into the court.

However, before the ball bounces, Betty plucks the ball out of the air and shouts, "Point for us!"

"Huh!", what is going on here, we wonder.

Betty explains: "You called 'Out', and when you call 'Out' and then play the ball back, we get the point!"

An argument ensues, "I didn't yell 'Out', I yelled 'Let go'", "No, you yelled 'Out'" said Betty. Confirmed by her father on the sidelines.

Betty stands her ground. And because we were a bit fed up with Betty's hassle, we didn't give in either.

The result. Betty walks off the field "I'm done playing, I'm quitting".

We had driven an hour to play padel and just wanted to play.

We let Betty have her way again and moved on.

We lost set two six-nil. A bit thrown off balance by the whole situation. Lost focus.

Set three in game three.

My buddy gets lobbed, lets the ball run, I see (and he himself too) that the ball bounces just in front of the glass wall, my buddy stops, grabs the ball, and shouts "OUT!". Betty "The ball was just in!". Another discussion follows, and miraculously, Betty gives us the point.

After all, she couldn't see it from where she was standing. From then on Betty was a bit lost and set three easily won with six-one.

Sometimes, very occasionally, you may let an opponent know where the boundary lies, preferably with their own weapons, and it turns out that they themselves are not very good at that.

Betty the Artist



Out
Out
Out

CHAPTER



A padel court

Which shoes are suitable for padel?

Padel balls

The difference between padel and tennis balls

Which padel racket suits me?

- Material
- Shape
- Balance
- Sweet spot
- Weight
- Grip

Patience

Maslow's learning process

Perseverance

The Kübler-Ross change curve

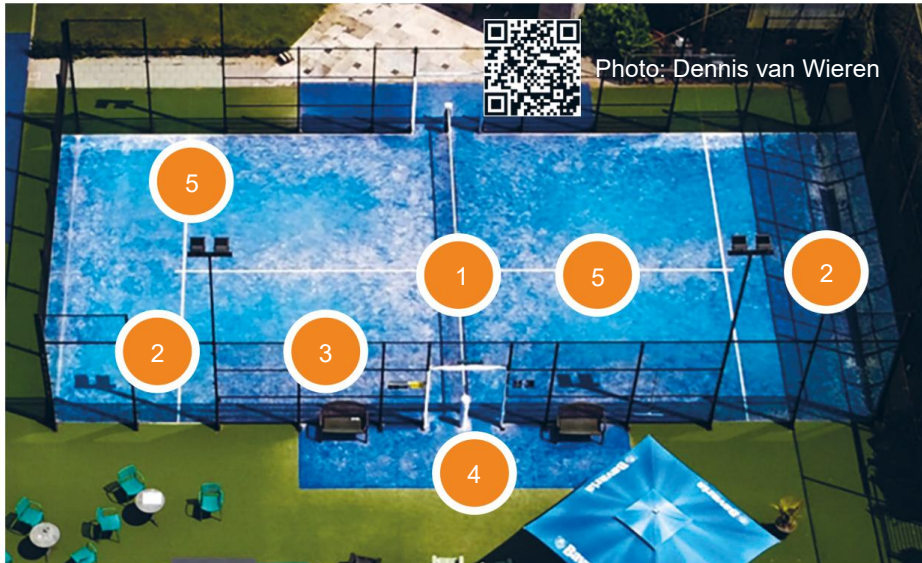
Provide fixed frameworks



TWO

2

What do I need for padel?



Playing field size

A padel court is 393,7 inches wide and 787,4 inches long. That means that each half is 393,7 inches by 393,7 inches. Important later.

1

The net

A net hangs between the playing halves. In the middle it is 34,6 inches high and on the sides 36,2 inches (this may deviate 0,196 inches).

2

Glass walls

There are 9 glass walls per half of the playing field. Five of them form the back wall. And two on each side form part of the side wall.

3

Fence

In the middle of the court, the walls consist of fencing, an iron construction with an opening on both sides of the court at the height of the net.

4

The exit door and exit zone

Through this opening (door) you may walk outside into the run-out zone (Safety zone), to bring a ball that is hit out of the cage via the ground back into the playing field. This is only allowed when it is permitted by the competition management.

Certain safety rules must be met. These are described in the IPF rules of the game.

Scan the QR to open the PDF with the rules.



5

Lining

The lines that connect the two long side walls are the service lines. The ball must bounce in front of this line when serving.

The line that connects the service lines through the middle divides the service area into two parts. Depending on which side you serve from, the ball must bounce in that part (diagonal).

6

Surface

Most outdoor padel courts have artificial grass as a surface. This artificial grass is often placed on a water-permeable concrete foundation. Underneath this is a drainage system to drain the seeped water.

Artificial grass is available in different lengths, colours and quality. The artificial grass is sprinkled with sand up to about 3/4 of the length of the artificial grass fiber. You can't just use sand. The grain size must be large enough so that the sand grains don't clog the water-permeable concrete.

Indoor courts often have shorter artificial grass, or some kind of mat.

Herringbone



Omni



Mixed

