

PADEL NIVEAU @ SIHLSPORTS

Are you missing a player for a padel match? Want to meet other Padel Fanatics? Join our WhatsApp groups.

LEVEL B - Beginner



I am new to padel and have been playing for less than 12 months. I have had few or no padel lessons. I am learning the basic strokes for my first rallies without walls. I know the rules of the game and play short rallies. I'm starting to master the basic strokes from the baseline. I am not yet familiar with padel tactics and positioning.



 **Level for Ladies Morning Beginner Dienstag, Basics 1 & 2**

LEVEL 1 - Beginner PLUS



I have been playing padel for at least 1 year. I have had padel lessons and play several times a month. I can play longer rallies and I am playing my first open matches. I still need to learn padel tactics and positioning. I mainly play from the baseline and only occasionally go to the net. I make a lot of unforced errors.



 **Level for Ladies Morning Mittwoch, Padel am Mittag, Basics 1 & 2**

 **TURICUM Mix it up Social Padel Turniere Level 5 & 4**

LEVEL 2 - Intermediate



I understand how to play padel, but I'm still inexperienced. I am beginning to understand the game with the walls. I understand the basic positions. I go to the net when the opportunity arises. I have mastered most of the strokes. I can play forehand and backhand slice. But I still make many unforced errors. I play well enough to take part in open matches.



 **Level for Ladies Morning Mittwoch, Padel am Mittag**

 **TURICUM Mix it up Social Padel Turniere Level 5 & 4**

LEVEL 3 - Intermediate PLUS



I have mastered most strokes, can play forehand and backhand slice and keep the ball flat. I can place the ball relatively well. I can accelerate the ball, but have problems making the point. I know the tactics, the positioning and make few unforced errors. I know how to defend with the help of the walls. I take part in tournaments and win my first matches.

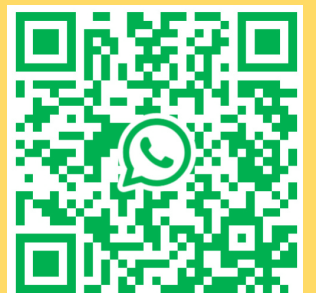


 **TURICUM Mix it up Social Padel Turniere Level 4 & 3**

LEVEL 4 - Intermediate HIGH



I have mastered the versatility of padel and regularly take part in competitions. I have mastered all technical aspects of the game, tactics and positioning. I can slow down or speed up the game. I know the different padel smashes. I defend effectively. I regularly win matches at tournaments.



 **TURICUM Mix it up Social Padel Turniere Level 4 & 3**