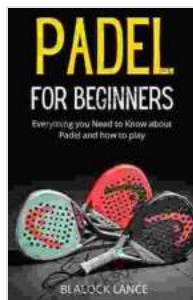


Everything You Need to Know About Padel and How to Play



PADEL FOR BEGINNERS: Everything You Need To Know About Padel And How To Play by Lucas Chancel

★★★★☆ 4.1 out of 5

Language	: English
File size	: 391 KB
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 16 pages
Lending	: Enabled



What is Padel?

Padel is a racquet sport that is played on a court that is one-third the size of a tennis court. The court is surrounded by walls, which are used to help keep the ball in play. Padel is played with a paddle that is similar to a tennis racquet, but it has a smaller head and a shorter handle. The ball that is used in padel is also smaller and lighter than a tennis ball.

History of Padel

Padel was invented in Mexico in the 1960s by a man named Enrique Corcuera. Corcuera was looking for a way to play tennis in a smaller space, and he came up with the idea of using walls to help keep the ball in play. The sport quickly became popular in Mexico, and it eventually spread to

other countries around the world. Padel is now one of the most popular sports in Spain, and it is played by millions of people around the world.

Rules of Padel

The rules of padel are similar to the rules of tennis. The game is played with two players or four players (two teams of two). The players take turns hitting the ball over the net and into the opponent's court. The ball can be hit off the walls, but it must land in the opponent's court in order to be considered a good shot.

The game is won by the team that first scores 6 games. A game is won by the team that first scores 4 points. If the score is tied at 4-4, the game goes into a tiebreaker. The tiebreaker is won by the team that first scores 7 points.

How to Play Padel

Padel is a relatively easy game to learn, but it can be difficult to master. Here are a few tips on how to play padel:

- * Use a paddle that is the right size for you. A paddle that is too big or too small can make it difficult to control the ball.
- * Stand with your feet shoulder-width apart and your knees slightly bent.
- * Hold the paddle in your dominant hand with your thumb on the top of the handle and your fingers curled around the grip.
- * Hit the ball with a smooth, fluid motion. Don't try to hit the ball too hard, as this will make it difficult to control.
- * Follow through with your swing. This will help you to generate more power and accuracy.
- * Be patient. It takes time to learn how to play padel well. Don't get discouraged if you don't improve overnight. Just keep practicing and you will eventually get better.

Benefits of Playing Padel

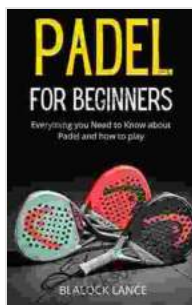
Padel is a great way to get exercise, have fun, and socialize. Here are a few benefits of playing padel:

* Padel is a low-impact sport, which makes it a good choice for people of all ages and fitness levels. * Padel is a social sport that can be played with friends or family. * Padel is a great way to improve your hand-eye coordination and reflexes. * Padel can help you to burn calories and lose weight. * Padel is a fun and challenging sport that can be enjoyed by people of all skill levels.

Padel is a great sport for people of all ages and skill levels. It is a fun, social, and challenging sport that can be enjoyed by everyone. If you are looking for a new sport to try, padel is a great option.

Padel Federation

World Padel Tour



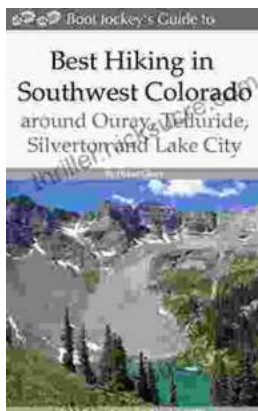
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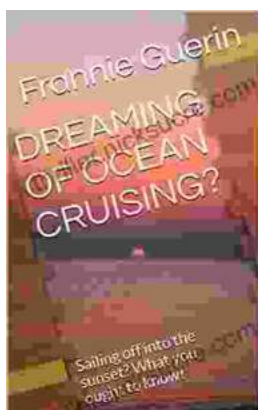
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