

Index

A

accessories, 79–81, 273
Adaptive Padel Tour, 186
adaptive players, 186
ad court, 49, 51, 63, 114, 117, 121, 122, 157
Adidas, 69, 276, 303
advantage scoring, 50–51
Agassi, Andre, 48
age-group or coed tournaments, 215–217
AI platforms, 178
amateur players, 28, 172, 290, 293–295
Americano, 192–194, 214, 230, 233
American Padel Tour (APT), 240
apparel brands
 Cuera, 78
 Endless, 78
 GLDN PNT, 78
 Padelhüd, 78
 PALAIR, 77–78
 PULCO, 77
 Spence, 78
Argentina
 padel tourism, 257
 World Padel Championships (Men), 291
 World Padel Championships (Women), 292
Argentine Padel Association, 184, 238
Arnold, Felipe, 22, 23

Asociación Pádel Para Todos (ASPADO), 186
Association of Professional Players (AJPP), 239
associations and federations
 The Argentine Padel Association, 184
 The Australian Padel Federation, 185
 The French Tennis Federation, 184–185
 The Italian Padel Federation, 184
 The Lawn Tennis Association, 183
 The Spanish Padel Federation, 183
 The United States Padel Association, 182–183
Australia, padel tourism, 257
The Australian Padel Federation, 185

B

Babolat, 69
backhand, groundstrokes, 87–89
bag, 79–81
Baigts brothers, 22
bajada, 230
Bali Padel Academy (Bali, Indonesia), 300–301
ball machine
 AI-enabled, 153
 one-person drills, 153
 three-person drills, 157, 158
 two-person drills, 155, 156

balls, 9–13, 15, 16, 19, 40, 42, 79, 102–107,
126, 127, 140, 141, 152, 153, 155, 157,
158, 162, 165, 171, 174, 200, 201,
270, 282, 284

altitude effects on, 75

climate effects on, 74

padel vs tennis balls, 73

premium vs cheaper balls, 74

speed balls vs standard balls, 74

bandeja, 97–99, 138, 166, 172, 230–231

Beckham, David, 7

Beltramino, Adrian, 25

bevel method, 84

Björkman, Jonas, 27

Blanca Padel, 70

Bloomberg, 27

boast, 231

Boenheim, Georgie, 78

Boich, Wayne, 25

Borja, Ignacio Soto, 20

box league, 193–194

Brazil, padels in, 28

World Padel Championships (Men), 291

World Padel Championships
(Women), 292

British Journal of Sports Medicine, 287

British Lawn Tennis Association (LTA), 223

Bullpadel, 69, 78

Butler, Jimmy, 7

byes, 219

C

Calvelo, Martin, 22

Caoduro, Edoardo, 22

carbon-fiber frames, 73

carbon fiber racquets, 68

casual club tournaments, 214

celebrity magnets, pickleball, 13

certifications/credentials, 202–203

certified padel coach, 140, 202–203

ChatGPT, 178

China, padels in, 28

chiquita, 231–232

The City's Cup, 244

Claude, 178

clinics and group lessons

the downsides, 206

questions about, 206–207

the upsides, 205–206

closed stance, 86

clubs

Bali Padel Academy (Bali,
Indonesia), 300–301

Holy Padel (Arnhem, Netherlands), 300

Lasagues Padel—Canning (Buenos Aires,
Argentina), 302–303

Nueva Alcántara Club (San Pedro de
Alcántara, Spain), 303–304

The Padel Club at Adare Manor (Limerick,
Ireland), 301–302

Padel G24 (Madrid, Spain), 305–306

Padel Plant (Richmond, Virginia), 306–307

Padel Šolta (Šolta, Croatia), 263–264, 304

Padelx Floating Club (Dubai, United Arab
Emirates), 304–305

in United States

Alma Padel, 306

deluxe recovery zone, 301

- gourmet restaurant, 301
- Mink Padel, 306
- NOX method padel academy, 301
- Padel39, 306
- Padel California, 306
- padel concierge service, 301
- Padel Haus Williamsburg, 306
- Privé Padel, 306
- Reserve Seaplane, 306
- stocked pro shop, 301
- Virgin Active Padel Club—Lourensford
(Cape Town, South Africa), 302
- club's guest policy, 190
- coaching, 102, 167
 - certification courses, 202
 - clinics and group lessons
 - the downsides, 206
 - questions about, 206–207
 - the upsides, 205–206
- importance of, 200–202
- joining a club, 190
- newbies, 199, 202
- online
 - Hello Padel Academy (HPA),
152, 208–209
 - M3 Padel Academy, 209
 - Mejora Tu Padel, 152
 - The Padel School, 152, 207–208
- pickleball player, 201
- player levels, 195
- squash or racquetball player, 201
- tennis player, 200
- warning signs, 204–205
- consolation-based tournaments, 218
- continental grip, 84, 85, 95
- contrapared, 232
- Corcuera, Enrique, 18, 19, 35, 78
- Corcuera, Viviana, 19, 24
- Cork, 69
- cost of coaching, 203
- court builders and installers
 - AFP Courts/Adidas Padel, 276
 - Greenset, 278
 - Ingode Padel, 278
 - Italian Padel, 278
 - Jubo Padel, 277
 - Manzasport, 278
 - MejorSet, 276
 - NXPadel, 277
 - Off the Glass, 278
 - Orange Padel, 278
 - Padel10, 277
 - Padel Galis, 276
 - PadelLux, 277
 - Padel Tech, 277
 - Portico Sport, 277
 - Sky Padel, 278
 - Sportsfields Specialities, 278
 - Unixpadel, 278
- court- or real-tennis, 48
- CourtReserve, 180

- courts, 19, 31
 - ad court, 49, 51, 63, 114, 117, 121, 122, 157
 - black/purple turf, 38
 - in Calgary, Alberta, 24, 25
 - The Crystal Palace, 22
 - defensive position, 126–128
 - deuce court, 49
 - door, 42–43
 - early padel courts, 20
 - glass walls, 30, 35, 40–42, 165
 - lighting, 43–45
 - net, 39–40
 - in New York, 26
 - offensive position, 123, 126–128
 - panoramic courts, 41, 42, 124
 - pickleball vs padel, 13, 14
 - platform tennis vs padel, 15, 16
 - playing turf/carpet, 37–39
 - returning serves, 125, 126
 - ruddy color turf, 37
 - sand on, 38, 39
 - singles padel court, 45
 - in Spain, 28
 - standard measurements of, 36
 - in Sweden, 26–27
 - tennis vs padel, 9, 10
 - in United States, 22–24, 26, 29
 - wire (or fence), 42
- CourtsApp, 179
- COVID-19 pandemic, 12, 26, 27, 295
- Croatia, padel tourism in, 257

- The Crystal Palace, 22
- Cuera, 78

D

- defensive overhead, 138, 172–173, 232
- defensive position, 93, 98, 106, 111, 112, 118, 123, 124, 126–128, 141, 167
- deuce, 50, 51, 233
- deuce court, 49, 51, 52, 63, 111, 114–118, 122, 136, 155, 157, 159, 191
- developments in padel, 21–22
- Dial, Minter, 19
- diamond-shaped padel racquet, 67, 68
- digital age, 178
- Djokovic, Novak, 172
- Domingo, Placido, 24
- door, 42–43
- dormiloña, 232
- double-elimination tournaments, 218
- double faulting, 53–54
- draw types
 - consolation-based tournaments, 218
 - double-elimination tournaments, 218
 - multiconsolation tournaments, 218
 - round-robin or group-stage tournaments, 218
 - true one-and-done knockout tournaments, 217–218
- dress code, 77–79
- drills
 - four-person
 - cross-court mini matches, 161–162
 - multi-shot progressions, 160–161

- and overhead drills, 162
- serve and return, 162
- target-only point play, 159
- two-plus-touch points, 160
- hydration, 150–151
- log, 162
- one-person
 - ball machine, 153
 - at home, 153
 - practicing overheads, 153
 - practicing the serve, 152, 153
- post-play recovery tools
 - incorporating other, 150
 - thoracic mobility, 149–150
- three-person
 - ball machine, 157, 158
 - overhead and volley drills, 157
 - two-vs-one match play, 157
- two-person
 - ball machine, 155, 156
 - construction progressions, 154
 - cross-court point play, 154–155
 - groundstroke practice, 154
 - overhead drills, 155
 - quick volleys/short-court work, 155
- drop-volley, 93
- Dunlop, 69

E

- Endless, 78
- even-balanced racquets, 72

- Evert, Chris, 48
- experience teaching, 203

F

- fault, 53, 62, 63
- Federer, Roger, 48, 110
- fence/wire, 30, 42, 58, 63, 87, 106, 107, 112, 126, 167, 170, 171, 174
 - playing balls off, 106–107
 - rules to follow, 102–103
- fiberglass frames, 73
- final frontiers, 28–29
- The FIP CUPRA Tour, 242
- The FIP Promises Tour, 242
- FIP World Padel Championships, 238
- fitness, 13, 174
- foot fault, 61
- forehand, groundstrokes, 85–87
- Forsberg, Peter, 27
- four-person drills
 - cross-court mini matches, 161–162
 - multi-shot progressions, 160–161
 - and overhead drills, 162
 - serve and return, 162
 - target-only point play, 159
 - two-plus-touch points, 160
 - and volley, 162
- frame construction of racquets, 73
- free guests passes, 190
- The French Tennis Federation, 184–185, 295
- frontal motion, 145, 147–148

G

Galeotti, Jorge, 22
gancho, 232
gear, 31, 77, 81, 82, 224
Gemini, 178
glass walls, 30, 35, 40–42, 165
do's and don'ts of playing balls, 103–104
hitting the ball off your own back
glass, 105–106
mistakes to avoid, 104–105
rebounding factors, 104
rules to follow, 102–103
GLDN PNT, 78
Global Padel Hub, 180
global tournaments
British Lawn Tennis Association
(LTA), 223
Padel Mates, 223
Playtomic, 223
Reddit, 223
WhatsApp, 223
golden point scoring, 51, 233
Google map, 179, 285
Graf, Steffi, 48
Grant, Adrian, 76
greatest of all time (GOAT), 246, 247
Grinda, Nalle, 19, 25
groundstrokes
backhand, 87–89
forehand, 85–87
guide to watching pro padel
Hexagon Cup, 253
Premier Padel tour, 250–251

Pro Padel League, 251–252
Reserve Cup, 252

H

half-volley, 93, 94
Harrow, 69
Head, 68, 69, 78
head-heavy racquets, 72
head-light racquets, 72
Hello Padel Academy, 152, 208–
209, 231, 236
Hexagon Cup, 245–246, 253
Hirostar, 69
holding of racquets, 83–85
Holy Padel (Arnhem, Netherlands), 300
house/club rules, 50
hybrid model, 188
hydration, 150–151, 224

I

Ibrahimovic, Zlatan, 27, 295
I-formation positioning, 117–118
The Inclusive Padel Tour (IPT), 186
Indonesia, padel tourism in, 28, 257
indoor padel clubs, 131
Instagram, 7, 30, 140, 174
international competition, 22
International Padel Federation (FIP), 17,
22, 29, 32, 37, 39, 40, 43, 44, 47, 51, 68,
223, 238, 240, 260, 276, 289, 290
lighting rules, 44–45
invitationals, 215
iPadel, 26

Isner, John, 110, 113

The Italian Padel Federation, 22, 184

Italy, padel tourism in, 257

J

Japan, padels in, 29

joining a club

- coaching and programming, 190

- free guests passes, 190

- membership fees, 189

- opportunities and network, 189

- terms, 189–190

Joy of Padel, 19

Junior World Championships, 247, 290

“just make it in, don’t make it
good!, ” 163–164

K

Kanso Sports, 76

Kevlar frames, 73

kick smash, 97, 100–102, 173, 233, 234

king of the court sessions, 192

Kissinger, Henry, 20

L

ladders and leagues, 214, 221

Lasaigues Padel—Canning (Buenos Aires,
Argentina), 302–303

lawn tennis, 48

The Lawn Tennis Association
(LTA), 183, 223

legendary players

- Belasteguín, Fernando (Bela), 246

- Björk, Carolina Navarro, 248

- Díaz, Juan Martín, 247

- Galán, Alejandro (Ale), 247

- Lebrón, Juan (El Lobo), 247

- Marrero, Marta, 249

- Navarro, Francisco (Paquito), 247

- Sainz, Lucía, 249

- Salazar, Alejandra, 248

- Triay, Gemma, 248–249

let, calling or playing to, 56–57

lighting, 43–45, 271, 272

lobbing team, 172

lobs, 92

- being aware of where to lob, 136

- cross-court, 136

- knowing whether to lob or not, 134–135

- mastering the lob, 129–130

- mistakes, 133–134

- partner lobs, 137

- secret to a successful, 130–131

- side and overhead angles, 129, 130

- into the sun, 136

- taking action when your opponents lob
you, 137–138

- technique, 131–133

- to your opponent’s backhand
shoulder, 136

local clubs, 70, 191, 213, 221

- locate your padel community
 - associations and federations
 - adaptive players, 186
 - The Argentine Padel Association, 184
 - The Australian Padel Federation, 185
 - The French Tennis Federation, 184–185
 - The Italian Padel Federation, 184
 - The Lawn Tennis Association, 183
 - The Spanish Padel Federation, 183
 - The United States Padel Association, 182–183
 - find a place to play
 - comparing courts and clubs, 187–188
 - joining a club, 189–190
 - pricing models, 188
 - online resources
 - booking platforms, 180–182
 - outside the United States, 180
 - in the United States, 178–179
 - player rating/skill level
 - platforms and apps, 196–197
 - understanding levels, 195–196
 - social or friendly matches, 191–194
- location, 159, 187–188, 203
- Longoria, Eva, 7
- long points, 174
- the luck of the draw, 219

M

- M3 Padel Academy, 209, 303
- mastering the game
 - makes learning easy, 165
 - why it's hard to master, 165–167

- May, Mike, 22, 26, 32
- McEnroe, John, 48
- Mejora Tu Padel, 152
- member/guest tournaments, 214
- membership model, 188
- Menditeguy, Julio, 21
- Messi, Lionel, 7
- Mexicanos, 193, 214, 233–234
- Mexico, padel tourism in, 257
- The Middle East, padel tourism in, 257
- Military Adaptive Court Sports (MACS), 186
- mini-match, 192, 214, 230
- multiconsolation tournaments, 218
- Murray, Andy, 7

N

- Nadal, Rafael, 7, 48
- national padel association, 21, 182
- National Padel League (NPL), 222
- Netherlands, padels in, 28
- newbies, 199, 202
- no man's land*, 170
- nontournament padel competitions, 192
- Nox, 69
- Nueva Alcántara Club (San Pedro de Alcántara, Spain), 303–304

O

- offensive position, 91, 96, 115, 123, 124, 126–129, 134, 166, 172, 230, 232
- offensive shot, 103, 105, 128, 167, 230, 232
- one-hole racquet, 68
- one-person drills

- ball machine, 153
- at home, 153
- practicing overheads, 153
- practicing the serve, 152, 153
- online coaching resources
 - AI platforms, 178
 - booking platforms, 180–182
 - Hello Padel Academy, 152, 208–209
 - M3 Padel Academy, 209
 - Mejora Tu Padel, 152
 - outside the United States, 180
 - The Padel School, 152, 207–208
 - in the United States, 178–179
- online retailers, 82
- only one rule in padel, 33
- open play, 192, 193
- open stance, 86
- Osaka, 69
- overhead drills
 - four-person drills, 162
 - one-person drills, 153
 - three-person drills, 157
 - two-person drills, 155
- overheads
 - hitting a backhand overhead, 97
 - hitting a forehand overhead, 96, 97
- types of
 - bandeja, 97–99, 138, 166, 172, 230–231
 - smash/kick-smash, 97, 100–102, 173, 233, 234
 - vibora, 99–100, 137, 172, 236

P

- Paddle Recreation, 24
- padel, 29–30. *See also specific entries*
 - basics, 31
 - controversy in, 31–33
 - description of, 8, 48
 - developments in, 21–22
 - and doubles tennis, 123–126
 - final frontiers, 28–29
 - growth of
 - in Argentina, 21–22
 - in Canada, 25
 - in Mexico, 18–21
 - in Spain, 21–22
 - top ten padel markets in the world, 18
 - in United States, 22–26
 - vs pickleball, 12–14
 - vs platform tennis, 14–16, 32
 - popularity of, 8
 - problem with topspin, 89
 - vs squash/racquetball, 11–12
 - vs tennis, 9–10
- Padel and Travel, 260–261
- padel-booking platforms
 - CourtReserve, 180
 - MATCHi, 181
 - PadelMates, 181
 - Playbypoint, 181
 - Playtomic, 180
 - TPC Matchpoint, 181
- Padel Browser, 179

The Padel Club at Adare Manor (Limerick, Ireland), 301–302

padel countries

Argentina, 293

by court count, 294

France, 295

Italy, 293–294

Mexico, 289–290

Netherlands, 296

Qatar, 296

South Africa, 297

Spain, 290–293

Sweden, 294–295

The United States of America, 297–298

The Padel Directory, 180

Padel G24 (Madrid, Spain), 305–306

Padelhüd, 78

PadelMates, 181, 223

Padel Nation, 17, 163

Padel Nuestro, 82

padel-obsessed celebrities

Beckham, David, 7

Butler, Jimmy, 7

Longoria, Eva, 7

Messi, Lionel, 7

Murray, Andy, 7

Nadal, Rafael, 7

Ronaldo, Cristiano, 7

Wade, Dwyane, 7

Padel Pirates, 261

Padel Plant (Richmond, Virginia), 306–307

Padel-Point, 82

The Padel Retreat, 261–262

The Padel School, 152, 207–208

Padel Šolta (Šolta, Croatia), 263–264, 304

padel-specific language, 229

padel tourism, 256–258

hotspots, 257–258

luxury trips, 258

Premier Padel tournament, 255

retreats and resorts

Cliffside Padel Retreat, 263

Lytos Beach Resort & Sports Center (Crete, Greece), 264

Padel Šolta (Šolta, Croatia), 263–264

Pine Cliffs Resort (Algarve, Portugal), 264–265

Velaa Private Island (Maldives), 263

spectator trips, 258

vs tennis and golf, 256

training program, 255

training trips, 258

travel companies

Padel and Travel, 260–261

Padel Pirates, 261

The Padel Retreat, 261–262

Padel Travel, 259

Palaestra, 262

Privé Passport, 260

Weebora, 259–260

travel experiences, 265–266

Padel Travel, 259, 260, 265

PadelX, 19

Padelx Floating Club (Dubai, United Arab Emirates), 304–305

pala, 67, 234

- Palaestra, 262
- PALAIR, 77–78
- Pallap, 69
- panoramic courts, 41, 42, 124
- Paraguay, padels in, 28
- Patti, Daniel, 22, 32
- pay-to-play courts and clubs, 187
- pay-to-play model, 188
- pelota paleta, 19
- permits and approvals
 - building and structural permits, 271
 - draining and grading permits, 271
 - electrical and lighting permits, 271
 - height restrictions, 271
 - lack of the right permits, 271
 - lot-coverage limits, 271
 - noise and visibility requirements, 271
 - set-back requirements, 271
 - zoning and land use permits, 271
- personality, 204
- pickleball player, 201
- pickleball vs padel
 - celebrity magnets, 13
 - differences
 - courts, 13, 14
 - game vs sport, 13
 - no kitchen in padel, 13
 - no walls in pickleball, 13
 - racquets and balls, 13
 - rules, 14
 - scoring, 14
 - strategy, 14
 - similarities, 12–13
- platform tennis vs padel, 32
 - differences
 - climate considerations, 16
 - court composition, 16
 - racquets and balls, 16
 - rules regarding the walls, 16
 - serving, 16
 - similarities, 15–16
- Playbypoint
 - padel-booking platforms, 181
 - rating systems, 196
- Playtomic, 223
 - padel-booking platforms, 180
 - rating systems, 196
- Portanova, Sandra di, 24
- por tres/por cuatro, 100, 131, 137, 173, 234, 235, 270
- Portugal, padel tourism in, 258
- positioning and technique
 - backhand lob, 132, 133
 - forehand lob, 131, 132
- post-play recovery tools
 - incorporating other, 150
 - thoracic mobility, 149–150
- pre-match advice, 225–226
- pre-match preparation
 - frontal motion, 145, 147–148
 - sagittal motion, 145, 147
 - transverse motion, 146, 148
 - variations, 148
- Premier Padel Major tournament, 295

- Premier Padel's sophomore 2025, 241
- Premier Padel tour, 38, 232, 239–242, 250–251, 255, 258, 276, 292, 296, 298
 - in Europe, 240
 - feature of, 241
 - in Middle East, 241
 - prize money, 241
- premium vs cheaper balls, 74
- preparing for tournament
 - communicate clearly and consistently with your partner, 224
 - consider meditation and visualization, 224
 - eat properly, 224
 - get plenty of rest/sleep, 224
 - train (and stretch) regularly, 224
- pre-play activities, 140
- pricing models
 - hybrid model, 188
 - membership model, 188
 - pay-to-play model, 188
- Prince Alfonso, 20, 21
- private court construction
 - builders and installers
 - AFP Courts/Adidas Padel, 276
 - Greenset, 278
 - Ingode Padel, 278
 - Italian Padel, 278
 - Jubo Padel, 277
 - Manzasport, 278
 - MejorSet, 276
 - NXPadel, 277
 - Off the Glass, 278
 - Orange Padel, 278
 - Padel10, 277
 - Padel Galis, 276
 - PadelLux, 277
 - Padel Tech, 277
 - Portico Sport, 277
 - Sky Padel, 278
 - Sportsfields Specialities, 278
 - Unixpadel, 278
 - choosing a court builder and installer
 - questions, 275–276
 - well-known and reputable, 276–278
 - climate-related concerns, 274
 - construction costs, 272
 - foundation costs, 272
 - installation labor, 272
 - lighting and electrical, 272
 - permits and engineering, 272
 - shipping and logistics, 272
 - local and regional authorities
 - require a permit
 - building and structural permits, 271
 - draining and grading permits, 271
 - electrical and lighting permits, 271
 - height restrictions, 271
 - lack of the right permits, 271
 - lot-coverage limits, 271
 - noise and visibility requirements, 271
 - set-back requirements, 271
 - zoning and land use permits, 271
 - maintenance and upkeep costs, 273–274
 - bolts, 273
 - glass, 274

- net, 273
- steel posts, 273
- turf, 273–274
- noise concerns, 275
- pros and cons, 268–269
- space required, 269–270
- supplementary accessories, 273
- private courts and clubs, 187–188
 - free guests passes, 190
- Privé Passport, 260, 265
- prize money, 214, 222, 239, 241, 242, 245
- pro/ams, 214
- pro padel
 - hall of fame
 - Belasteguín, Fernando (Bela), 246
 - Björk, Carolina Navarro, 248
 - Díaz, Juan Martín, 247
 - Galán, Alejandro (Ale), 247
 - Lebrón, Juan (El Lobo), 247
 - Marrero, Marta, 249
 - Navarro, Francisco (Paquito), 247
 - Sainz, Lucía, 249
 - Salazar, Alejandra, 248
 - Triay, Gemma, 248–249
- Hexagon Cup, 245–246, 253
- Premier Padel, 240–242, 250–251
- Pro Padel League (PPL), 242–244, 251–252
- Pro Padel Tour (PPT), 238, 250, 292
- The Reserve Cup, 244–245, 252
- World Padel Tour (WPT), 238–240

- pro players
 - about lobbying, 172
 - vs amateur, 172, 173
 - anticipate your opponents, 173
 - build a fitness routine, 174
 - chaotic moments, 173–174
 - communicate constantly, 173
 - hard to play back, 171
 - hit winning volleys, 172–173
 - leaning into long points, 174
 - offensive overhead, 172–173
 - powerful serves, 171
- pros and coaches
 - certifications/credentials, 202–203
 - charges of, 203
 - choosing the right, 204–205
 - experience teaching, 203
 - location, 203
 - online resources
 - Hello Padel Academy, 208–209
 - M3 Padel Academy, 209
 - The Padel School, 207–208
 - personality, 204
 - references, 204
 - reliability, 203–204
 - shortage of, 202
- public courts, 187, 189
- PULCO, 77

Q

- Qatar Sports Investments (QSI), 239, 296
- qualifiers, 219
- quick volleys, 155

R

racquets, 21

brands, 69

carbon fiber racquets, 68

continental grip, 84

diamond-shaped padel racquet, 67, 68

holding of, 83–85

one-hole racquet, 68

pickleball paddles, 69

platform tennis vs padel, 16

safety loop, 85

selection of

balance, 72

diamond shape, 70, 71

foam density, 71–72

frame construction, 73

K-count, 72

round shape, 70, 71

surface texture, 72–73

teardrop shape, 70, 71

squash/racquetball vs padel, 11

tennis vs padel, 9–10

rating systems

Playbypoint, 196

Playtomic, 196

World Padel Rating, 196

Reddit, 180, 223

reja, 235

reliability, 203–204

re-lobbing, 138

remate, 100, 235

Reserve Cup, 252

retreats and resorts

Cliffside Padel Retreat, 263

Lytos Beach Resort & Sports Center
(Crete, Greece), 264

Padel Šolta (Šolta, Croatia), 263–264

Pine Cliffs Resort (Algarve,
Portugal), 264–265

Velaa Private Island (Maldives), 263

returning serve, 61, 63. *See also* serving

goals of, 122–123

important points, 121–122

offensive vs defensive, 126–128

positioning

as you return serve, 124–126

your partner's return, 124, 125

Roddick, Andy, 110

Ronaldo, Cristiano, 7

round-robin or group-stage
tournaments, 214, 218

rules of the game, 14, 21, 31

determining a ball's trajectory and spin
after bouncing in the nick, 58–59

getting down to the wire, 58

with the glass, 57–58

regarding the walls, 16

returning, 61, 63

scoring (*see* scoring)

serving, 61–63

specific rules, 60

winning (or losing) a point

ball bounce more than once on your
side of the court, 55

concept of calling (or playing) a
let, 56–57

- double faulting, 53–54
- getting hit by the ball, 54–55
- hitting an ace/getting aced, 54
- hitting the ball into the net, 53
- hitting the ball out of play, 53
- hitting the net with your racquet or body, 54
- reaching over the net to hit a ball, 54
- volley shot, 55–56

rulo, 235

S

- safety loop of racquets, 85
- sagittal motion, 145, 147
- sanctioned local, national, or regional tournaments, 214
- sand on courts, 38, 39
- scoring, 12, 14, 31
 - advantage scoring, 50–51
 - all possible scoring combinations, 49, 50
 - deuce, 50
 - game, 48–50
 - golden point scoring, 51
 - house/club rules, 50
 - matches, 52
 - sets, 51–52
 - star point scoring, 51
- seeds and seeding, 218
- semi-private courts and clubs, 24
 - free guests passes, 190
 - membership fees, 189
- service line, 9, 49, 61, 62, 101, 111, 112, 126, 134, 136, 155, 157, 160, 236
- serving, 61–63
 - advantage, 123
 - goals of, 110–111
 - I-formation, 117–118
 - main places to aim your serve, 112
 - position for, 111–112
 - power-vs-placement paradox, 113
 - responding to returns, courses of action, 118–119
 - stacking, 115–116
 - standard positioning, 113–115
 - trick serve/drop serve, 112
 - underhand vs overhand serve, 110
- shoes, 75–77
 - durability zones, 76
 - lateral stability and 360° movement, 76
 - midsole tuning, 76
 - outsole pattern and surface-specific traction, 76
- short-court work, 155
- singles padel court, 45
- Sioux, 69
- skill-based tournaments
 - byes, 219
 - leveling up (or down), 217
 - the luck of the draw, 219
 - qualifying rounds, 219
 - seeds and seeding concept, 218
 - types, 217–218
 - wildcards, 219
- Smashinn, 82
- smash/kick-smash, 97, 100–102, 173, 233, 234

- smash or vibora, 99–100, 137, 172, 236
- social media, 17, 32, 55, 101, 129, 174, 205, 237, 250, 272
- social or friendly matches
 - Americanos, 192–193
 - box league, 193–194
 - king of the court sessions, 192
 - Mexicanos, 193
 - open play, 192
 - setting up, 191
- social sport, 12, 30, 151, 177
- soft-tissue hygiene protocol, 146
- South Africa, padel tourism in, 258
- South End Racquet Club, 26
- Spain
 - padel tourism, 258
 - Padel Travel, 259
 - Pro Padel Tour, 238
 - World Padel Championships (Men), 291
 - World Padel Championships (Women), 292
- Spanish Federation of Sports for People with Physical Disabilities (FEDDF), 186
- Spanish Padel Association, 238
- The Spanish Padel Federation, 183
- Spanish Women's Padel Association (AFEP), 239
- speed balls vs standard balls, 74
- Spence, 78
- squash/racquetball vs padel, 201
 - differences
 - balls, 12
 - indoor vs outdoor courts, 12
 - playing off the front wall (vs over a net), 12
 - racquets, 11
 - scoring, 12
 - similarities, 11
 - stacking, 115–116
 - Stamile, Bill, 24, 25
 - standard positioning of serving, 113–115
 - star point scoring, 51, 236
 - Stockholm syndrome, 26–27
 - The Straights Times*, 27
 - structural training system, 140
 - Sunset Padel, 26
 - Sweden, padels in, 28

T

- Technifibre, 69
- tennis elbow, 201
- tennis Grand Slam tournament
 - The French Open, 237
 - Roland Garros, 237
- tennis strokes, 200
- tennis vs padel
 - differences
 - amount of time playing vs picking up balls, 10
 - courts, 9, 10
 - number of players on court, 9
 - racquets, 9–10
 - strategy, 10
 - similarities, 9
- Thompson, Ed, 22, 23

- thoracic mobility, 149–150
 - three-person drills
 - ball machine, 157, 158
 - overhead and volley drills, 157
 - two-vs-one match play, 157
 - topspin, problem with, 89
 - top ten padel markets in the world, 18
 - Total Padel, 82
 - tournaments, 178–186, 189, 192, 196
 - benefits of playing, 212–213
 - best chance to win
 - moving onto the next one, 226
 - ready pre-tournament, 224
 - staying in the game mid-tournament, 225–226
 - choosing which draws to enter, 215–216
 - finding the right match, 219–221
 - finding to play in, 221–223
 - handling pressure during matches, 213–214
 - proactive steps, 226
 - skill-based draws
 - alphabetical, 216
 - byes, 219
 - leveling up (or down), 217
 - the luck of the draw, 219
 - medal levels, 216
 - numerical, 216
 - qualifying rounds, 219
 - qualitative, 217
 - quantitative, 217
 - seeds and seeding concept, 218
 - types, 217–218
 - wildcards, 219
 - skills and consistently improve, 211–212
 - type of, 214–215
 - TPC Matchpoint, 181
 - transverse motion, 146, 148
 - Travel Tomorrow, 256
 - true one-and-done knockout tournaments, 217–218
 - two-handed backhand, 89
 - two-person drills
 - ball machine, 155, 156
 - cross-court or down the line
 - construction progressions, 154
 - groundstroke practice, 154
 - cross-court point play, 154–155
 - overhead drills, 155
 - quick volleys/short-court work, 155
- ## U
- Ultra Padel's flagship club, 37
 - unique and interesting language
 - Americano, 230
 - bajada, 230
 - bandeja, 97–99, 138, 166, 172, 230–231
 - boast, 231
 - chiquita, 231–232
 - contrapared, 232
 - dormilona, 232
 - gancho, 232

unique and interesting language (*continued*)

golden point, 233

kick smash, 97, 100–102, 173, 233, 234

Mexicano, 233–234

pala, 234

por tres/por cuatro, 234–235

reja, 235

remate, 235

rulo, 235

star point, 236

vibora, 99–100, 137, 172, 236

United Kingdom

Padel and Travel, 260–261

padel tourism market, 256

United States, 22–26, 29

padel clubs

Alma Padel, 306

Mink Padel, 306

Padel39, 306

Padel California, 306

Padel Haus Williamsburg, 306

Privé Padel, 306

Reserve Seaplane, 306

padel tourism, 258

The United States Padel Association
(UPSA), 179, 182–183, 221

Uruguayan Padel Association, 238

U.S. padel site

CourtsApp, 179

Padel Browser, 179

The United States Padel Association, 179

V

Varlion, 69

vibora, 99–100, 137, 172, 236

Virgin Active Padel Club—Lourensford
(Cape Town, South Africa), 302

volley drills

and four-person drills, 162

and three-person drills, 157

and two-person drills, 155

volley shot, 55–56, 172–173

decision matrix for, 95–96

drop-volley, 93

goal of, 93–94

half-volley, 93

hitting forehand and backhand
volleys, 92–94

mastering, 94–95

W

Wade, Dwyane, 7

warming up

avoiding mistakes, 141–143

rotational movement, 141

routine, 143–145

We Are Padel (club operator), 27

Weebora, 259–260

WhatsApp, 180, 223

why you should play padel

an absolutely worldwide game, 285

analog experience, 286–287

craving social interaction, 282–283

- happier middle ground, 283–284
 - live to play and play to live, 287
 - new golf, 286
 - simple to learn, but difficult to master, 281–282
 - strength and power, 284–285
 - the ultimate combination, 285–286
 - unique components, 283
 - wildcards, 219
 - Williams, Serena, 48
 - Wilson, 69
 - winning (or losing) a point
 - ball bounce more than once on your side of the court, 55
 - concept of calling (or playing) a let, 56–57
 - double faulting, 53–54
 - getting hit by the ball, 54–55
 - hitting an ace/getting aced, 54
 - hitting the ball into the net, 53
 - hitting the ball out of play, 53
 - hitting the net with your racquet or body, 54
 - reaching over the net to hit a ball, 54
 - volley shot, 55–56
 - winning strategies
 - always keep those feet moving, 170–171
 - always move with your partner, 169
 - on the court, attack and defend, 168
 - follow your serve into the net, 170
 - the glass works with you, not against you, 168–169
 - make less errors, 171
 - when in trouble, 169–170
 - wire (or fence), 30, 42, 58, 63, 87, 106, 107, 112, 126, 167, 170, 171, 174
 - playing balls off, 106–107
 - rules to follow, 102–103
 - women's Premier Padel P2 tournament, 166
 - Won, Andrew, 70, 73
 - World Padel Championships, 25, 290–292
 - World Padel Network, 180
 - World Padel Rating (WPR), 196
 - World Padel Rating (WPR) Circuit, 222
 - World Padel Report 2025*, 17, 29, 290
 - World Padel Tour (WPT), 238–240, 292
 - 2017 season, 239
 - Wynwood Padel Club, 26
- ## Y
- Yonex, 69
 - YouTube, 129, 237, 239. *See also* social media
- ## Z
- Zelmerlöw, Måns, 27
 - Zona de Padel, 82

