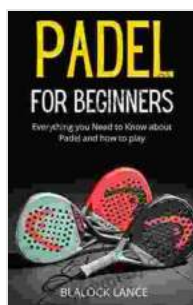


Everything You Need to Know About Padel and How to Play

Padel is a racket sport that is played on a court that is surrounded by walls. The court is smaller than a tennis court, and the walls are used to bounce the ball back into play. Padel is played with two teams of two players each. The players use paddles to hit the ball over the net and into their opponent's court.

The rules of padel are similar to the rules of tennis. The game is played to 21 points, and the first team to reach 21 points wins the set. A match is typically played to two sets.

The basic rules of padel are as follows:



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
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 16 pages
Lending : Enabled

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- The serve must be hit underhand and must land in the service court.

- The ball can bounce once before it is returned.
- The ball can be hit off the walls.
- A player can only hit the ball once before it crosses the net.
- If the ball goes out of bounds, the other team wins the point.

The equipment used to play padel is similar to the equipment used to play tennis. The paddles are made of a lightweight material, such as carbon fiber or fiberglass. The balls are made of a soft material, such as rubber or foam.

Padel is a relatively easy sport to learn to play. The basic strokes are similar to the strokes used in tennis. However, there are a few unique aspects to padel that make it different from tennis.

One of the unique aspects of padel is the use of the walls. The walls can be used to bounce the ball back into play, which can make the game more exciting and challenging.

Another unique aspect of padel is the scoring system. Padel is played to 21 points, which means that the games can be long and close. This makes the game more suspenseful and exciting.

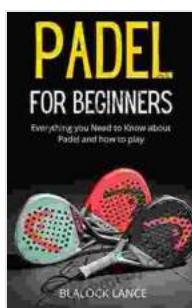
If you are interested in learning how to play padel, there are a few things you can do. You can take lessons from a qualified instructor, or you can find a local padel club where you can play with other people.

Padel is a great way to get exercise and have fun. It is a sport that can be enjoyed by people of all ages and fitness levels. If you are looking for a

new sport to try, padel is a great option.

Alt attribute for images:

- Padel court: A padel court is a rectangular area surrounded by walls. The court is typically 20 meters long and 10 meters wide.
- Padel paddle: A padel paddle is a lightweight racket used to hit the ball in padel. Padel paddles are typically made of carbon fiber or fiberglass.
- Padel ball: A padel ball is a soft ball that is used in padel. Padel balls are typically made of rubber or foam.



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