

PADEL

Bede's Padel Academy is the perfect place to master the fastest-growing racket sport, which is often described as a hybrid of tennis and squash. Students will gain a deep understanding of this dynamic game, played in an enclosed court where the walls are used strategically, and develop essential technical skills and strategic thinking, and cultivate a lasting passion for padel.

OBJECTIVES

- To master the fundamental padel techniques, including the serve, volley, and all forms of wall-play
- To understand and effectively apply competitive doubles strategy and optimal court positioning
- To improve quickness, agility, and dynamic court coverage specific to the padel environment
- To develop a consistent underarm serve, making it a reliable tactical tool to gain an advantage
- To learn to expertly utilise the glass walls for both defensive returns and attacking shot creation
- To foster effective teamwork, clear communication, and strong sportsmanship with a doubles partner
- To increase overall match fitness and build the necessary endurance for sustained, high-intensity rallies
- To gain a deep tactical knowledge of game flow, opponent weaknesses, and situational play
- To cultivate a lifelong passion for padel through engaging, challenging, and rewarding practice sessions



SUMMARY

CENTRES	Dicker (12–17 years)	DAYS	Tuesday and Thursday
VENUE	Padel centre in Eastbourne	LEVELS	Beginner, Elementary, Intermediate and Advanced
HOURS	3 hours per week (2x 1½ hour sessions)	INSTRUCTION	Students receive instruction in small groups
DATES	Dicker – Week 2: 05/07/2026 Week 4: 19/07/2026 Week 6: 02/08/2026	FEE	£295 per week

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.