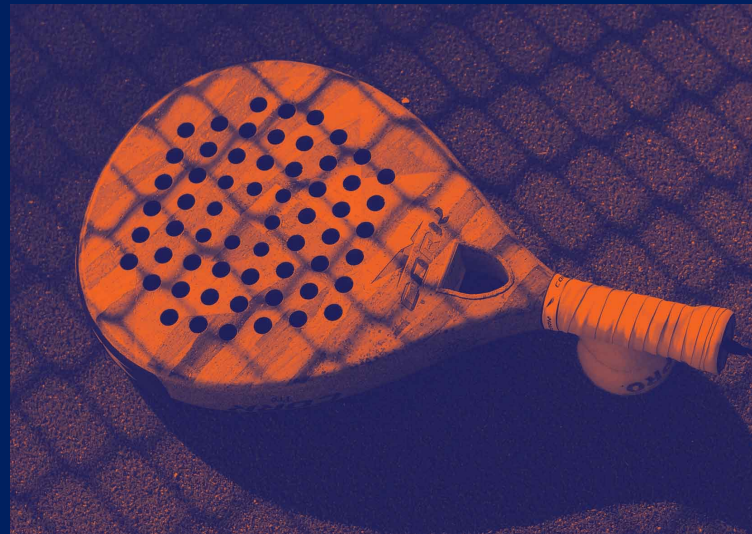


PADEL TENNIS BENEFITS

It's the fastest growing sport for a reason



PADEL TENNIS

BENEFITS

Padel Tennis is a fun sport which is easy to start playing and allows you to quickly build your confidence even from the first game, as it requires strategy rather than power.

As the game is played in doubles, Padel Tennis is a very fun, social sport which can become competitive over a short period of time.

Whether you win or lose, the time on court is stimulating and rewarding as the shots and rallies are exciting throughout every game.

Of course, strength and conditioning can help you to improve your skill level, like any sport, but it is not vital to enjoy Padel and although it can be a high energy activity, it is relatively low impact on the body.

All ages and abilities can play Padel whether its with your immediate family members, friends or colleagues and fun can be had by all.

Best of all, Padel can be played all year round as courts can be indoor and or covered to protect players from the rain, snow and wind.

“ Padel Tennis is a game that you can exercise, socialise and have fun simultaneously



IMPROVES WELLNESS

Physical activity plays such an important role in improving mental and physical wellness in all of us, but not everyone wants to hit the gym or go for a long run or ride.

Padel Tennis is a great option for anyone who wants to have fun whilst being active, as it provides individuals of all ages with a full range of wellbeing benefits whilst avoiding some of the downsides of other sports, such as over-exercising or serious injuries.

**“Playing Padel is good
for mental, physical
& social wellbeing**



EASY TO START
PLAYING FOR ALL



QUICK TO BUILD SELF
CONFIDENCE



STRATEGIC NOT
POWERFUL



FUN, SOCIAL &
COMPETITIVE



STIMULATING &
REWARDING



EXCITEMENT
THROUGHOUT



LOW IMPACT HIGH
ENERGY WORKOUT



EXERCISE YOUR
BODY & MIND



YEAR-ROUND
PLAY

CHALLENGES THE BRAIN



Mentally, the higher speed and changes in Padel means that the brain has to calculate quickly where the ball will go and what shot is required to return the ball. Padel clearly is more dynamic than tennis but less so than squash. Your brain is challenged more than in tennis because Padel is easier to play and learn than tennis, as less physical strength and technical capacities are needed.

There are more challenges in Padel than in many sports, but you don't have to have extreme technical skills so these challenges are more easily achieved. More challenges means more adrenaline in your brain and more challenges achieved means more dopamine and endorphins in your brain: so you will get more rewards in Padel than with other ball games, which are technically more difficult.

This is a key reason why once you have played Padel you get hooked so quickly. It is not uncommon for people who try Padel, to want to play it again and more frequently than any other sports, which can even happen after one hour of getting acquainted with the game!

**“ Padel Tennis
creates more
feel-good
chemicals in
the brain than
other sports**

STRATEGIC **NOT POWERFUL**

Padel is a ball sport, which means the game has speed – speed of the ball, speed of different bounces and ricochets, speed of the brain to select the right shot and the speed of tactical changes between players to outsmart their opponents.

This has a lot to do with the fact that the court is smaller and you are closer to each other. The ball has less velocity than in tennis so there is a much better chance that your opponents can return the ball, as the walls may be used which allows the ball to keep moving and consequently stays in play much longer.

“ Padel is not age or gender dominant, as strategy and placement of the ball has a higher value than power



BETTER FOR THE BODY

Padel courts are smaller, the walls can be used, the speed of the ball is less, so there are less difficult and slower turns possible in Padel. That gives less strain on your back. Also, in Padel it is not allowed to serve overhead, it has to be done after bouncing the ball once and hit underhand. This puts much less strain on your back than tennis or squash. Due to the service which is exclusively underhand, there are much less shoulder injuries than in tennis.



The speed of a tennis ball and the higher tension on a tennis racket puts much more strain on your arm, wrist and elbow when returning the ball. In Padel, the velocity of the ball is less, the blade is much closer to your wrist and body so there is less force on these parts of your body.

There are far less-known reports of Padel players having problems with their wrists or elbows. Of course, when playing frequently even in Padel these problems can occur, but less often than with tennis.

Padel puts a lot less strain on your body parts than tennis or squash, whereas in these sports a lot of ankle, back or shoulder injuries are seen but in Padel this is less likely. It is possible to play Padel well into retirement age without serious physical problems. At the same time Padel still challenges your body as all the muscles are involved and fitness is still important.



“ Padel Tennis is less demanding on the body than tennis or squash ”

SOCIAL DEVELOPMENT



Officially Padel has to be played with 4 players, 2 against 2. This encourages more social interaction because you stand close together on a small court. As mentioned previously playing Padel uses more dopamine (more rewarded challenges) than other more difficult ball games so your mood will be better, your so-called defence systems will be more relaxed as Padel has more positive social interactions than with other more demanding ball games.

In Padel, skill level differences are less important to be able to enjoy a match as it is more forgiving than tennis. In fact, the time you spend together in a positive mood and being more active, increases the social bond more than in a match with a lot of faults, dead moments and ball fetching.

This is why Padel can be played with young people and older people all together as its technically less challenging and you get more ball contact, which is why Padel is an ideal family sport.

“ Padel is a very social sport as four players play together inside a small court

ACCESSIBLE TO EVERYONE

Padel Tennis truly is a game that can benefit everyone and is accessible to everyone. As the game is only just breaking through in the UK accessibility is only limited due to the lack of courts currently.

WPA's aim is to build a network of courts and facilities throughout the UK to grow the game and provide more opportunities for people of all ages and abilities to play and enjoy Padel.



Padel is not expensive to play, and it only requires minimal equipment. As with many sports, rackets can be purchased for a variety of prices and range from £50 up to £400 but players can also rent rackets from venues for a low fee or are sometimes included in court fees or membership fees.

WPA is working with local authorities and institutions to ensure court time is provided to local communities to encourage people to be more active physically and mentally.

“ ***A Padel Tennis revolution is coming to the UK*** ”



Padel Tennis is growing rapidly all over the world and there are many influential individuals taking up the game such as David Beckham, Lionel Messi, Zlatan Ibrahimović, Pep Guardiola, Jürgen Klopp, Michael Vaughan, Andy Murray, Fernando Alonso, Charles Leclerc to name but a few.

DEVELOPMENT PATHWAYS

There are more than 25,000 tennis courts in the UK, with the majority unutilised for large parts of the year due to the weather affecting outdoor play.

Indoor/covered Padel Tennis courts greatly improves accessibility for Tennis players to play a racket sport much more frequently and consistently throughout the year than Tennis.



More players training creates a desire to go further in a sport and increases the demand for development pathways. More qualified Padel coaches will also be needed to deliver these programs effectively across the UK.

In 2020 Padel was officially recognised as a discipline of Tennis by the home country sports councils and the LTA was officially recognised as the governing body.

The LTA has already created a 'Padel Development Plan' which includes all the key elements needed to grow the game including Coach Education programs, Players Pathways and the opportunity to represent Team GB in various categories.



***“When there is something to aim for,
there is something to train for*”**

PLAY PADEL *EVERY DAY*



“Don’t let the weather get you down, just play indoors

Padel Tennis was created in Mexico in 1969 and has been played throughout South America and southern Europe for decades. Its easy to see why, build a court outside on spare land and play without the worry of rain, hail, snow and ice to prevent you from playing.

As with Tennis in the UK, playing outside is mostly reserved for spring and summer, as we lose 136 days (on average) to rain per year and playing any racket sport outside in the rain and cold is not much fun and actually can be dangerous.

Good news is, there are many new projects coming that will provide courts indoors or at worst the courts will be covered from the wind and the rain etc with canopy structures that cover the roof and the sides.



IT'S THE FASTEST GROWING SPORT FOR A REASON



To work with WPA or to find out more please connect with us:

info@worldpadekacademy.uk

www.worldpadelacademy.uk

[@wpa.uk](https://www.instagram.com/wpa.uk)



