



Padel Levels

Open to all This offering does not require a specific level of ability and is open to all Unisport participants. Basic physical fitness and experience with racket sports are recommended.

N1 Players are still beginners but already have regular experience in racket sports and have some initial experience in padel. The basic shots of forehand, backhand, volley and serve are known, but have not yet been consolidated in the game.

N2 Players have an intermediate to advanced level. Players regularly play padel, can comfortably maintain longer rallies (of at least ten shots) without any problems and are familiar with all basic strokes of forehand, backhand, volleyball and serve. Players are also already integrating the walls in their game. During the game, the players implement basic tactical elements in a targeted manner and are very familiar with the rules of the game.