



THE PADEL SCHOOL **PADEL RATING GUIDE**

Padel Rating Guide

1.0	This player is starting to play, with no previous racket experience, but are able to make contact with the ball.
2.0	This player can hit the ball regularly and have consistency at a slow pace. They have a basic understanding of court position, but often find themselves out of position and know the differences between volleys, groundstrokes, forehands and backhands.
2.5	This player can hit with consistency at a medium speed but lacks direction in both volleys and groundstrokes. They have a basic understanding of the back glass but are unable to get into position consistently to hit after the rebound. Players with previous recreational racket sports experience fall into this category.
3.0	This player can hit consistently at medium speed with comfortable height volleys and groundstrokes. The back glass is more consistent at a slower pace or with more bouncy volleys. Players with previous tennis experience fall into this category.
3.5	This player can control the speed of the ball and hits consistently at a variety of speeds both for the volleys, groundstrokes and single back glass. Player can control the ball with a slow bandeja but lack direction and struggles to prevent high bounce. The player has a good understanding of court position, but does not select the correct balls to come forward. Players with national level tennis experience fall into this category.
4.0	This player has experience constructing padel points and is able to stay in the correct court position. They use the lob to take the net effectively, but often does not choose the right ball to do so. They can hit consistently at a faster speed after the back glass, but struggle with double glass. The player is inconsistent on the return with the side glass. The player can hit the bandeja with

	consistency and control direction, but cannot effectively finish points with topspin or vibora..
4.5	This player is able to implement strategies with their partner to consistently take the net. They can defend after the double glass without a turn comfortably and only struggle turning in the corner. They can consistently hit the return in after the side glass at medium/fast speeds. They can hit the vibora but cannot prevent a higher bounce and can sometimes hit the topspin over the fence on easy balls (for men), but not regularly.
5.0	This player regularly plays in the highest division in their country but does not get to the final stages. They have experience defending and attacking in the point, can defend double glass at medium speed consistently, but struggles when defending attacking volleys or viboras to the corners. They often finish the points with power rather than accuracy on attacking viboras. They can consistently hit the return to the feet of the server of any serve.
5.5	This is a player who competes at the top level in their country and regularly gets to the final stage of the competitions. Their technique is sound for all the shots and they can defend the double glass both with and without the turn. They are able to identify correct strategies to win matches and are able to implement them against the same or lesser opponents.
6.0	This is a player who competes semi-professionally outside the top 250, but can compete at that international qualifying level or is one of the top players in their country (assuming the country has a national team inside the top 15)
6.5	This player is a top 250 ranked WPT Player, competes internationally throughout the year.
7.0	This player is a top 100 ranked WPT Player