

LEVEL SYSTEM

LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
0 to 1 E (Entry Level)	Beginner	Introduction to Padel Can hit simple shots but lacks consistency and control	Serve - Forehand – Backhand - Volley <i>(understands the basics but the contact point on the center of the racquet to have control on the shot is not always happening)</i>	The player still needs to understand the positioning and the game strategy	Back of the court	Slow to react, struggle with footwork
1 D		Starting to play rallies and understanding the dynamic of the game with no strategy. Can perform basic shots but lacks depth and control. Knows basic Padel rules	Serve <i>(can put the ball in place to give continuity to start a rally)</i> Forehand and Backhand <i>(solid contact point in the center of the racquet, but lacks control on directions)</i> Back Glass <i>(starts to understand the technique and play the shot occasionally)</i> Volley <i>(starts to understand the technique and play the shot occasionally)</i> Lob <i>(starts to understand the technique and tactic applicability, playing the shot occasionally)</i> Serve <i>(can serve deeper, occasionally directing the ball to the glass or the 'T')</i> Forehand and Backhand <i>(solid contact point in the center of the racquet and starts controlling directions such as parallel, center or diagonal)</i>	Understanding the basics of positioning (where to stand) at the back of the court and front, but does not play with strategy (lobs, etc.) There's not much variation of power and control in the shots, hitting on a same pace most of the shots.	Back of the court <i>In counted occasions the player moves to the front: when the partner is serving, after the serve (only sometimes) or when receiving a ball close to the net.</i>	Struggles with court positioning and reacting to fast balls.
1.5 D+		Starting to understand net play and positioning. Full understanding of rules Starting to attempt shots (lob) to move the opponent to the back position.	Back Glass <i>(can keep up a rally when ball goes off the glass, but lacks technique and control on the spins)</i> Double Glass <i>(starting to read, judge the bounce off the double glass, but most of times ends up in an error)</i> Volley <i>(lacks technique and control. Playing a bit deeper, behind the serve line occasionally, but lacks control on the spin and speed)</i> Lob <i>(can send the ball high, but distance and length are not consistent; starts to understand the technique and tactic applicability)</i>	Starting to control the positionings (back and front) and directions (parallel and cross court). Starting to use the lob. to move the opponent. The control of the shots (technique) does not allow you to have full control of the rally.	Back of the court Front of the court <i>(occasionally)</i> Starting to transition from back to front. Sometimes it does not align the position with the partner	Improved footwork but still struggles with fast exchanges and fast transitions

LEVEL SYSTEM

LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
			Bandeja (starts to understand the tactic applicability playing the shot occasionally but lacking technique and doing unforced error. The ball might bounce high off the glass instead of going down) Smash (lacks technique and control, but identifies when to execute it occasionally)			
2 C-	Intermediate	Good control on the ground stroke (forehand). Can maintain a medium-sized rally. Understands the dynamic of the game with starting to use specific Padel shots as Bandeja or Bajada	Back Wall (can execute lobs off the wall with consistency. If the ball is high enough, occasionally executing) Bajada Double Wall (able to return the ball after double wall occasionally, but lacks technique and sometimes have difficulties reading the ball) Volley (lacks technique but controls the depth better and the directions. Might start showing consistency on back spin volleys) Lob (lacks technique and control, but direction and accuracy are on a better stage) Bandeja (understands the tactic principle and can execute it and recover the net/attack position after, but might lack on technique, back spin) Bajada (Attack from Back Wall) (starts to understand the technique and tactic applicability, playing the shot occasionally) Smash (lacks technique and control, but identifies when to execute and can close a rally with this shot)	Knows the importance of net play but struggles to execute under pressure. <i>Attack: I reach the volley after I lob and defend the ball when receiving lob. I can reach to execute a Bandeja when possible (when the lob is not deep enough)</i> <i>Defense: I consistently execute lob to reach the net position.</i>	Understands when to transition from the back of the court to the front of the court and vice versa.	Starting to move efficiently and consistently between baseline and net, but sometimes not reaching on time
2.5 to 3.0 (C- Strong to C)		Can sustain rallies and control pace but might struggle with defensive shots. Can win rallies changing the pace in the attack position	Serve (control on back spin and right pace, sending the ball in 3 different directions; glass, body and T (center)) Forehand and Backhand (starts showing control on flat shots and understanding the applicability of right technique, but is not consistent)	Understands court positioning and basic teamwork (to oscillate). Starts having the sense of anticipate to certain situations within the rallies.	Can recover to attack position after overhead shots but still late on some difficult balls.	Reaching on time from back-transition area-front position but sometimes lacking or react to fast balls to block balls.

LEVEL SYSTEM

LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
			Back Wall (understanding other possibilities like Chiquita or Back Spin Lob from the Back Wall) Double Wall (can execute occasionally other shots from the double wall such as lob, bajada, or occasionally rotate on a 360 over the body. Might be erratic when the pace of the ball increase the intensity) Volley (control on backspin and deep balls behind the serve line starts to appear) Bandeja (start controlling directions (parallel and cross) and execution of it on a different position of the court. Back spin starts to appear consistently). Vibora shot starts to appear and differentiates bandeja over vibora Bajada (Attack from Back Wall) (starts controlling directions (parallel and cross) and execution of it. Can change speed and power and comes to the net after executing the shot) Smash (technique and control start to appear even though it is not consistent; top spin shots and flat can be differentiate it. Starts differentiating when to play 'power smash' or 'control or kick smash aka as Rulo') Chiquita (understands the shot tactically but lacks technique. Coming to the net after executing Chiquita occasionally)			
3.5 C Strong		Understanding on shot selection for overhands: when to select backspin shots or top spin shorts (bandeja or smash) Increases the defensive Skills, being able to read the double glass. Aggressive overhands with more power and consistency on the volleys	Serve (control on back spin and right pace, setting the rally from the first shot to prepare the attack effectively) Forehand and Backhand (starts showing control on flat shots and understanding the applicability of right technique, but is not consistent) Back Wall (understanding other possibilities like Chiquita or Back Spin Lob from the Back Wall – might transition to the attack in difficult scenarios)	Can anticipate the next shot of the opponent to try and take advantage and overcome with a winner.	Starting to dominate the transition area to be able to counterattack from the back to the front	Faster reactions, being able to shift the dynamic of the rally, transitioning from the back to the front and being able to score points

LEVEL SYSTEM

LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
			Double Wall (can execute other shots from the double wall such as lob, bajada, or occasionally rotate on a 360 over the body. Might be able to win points from the double wall) Volley (control on backspin and deep balls behind the serve is clear) Bandeja/Vibora (controlling directions (parallel and cross) and execution of it when the lob is deeper and more difficult. Back spin is consistent. Can differentiate and apply Bandaja or Vibora) Bajada (Attack from Back Wall) (controlling directions (parallel and cross) and getting winners out of itt. Can change speed and power and comes to the net after executing the shot) Smash (technique and control start to be solid even though sometimes might be erratic with it; top spin shots and flat can be differentiated (shot selection). Starts differentiating when to play 'power smash' or 'control or kick smash aka as Rulo') Chiquita (understands the shot and comes to the net executing Chiquita to close the rally)			
4 C+		Starting to change the pace of the game and applying different tactics to be able to anticipate, being able to have a variety of shot selections and good decision-making adapting to the tactics of the rally. Starting to use the wall more effectively Player abilities reaching towards a full understanding of the game, but might lack of mobility, precision, speed and other non-skill factors	Serve (control on back spin and right pace, setting the rally from the first shot to prepare the attack effectively or generating mistakes on the return to collect points easier) Forehand and Backhand (shows control on flat shots and understanding the applicability of right technique, but might not consistent applying some backspin on difficult situations when needs to apply flat shots) Back Wall (understanding other possibilities like Chiquita or Back Spin Lob from the Back Wall –transition to the attack form the back wall can be generated often) Double Wall (can execute other shots from the double wall such as lob, bajada, rotate on a 360 over the body and consistently escape from a difficult defensive	Recognizes when to attack or defend. Ability to change the rhythm and the pace of the rally by using useful resources such as Chiquita, Rulo or variation of spins (top spin-flat-backspin) and variation of pace-speed in within the same rally	Anticipation from the back of the court to the front of the court position (block) Controlling the execution of shots in the Transition Area, with a mastery of Bandejas, Smashes to build the point construction.	Fast movement around the court to dominate in all three areas; back-transition-front.

LEVEL SYSTEM

LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
			<i>situation. Starts seeing winners generated from exiting the double wall successfully and attacking or recovering the net)</i> Volley (control on backspin and deep balls behind the serve is solid and can 'bury' the ball to generate error and move the opponent from one side to another) Bandeja (able to hit in all areas of the court: back – transition and front with full control Differentiates when to execute a Bandeja or a Vibora with control Bajada (Attack from Back Wall) (Change of the speed will generate other opportunities, playing the shot wisely depends on the tactic situation) Vibora (Viper) (side spin appears with speed and control over directions with consistency) Smash x3/x4 (can do winners with the smash and become aggressive choosing the right time to close the rally) Differentiates when to Power Smash or when to Kick Topspin Smash 'Rulo' to the fence or to the side glass) Chiquita (creating opportunities to close the rally after the Chiquita – can have a face to face battling at the net with Chiquita, exiting from the situation with a lob or with a counter chiquita) Drop Shot (uses the shot resourcefully to try win points with it or to move the opponent to create opportunities)			
4.5 B-	Advanced	<i>Good awareness of opponents' weaknesses, better shot selection.</i> <i>Strong and solid shots (all the techniques)</i> <i>Solid attack and defensive skills</i>	Can control all the shots having variation in speed, power, spin and direction. Forehand and backhand – solid flat shots applying a bit of top spin consistently Smash might start to be determining winning rallies	Can close the point with different paces and strategies I can convert a defense situation to an attack by using the blocks or situations where I can anticipate from the defense position to the attack and close the rally easily	Full control of all areas of the court. On the transition area and front area, I am capable to block any attack shot (Bandeja/Smash) and gaining the net to counterattack	I can read the game in all areas of the court, but I might struggle against faster opponents with faster and more powerful shots

LEVEL SYSTEM						
LEVEL	CATEGORY	DESCRIPTION OF THE LEVEL	TECHNIQUES/SKILLS REQUIRED	TACTICS	POSITIONING	MOBILITY AND OTHER PHYSICAL CONDITIONS
					Ability to close rallies when volley vs. volley	
5 B		<i>Can keep up a fast-paced rally and master all shots</i>	Excelling all the shots	Effective at playing structured points and controlling tempo.	Consistency with high-pressure smashes and tactical adjustments.	Good positioning and balance, can track smashes and run fast to counterattack and win the rally
5.5 B+		<i>Aggressive net play and extremely solid defense.</i> <i>Absolute control over smashes and defence against elite players can dictate the point.</i>	Mastering all the shots.	Starts to anticipate opponents' patterns, smart shot selection.	Anticipation of opponent's next move and recover from difficult situations, converting them into a favorable and winner shot	Excellent court coverage and quick reflexes at the net.
6 A	Pro	Competitive in highest amateur level Top National, International Ranked or Professional Player (Top 25 UAE, FIP Ranked or under Top 100 Padel Premier Player WPT Players)	Only minor refinements needed before reaching a professional player			
6.5+ A+	Elite	Complete mastery of padel skills, executes advanced shots with precision.	Can compete at the highest level and am ready for professional tournaments. Fast, agile, and physically dominant, no weaknesses.			

WHAT IS YOUR LEVEL? *IT'S NOT ALL ABOUT TECHNIQUE*

Why is important to attend an assessment?

- Register for activities, socials, match making and tournaments that match your actual level.
- Identify your strengths and areas for improvement.
- Find suitable play partners.
- Track your progress over time.

We've added more concepts to try to understand that technique is not the only thing required to play the game. Tactics and position (both going aligned) and mobility & physical conditions to be able to react to different scenarios are equally important to understand WHAT IS YOUR LEVEL?

- **Techniques** are the reference to understand the shot selection in each moment or situation of the rally – the higher the level is, it requires more knowledge and understanding of the techniques.
- **Tactics and positioning** will help you to understand which shot to select (technique) and how to move to get the net position and try to score more points
- **Mobility, physical condition and coordination** are a must to meet all the above; move your body correctly to apply a good technique and move around the court and move fast enough to reach all positions on the court.
- **Rules and Padel Etiquette** – Proper knowledge of the rules and others as checking the proper routine of a warmup, bring the proper equipment and attire, etc. will also be considered as part of the assessment.

When training, try to set goals and ask your coach what is required for you to improve your game.

Please note this level system differs from any other club in Dubai – due the mismatch of a united system in the UAE, we're trying to align the ranking to a generic standard based on UAE Tournaments.

Level Assessment Protocol

- 30 minutes match play
 - Be 5 minutes earlier – any late show up will not allow to join the assessment.
 - Maximum 6 players for level assessment. If 5 or 6 players, we will rotate to have an equal time on the assessment.
 - The assessment is a first step to joining the club activities and open matches.
 - Results get given by the reception team – the result will be updated in the app. No result feedback will be given within the assessment.
 - Coach can give generic feedback if required
 - Ways to triangulate and reassess the level:
 - o Play with the coach
 - o Social Activities (Americano)
 - o Tournaments Organized by the Club
 - o Weekly Coaches Meeting.
 - o Other rankings or National Rankings
 - Levels will not be upgraded on a call/Whatsapp Request basis or throughout an individual 1 on 1 lesson. The players need to demonstrate the Padel knowledge throughout a real scenario (match).
1. **Warm up (5')**
 2. After warming up and overviewing the levels, balance **out and form the pairs leveled** to prepare to play a regular game in case there's any level difference between the attendants - *Note: If there's a massive difference between levels, you can request politely to the players to do the assessment separately.*
 3. **Regular game: each player must serve at least once** while playing a regular match to demonstrate the skills (including the serve).
 4. Maximum of 6 attendants per 30 (per level assessment)

NOTE: TO BE ABLE TO PARTICIPATE ON A LEVEL ASSESSMENT, THE PLAYER NEEDS TO MEET THE MINIMUM CRITERIA TO UNDERSTAND THE RULES AND BE ABLE TO KEEP UP A RALLY – FOR NEWBIES TO THE SPORT, WE OFFER INTRO SESSIONS TO GET TO KNOW WHAT IS PADEL ABOUT AND HAVE A FIRST TASTE