PadelPriceGuide

Coming to padel from tennis

Your tennis instincts help in some places and hurt in others. Here is what carries over, and which racket to start with.

What carries over

- Hand–eye coordination and timing
- Court movement and split step
- Volleys: yours are already better than most beginners'

What gets in the way

- **Big swings.** Padel is compact: no long backswing.
- **Topspin groundstrokes.** The walls change everything.
- **Hitting winners early.** Patience wins points here.
- **Overhitting the smash.** Out of the cage is a lost point.

The five differences that matter on court

TENNIS	PADEL	WHAT TO DO ABOUT IT
The ball dies on the bounce	The ball comes off the back glass and plays on	Let it pass you and take it off the wall. Turn and track it.
Power wins rallies	Placement and patience win rallies	Aim to get to the net, not to end the point from the back.
Serve overhand, hard	Serve underhand, below the waist, after a bounce	Spend ten minutes on it. It is easier than it looks and easy to fault.

The most common mistake tennis players make: buying a heavy diamond racket because it feels closest to a tennis racket. It punishes the compact swing padel demands and it is hard on the elbow. Start round or teardrop, 350–365 g.

Your first racket

Round or teardrop shape, 350–365 g, soft or medium core, balance under 260 mm. Fibreglass or low-K carbon face. You will likely want more power later; you will not want elbow pain now.

About the elbow

Tennis elbow is common in converts: the racket is stiffer and the ball heavier off the glass. A softer core and lighter frame are cheap insurance.

Compare what each racket costs across every US store, shipping included, at **padelpriceguide.com**. We do not sell rackets, and no store pays for its place in the list.