

Padel Levels

Newcomer

Tried padel once or twice, or never played before, and have little to no experience in other racket sports.

**1.00 -
1.49**

Beginner

Understand the basics and can rally slowly, though accuracy and handling faster shots might still be a challenge. Becoming more aware of playing with a partner, moving into position, and starting to explore how to use the walls.

**1.50 -
2.49**

Improver

Can rally with better control and accuracy. Getting used to match situations, gaining rhythm and an early game sense. Experimenting more confidently with walls and positioning, but are not yet fully consistent or tactical in play.

**2.50 -
3.49**

Intermediate

Can rally at a steady pace and are increasingly comfortable using the walls. Shot placement is improving, starting to apply basic tactics, like forcing errors and opening up space. Getting familiar with playing on both sides of the court. Feel confident in friendly matches.

**3.50 -
4.49**

Intermediate +

Play with purpose and accuracy, using smart shot choices and tactical awareness. Able to adjust positioning, anticipate opponents' play, and apply pressure with well-timed lobs, drop shots, and volleys. Hold your own in competitive games.

**4.50 -
5.49**

Advanced

Have strong technical ability, controlling spin, pace, and placement with confidence. Solid physical ability and move efficiently on court, use the walls instinctively and compete in regional tournaments hosted by official federations.

**5.50 -
6.49**

Expert

Among the top players in your country. Technique is precise, mental focus is consistent, physical ability is strong. You control rallies, dictate the tempo, and regularly compete in high-level or elite tournaments with strong results.

**6.50 -
7.00**