SimplePadel

FREE GUIDE · PRINTABLE

The 20-Minute Padel Warm-Up

What to do before, during and after your match. Six drills, a short hitting routine, four stretches, and one page you can print for your court bag.



10 min
off-court drills

10 min
on-court hitting

5–8 min
cool-down

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WHY IT MATTERS

Why warm up for padel?

Padel asks your body to go from standing still to sprinting, lunging and reaching overhead in a few seconds. A proper warm-up gets your heart rate, joints and muscles ready for that, so your first point feels like your twentieth.

SHOULDERS

Overheads and lobs

Bandejas, smashes and defensive lobs load the shoulder and rotator cuff on almost every rally.

ELBOWS

Volleys off the glass

Fast, low volleys send repeated small impacts through the forearm tendons.

ANKLES AND CALVES

Sideways and sudden

Quick lateral steps and sharp stops ask a lot of cold ankles and calves.

WHAT THE RESEARCH SAYS

A 2007 review in *Sports Medicine* concluded that warm-up and stretching routines can help prevent muscle injuries, and that stretching is best done in the 15 minutes before play.

The plan: three phases, about 25 minutes

1

Off-court drills ABOUT 10 MIN

An easy jog, then six dynamic drills for the joints padel loads. No long static holds yet.

2

On-court ball warm-up ABOUT 10 MIN

Rally, volley, lob, smash and serve, starting at half pace and building to match speed.

3

Cool-down 5–8 MIN

Four static stretches for the areas padel loads most, then a slow lap of the court.

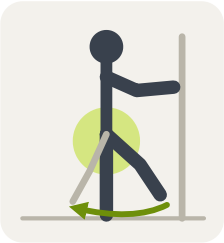
SHORT ON TIME?

5 minutes off-court plus 5 on-court is the floor. On a cold day or an early morning, add about 5 minutes to each phase.

PHASE 1 · OFF-COURT

Dynamic drills, part one

Start with 2 minutes of easy jogging, skipping or brisk walking. Then do each drill for about a minute, moving smoothly through the full range without forcing it.



15 SWINGS EACH WAY, EACH LEG

1 Leg swings

Hold a wall for balance. Swing one leg forward and back like a pendulum, then across your body. Stay tall and keep the standing knee slightly soft.

Why it helps: Opens the hips, glutes and hamstrings for fast sideways running.

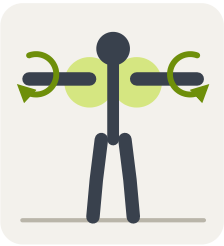


10 EACH DIRECTION

2 Hip circles

Feet shoulder-width apart, hands on hips. Draw big, slow circles with your hips without moving your feet.

Why it helps: Loosens the hips for the constant pivoting between shots.



20 FORWARD, 20 BACK

3 Arm circles and shoulder rolls

Arms out to the sides. Start with circles the size of a tennis ball and grow them until the whole arm is moving. Finish with a few slow backward shoulder rolls.

Why it helps: Wakes up the rotator cuff before your first overhead.

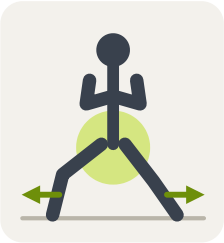
KEEP IT SMOOTH

Move through your full comfortable range, breathe normally and avoid bouncing. You are warming up, not testing your limits.

PHASE 1 · OFF-COURT

Dynamic drills, part two

By the end of these three you should feel warm and loose, not out of breath. If you are stiff, spend an extra minute on the drill that feels tightest.

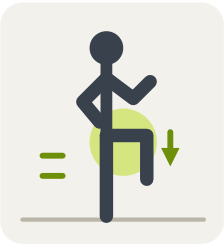


10 EACH SIDE

4 Lateral lunges

Step wide to one side and sit back into that hip, keeping the other leg straight. Push back to center and repeat on the other side.

Why it helps: Copies the side-to-side steps you will take all match and warms the inner thighs, hips and knees.

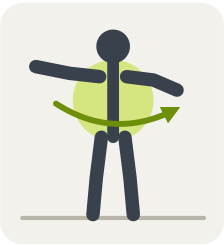


30 SECONDS EACH

5 High knees and butt kicks

Jog on the spot driving your knees up, then switch to flicking your heels toward your glutes.

Why it helps: Raises your heart rate and wakes up the hip flexors, hamstrings and calves.



20 SLOW REPS

6 Torso twists

Feet shoulder-width apart, arms out at shoulder height. Rotate left and right, letting your arms follow and your hips stay mostly square.

Why it helps: Prepares the upper back and core for the rotation in every groundstroke and smash.

WHY DYNAMIC, NOT STATIC?

Long static stretches on cold muscles can briefly reduce power. Keep the long holds for the cool-down and use movement now.

PHASE 2 · ON-COURT

The ball warm-up

Now pick up the racket. Build from half pace to match pace and resist the urge to smash from the first ball.

3–5
MINUTES

Baseline rallying

Start at the service line at about half effort, then drift back as the ball gets livelier. Focus on clean contact and ball flight, not pace or spin.

2–3
MINUTES

Volleys at the net

One player feeds from the baseline, the other volleys with short punches and little backswing. Swap roles. This is where forearm tendons get warm before the hard volleys arrive.

About 2
MINUTES

Lobs and light smashes

One player lobs with a proper defensive trajectory, the other smashes at 60 to 70 percent power. Save full bandejas and off-the-glass overheads until you are properly warm.

4–6
SERVES PER BOX

Practice serves

Smooth, underarm and placed, not aced. The shoulder still loads during the serve, and your footwork should feel natural before the first real point.

PLAYING WITH SOMEONE NEW?

Use the rally to learn how they play: forehand or backhand, comfort with the glass, net or back. Then agree who takes which side before the first point.

WARMING UP ALONE?

Do the off-court drills solo, then hit the ball against the back glass to start the on-court phase. You will be ready when your partner arrives.

COMMON MISTAKE

The “quick arm shake” warm-up

A few arm swings and three slow rallies is not a warm-up. Give your body at least 5 to 7 minutes of progressive movement before cold muscles take on explosive padel.

PHASE 3 · COOL-DOWN

Stretch it out

After the match, spend 5 to 8 minutes on static stretches. Ease in until you feel mild tension (never pain) and hold each stretch for 20 to 30 seconds per side. Then walk a slow lap of the court to let your heart rate settle.

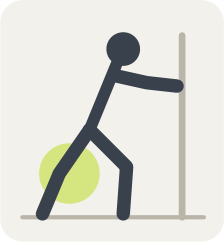


HOLD 20–30 SEC EACH SIDE

1 Hip flexor stretch

Kneel in a lunge with the back knee on the floor. Tuck your tailbone under and gently push your hips forward.

Why it helps: Releases the hips and lower back after lateral movement and explosive step-ins.

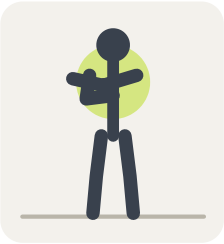


HOLD 20–30 SEC EACH SIDE

2 Calf stretch

Hands on a wall, one foot forward and one back with the back heel pressed to the floor and the leg straight.

Why it helps: Calves work on every push-off and sudden stop, and tight ones add strain to the Achilles over time.



HOLD 20–30 SEC EACH SIDE

3 Cross-body shoulder stretch

Bring one arm straight across your chest and use the other forearm to press it gently toward you.

Why it helps: Eases the back of the shoulder that every overhead swing has worked.



HOLD 20–30 SEC EACH SIDE

4 Forearm stretch

Arm out in front, palm up, and gently pull the fingers back with the other hand. Then repeat with the palm facing down.

Why it helps: Matters most if you play more than twice a week, when forearm tendons are under repeated load.

CHEAT SHEET

Your 20-minute padel warm-up

STEP	TIME	DONE
PHASE 1 · OFF-COURT		
Easy jog, skipping or brisk walk	2 min	☐
Leg swings (forward-back, side-to-side)	1 min	☐
Hip circles	1 min	☐
Arm circles and shoulder rolls	1 min	☐
Lateral lunges	1 min	☐
High knees and butt kicks	1 min	☐
Torso twists	1 min	☐
PHASE 2 · ON-COURT		
Baseline rallying at half pace	3–5 min	☐
Net volleys (swap roles)	2–3 min	☐
Lobs and light smashes	2 min	☐
Practice serves	4–6 per box	☐
PHASE 3 · AFTER THE MATCH		
Hip flexor and calf stretches	20–30 sec each side	☐
Shoulder and forearm stretches	20–30 sec each side	☐
Slow lap of the court	2 min	☐

ONLY 10 MINUTES?

5 min off-court (about 45 seconds a drill) plus 5 min on-court: rally 2, volleys 1–2, lobs and serves.

COLD DAY?

Add about 5 minutes to each phase. Cold muscles and indoor winter courts need longer.

GOOD TO KNOW

Safety, sharing and more

BEFORE YOU START

This guide is general information for healthy adults, not medical advice. Stop if you feel sharp or lasting pain. If you have an injury or a medical condition, or you are returning after a long break, check with a doctor or physiotherapist first.

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