

LTA PADEL INSTRUCTOR READINESS TEST OVERVIEW

This is an overview of the tasks required to complete the Padel Instructor Readiness Test. You will find more detailed instructions, including videos on how to complete each task, once you have booked on.

Please only do this if you are interested in doing the LTA Padel Instructor qualification.

Task 1 - Personal statement, up to 3 minutes

You will be in a professional environment, and dressed in a professional manner (as a padel coach), and you will create a short video on your smartphone telling us about yourself and your motivation for applying. This enables us to observe your communication skills.

Task 2 – Demonstration, up to 2 minutes

From a list of options provided in LTA Learn, you will demonstrate one common element of coaching that showcases your communication skills, padel knowledge, and ability to demonstrate sound padel skills.

Task 3 – lob feeding, around 30 seconds

Feeding is a crucial element of coaching. You will demonstrate that you can feed 5 balls accurately, with a chopper grip, as a lob shot. This will enable us to observe your feeding skills.

Tasks 4 - 7 – Live ball demonstration of strokes, around 6 minutes

Being a successful Instructor will require you to be able to demonstrate basic tactics and technique. These tasks enable us to observe your ability to demonstrate quality strokes, as well as your ability to hit/feed the ball with accuracy:

- Serve 8 of 16 balls correctly into court with the ball hitting the first glass panel.
- Using only one ball to rally, hit 15 shots down the line on the right-hand side of the court, including 6 off the back glass. The maximum time limit is one minute.
- Using only one ball to rally, hit 15 shots down the line on the left-hand side of the court, including 6 off the back glass. The maximum time limit is one minute.
- Using only one ball to rally, hit 15 volleys down the line on either side of the court, including a minimum of 6 backhand volleys. The maximum time limit is one minute.