

# The Manchester Padel Starter Guide

Everything you need for your first game, in one page

## What padel actually is

A doubles racket sport played on a small enclosed court with glass walls you can play off. It is easy to pick up, brilliant fun from your first go, and the fastest growing sport in Manchester. If you can rally a bit, you can play.

## Your first game, sorted

You need four players, two against two. No four? Turn up to an Americano or Mexicano social, they rotate everyone in. Wear comfortable sportswear and trainers with grip. Bring water and a tube of balls if you have one, as most casual bookings do not include balls, though clubs usually sell them at the desk. Almost every club hires rackets for a few pounds, so you do not need to buy anything to start.

## The rules in 60 seconds

Scoring is the same as tennis (15, 30, 40, game). The serve is underarm, below the waist, bounced once first, and hit diagonally. After the ball bounces on the floor it can be played off the glass walls, which is what keeps rallies going. A serve that clips the net and lands in is a let, take it again.

## Five tips that make you look like you have played before

Get to the net with your partner and hold it, that is where points are won.

Move as a pair, roughly level, as if joined by a short pole.

Lob over the net players to push them back rather than always hitting hard.

Let the ball come off the back glass and play it as it drops, do not panic.

Relax your grip, control beats power in padel every time.

## Where to play in Manchester

There are courts right across Greater Manchester, from the city centre to Trafford, Stockport, Bury and Salford. Browse every one, rated and grouped by area, with a find-near-me and a compare tool, at [mancpadel.com/venues](https://mancpadel.com/venues).

## Gear, without overspending

You do not need a pro racket. As a beginner, get a round, soft, lightweight racket (around £40 to £110), court shoes with a herringbone sole for indoor turf, and a fresh tube of balls. Our free finders filter every option by level, shape and budget at [mancpadel.com/shop](https://mancpadel.com/shop).

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Next: take a 60-second quiz, find a hitting partner, and get the Manchester padel roundup by email. All at [mancpadel.com](https://mancpadel.com).