

Know the rules



Although padel can be played with just two people, it is usually played with two teams of two players as a doubles game. When the ball is hit to your side of the net it can bounce once on the ground, then hit a wall before you hit it back. If the ball bounces twice on your side, you lose the point. Players can hit the ball against the wall on their side and make it bounce into the other side. If a team hits the ball into the net or at the other team's wall before bouncing, they lose a point. The scoring is the same as in tennis.

Teenage padel player powers on

If you haven't seen or played padel before, there's a good chance you will in the near future. Padel is a fun sport that's easy to pick up. It's a cross between tennis and squash and it is played on a court with walls around it. There are more than 150 courts around the UK and, thanks to the success of players such as Tia Norton, padel is growing very quickly.

"I started playing when I was 12 and when I was 13 I secured the women's British No.1 spot," 18-year-old Norton told *The Week Junior*. "I'd played tennis since the age of seven before moving into padel, and last year I took part in my first World Padel Tour event." Not only is Norton the first British woman to join the World Padel Tour – the sport's

biggest tournament – she managed to win two matches in doubles with Sweden's Amanda Girdo. She has also won tournament doubles matches with Spain's Ares Llobera.

The teenager frequently represents Great Britain and enjoys appearing around the world as a professional padel player. "I was meant to go to university in September to study interior architecture. I decided to take a year to see how padel competitions go, and so far it is definitely something I want to continue."

Norton is supporting a group called Game4Padel, which is opening lots of new padel courts in the UK to attract new players. Go to game4padel.com to find out more.

Tia Norton (right) with Ares Llobera. Onever

THE WEEK'S WINNERS...

Chelsea Football Club

Chelsea Women beat Arsenal and the men's team defeated Crystal Palace in their FA Cup semi-finals.

Peres Jepchirchir and Evans Chebet

The runners from Kenya, in east Africa, won the Boston Marathon in the US. Jepchirchir was the women's champion and Chebet won the men's race.





Dylan van Baarle and Elisa Longo Borghini

In the famous Paris-Roubaix cycle race in France, Van Baarle won the men's event and Longo Borghini took the women's title.

Glenn Irwin

The Northern Irish motorbike rider won all three races in the opening weekend of the British Superbike Championship.