BEGINNERS GUIDE TO PICKLEBALL

Starting Your Pickleball Journey on the right foot
Welcome to the wonderful sport of pickleball. Exercise, coordination, social interaction, mental challenge, and friendly competition. You name it, and pickleball provides it.

Even though pickleball is relatively easy to pick up, it can be challenging to learn something new, especially as an adult. We know because it took both of us some research as well as trial and error when we started in pickleball.

This Guide is designed to help you Get Started on the right foot.

What’s inside Your Beginners Guide to Pickleball
1. How to find local play opportunities and get on the court.
2. What you need to get started playing pickleball.
3. More resources when you are ready to grow your game (you will get here 😊).
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FINDING LOCAL PLAY OPPORTUNITIES

Pickleball is a fun way to get some exercise and meet some new friends. In most communities, there are numerous open play opportunities. These are drop-ins where you can just show up and join in the fun.

At the beginning, you do not even need a paddle as facilities (or even friends) may even have one you can borrow. Some locations also offer free or reduced cost pickleball training for beginners.

You can find open play opportunities by reaching out to your local USA Pickleball ambassador (you can find them here) or by visiting Pickleheads.com (it will list local pickleball courts and, sometimes, the open play dates). In addition, your nearby community recreation center or YMCA may also offer pickleball play.

Remember that the ambassador or Pickleheads contact is interested in helping you be introduced to the sport. Do not hesitate to reach out to them.

The best way to experience the game and grow as a player is to get out there and start playing as soon as you are comfortable. Take some time to watch the introductory videos in your Beginner Hub before you head out to the courts.

www.betterpickleball.com
WHAT YOU NEED TO PLAY

Other than a willingness to play and have fun, you only need a few things to play pickleball.

Paddle

You obviously need a pickleball paddle. There are many options on the market, and it can be hard to pick the right one. A few tips to help you:

- If you can try out the paddle, do so. Make sure the grip size and weight of the paddle are suitable for your body.
- Avoid being swayed into a paddle just because the local player you saw at the courts uses it. This does not mean it is the right paddle for you. We often see players using paddles that are too heavy or the wrong shape for them simply because a higher level player at the courts was playing with it – avoid this potential mistake.
- If you want more guidance, check out our video covering paddle selection - you will be glad you did.

VIDEO for picking the paddle that is right for you

www.betterpickleball.com
Shoes

This one may seem like stating the obvious, but trust us on this one. Many players use incorrect shoes out on the courts.

This is not simply a matter of not playing your best because you do not have the right shoes. The wrong shoes can cause you real damage – short-term (rolling an ankle) as well as long-term (damage to knee joints).

Stay away from running or walking shoes. Also, hiking shoes or any shoes not explicitly designed for this sort of movement. Tennis shoes will work as they are designed for lateral movement. But the only shoe that we trust for our legs and feet is a Tyrol shoe – the pickleball-specific shoe company. If you need pickleball shoes, find out more about Tyrol shoes here.

Balls

In addition to paddles and shoes, you will need some pickleballs. If you are playing indoors at a gym or similar facility, they will generally provide the balls for you.

If they do not, you will want 26-hole balls - these are designed for indoor use. Franklin or Onix are good options. For outdoor play, you will generally need to bring your own balls.

The standard outdoor balls are also made by Franklin (the X-40) and Onix (the Dura). These are 40-hole balls designed for outdoor play.
Pickleball is a sport that you can enjoy for life. Whether it is for recreational play, to get some exercise, or for some social time with friends. Or if you want to become a tournament or competitive player. Pickleball has something to offer each of us.

If we can be of help to you along your journey, happy to do so. We are pickleball professionals with years of study and training who have helped thousands of players and have witnessed the impact that this game can have on the lives of players all over the world. We are committed to doing what we can to help those players grow in the game as much as they want.

If you are reading this Guide, then you are now on our email list. You will get a few initial emails to share some additional tips to help you along the way. You will then receive our weekly email newsletter to keep you up to date with our latest tips to continue your growth in the game. You can opt-out of receiving this information at any time. If you do not see our emails, check your spam folder.

The emails will come from CJandTony@BetterPickleball.com. If you ever have a question, please feel free to email us.

Again, welcome to this beautiful sport. Good luck as you get started on your pickleball journey, and we hope to see you someday on the courts.

CJ & Tony
RESOURCES

Better Pickleball Website - www.betterpickleball.com
A comprehensive resource for all your pickleball questions

The Pickleball System - http://thepickleballsyste.com/
The Pickleball System gives you the framework, tools, and a clearly personalized Success Path to become the player YOU want to be.

The Pickleball Academy - betterpickleball.com/academy
A collection of instructional courses targeting specific areas of the game to get you the results you want.

Pickleball Therapy Podcast - betterpickleball.com/podcast
Pickleball driving you mad? Get some therapy with your licensed pickleball professional.

Better Pickleball Community Facebook Group -
https://www.facebook.com/groups/1166083211224349
Wherever you are on your pickleball journey, whatever you need in this moment, The Better Pickleball Community is here to encourage and help you along your way. Build yourself a Better Pickleball Community.

Better Pickleball Facebook Page - www.facebook.com/betterpickleballcom

Better Pickleball You Tube Channel - https://www.youtube.com/c/BetterPickleball

In2Pickle You Tube Channel - https://www.youtube.com/c/bestpickleballcoach/