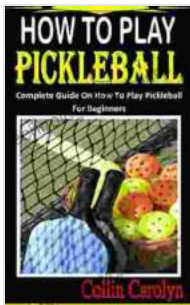


# Complete Guide On How To Play Pickleball For Beginners

Pickleball is a popular paddleball sport that is easy to learn and can be enjoyed by people of all ages. It is a great way to get exercise, socialize, and have some fun. In this guide, we will cover everything you need to know to get started playing pickleball, from the basics of the game to tips on how to improve your skills.



## HOW TO PLAY PICKLEBALL: Complete Guide On How To Play Pickleball For Beginners by Alex Harris

★★★★☆ 4.6 out of 5

Language : English  
File size : 396 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 14 pages  
Lending : Enabled



## Equipment

To play pickleball, you will need the following equipment:

- A pickleball paddle
- A pickleball
- A court

## **Pickleball Paddles**

Pickleball paddles are made of wood, graphite, or composite materials. They are typically between 15 and 17 inches long and have a handle that is 4 to 5 inches long. The face of the paddle is usually made of a perforated material, which allows air to pass through and helps to reduce the amount of spin on the ball.

## **Pickleballs**

Pickleballs are made of plastic and are about the size of a whiffle ball. They are hollow and have holes in them, which makes them lighter and easier to hit than a tennis ball. Pickleballs come in two different colors: yellow and green.

## **Courts**

Pickleball courts are typically 20 feet wide by 44 feet long. They are divided in half by a net that is 36 inches high at the sides and 34 inches high in the middle. The court is also divided into two halves by a non-volley zone, which is a 7-foot area in front of the net where players are not allowed to volley the ball.

## **Rules**

The rules of pickleball are simple and easy to learn. The game is played between two or four players, who hit the ball back and forth over the net. The first team to reach 11 points and win by at least two points wins the game.

Here are the basic rules of pickleball:

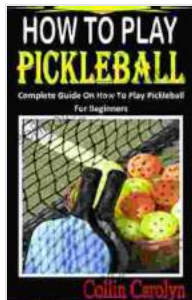
- The serve must be underhand and hit diagonally into the opposite service court.
- The ball must bounce once on each side of the net before it can be volleyed.
- Players cannot volley the ball in the non-volley zone.
- The ball can only be hit twice in a row by the same team.
- The game is won by the first team to reach 11 points and win by at least two points.

## **Tips For Beginners**

If you are new to pickleball, here are a few tips to help you get started:

- Use a paddle that is the right size for you. A paddle that is too big or too small will make it difficult to control the ball.
- Start by practicing hitting the ball against a wall. This will help you get a feel for the paddle and the ball.
- Once you have mastered hitting the ball against a wall, you can start playing against other people. Find a partner who is also new to the game and practice together.
- Don't be afraid to make mistakes. Everyone makes mistakes when they are first learning how to play pickleball. Just keep practicing and you will eventually get better.
- Have fun! Pickleball is a great way to get exercise, socialize, and have some fun.

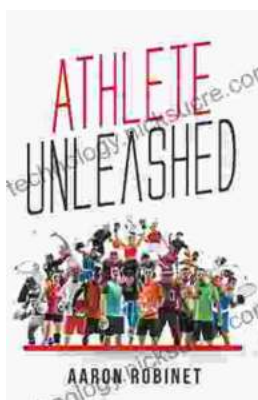
Pickleball is a great sport for people of all ages and skill levels. It is easy to learn, fun to play, and a great way to get exercise. If you are looking for a new sport to try, pickleball is a great option.



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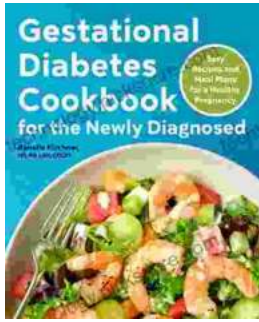
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