

Pickleball Equipment

Pickleballs

All equipment is not created equal, and typically cheaper usually leads to buying more later on. First, you'll need pickleballs .

Outdoor balls have a thicker plastic for durability, a higher number of holes, and are a bit heavier. These contribute to the ball coming off the paddle faster and harder than indoor balls. The outdoor balls also have smaller holes to make them less affected by wind. Even some balls labeled as outdoors, may not be as heavy and fast as other brands.

The most prevalent brands of outdoor pickleballs are made by **Franklin** and **ONIX** and hover around \$10 for a 3-pack.

Outdoor Balls (harder, faster)

Franklin X-40 (popular)

Onix Dura Fast 40

Onix Fuse G2 (slower than Dura)

Selkirk SLK Comp

Vulcan VPRO Flight

Indoor Balls (softer, slower)

Franklin X-26

Onix Fuse Indoor

Penn 26 Indoor

Consider a couple of different colors. Yellow is the most popular, but you may prefer other colors depending upon the color of the court.

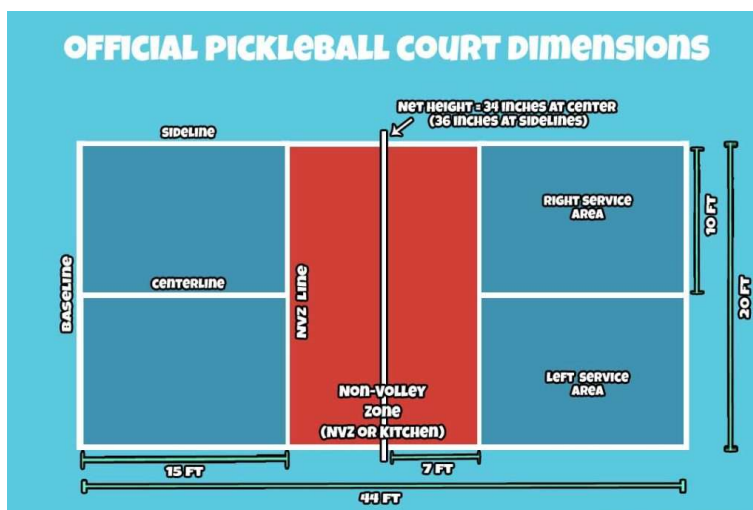
Paddles

The other major piece of equipment is the pickleball paddle. There are hundreds of paddles from which to choose. The old saying does apply, that "you get what you pay for". Pickleball paddles come in different shapes, sizes and weights. These factors affect the speed of the ball off the paddle and the control. Fiberglass paddles tend to be heavier than graphite. Therefore, they tend to provide more power than graphite. Whereas graphite paddles tend to have more control or finesse. Pickleball paddles can be as inexpensive as \$15 all-wooden paddles to over \$300. The lifespan of a paddle is 1 to 5 years depending on frequency of play. Check out pickleballcentral.com for a description of the different paddle types.

Footwear

Pickleball shoes, much like tennis shoes, are court shoes designed specifically for hard court surfaces to promote confident lateral movement while providing the necessary support and cushioning to protect your knees, feet, and ankles from the brutal impacts of the sport. Outdoor pickleball shoes tend to have a tough rubber outsole designed to be durable. Visit websites, like **PickleballCentral.com**, for some of the top rated shoes.

Court lines



WHAT TO BRING TO THE COURT

- Pickleball Paddle
- Pickleballs
- Pickleball Shoes
- Water Bottle with Liquids
- Electrolytes and/or a Snack
- Pickleball Eyewear
- Sun Protection: Hat and Sunscreen
- Items to Combat Sweat: Towel, Sweatbands, Extra Clothes, and Deodorant

Pickleball Scoring for Doubles Play

- Points are scored only on the serve; the receiving side cannot score a point.
- At the start of the game, the player on the right side (even court) serves to the diagonally opposite court.
- If a point is scored, the server moves to the left side (odd court) and serves to the diagonally opposite court.
- Players on the serving side continue to move from the right to left or left to right each time a point is scored.
- Players on the serving team do not alternate sides unless a point is scored. The receiving side never alternates sides.
- The first server continues to serve until the serving team loses a rally by committing a fault; then the serve passes to the second server on the team. [See * below for an exception]
- When the second server loses the serve, the serve goes to the other team and the player on the right serves first. That pattern continues throughout the game.
- Calling the Score:
 - The score should be called as three numbers.
 - Proper sequence for calling the score is: server score, receiver score, then, for doubles only, the server number: 1 or 2.

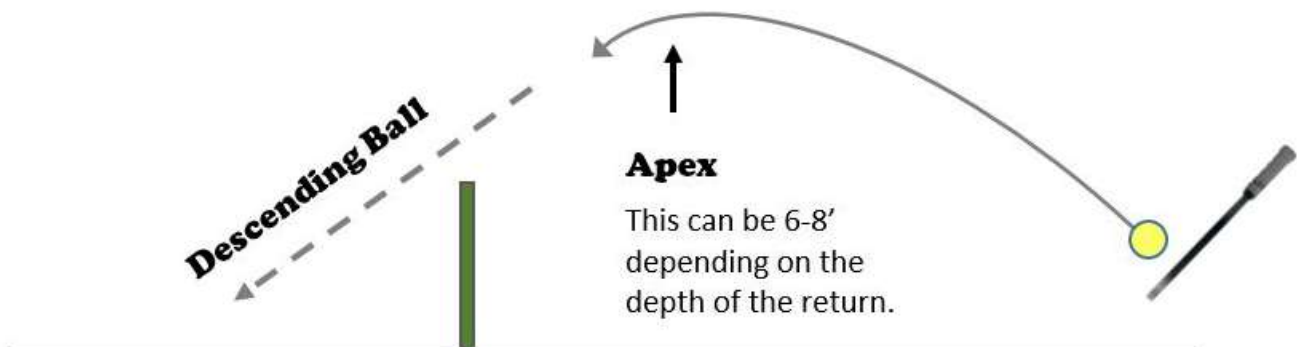
- To start a match, the score will be called as: zero - zero – two*
- The server number (1 or 2) applies for that service turn only. Whoever is on the right side (depending on the score) when the team gets the serve back is the first server for that service turn only. The next time that the team gets the serve back, it might be the other player that is on the right and is therefore the first server for that service turn only. Beginning players often mistakenly assume that the player keeps the same server number throughout the game.
- *First Server Exception: To minimize the advantage of being the first team to serve in the game, only one player, the one on the right side, gets to serve on the first service turn of the game. Since the serve goes to the other side when that player loses the serve, that player is designated as the second server. Therefore, at the start of the game, the score should be called, “0-0-2.” The “2” indicates the second server and means that the serve goes to the other side when the serve is lost.
- When a team’s score is even, the player who served first in that game must be on the right (even) side of the court and on the left (odd) side when the score is odd. Or, expressed alternately, when the first server of that game is on the right side of the court, that team’s score should be even. If this is not the case, then either the players are positioned on the wrong side of the court or the called score is inaccurate.

There are 5 basic strokes in pickleball.

- **Groundstroke:** A groundstroke is simply any shot you make after the ball has bounced once.
- **Drive:** A drive is hitting a groundstroke with very hard force for maximal speed over the net.
- **Lob:** A lofted shot that sends the ball high overhead and deep.
- **Volley:** To put it simply, a volley is any shot that is made before the ball hits the ground.
- **Dink:** A dink is a type of groundstroke that’s only used at or near the net.

Third Shot Drop

The third shot drop is a ball that is hit softly, with the intention of bouncing in the non-volley zone, making it unattackable for the opponent. When executed well, the serving team will have enough time to run up to the non-volley line because the ball is traveling slower.



The Dink

Dinks are soft shots normally hit on a bounce in the non-volley zone when all 4 players are at the net. Here are some basic guidelines.

1. An effective dink arcs downward as it crosses the net and lands within the opponents non-volley zone, creating a more difficult shot to return than a power shot.
2. Dinks that land close to the net are the most difficult to return because of the steep angle required to get the ball over the net.
3. Crosscourt dinks are easier to place because the net is lower in the center and you can force their opponent off the court, potentially opening a hole.
4. Contact the ball in front of the body with the paddle face open, using a gentle lifting (pushing) motion.
5. The shot is soft and controlled with movement from the shoulder, no wrist break and minimal or no backswing to avoid overpowering the ball.
6. Be patient and keep your body movement to a minimum. Continue to dink until the opponent makes a mistake. Focus on keeping your ball lower over the net. If the ball is hit too high, there is a good chance for a put-away shot.

