



How to...



FUN FACT

In the game of pickleball, players are referred to as “picklers.”

Learn to play pickleball

Give this popular and social sport a try with these tips.

Pickleball is a sport that combines elements of tennis, badminton, and ping-pong and is played on a court. It’s a simple game for beginners to learn and can be played competitively. It is also the fastest-growing sport in the US. If you’ve wanted to try playing it—or improve your game if you already play—here’s how you can get started.

Get what you need

The only equipment you need for pickleball is a paddle and the Wiffle-like ball that’s used in the game. Pickleball courts are much smaller than tennis courts—20 feet wide by 44 feet long. To find a court to play on, use the Pickleball+ app, or go to the USA Pickleball Association’s court locator website. With an adult’s supervision, you can even use sidewalk chalk to make a court in an empty driveway. Be sure to wear sunscreen and sunglasses or a cap to shield your eyes from the sun.

Understand the game

Pickleball is played by using your paddle to serve the ball over the net to your opponent. It can be played between two opponents, but it’s commonly played

as doubles (a team of two players on each side of the net). It can be played to a point limit, which is typically 11. The side leading by two points wins.

Find a class

First, you can check whether your local recreation department offers youth pickleball classes or find out from your physical education teacher whether pickleball lessons will be taught during gym class in school. You can also ask a trusted adult if any family or friends play pickleball and can teach you the game. To understand some of the basics, you can watch the video at tinyurl.com/TWJUS-Pickleball.

Learn the rules

As you play pickleball, you’ll learn the rules of the game. For example, unlike tennis, in pickleball you’ll serve the ball underhanded. You’ll also find that after being served the ball, you must allow it to bounce on the ground once before hitting it back. You’ll learn new lingo, too, like “the kitchen” (the “no volley” zone on both sides of the net where no hitting the ball is allowed). Finally, to improve your game, practice—and have fun!



Be a pickler!

Court etiquette



Avoid collisions When you’re playing doubles, you don’t want to bump into your teammate. Make a plan to simply yell out “mine” or “yours” to determine who’s going to hit the ball.

Respect other games If you need to chase after a ball that’s ended up on another court, remember to wait for a pause in their game to retrieve it.

Practice good sportsmanship Pickleball can get competitive, but remember that it’s still a game. Keep a positive attitude and if a call is in question, give the point to the opposing side. Finally, when the game is over, meet at the net to tap paddles like experienced players do.