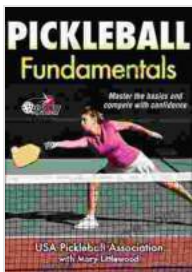


Pickleball Fundamentals: A Comprehensive Guide to the Basics from USA Pickleball Association

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. It is played on a court that is smaller than a tennis court, and the net is lower. Pickleball is a great game for people of all ages and skill levels, and it is a great way to get exercise and have fun.

If you are new to pickleball, it is important to learn the basics before you start playing. This will help you avoid making mistakes and will help you improve your game.



Pickleball Fundamentals (Sports Fundamentals)

by USA Pickleball Association

★★★★☆ 4.4 out of 5

Language : English
File size : 14694 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 176 pages
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Court Dimensions

A pickleball court is 20 feet wide by 44 feet long. The net is 36 inches high at the sidelines and 34 inches high in the middle.

Equipment

You will need a pickleball paddle, a pickleball ball, and a pair of comfortable shoes to play pickleball. Pickleball paddles are made of wood, graphite, or composite materials. Pickleball balls are made of plastic and are about the size of a tennis ball.

Gameplay

Pickleball is played with two or four players. The game is played to 11 points, and the first team to reach 11 points wins the game. Points are scored when the ball bounces twice on the opponent's side of the court or when the opponent hits the ball out of bounds.

The game starts with a serve. The server stands behind the baseline and hits the ball diagonally over the net into the opponent's service court. The opponent must return the serve before it bounces twice on their side of the court.

After the serve, players can hit the ball back and forth over the net until one player makes a mistake. Mistakes include hitting the ball out of bounds, hitting the ball into the net, or hitting the ball twice in a row.

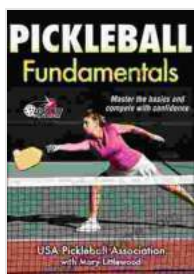
Tips for Beginners

Here are a few tips for beginners:

- Start by practicing your serve. A good serve will give you a big advantage in the game.
- Keep your eye on the ball at all times. This will help you make better contact with the ball and avoid making mistakes.

- Don't be afraid to make mistakes. Everyone makes mistakes when they are first learning how to play pickleball.
- Have fun! Pickleball is a great way to get exercise and have fun with friends and family.

Pickleball is a great game for people of all ages and skill levels. It is a fun and easy way to get exercise and socialize with friends and family. If you are new to pickleball, be sure to learn the basics before you start playing. This will help you avoid making mistakes and will help you improve your game.



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