



THE GRIP OF THE PADDLE

A GOOD GRIP = BETTER CONTROL, POWER & COMFORT

**HOLD IT RIGHT.
PLAY IT SMART.**

Your grip is the connection between you and the game.



THE MOST COMMON PICKLEBALL GRIPS

1 CONTINENTAL GRIP



Like shaking hands with the paddle.

Best for:

- Serves
- Volleys
- Dinks
- All-around control

HOW TO HOLD:

Place the heel pad (base of your palm) on the bottom bevel. Your index knuckle rests on the 2nd bevel.



2 EASTERN FOREHAND GRIP



Like a handshake turned to the right.

Best for:

- Drives
- Groundstrokes
- Power shots

HOW TO HOLD:

From the continental grip, rotate your hand slightly to the right (toward your right hip). Index knuckle on the 3rd bevel.



3 EASTERN BACKHAND GRIP



Like a handshake turned to the left.

Best for:

- Backhand drives
- Backhand dinks

HOW TO HOLD:

From the continental grip, rotate your hand slightly to the left (toward your left hip). Index knuckle on the 1st bevel.



4 WESTERN FOREHAND GRIP



Like a handshake turned further right.

Best for:

- Topspin
- Heavy topspin drives
- Advanced play

HOW TO HOLD:

From the eastern forehand, rotate your hand further to the right. Index knuckle on the 4th bevel.



5 WESTERN BACKHAND GRIP



Like a handshake turned further left.

Best for:

- Extreme topspin
- Advanced backhand shots

HOW TO HOLD:

From the eastern backhand, rotate your hand further to the left. Index knuckle on the 8th bevel.



HOW TO FIND YOUR GRIP (EASY METHOD)

- 1 Hold the paddle in your non-dominant hand.
- 2 Point to the bevel shown for the grip you want to try.
- 3 Place the heel pad of your dominant hand on that bevel.
- 4 Wrap your fingers comfortably around the handle.



GRIP TIPS

- ✓ Use a grip that feels comfortable and natural.
- ✓ Keep a relaxed grip—squeeze too tight and you'll lose control.
- ✓ You can slightly change your grip during play for different shots.
- ✓ Overgrip can help with cushion and sweat.
- ✓ Replace your grip when it gets worn or slippery.



QUICK REFERENCE

GRIP	BEST FOR	POWER	CONTROL	TOPSPIN
1 Continental	Serves, Dinks, Volleys	★★	★★★★★	★★
2 Eastern FH	Drives, All-around	★★★	★★★★	★★★
3 Eastern BH	Backhands, Dinks	★★★	★★★★	★★★
4 Western FH	Topspin Drives	★★★★	★★★	★★★★★
5 Western BH	Topspin Backhands	★★★★	★★★	★★★★★



REMEMBER: There is no "perfect" grip—only the grip that works best for YOU.

PRACTICE. EXPERIMENT. HAVE FUN!



GOOD GRIP. GREAT GAME.



TYPES OF PICKLEBALL PADDLES

FROM BEGINNER TO PRO – CHOOSE THE RIGHT PADDLE FOR YOUR GAME

WHY PADDLES DIFFER

- ⚡ Material – affects power & control
- ⚖ Weight – affects maneuverability & stability
- 🛡 Shape – affects sweet spot & reach



PLAYER LEVEL	1. BEGINNER New to the game	2. INTERMEDIATE Improving & playing regularly	3. ADVANCED Tournament player	4. COMPETITIVE / PRO High-level / Pro player	COMPARISON AT A GLANCE
BEST FOR	Learning the game, developing consistency, and having fun.	Building skills, better control, and more power.	Precision, spin, control, and all-court play.	Max performance, spin, power, and shot-making.	
PADDLE TYPE	ALL-AROUND (Entry Level) Forgiving and easy to use.	ALL-AROUND / CONTROL Balanced performance for control and power.	CONTROL / PERFORMANCE Enhanced control, spin, and feel.	POWER / PERFORMANCE Maximum power, spin, and precision.	
MATERIAL	Fiberglass Face + Polymer Core (PP) Durable and affordable with good forgiveness.	Fiberglass or Carbon Face + Polymer Core (PP) Better feel with more control and power.	Carbon Fiber Face + Polymer or Honeycomb Core More spin, control and consistency.	Raw Carbon Fiber Face + Polymer or Nomex Core Maximum spin, power and responsiveness.	
WEIGHT RANGE	7.6 – 8.4 oz (215 – 238 g)	7.8 – 8.6 oz (220 – 245 g)	7.6 – 8.5 oz (215 – 240 g)	7.2 – 8.3 oz (205 – 235 g)	
SHAPE OPTIONS	Wide Body (Larger sweet spot) 	Wide Body or Standard Elongated 	Elongated (More reach & control) 	Elongated (Reach, power & spin) 	
EXAMPLE PADDLES (POPULAR OPTIONS)	- Onix Z3 - Franklin Sports FS Tour - Head Radical Elite	- Selkirk Amped S2 - Paddletek Breeze - Engage Pursuit MX	- Selkirk Vanguard Power Air - Six Zero Double Black - JOOLA Ben Johns Perseus	- Selkirk LUXx Control Air - JOOLA Hyperion CFS 11SIX24 Power Series	HOW TO CHOOSE ✓ New to pickleball? Start with an all-around paddle for forgiveness and ease of use. ✓ Improving player? Choose a balanced paddle that gives you more control and power. ✓ Advanced player? Pick a control/performance paddle for precision and spin. ✓ Competing at a high level? Use a performance/power paddle built for maximum results. ✓ Also consider weight, grip size, and shape that feel right in your hand.



PRO TIP: The best paddle is the one that fits your playing style, skill level, and feels right in your hand. As you improve, your paddle can evolve with you!



PLAY YOUR GAME. LOVE THE GAME.

VISUAL LESSON 9

THE CONTINENTAL GRIP

The Grip Every Beginner Should Learn First



PB PICKLEBALL ACADEMY

LESSON OBJECTIVE

Learn the grip that works for almost every shot in pickleball.

SHORT EXPLANATION

The Continental Grip is often called the "handshake grip." Imagine you're shaking hands with your paddle. This one grip can be used for:

- ✓ Serves
- ✓ Returns
- ✓ Forehands
- ✓ Backhands
- ✓ Volleys
- ✓ Dinks

If you're a beginner...
Start here.



HOW IT LOOKS IN REAL PLAY



ONE GRIP... MANY SHOTS!

QUICK TIPS

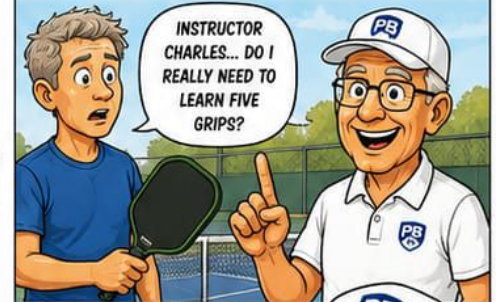
- ✓ Think "handshake."
- ✓ Relax your hand.
- ✓ Keep your wrist loose.
- ✓ Don't squeeze too tight.
- ✓ Use this grip for every shot until you're more advanced.

DID YOU KNOW?

More than **90%** of the shots you'll hit as a beginner can be played comfortably using the Continental Grip.

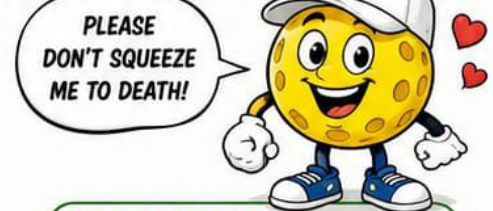


A QUICK QUESTION...



★ INSTRUCTOR CHARLES SAYS...

"The Continental Grip is your best friend. Learn it well before worrying about advanced grips."



GRIP CHALLENGE

Shake hands with your paddle... **20 times.**

Without looking. Can you naturally find the same grip every time?



CONTINENTAL GRIP MASTER

Check here when you've completed today's challenge.

☐ **DONE**



LESSON SUMMARY

One grip. Many shots. Master this grip... and the rest of pickleball becomes much easier.

PB PICKLEBALL ACADEMY

LEARN • PLAY • IMPROVE



PICKLEBALL FASHION



LOOK GOOD. FEEL GOOD. PLAY YOUR BEST.

Comfort, performance and confidence on and off the court.

MEN



SHIRTS

- Moisture-wicking fabric
- Breathable and lightweight
- Athletic fit for mobility



SHORTS

- 7"-9" inseam ideal
- Stretchy, breathable fabric
- Built-in liner is a plus



SOCKS

- Moisture-wicking
- Cushioned for comfort
- Crew length for support



SHOES

- Court shoes for stability
- Good lateral support
- Non-marking soles



ACCESSORIES

- Hat or visor
- Sweatband
- Sunglasses for outdoor play

FASHION THAT PERFORMS



Moisture-wicking keeps you dry



Stretch fabric for better movement



Lightweight for comfort



UV protection for outdoor play



Durable fabrics made to move

COLOR PALETTE IDEAS

MEN



WOMEN



Light colors reflect heat.
Bright colors show your personality!

CONFIDENCE IS YOUR BEST ACCESSORY!

Dress for the game.
Play with passion.
Enjoy every moment.



WOMEN



TOPS

- Moisture-wicking fabric
- Breathable and lightweight
- Tanks, tees or long sleeves



BOTTOMS

- Skorts, skirts or shorts
- Built-in shorts for coverage
- Stretchy for full mobility



SPORTS BRA

- Support is essential
- Moisture-wicking
- Comfortable fit



SHOES

- Court shoes for stability
- Good lateral support
- Non-marking soles



ACCESSORIES

- Visor or hat
- Sunglasses
- Hair tie and sweatband

MEN'S STYLE TIPS

- ✓ Choose performance over cotton.
- ✓ Fit should allow full range of motion.
- ✓ Stay cool with light colors.
- ✓ Keep it simple, sharp and sporty.



FIT MATTERS

Not too tight.
Not too loose.
Just right!



CARE TIP

Wash in cold water.
Avoid fabric softener.
Air dry when possible.



SUN SMART

Wear a hat or visor.
Use sunscreen.
Stay hydrated.



HYDRATE

Drink water before,
during and after
your games.



PLAY IN STYLE

Great style never
takes a day off—
on or off the court!



BE YOU

Your game.
Your style.
Your journey.

8 SIGNS YOU ARE GOOD AT PICKLEBALL

1. You don't speed up every ball

8. You know its not about power, it's about pressure

7. You make weak players better

6. You keep your paddle up - always

5. You know when to let balls go out - and are usually right



2. You know when to reset a point

3. You aim at your opponents feet

4. You don't panic when they speed it up