

Pickleball FAQ Guide

1. General Pickleball Questions

- Pickleball is a mix of tennis, badminton, and table tennis played with a paddle and a plastic ball.
- The name comes from either a dog named 'Pickles' or a 'pickle boat' in rowing.
- It is beginner-friendly and growing in popularity across the UK.
- Courts can be found in leisure centres, community halls, and sports clubs.

2. Pickleball Rules & Gameplay

- Games are played to 11 points, win by 2.
- Only the serving team can score.
- The two-bounce rule means the ball must bounce once on each side before volleys.
- The kitchen (Non-Volley Zone) restricts volleys within 7 feet of the net.

3. Scoring & Serving

- Serving must be underhand, below waist level, and hit diagonally.
- In doubles, each player serves before a side out occurs.
- Score is called as: (Your Score) - (Opponent's Score) - (Server Number).
- Example: '4-3-1' means your team has 4 points, opponents have 3, and it's the first server's turn.

4. Equipment & Court

- Essential equipment: paddle, pickleball, and a proper court.
- The court is smaller than a tennis court but the same size as a doubles badminton court.
- Pickleball can be played on a modified tennis court with proper net height adjustments.

5. Strategy & Skill Improvement

- Master dinking to control the rally.
- The third shot drop helps transition from baseline to the kitchen.
- Maintain control at the kitchen line for optimal positioning.
- Serve strategically to create weaker returns from opponents.

6. Pickleball in the UK

- Pickleball is rapidly growing across the UK with new clubs forming regularly.
- Professional tournaments are emerging, supported by Pickleball England and other organisations.
- Find local pickleball clubs through Pickleball England, social media, or community sports centres.