

# HOW TO GRIP YOUR PICKLEBALL PADDLE

by Daniel Moore

## The Continental Grip

This is a universal way to hold the paddle that can be used to hit both a forehand or backhand without changing grips. This is useful in pickleball because it allows you to keep the same grip for different shots. When you don't have to change grips for each shot, it reduces hesitation, and reaction time.

Pinch the left side of the paddle face with your left hand (if you are right handed).



STEP  
01

Extend your left hand in front of you so the paddle grip is pointing toward your belly button.



STEP  
02

Take the "V" of your right hand (between your thumb and pointer finger), and place it on top of the paddle grip.



STEP  
03

### Grip Style:

Grip the paddle either in the "tennis style" for more power or the "ping pong style" with your finger on the paddle face for more support. The way you grip your paddle will depend on what feels comfortable to you and there is not necessarily a way that is better or worse.

### Grip Pressure:

The grip pressure you use depends on the shot you are hitting but in general, you want to stay relaxed and not grip the paddle too tight. On dinks, volleys and drop shots, grip the paddle around a 3-4 out of 10. On serves, returns, drives and overheads, grip the paddles around a 5-6 out of 10.