

## Novice Introduction to Pickleball



What is pickleball and how do I get started ? Let the fun begin.

So if you've watched a few games, possibly have some experience with other paddle or racquet sports (tennis, badminton, racquetball, squash, table tennis), watched some YouTube beginner videos, and hit the ball around a little, you may want to take a free DPA lesson. You will need to first join our association (insurance reasons). Just click on the black 'join/renew' button on our webpage.

We have put together some very valuable information to get you started out on the courts and on your way to having too much fun. Here are a few short YouTube videos to watch. If you watch these then you will know what we are talking about at the session. Please do so as we can then spend time on courts hitting the ball. There are 1,000's of videos out there on Pickleball, so go ahead and watch away. But if you don't want to get too overloaded, check out the links on the following page.

You just need to wear good court shoes with non-marking soles, bring some water, appropriate outdoor clothes for the day, and a sense of good fun. We have paddles, balls and all that is needed to try for the lesson.

For local details concerning Pickleball in Delta, and lots of other helpful information see our website: [www.deltapickleball.org](http://www.deltapickleball.org)

## **Pickleball Videos - Homework before Beginners Lessons**

### **Introduction to Pickleball**

[www.youtube.com/watch?v=WLWj2LXecHU](http://www.youtube.com/watch?v=WLWj2LXecHU)

[www.youtube.com/watch?v=fTvPYdKZq00](http://www.youtube.com/watch?v=fTvPYdKZq00)

### **Non-Volley Zone or Kitchen Rule**

[www.youtube.com/watch?v=xGfLXDTzJck](http://www.youtube.com/watch?v=xGfLXDTzJck)

[www.youtube.com/watch?v=QacxhVqHzvY](http://www.youtube.com/watch?v=QacxhVqHzvY)

### **Scoring**

[www.youtube.com/watch?v=eMEpFipIdrk](http://www.youtube.com/watch?v=eMEpFipIdrk)

### **Court Lines - Ball in or out**

[www.youtube.com/watch?v=vSn5Kcjnt7k](http://www.youtube.com/watch?v=vSn5Kcjnt7k)

## **From the 'Additional Documents' section of our website:**

- [Guide to Player Play Levels](#)
- [Delta Pickleball Assoc. Mission Statement, Etiquette, & Code of Conduct](#)
- [Pickleball Paddles 101](#)

### **How to Use a Paddle Rack**

When you show up, how do you get into a game?

[www.youtube.com/watch?v=jub4CxpLAyc](http://www.youtube.com/watch?v=jub4CxpLAyc)

### **Safety Glasses**

These are not mandatory, but highly recommended and encouraged

## Pickleballs

There are many types, weights, and stiffness - but the main differences are the larger holes for indoor balls, and the smaller ones for outdoor balls. Some brands last better than others, especially in colder weather.

## Court Scheduler

Where to show up to find a game? “**Play Time Scheduler**” is not the only way, but a good start. It is *not* a court reservation system, but rather a way to meet with similar level players and make sure there are a minimum of four players. You will need to set up a free account to use this service.

[playtimescheduler.com/login.php](https://playtimescheduler.com/login.php)

Starting April 1, DPA will have schedules posted under the “Outdoor Court Schedules” tab of our website, so you can check for our dedicated DPA lessons, events, and playing times at each of the Delta club venues. This year, we will be using the Play Time Scheduler app for registering.

## How to set up a Portable Net

Many mixed use courts have City of Delta lock boxes with portable nets. The lock code is available by calling the City of Delta number on the side of the box. Please be gentle with this equipment, as we want it to last.

<https://www.youtube.com/watch?v=-4nSOXUPrG0>

Video edit - we suggest putting the middle net post in last. And for take down, please leave posts in the net, fold in half, and roll net. Net height should be 34” in the middle and 36” at the side lines. A measure stick should be in the boxes with nets.