

HOW TO CHOOSE A PICKLEBALL PADDLE



THE RIGHT PADDLE. BETTER PLAY.



1. KNOW YOUR PLAYING GOALS
Are you a beginner learning the game, a casual player, or a competitive player? Your goals help determine the best paddle for you.



2. CHOOSE YOUR PADDLE WEIGHT
Lightweight (7.0–7.8 oz): easier maneuverability and less arm fatigue.
Midweight (7.9–8.4 oz): balance of power and control.
Heavyweight (8.5+ oz): more power and stability, less maneuverability.



3. CONSIDER PADDLE LENGTH
Standard (15.5–16"): offers more control and quicker handling.
Elongated (16"+): provides more reach and power, slightly less control.



4. CHECK PADDLE WIDTH
Wider paddles (8"+): larger sweet spot for more forgiveness.
Standard widths (7.5"–8"): good balance of control and power.



5. PICK THE RIGHT MATERIAL
Graphite: lightweight, more control.
Composite: great all-around performance.
Fiberglass: more power, less expensive.
Carbon Fiber: premium control and spin.



6. SELECT THE CORE MATERIAL
Polymer (Nomex): softer feel, more control, quieter play.
Aluminum: firmer feel, more power, louder sound.



7. THINK ABOUT THE GRIP SIZE
Small grip (4" or less): better for smaller hands, more wrist action.
Standard grip (4"–4 1/4"): best for most players.
Large grip (4 1/4"+): better for larger hands, reduces wrist strain.



8. DETERMINE YOUR PLAY STYLE
Control Player: choose a lighter paddle with a larger sweet spot.
Power Player: choose a heavier paddle or elongated shape.
All-Court Player: look for a balanced pickleball paddle.



9. SET YOUR BUDGET
Paddles come in a wide range of prices. Higher price doesn't always mean better for your game.



10. TRY BEFORE YOU BUY
If possible, demo paddles or borrow from friends. The right paddle should feel comfortable and natural in your hand.

PADDLE SHAPES EXPLAINED



STANDARD

- Balanced power and control
- Larger sweet spot



WIDE

- More forgiveness
- Larger sweet spot
- Great for beginners



ELONGATED

- More reach
- More power
- Smaller sweet spot

WEIGHT GUIDE

WEIGHT RANGE	BEST FOR	BENEFITS
7.0 – 7.8 oz	Beginners, seniors, all-court	Easy to swing, less fatigue, more control
7.9 – 8.4 oz	All-court players	Best balance of power and control
8.5+ oz	Power players, experienced players	More power and stability, less maneuverability

PADDLE PARTS TO KNOW

FACE

Hits the ball

EDGE GUARD

Protects the paddle edge

CORE

Affects feel, power, and sound

HANDLE

The part you hold

GRIP

Provides comfort and traction

QUICK TIPS

- ✓ Beginners: start with a midweight, wide paddle.
- ✓ Look for a comfortable grip size.
- ✓ Balance is key—don't sacrifice control for power.
- ✓ The best paddle is the one that helps you play your best!
- ✓ Upgrade your paddle as your skills improve.