

HOW TO REGRIP A PICKLEBALL PADDLE

STEP-BY-STEP FOR BEGINNERS

A fresh grip gives you better control, more comfort, and helps your paddle last longer!



WHAT YOU'LL NEED



Overgrip

Rubbing Alcohol

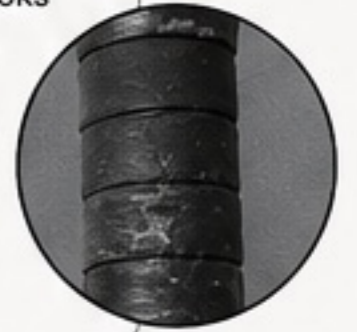
Towel

Scissors (optional)

WHEN TO REGRIP

You should regrip when your grip looks worn, feels slick, or loses tackiness.

- Slippery or shiny feel
- Peeling or fraying
- Less cushion or comfort
- You've been playing a lot!



1 REMOVE OLD GRIP



- Peel off the old overgrip.
- Remove any leftover adhesive or grip residue.

2 CLEAN THE HANDLE



- Spray rubbing alcohol on the handle.
- Wipe clean with a towel.
- Let it dry completely.

3 FIND THE START



- Take your new overgrip.
- Place the end at the base of the handle (just above the butt cap).
- The edge should be even with the bottom.

4 ANCHOR THE END



- Wrap the very end around the handle once.
- Overlap slightly (about 1/8") and press it down to secure.

5 WRAP FROM BASE TO TOP (THE KEY STEP!)

Wrap in a spiral, overlapping slightly as you go up the handle.

1. Start



Start at the base. Hold the grip with tension and wrap upward.

2. Wrap



Pull the grip snug (tight, but not stretching too much).

3. Overlap



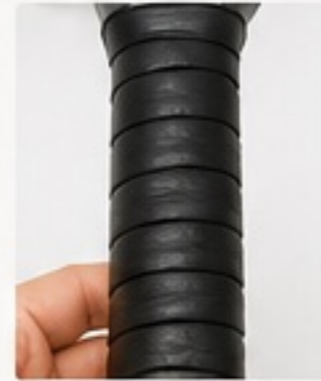
Overlap each wrap slightly (about 1/8" to 1/4" of the previous layer).

4. Keep Going



Keep wrapping in a spiral, maintaining tension and even overlaps.

5. Reach the Top



Wrap all the way to the top of the handle (about 1/8" below the paddle face).

WRAPPING TIPS FOR BEGINNERS

- Keep gentle tension on the grip as you wrap.
- Overlap consistently for a smooth, even feel.
- Don't stretch the grip—just pull snug.
- Take your time—smooth wraps feel best!

GOOD WRAP ✓



- Even overlaps
- No gaps
- Neat and consistent

GAPS / TOO LOOSE ✗



- Uneven overlaps
- Gaps between wraps
- May feel sloppy

6 FINISH AND SECURE



- When you reach the top, cut the grip at a slight angle with scissors (if needed).
- Press the last wrap down firmly to.

7 SMOOTH IT OUT



- Run your hand down the handle to smooth out any bumps or air bubbles.

YOU'RE DONE!



- Your paddle is ready to play!
- Enjoy the improved feel, comfort, and control.

EXTRA TIPS



CHOOSE YOUR FEEL
Thin grip = more feel
Thick grip = more cushion



REPLACE REGULARLY
Regrip every 1–3 months for best performance and hygiene.



EXTRA TACK?
Try a tacky overgrip or add an extra wrap for more cushion and grip.

PLAY BETTER. FEEL BETTER. LOVE PICKLEBALL. 🏓

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