

The Pickleball Dictionary



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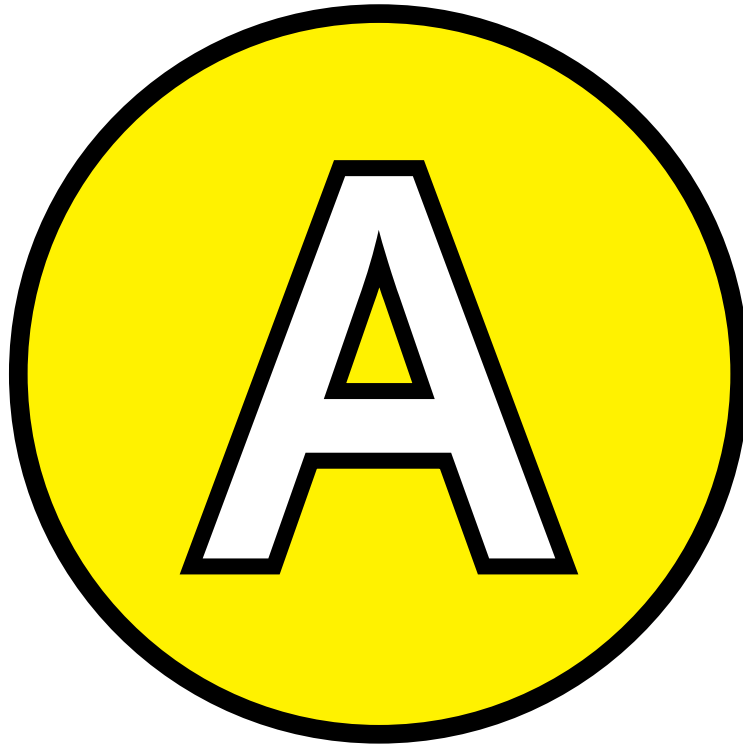
The Pickleball Dictionary

The Pickleball Dictionary started out as a blog on www.thePickler.com. Pickler then consolidated the blog posts, with the great submissions and contributions from pickleball players across the world, to create the first Pickleball Dictionary, made by pickleball players, for pickleball players.

The sport of pickleball is constantly evolving. As a result, new terms, people, places, sayings, words, and phrases will become part of the sport of pickleball. If you want to submit or contribute a new addition to future editions of The Pickleball Dictionary, please email stacie@thepickler.com.

Written by Stacie Townsend

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A

Accuracy – Pickleball is a game of accuracy and consistency—which player or which team can make the fewest amount of unforced errors on the pickleball court? If you can be more accurate and more consistent, and reduce your unforced errors, your pickleball game will certainly skyrocket.

Ace – An ace is a serve that is unreturnable. In other words, a winning serve!

Adam Stone – Adam Stone is a pro pickleball player that has won multiple medals at tournaments across the country, including the USA Pickleball National Championships, US Open Pickleball Championships, and various stops along the PPA and APP tours. Adam is a former tennis player and coach, as well as a former professional poker player.

Addictive – Various pickleball surveys indicate that people who play pickleball tend to play exceedingly more than when they first started. This indicates that, if you can get a pickleball paddle in peoples' hands, they will generally start playing and become passionate Picklers!

Advanced – Pickleball players with great skill, strategy and understanding of the game are advanced players.

Ageless – Pickleball is ageless. Pickleball does not care about a player's age and is a rare sport or game that you can play for your entire life.

Aggressive – To be aggressive on the pickleball courts means that you are on the attack of your opponents. In other words, you are being offensive and going for offensive shots. To learn how to be more aggressive on the pickleball court, [check out Pickler's pickleball blog, "How to Play More Aggressive on the Pickleball Court."](#)

AJ Koller – AJ Koller is a rising star in the pro pickleball community, and he has already taken home a number of medals on the PPA and APP tours. AJ Koller also performs skits as the #1 ranked pickleball player in the State of Nevada, Chet Subaru (think of these skits as the famous show, "The Office," meets the sport of pickleball).

Alex Hamner – Alex Hamner is a pro pickleball player that has won multiple medals at tournaments across the country, including the USA Pickleball National Championships, the US Open Pickleball Championships and the Tournament of Champions. Alex is commonly known to team up with long-time friend, former tennis partner and pro pickleball player, Jennifer Lucore. Alex is also a 2020 inductee of the Pickleball Hall of Fame.

Ambassador – An ambassador is a volunteer of the USA Pickleball Association that promotes pickleball in their local community. Did you know that there are over 1900 ambassadors for USA Pickleball?! These ambassadors are one the driving forces that have caused the explosion of pickleball over recent years. Do you know your local ambassador?

Andrea Koop – Andrea Koop is a pro pickleball player that has won multiple medals at tournaments across the country. Andrea is also one of the founders of the Beer City Open, which is pickleball tournament held in Grand Rapids, Michigan.

Angles – It is important to pay attention to angles on the pickleball court. Angles to place the pickleball on the court can lead to winning shots, so it is important to take advantage of angles that you might have and to minimize your opponents' angles.

Anna Leigh Waters – Anna Leigh Waters is a teenage pro pickleball player and absolute phenom on the pickleball courts. Anna Leigh's first tournament was in November 2017 at the Delray Beach Pickleball Open where she took gold with Pickler Founder, Stacie Townsend. Since then, she has frequently been atop the podium with her mother, Leigh Waters, including their championships at the 2019 and 2021 USA Pickleball National Championships! Anna Leigh is certainly one to watch! Plus, you can follow along with Leigh's and Anna Leigh's journey in [Pickler's free pickleball newsletter](#).

Announcers – The sport of pickleball is growing at all levels, including at the pro pickleball level, which is typically broadcasted across various streams and outlets, like YouTube, ESPN+/ESPN3, CBS Sports, Fox Sports, Facebook, etc. Along with these broadcasts, there are announcers explaining the game, providing the call, and giving color commentary. These announcers make the broadcast so much more fun and enjoyable, so be on the lookout for the voices of Dominic Catalano, Dave Fleming, Hannah Johns (sister to Ben Johns and Collin Johns), Lauren McLaughlin, Morgan Evans, Mark Renneson, and others.

APP Tour – The [Association of Pickleball Professionals \(APP\)](#) is the first USA Pickleball sanctioned tournament tour for both amateurs and professionals.

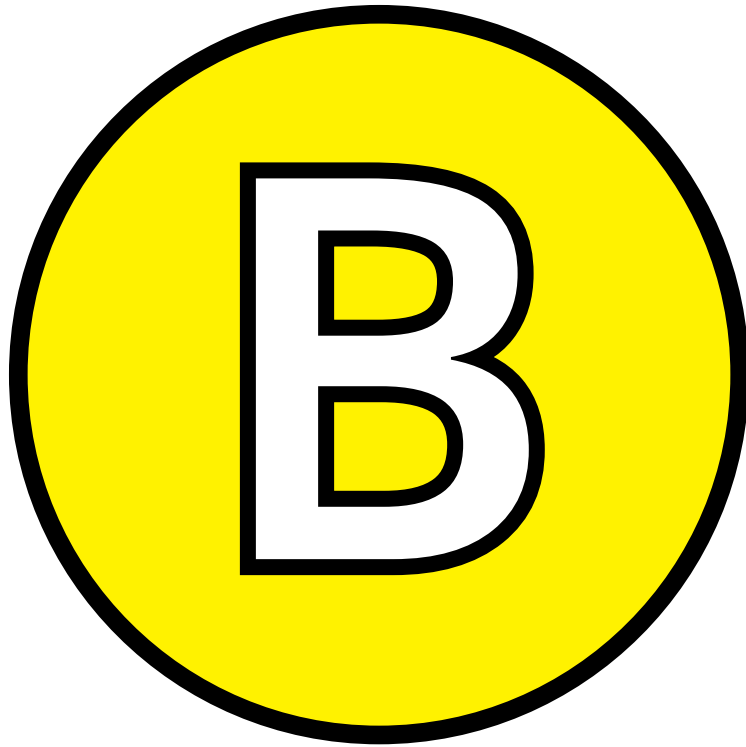
Arlen Paranto – Arlen Paranto invented the first composite pickleball paddle using material from Boeing airplanes. Arlen's invention is the basis for much of today's pickleball paddle technology. Arlen was inducted into the Pickleball Hall of Fame in 2017.

Aspen Kern – Aspen Kern is a pickleball pro that is no stranger to the medal podium in large events. Aspen is also known for his operation of The Pickleball Forum on Facebook, which is a group with over 55,000 members that discusses all things pickleball.

ATP – ATP is an acronym for “around the post.” An around the post shot is a specialty shot in pickleball where you hit the pickleball under the top of the pickleball net and around the post of the pickleball net. An ATP typically happens when a player hits “too good” of a shot, meaning that a player hits a shot with a sharp angle that causes the pickleball to travel across and off of the pickleball court. However, when this happens a receiving player can chase down the pickleball and be so far off the court that the receiving player has a clear, unobstructed view of the other side of the pickleball court and the ability to hit the pickleball around the net post and into the other side of the pickleball court.

Attackable Shot – Always be on the lookout for an attackable shot (in particular, an attackable dink). Attackable shots allow you and your partner to go on the offensive and likely win the point. Be a hunter and hunt those attackable shots!

Attitude – Your attitude is important on the pickleball court, as your attitude can be contagious for your partner. Your attitude can also help you gain more friends. Check out Pickler’s e-book, [The Pickleball Mental Edge: Learnings from Pickleball Pros and Pickleball Enthusiasts to Improve Your Pickleball Mental Game](#), for some tips to improve your mental game (including attitude) on the pickleball courts.



B

Backhand – A backhand is a shot in pickleball where the back of your paddle/hand leads the way. Most players find that their backhands are weaker than their forehands. With that said, target your opponents' backhands, which may lead to mistakes by your opponents and points for you. [To improve your backhand, check out Pickler's pickleball blog, "Need Help with Your Backhand on the Pickleball Court?"](#)

Bainbridge Cup – The Bainbridge Cup is an international pickleball tournament with a unique twist, as it puts Team USA up against Team Europe. Be on the lookout for the 2020 Bainbridge Cup, which will be held in England.

Bainbridge Island – Bainbridge Island is a small island in the State of Washington where our great sport of pickleball got its start.

Balance – Balance is important on the pickleball courts. Balance will help you avoid injuries on the pickleball court and will help you improve your shots and fundamentals on the pickleball court.

Ball – To play pickleball, you, of course, need a ball! Good or bad, we, as pickleball players, have a slew of different brands of pickleballs to play with. What is your favorite brand of pickleball?

Banger – A banger is a pickleball player that loves to hit the pickleball hard. A banger rarely will dink and will mostly drive the pickleball. For strategies on how to defeat the banger, check out [Pickler's online pickleball video lessons](#), and [Pickler's pickleball blog, "7 Strategies on How to Defeat the Banger in Pickleball."](#)

Barney McCallum – Barney McCallum is one the inventors of the sport of pickleball, along with a few of his friends (Bill Bell and Joel Pritchard). The three gentlemen invented pickleball at Joel Pritchard's house on Bainbridge Island during the summer of 1965. Barney was inducted into the Pickleball Hall of Fame in 2017.

Baseline – The baseline is the back line of the pickleball court. A server must be behind the baseline when serving to start a point.

Basics – The basics are your foundation for quality fundamentals on the pickleball court. Focus on having strong basics to ensure that you have the foundation to continue to advance your pickleball skills.

Be Ready – Always be ready on the pickleball court. Anticipate the pickleball coming back to your side of the pickleball net!

Beginner – Every pickleball player was, at one time, a beginner. A beginner is a player that is just learning to play the sport of pickleball.

Ben Johns – Ben Johns is the top pro men's pickleball player. He has won gold in all three major pickleball tournaments—the USA Pickleball National Championships, the US Open Pickleball Championships, and the Tournament of Champions—as well as most of the stops along the PPA and APP tours. Ben is one of the most exciting players to watch on the pickleball courts. He also hosts a podcast with fellow pro pickleball player, Rob Nunnery.

Bend Your Knees – One key to great pickleball play is staying low, compressed, and in an athletic position with your knees bent. In other words, Pickleball Ready!

Bill Bell – Bill Bell is one of the inventors of the sport of pickleball, along with a few of his friends (Barney McCallum and Joel Pritchard). The three gentlemen invented pickleball at Joel Pritchard's house on Bainbridge Island during the summer of 1965. Bill was inducted into the Pickleball Hall of Fame in 2020.

Billy Jacobsen – Billy Jacobsen was inducted into the Pickleball Hall of Fame in 2017 in recognition of his dominant play on the pickleball court. Billy was so dominant that he won national level tournaments in singles and doubles playing left-handed during an entire pickleball tournament, and then playing right-handed during another entire pickleball tournament.

Block – A block is a pickleball shot that you may use when you do not have much reaction time and you are trying to absorb the speed or power of the pickleball.

Blocker – A blocker is a pickleball player that is essentially a “wall.” He or she is able to block every shot you hit, as he or she usually has incredibly fast hands.

Body Bag – “Body bag” is a verbal jab you may hear on the pickleball courts when a player strikes the pickleball and it hits an opposing player. This phrase has caused quite the controversy on the pickleball courts recently and has even been banned at certain tournaments.

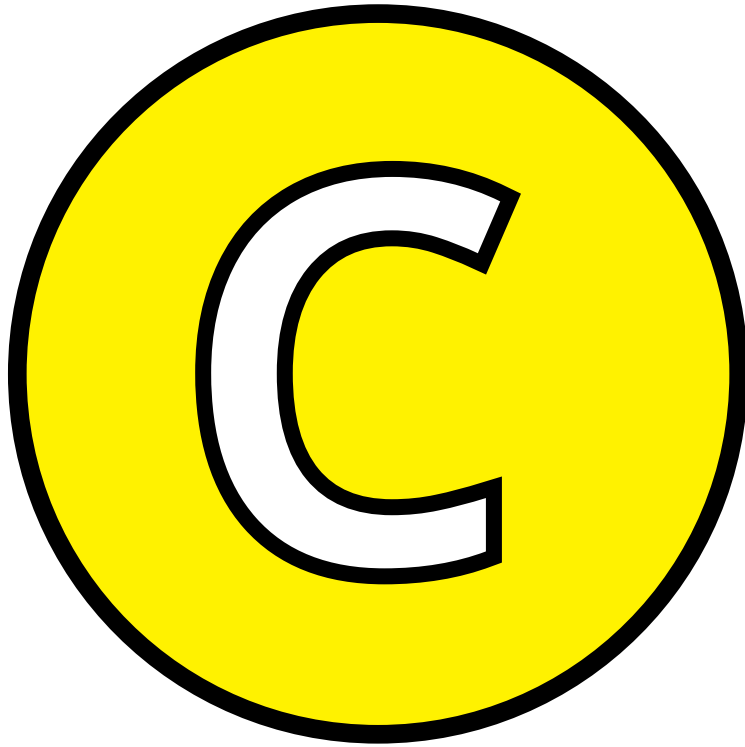
Bounce – One of pickleball's cornerstone rules is the two-bounce rule. The pickleball must bounce twice before any player can volley the pickleball out of the air. “Bounce” is also one word that many players use to communicate out balls to their partners – “Bounce!”

Bracket – Brackets are common in pickleball tournaments, round robins, leagues, and other organized play. The bracket informs the players the structure of the play.

Brian Staub – Brian Staub, resident of The Villages, Florida, is a top pickleball pro and coach, who commonly plays on the senior pro circuit. Brian has won countless medals, including gold medals at the USA Pickleball National Championships, Tournament of Champions and the US Open Pickleball Championships.

Broke the Ball – A recurring problem with various pickleball brands is that pickleballs break, especially when playing pickleball players with some power. Do you have any creative solutions for how to repurpose broken pickleballs?

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C

Call the Score – How do you start each point? You call the score! Be sure to speak loudly and clearly, and call the complete score before you start any part of your serve. 0-0-2!

Callie Smith – Callie Smith is a pro pickleball player and coach from Utah that found pickleball after a successful tennis career. She has made quite a splash across pro pickleball events, including winning gold at the 2021 US Open Pickleball Championships.

Cammy MacGregor – Cammy MacGregor, a former tennis pro that reached a top 75 singles ranking, and top 40 doubles ranking, in the world during her career, is a top pickleball pro that competes largely in senior pro events. She has taken home countless medals at each of the well-known national pickleball tournaments, including the USA Pickleball National Championships and US Open Pickleball Championships.

Carry – A carry is when a pickleball player hits the pickleball in a manner that the pickleball is carried along the face of the pickleball paddle (rather than a square hit). Only unintentional carries are permitted in the sport of pickleball. Any intentional carries will result in a fault on the pickleball court.

Catherine Parenteau – Catherine Parenteau, a Canadian native and former student-athlete under Simone Jardim at Michigan State University Women's Tennis, is one of pickleball's top pro athletes, claiming the #1 women's ranking in 2021. Catherine has victories across many PPA and APP events, as well as the 2021 US Open Pickleball Championships. To learn more about Catherine Parenteau, [check out Pickler's pickleball blog, "Catherine Parenteau Takes Professionalism in Pickleball to Another Level."](#)

CBS Sports – CBS Sports has been known to broadcast some high-quality pickleball, as CBS Sports showcases the pro finals from the US Open Pickleball Championships in Naples, Florida. Be on the lookout for future broadcasts from CBS Sports!

Centerline – The centerline on the pickleball court extends from the non-volley zone or kitchen to the baseline, and divides the court in half. The centerline is important on serves, as it operates as a boundary line for the applicable crosscourt service area.

Chainsaw Serve – A chainsaw serve is a serve where you use the paddle hand or paddle to impart extra spin on the pickleball on the toss. This serve caused quite a stir in 2021, which led to this serve being outlawed in 2022. To toss the serve, a player may only use his or her non-paddle hand; a player may not use the paddle hand or paddle to help toss the serve (unless a player does not have use of his or her non-paddle hand).

Challenge Court – A challenge court is a common form of open play in pickleball, where a pickleball player or pickleball team states their intention to take on the winner(s). The winning player(s) will stay on the pickleball court to take on the next challenger(s), while the losing player(s) will rotate off of the challenge court and wait their turn for the next opportunity to challenge the winning player(s).

Champion – The winner of a pickleball tournament or another event!

Chicken Wing – The chicken wing is a good place to hit the pickleball at your opponent. The chicken wing refers to the area in your opponent's paddle-side shoulder or armpit, which makes for a difficult shot for your opponent because they are likely to mishit the pickleball or pop the pickleball up for an easy put away shot for you or your partner.

Chip or Cut Shot (Slice) – A chip or cut shot (or slice) is a common shot on the return of serve that puts a lot of backspin on the pickleball. This spin causes the pickleball to float, which gives the returning team more time to move to the non-volley zone or kitchen line. This spin also makes it more difficult for the serving team to hit a quality third shot.

Christine McGrath – Christine McGrath, a former collegiate tennis player, is one of the more experienced pickleball pros on the circuit. She has countless medals, including marquee wins at the USA Pickleball National Championships and US Open Pickleball Championships.

Club – There are hundreds, if not, thousands, of pickleball clubs across the globe. Pickleball clubs are so valuable because they help harness the culture of the great sport of pickleball and keep the game social at its core. What pickleball club do you belong to?

Coach – To really improve your pickleball game, you need to drill and work on your skills. Sometimes, having a coach is the best way to do this, as a coach can tell you proper technique, breakdown fundamentals, and keep you motivated.

Code of Ethics in Line Calling – The sport of pickleball encourages fair play and good sportsmanship. These overarching principles of pickleball are underscored by the sport's "Scout's honor" approach to line calling in most settings, as players are responsible for making line calls in most recreational play and most tournament play. To help foster the sport of pickleball's honor approach to line calling, the Official Rulebook for pickleball establishes a code of ethics for line calling on the pickleball court. [Learn more about line calling with Pickler's pickleball blog, "Pickleball Line Call Rules – How to Make the Right Line Call."](#)

Collin Johns – Collin Johns is a pro pickleball player that has had great success on the pro tours. He is frequently on top of the medal stand with his younger brother (and #1 ranked pickleball player), Ben Johns.

Communication – Pickleball is often played in doubles; in other words, with a partner. For you and your partner to be successful, communication is imperative.

Community – Pickleball is more than a sport to so many people. This is because pickleball typically gives players a sense of community and a sense of belonging.

Competition – Pickleball is unique because it is a game that can be as social or as competitive as the player's desire. Pickleball can be extremely competitive, just like any sport, and players can test their skills at tournaments, which are held at various locations across the world.

Compressed – One key to great pickleball play is staying low, compressed, and in an athletic position with knees bent. In other words, Pickleball Ready!

Concentration – Pickleball is a game of focus, concentration, and strategy. As a result, it is important to zone out the distractions. Concentrate on that pickleball!

Confidence – Like anything in life, confidence is key and can make or break a player on the pickleball courts. What are you doing to improve your pickleball confidence? Check out Pickler's e-book, [The Pickleball Mental Edge: Learnings from Pickleball Pros and Pickleball Enthusiasts to Improve Your Pickleball Mental Game](#), for some tips to improve your mental game (including confidence) on the pickleball courts.

Consistency – Pickleball is a game of consistency—which player or which team can make the fewest amount of unforced errors on the pickleball court? If you can be more consistent, and reduce your unforced errors, your pickleball game will certainly skyrocket.

Continental Pickleball Grip – There are various grips in pickleball. One common grip is the Continental pickleball grip. The Continental pickleball grip produces nice dinks and backhands, but makes it very difficult to hit forehand shots. [To learn more about grips in pickleball, check out Pickler's pickleball blog, "3 Pickleball Grips Explained."](#)

Control – Pickleball is a game a strategy and consistency. As a result, it is important to control the pace, tempo, and tone of the pickleball game, as well as control and accurately place the pickleball on a consistent basis. The pickleball player(s) that controls the pickleball and makes the least amount of errors will likely win the game.

Corrine Carr – Corrine Carr is a renowned pickleball pro (and former collegiate golf athlete) with countless gold medals, national championships, and open championships on her resume. Whether on or off the pickleball courts or on or off the medal podium (although, she is frequently on the medal podium), you will always find Corrine with a smile on her face.

Court – To play pickleball, you need a court. A pickleball court can be dedicated or temporary, indoors or outdoors, painted, taped, or lined by chalk, as long as you have a space 20 feet by 44 feet (plus a few feet on the outside for room to play near the boundary lines).

Court Positioning – Positioning on the pickleball court is essential for success. Movement to the proper court position will help you create angles of attack for you and your partner and minimize angles of attack for your opponents. To learn some tricks to proper movement and court positioning, check out [Pickler's online pickleball video lessons](#).

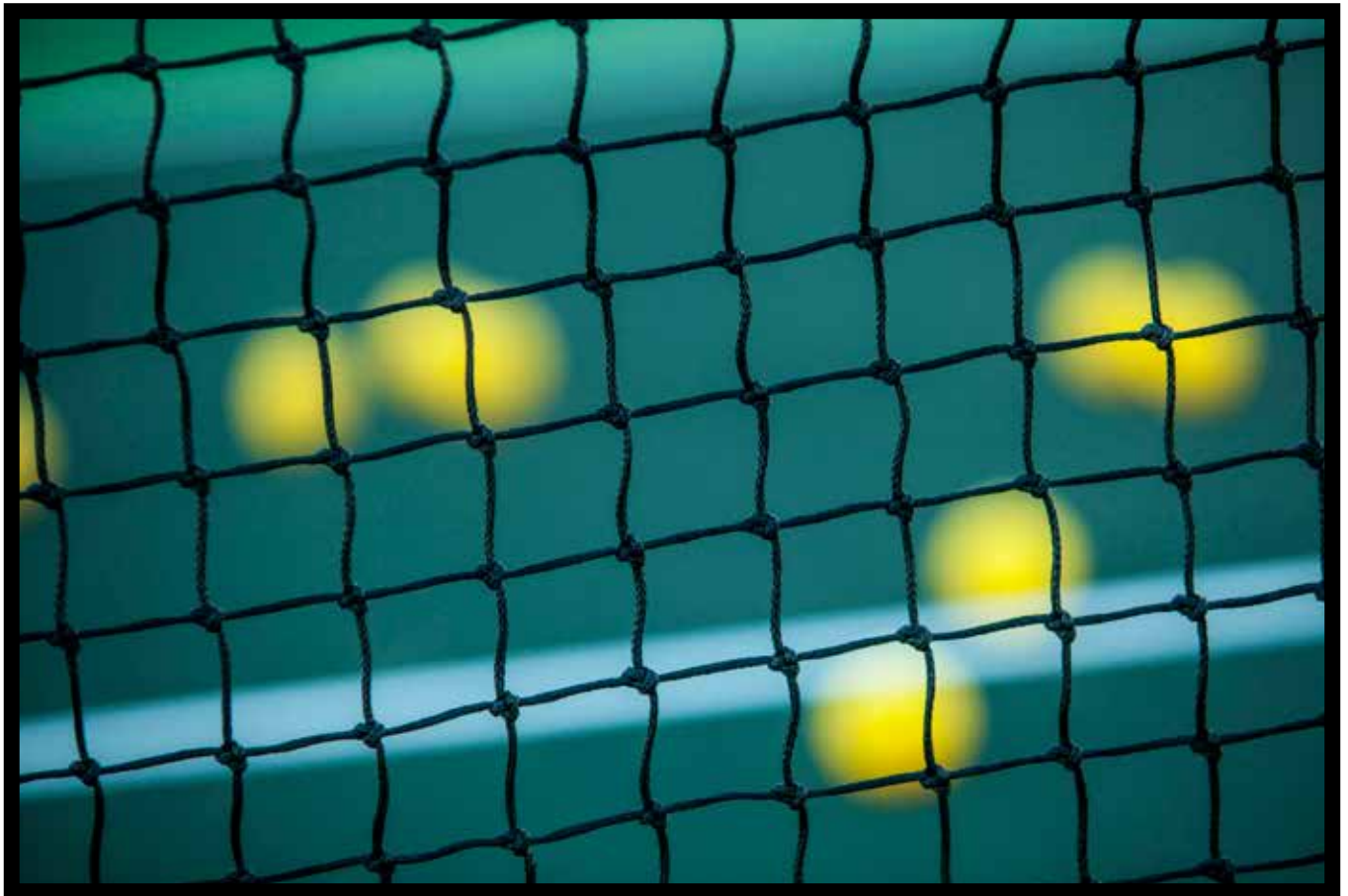
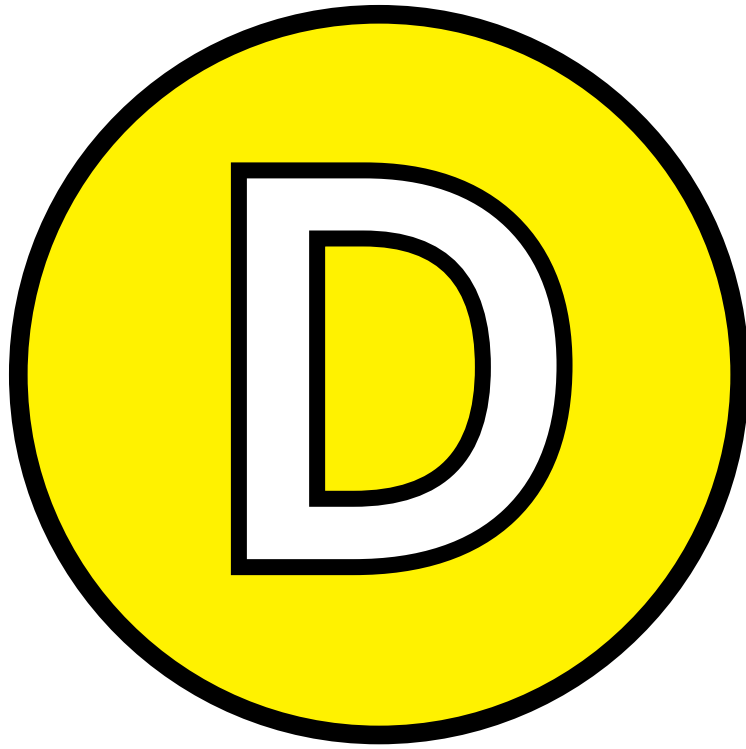
Court Surface – Pickleball may be played indoors and outdoors. The typical outdoor court surface is a hard court, similar to a hard tennis court. The typical indoor court is either a wood floor, concrete surface, or hard court (similar to the outdoor court surface). Some pickleball players have even tried playing on clay and grass courts.

Crack – All pickleball players hate when the pickleball cracks. Cracks in the pickleball will cause the pickleball to bounce funny or not bounce at all. Be sure to check the pickleball for cracks intermittently.

Crosscourt – Crosscourt refers to the space on the court that is diagonal to you. Many high-level players will target a high percentage of their shots crosscourt because crosscourt shots will travel over the lowest part of the pickleball net (i.e., the middle of the net) and to the area of the pickleball court with the highest margin of error. Also, crosscourt dinks are generally more difficult for your opponents to attack.

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D

Dan Gabanek – Dan Gabanek was inducted into the Pickleball Hall of Fame in 2019 in recognition of his dominance in the sport from 1988 to 2014. During this period, Dan was ranked #1 in men's singles and men's doubles, and he was a four-time national champion.

Dave Weinbach – Dave “The Badger” Weinbach is a well-known pickleball pro with hundreds of medals and championships to his name. He is known for “Spreading the Pickleball Love” across the country.

Dawson's – Steve and Jennifer Dawson are former tennis pros turned pickleball pros from the State of California. Steve and Jennifer also share their love for pickleball with their son, Callan Dawson, who is also a pickleball pro. The Dawson's are known for their terrific play on the pickleball courts (including countless medals—Jennifer was the first triple crown winner at the US Open Pickleball Championships in 2017), as well as their ownership and operation of the Bobby Riggs Racket & Paddle Center and involvement in the development of ProKennex pickleball paddles.

Dead Ball – A pickleball that is no longer in play (in other words, no longer a live ball) is a dead ball.

Deep – Generally, your goal on the serve and return of serve is hit the pickleball deep into your opponents' side of the pickleball court, just inside the baseline, keeping them as far away from the non-volley zone or kitchen line as possible.

Defense – Good defense can keep you and your partner in pickleball points. Sometimes, to win the point, all you need to do is keep the pickleball in between the lines and over the pickleball net one more time than your opponents.

Dekel Bar – Dekel Bar is a pro pickleball player from Israel that converted from a stellar tennis career, which included playing on the ATP tour. Dekel has won many medals across the pro tours, on both the PPA tour and APP tour, as well as the US Open Pickleball Championships. Dekel is also one of owners of Pickleball Getaways, which combines travel and pickleball for great vacations for pickleball enthusiasts. [Learn more about Dekel Bar with Pickler's pickleball blog, “Dekel Bar: Living the Pickleball Dream in Dreamland.”](#)

Dick's Sporting Goods – You can find pickleball paddles and pickleball gear at a number of businesses, including your local [Dick's Sporting Goods store](#). Dick's Sporting Goods even has its own line of pickleball paddles—Monarch Pickleball.

Digging Out – Sometimes you may accidentally hit a pickleball a little too high, allowing your opponents to hit a put away shot. When that happens, you and your partner need to prepare to try to “dig out” the put away shot and keep the point alive.

Dingles or the Dinking Game – Dingles or the dinking game is a drill that can improve your dinks. To play dingles or the dinking game, set-up on the pickleball court with you and your partner directly across from one another at the Non-Volley Zone or Kitchen Line. Play a game of pickleball using only one-half of the Non-Volley Zone or Kitchen Line. If the pickleball goes outside of the Non-Volley Zone or Kitchen Line, the pickleball is out of bounds and the receiving team will earn one point. Use rally scoring; first to eleven wins! You can also play dingles or the dinking game in doubles to work on the important crosscourt dink, communication with your partner, and your basic dinking strategy.

Dink – Dinking is one of the cornerstones of the sport of pickleball. A dink is a soft shot where the apex (or highest point on the arc of a shot) is on your side of the pickleball court and is one to two feet over the top of the net, which allows the pickleball to be falling at a downward trajectory into the non-volley zone or kitchen on your opponents' side of the court. A good dink is one that is *unattackable*. [To perfect your dink, check out Pickler's pickleball blog, "11 Steps to Hitting the Perfect Pickleball Dink."](#)

Dinkers – Dinkers are pickleball players that are exceptionally good in the dink game at the non-volley zone or kitchen line.

Direction – Direction is another way to describe the path of the pickleball. Which way is the pickleball going?

Disguise – To maximize the impact of your shot on the pickleball courts, it is important to disguise your shot, so your opponents cannot anticipate what is coming. The key to disguising your shot is to hit the pickleball out in front of your body. If you let the pickleball get behind you, your shot selection will be very limited.

Distraction – Pickleball is a game of focus, concentration, and strategy. As a result, it is important to zone out the distractions. Focus on that pickleball!

Dominic Catalano – Dominic Catalano is a pro pickleball player and coach in Southwest Florida. He is known for hosting the Dominic Catalano Moneyball pickleball tournaments, as well as announcing various APP pro pickleball events.

Double Bounce – A double bounce on the pickleball court is where the pickleball bounces twice before being returned by a player/team on one side of the pickleball court. A double bounce results in a fault (except in wheelchair pickleball, where a double bounce is a live ball, and a triple bounce would be a dead ball).

Double Hit – A double hit is when a pickleball player hits the pickleball twice with the face of his or her pickleball paddle before the pickleball travels to the other side of the pickleball court. Only unintentional double hits are permitted in the sport of pickleball. Any intentional double hits will result in a fault on the pickleball court.

Doubles – Pickleball is commonly played in doubles (although it can also be played in singles).

Drills – The best way to improve your pickleball game is to drill. It is so important to drill to commit the proper pickleball mechanics to muscle memory and to make your proper pickleball mechanics part of your habits. [For some tips on how to drill your skills, check out Pickler's pickleball blog, "Pickleball Drills to Improve Your Pickleball Game."](#)

Drive – A drive is a shot to send a fastball at your opponents and is similar to a drive in the sport of tennis. Like most other shots in pickleball, a drive is usually more consistent and hit with more power as a forehand shot (rather than as a backhand shot). To learn how to hit a quality drive (both forehand/backhand and top spin/slice), check out [Pickler's online pickleball video lessons](#).

Drop (or Drop Shot) – A drop is a common shot in pickleball that is somewhat like a long dink. Like a dink, a drop is a soft shot where the apex (or highest point on the arc of a shot) is on your side of the pickleball court and is one to two feet over the top of the net, which allows the pickleball to be falling at a downward trajectory into the non-volley zone or kitchen on your opponents' side of the pickleball court. The goal of a drop shot is to give you and your partner the opportunity to move in to the non-volley zone or kitchen line. To learn how to hit a quality drop shot, check out [Pickler's online pickleball video lessons](#).

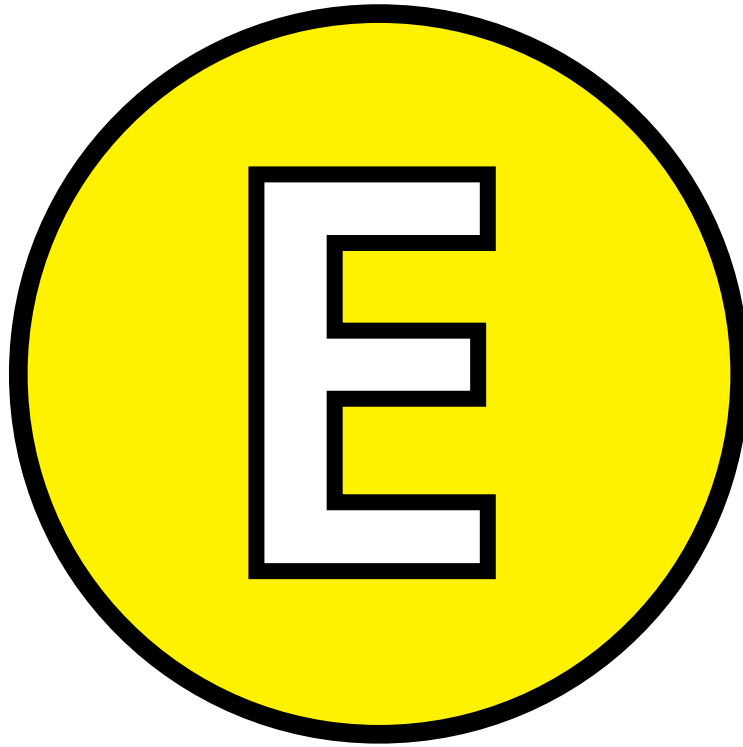
Drop Serve – A drop serve is an alternate serving method in the sport of pickleball. To do a pickleball drop serve, you must drop or release the pickleball from any natural height, either by using your hand or letting the pickleball roll off of your paddle, and then hit the pickleball with your paddle after the pickleball bounces on the court. [To learn the drop serve, check out Pickler's YouTube channel.](#)

Drop Volley - A drop volley is a soft shot off of a drive from your opponents that lands into your opponents' side of the non-volley zone or kitchen and is designed to (1) take advantage of an open short court (in other words, the court closest to you and your partner is open); and (2) invite your opponents into the net. This shot is effective if your opponents like to play near the baseline and do not like to play at the net (i.e., do not like to dink).

Duck – Duck, dip, and dodge those out pickleballs. Avoid the temptation of hitting the out pickleballs and keeping your opponent(s) in the point.

DUPR – DUPR is an acronym for Dreamland Universal Pickleball Ratings, or more commonly known as DUPR (which is the official rating system of the Professional Pickleball Association (PPA)). DUPR differs from the UTPR in a number of respects. First, DUPR incorporates all matches, including recreational play (as opposed to the UTPR, which only includes tournament play). Second, DUPR weighs how many points were scored in each match, so every point counts (even in recreational play). Third, DUPR gives a higher weighting to the weaker partner's skill level in doubles pickleball, which is based on the principle that the weaker player will receive more balls or shots. Lastly, DUPR only has one rating, as opposed to the UTPR, which has both a mixed rating and a gender doubles rating. [Learn more about pickleball ratings with Pickler's pickleball blog, "Pickleball Ratings, Skill Levels & Rankings."](#)

Dura Fast 40 – A brand of pickleball at the center of the great pickleball debate—which type of ball is the best ball?—as it has a reputation to crack or break at times. Dura Fast 40 is a common brand of pickleball at tournaments across the country, and was recently acquired by Onix Pickleball.



E

Earl Hill – Earl Hill was inducted into the Pickleball Hall of Fame in 2018. Earl Hill was a board member of the USA Pickleball Association and founded the USA Pickleball ambassador program. Earl is also an early adopter of the sport of pickleball, as he started playing in 1985.

Eastern Pickleball Grip – The Eastern pickleball grip is universal or neutral, as this paddle grip allows you to hit both a forehand and backhand shot on the pickleball courts with the same grip. To find this Eastern pickleball grip, hold the paddle directly out in front of you with your opposite hand, such that the paddle face is looking to the left and right of your body. Take your hand that you hold the paddle with and place it on the face of the paddle. Slide your hand down the paddle face and shake hands with the paddle grip. [To learn more about grips in pickleball, check out Pickler's pickleball blog, "3 Pickleball Grips Explained."](#)

Eddie and Webby – Eddie and Webby are two friends that share their love of pickleball with the world over craft beer through fun-filled [podcasts and videos](#).

Edge Guard – An edge guard is the plastic or rubber strip around the outer edge of a pickleball paddle. An edge guard provides additional support and a bit of protection around the edges of a pickleball paddle.

Ejection – An ejection is where a pickleball tournament director ejects a player (in other words, prohibits the player from playing in any further pickleball matches). An ejection will result after flagrant behavior by a player.

Electrum Pickleball – [Electrum](#) is a relatively new pickleball paddle company on the scene, known for its sleek black look.

Eleven – Most pickleball games are played to 11, win by 2.

Engage Pickleball – [Engage](#) is a pickleball paddle company owned by the Elliott family (one of the great pickleball families) and operated out of Oxford, Florida. Engage produces quality paddles, and is also known for its terrific pickleball camps and pickleball academy.

Enrique Ruiz – Enrique Ruiz was inducted into the Pickleball Hall of Fame in 2019 in recognition of his dominant play during his career, which included 10 national championships. He is also an ambassador that has helped grow the sport.

Erne - An [Erne](#) is a specialty shot on the pickleball court and is named after Erne Perry, who elevated the shot and first brought the shot into mainstream competitive play. The

Erne is a shot where you hit the pickleball either (1) in the air as you are jumping around the non-volley zone or kitchen; or (2) after you run around or through the non-volley zone or kitchen and re-establish your feet out of bounds, just to the side of the non-volley zone or kitchen.

Error – An error on the pickleball courts can lead to points for your opponents and missed opportunities for you and your partner. To improve your pickleball game, drill and practice to improve your fundamentals and reduce your unforced errors.

ESPN – ESPN has been known to broadcast some high-quality pickleball, as ESPN3 showcased the pro finals from the USA Pickleball National Championships in Indian Wells, California. Hopefully, ESPN will continue to broadcast and share our great sport of pickleball to the masses!

Even (Right) Side – The even (right) side of the pickleball court is where each pickleball game starts, as the first serve of each side will always start on the even/right-hand side of the pickleball court. If the serving team wins the point, then the server and his or her partner will switch sides of the court.

Everyone Can Play – What is great about the sport of pickleball is that it is a game for everyone, regardless of your age or skill level. Pickleball is a game that you can play for a lifetime!

Exercise – Pickleball is great exercise. In fact, you can burn up to 600 calories per hour on the pickleball court. What that translates to is: (1) pickleball is great exercise; (2) exercise gives you endorphins; (3) endorphins make you happy; and (4) hence, PICKLEBALL MAKES YOU HAPPY!

Execution – To play quality pickleball, you must execute. You must hit quality shots and minimize your errors. It is not enough to have the best strategy or idea on the pickleball court; you must execute!

Expel – A pickleball tournament director may expel a player for flagrant behavior (in other words, require the player to leave the venue and prohibit the player from playing in any further pickleball matches).

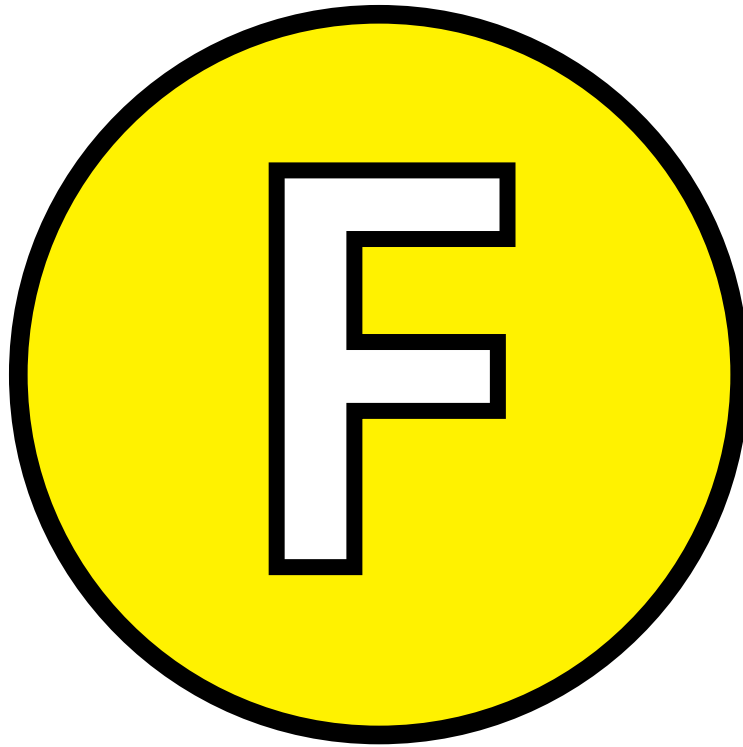
Eye on the Pickleball – Pickleball is a game of reducing your unforced errors and can be a game of inches. To help reduce your unforced errors and improve your pickleball game, really try to keep your eye on the pickleball all the way to and through the point of contact on your shots on the pickleball court.

Eye Protection – Eye protection is increasingly important on the pickleball court, as the sport is increasingly being played at a faster, higher level. Although eye protection is not

mandatory, it is certainly a good idea! [To learn more about eye protection in pickleball, check out Pickler's pickleball blog, "Pickleball Eyewear: Benefits to Protective Eyewear on the Pickleball Court."](#)

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F

Facebook Live – Facebook Live is frequently the medium of choice to stream live play on the pickleball courts, whether it be at tournaments or during recreational play.

Family – Pickleball is a family game that crosses generations—from parents to children to grandparents and grandchildren. Pickleball is also a game that can lead to larger extended families, as your pickleball friends can feel like family.

Fans – The sport of pickleball is growing its fan base. This was on full display at the USA Pickleball National Championships, where thousands of fans showed up to watch pickleball at the Indian Wells Tennis Garden in Indian Wells, California.

Fastball – A fastball is essentially a drive, which sends a hard shot at your opponents.

Fault – A fault ends a rally on the pickleball court. The team that commits the fault loses the rally, which could result in a point, loss of serve, or side out. A fault could occur for a number of reasons, including incorrect server, incorrect receiver, foot fault, etc.

First Server – The first server is the pickleball player that serves first to start the game or whenever there is a side out that sends the serve back to a team.

Focus – Pickleball is all about focus. If you lose focus, your odds of losing the rally definitely increase. So, focus on that pickleball!

Follow Through – A good follow through is important on the pickleball court. A solid follow through will help you finish and improve your shots on the pickleball court, including placement.

Foot Fault – A foot fault is a fault caused by a pickleball player's foot being out of position by either (1) crossing the non-volley zone or kitchen line, or (2) on the serve, crossing the baseline or being beyond the imaginary extension of either the sideline or the centerline.

Footwork – To play quality pickleball, you need to move your feet. By moving your feet, you put your body in a position to not only reach the pickleball, but also to make a quality shot.

Forehand – A forehand is shot with your palm facing the direction of your stroke. Generally, most pickleball players have stronger forehand shots than backhand shots.

Forfeit – A forfeit results in the automatic end of a match with the forfeiting team receiving the loss. A forfeit could be the result of a team's failure to comply with the rules of pickleball, including the player's code of conduct.

Forward – Generally, on the pickleball court, players want to move forward toward the non-volley zone or kitchen line (as opposed to backward toward the baseline). Your chances of winning the point increase dramatically if you can get to the non-volley zone or kitchen line.

Fran Myer – Fran Myer was inducted into the Pickleball Hall of Fame in 2018 in recognition of her service to the sport of pickleball. Fran not only has won over 200 medals as a player (including a gold medal at the 2009 USA Pickleball National Championships), but also served eight years as a member of the board for the USA Pickleball Association. Fran also created pickleball's first informational and retail website called Pickleball Stuff in 1999.

Frank Anthony Davis – Frank Anthony Davis a pro pickleball player that is known for his terrific singles play. Frank recently took home the bronze medal in the Men's Singles Pro division at the USA Pickleball National Championships.

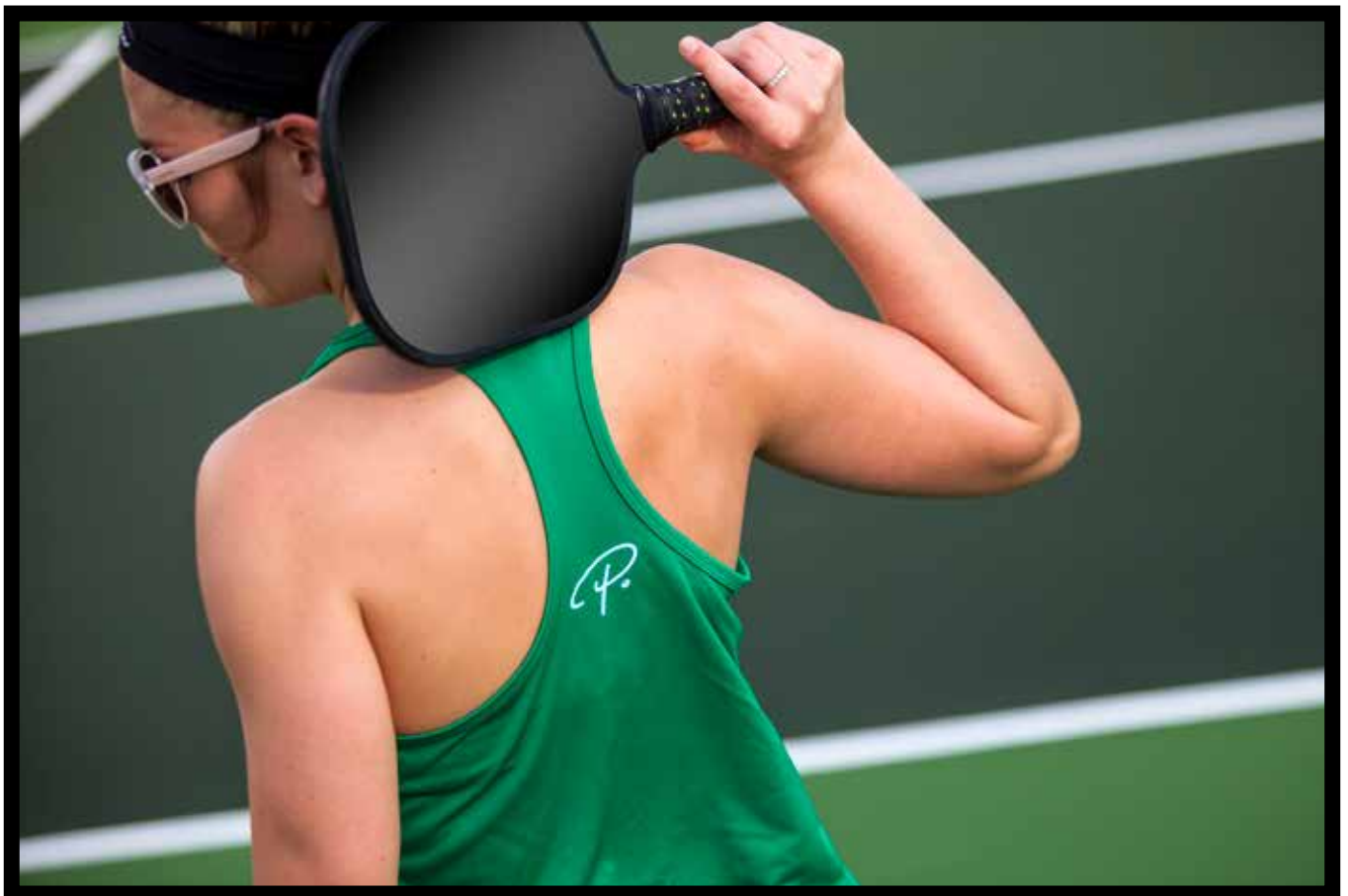
Franklin – [Franklin](#) is a brand of pickleball paddles and other gear that can be purchased at various retailers across the country and online.

Friendship – If pickleball leads to anything, it is friendship. Pickleball courts are a place where friendships are made and friends quickly become like family.

Fromuth Pickleball – Fromuth Pickleball is one of the largest resellers of pickleball paddles and other equipment on the Internet. Fromuth Pickleball is an affiliate of Fromuth Tennis, which is its well-known equivalent in the tennis community. [Grab 10% off at Fromuth Pickleball with the code "10PICKLER" \(some exclusions apply\).](#)

Fun – Pickleball is, above all, FUN!

Fundamentals – Quality fundamentals on the pickleball court can help your game substantially. To learn the proper fundamentals of the various shots in pickleball, check out [Pickler's online pickleball video lessons](#).



G

Game – A game in pickleball is typically played to 11 points (with a match being best 2 out of 3 games to 11 (win by 2 points)). With that said, games can also be played to 9, 15, 21, etc.

Gamma – [Gamma](#) is a brand of pickleball paddles and other gear that can be purchased at various retailers across the country and online. Use “[PICKLER20](#)” for 20% off!

Gearbox – [Gearbox](#) is a company that started as a racquetball company and has now expanded to make and sell pickleball paddles and other gear.

Gigi LeMaster – Gigi LeMaster was inducted into the Pickleball Hall of Fame in 2021. Gigi was on the cover of the very first issue of the Pickleball Magazine, and she was a founding member of the Surprise Pickleball Association in Surprise, Arizona. As a player, Gigi is a force on the pickleball court and has won countless medals in pickleball events, including the USA Pickleball National Championships.

Gold – What every tournament pickleball player strives for—the GOLD medal, baby!

Golden Boy – Scott “Golden Boy” Golden is known for his dedicated pickleball live streaming and social media content, as he does not go a day without sharing posts or video with pickleball enthusiasts on Facebook and other social media. He is a pickleball pro, coach, and great advocate for the sport.

Golden Pickle – A golden pickle is when a team wins a pickleball game using its first serve, never allowing the opposing team to score a point, or even serve the pickleball.

Good Shot – A common phrase on the pickleball court when your partner or your opponents hit a nice shot.

Grip – A grip is how you hold your pickleball paddle. There are a variety of grips in pickleball, including an Eastern pickleball grip, Western pickleball grip, and Continental pickleball grip. Each grip has its pros and cons and certain players switch between multiple grips on the pickleball court. [To learn more about grips in pickleball, check out Pickler's pickleball blog, “3 Pickleball Grips Explained.”](#)

Groundstroke – A groundstroke is a shot after the pickleball bounces (commonly also thought of as a drive).



H

Half Volley – A half volley in pickleball is a shot that is hit immediately upon the pickleball bouncing on the court, but before the pickleball reaches its apex.

Happy – Pickleball makes people happy. Enough said.

Hard Shot – A hard shot is essentially a drive, which sends a fastball at your opponents.

Head – [Head](#) is a sportswear company that produces pickleball paddles and other gear for the pickleball courts.

Height – A pickleball net is 34 inches in height at its center, and 36 inches in height on the posts.

High Percentage – To increase your success on the pickleball courts, focus on and hit high percentage shots, and avoid low percentage shots. In other words, target the middle of the court and, in particular, your opponents' backhands toward the middle of the court. Avoid the sidelines and more difficult shots that often lead to mistakes and unforced errors. [To learn more about playing high percentage pickleball, check out Pickler's pickleball blog, "Want to Play High Percentage Pickleball? Then, Avoid These Shots!"](#)

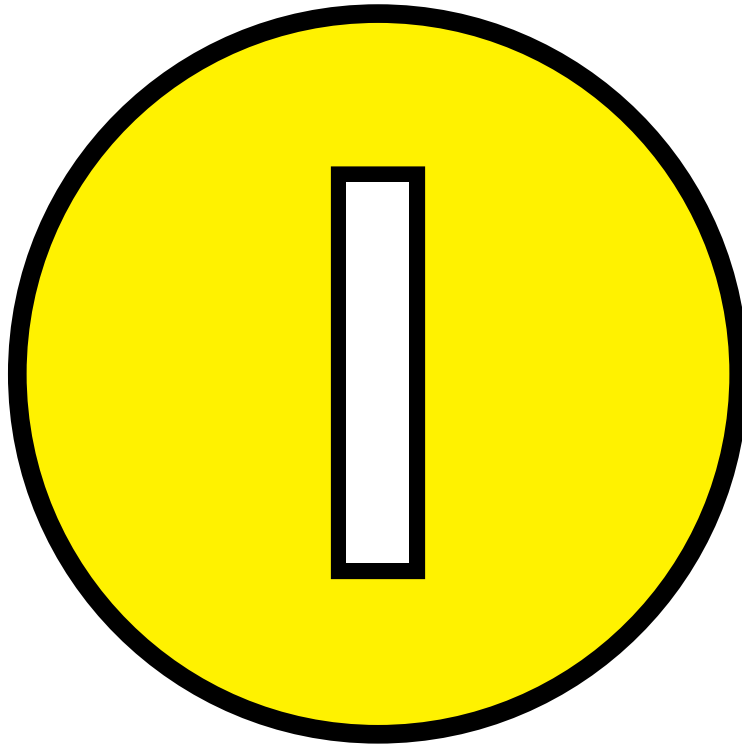
Hilary Marold – Hilary Marold has won over 50 gold medals at tournaments across the country, including the USA Pickleball National Championships, the US Open Pickleball Championships and the Tournament of Champions. She has won national titles in tennis, platform tennis, paddle tennis, and pickleball. Hilary was inducted into the Pickleball Hall of Fame in 2020.

Hinder – A hinder is something outside of a player's control that impacts play on the pickleball court. For instance, a stray pickleball entering the pickleball court during a rally would cause a hinder.

Hit – To send the pickleball back to your opponents' side of the pickleball court, you must hit it!

Hold the Line – Most points in pickleball are won and lost at the non-volley zone or kitchen line. As a result, it is so important to get to the non-volley zone or kitchen line, and then hold that line! Try to squeeze the non-volley zone or kitchen line as much as possible. In other words, keep your toes within a couple inches of the non-volley zone or kitchen line. To learn how and why to hold the line, check out [Pickler's online pickleball video lessons](#).

Hydrate – Stay hydrated on the pickleball courts! Water and electrolytes can be key to your success.



I

IFP – The [International Federation of Pickleball](#) (also known as the IFP) is the world governing body of pickleball.

Illegal Serve – Pickleball uses an underhand serve (unlike tennis, which has an overhand serve). The rules of pickleball require the serve to be hit below your belly button with, at the point of contact, (1) your paddle moving in an upward direction; (2) your paddle head in a downward position; and (3) your paddle head below your wrist. After contact, you are free to do whatever you want with your paddle. Also, to note, at least one foot must remain in contact with the ground, and behind the baseline, at the point of contact. You may not step on the baseline or into the court until after you make contact with the pickleball on your serve. An illegal serve is a serve that violates one of these rules.

Imaginary Extension – An imaginary extension is the term used to describe where a line on the pickleball court would be if the line were to be continued. Imaginary extension lines are an import concept during serves on the pickleball court.

Indian Wells Tennis Garden – Indian Wells Tennis Garden is a beautiful facility outside of Palm Springs, California, where the USA Pickleball Association hosts the USA Pickleball National Championships.

Indoor – Pickleball can be played indoors or outdoors. Indoors pickleball differs from outdoors pickleball as (1) the type of pickleball for indoors play is a bit softer, which lends to a slower, higher game indoors than outdoors; and (2) poor lighting, blurry rafters, and a slew of lines on the court may play a factor in indoors pickleball, while the wind and sun may play a factor in outdoors pickleball.

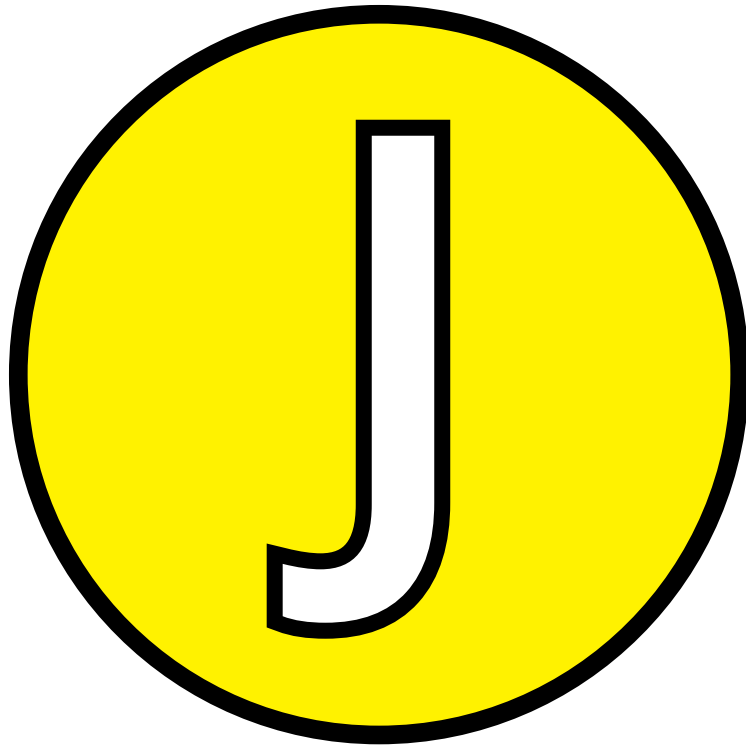
Inside Out – An inside out shot in pickleball is an advanced specialty shot that generates spin on the side of the pickleball (to note, a right-handed inside out forehand will generate clockwise sideways spin, while a left-handed inside out forehand will generate counterclockwise sideways spin). This spin is different than a top spin or a slice because the spin is moving horizontal, rather than vertical. As a result, an inside out forehand will not have as much effect on the bounce of the pickleball (and, to note, will generally keep its spin after the bounce). Rather, an inside out forehand will cause the pickleball to curve or hook in the air.

Inside the Lines and Over the Net – One golden rule of pickleball is to hit the pickleball inside the lines and over the net one more time than your opponents. It's that simple.

IPTA – The [International Pickleball Teaching Professional Association](#) is an organization that certifies pickleball teachers across the world.

Irina Tereschenko – Irina Tereschenko is a former tennis player, turned pickleball pro, who consistently finds herself atop the medal podium. Irina's wins include the 2018 USA Pickleball National Championships Women's Pro Doubles gold medal with her partner, Lucy Kovalova, as well as numerous medals across the PPA events and other major pickleball tournaments.

Isolate – One common strategy on the pickleball courts is to find the weaker opponent, or identify a weakness in your opponents, and isolate them.



J

Jam – Getting jammed occurs when you hit the pickleball too close to your body. Getting jammed hinders your ability to hit a good shot. To avoid getting jammed, focus on hitting the pickleball out in front of your body. You could also try an inside out shot to get yourself out of a jam.

Jay Devilliers – Jay Devilliers is a pro pickleball player, also known as “The Flying Frenchman.” Jay is known for his great reach, athleticism, and great serves on the pickleball court.

Jeff Warnick – Jeff Warnick is a pickleball pro that towers over the Non-Volley Zone line as he stands about 6’ 6” tall. Jeff has taken home medals all across the country and is known for his slap-shot style of play, as well as his trash talk across the pickleball net.

Jennifer Lucore – Jennifer Lucore is a pro pickleball player that has won multiple medals at tournaments across the country, including the USA Pickleball National Championships, the US Open Pickleball Championships and the Tournament of Champions. In fact, Jennifer has won gold 17 times at the USA Pickleball National Championships. Jennifer is a pickleball historian who captured the history of our great sport in a book titled *History of Pickleball: More Than 50 Years of Fun!*, which she wrote with her mother, Beverly Youngren. Jennifer is also a 2019 inductee of the Pickleball Hall of Fame.

Jessie Irvine – Jessie Irvine is a pickleball pro that exploded onto the pickleball scene in 2019, taking home multiple medals at some of the biggest tournaments across the country, including the PPA events, USA Pickleball National Championships and Tournament of Champions. [To learn more about Jessie Irvine, check out Pickler’s pickleball blog, “When One Door Closes, a Window Opens, for Pro Pickleball Player, Jessie Irvine.”](#)

Jim and Yvonne Hackenberg – Jim and Yvonne Hackenberg are senior pickleball pros, who have combined to rack up more than 30 gold medals at the USA Pickleball National Championships over the years. Jim was inducted into the Pickleball Hall of Fame in 2020, and Yvonne was inducted into the Pickleball Hall of Fame in 2021.

Joel Pritchard – Joel Pritchard, a United States Congressman from the State of Washington, invented the sport of pickleball with a few of his friends (Bill Bell and Barney McCallum) at his house on Bainbridge Island during the summer of 1965. Joel was inducted into the Pickleball Hall of Fame in 2017.

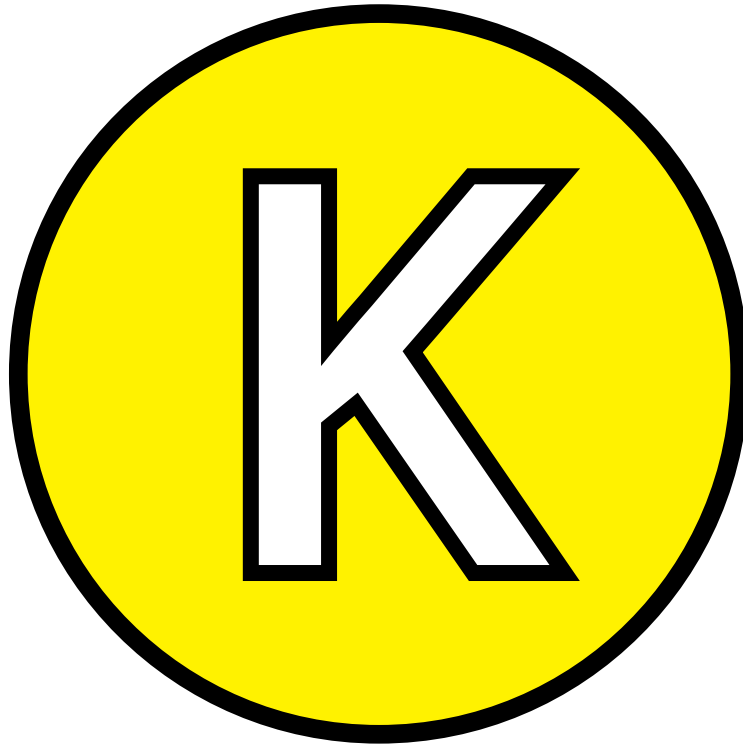
Joey Farias – Joey Farias is a pickleball pro from Arizona. Joey converted to pickleball from tennis and, since then, has propelled to the medal stand, including his most recent gold medal with Kyle Yates in the Men's Skill/Age Division at the USA Pickleball National Championships.

The Johnsons – The Johnsons—senior pro pickleball player, Julie Johnson, and her two pro pickleball playing kids, JW Johnson and Jorja Johnson—have made quite a splash across all professional events. This family is one to watch and will likely be in the sport and on top of the medal stands for quite some time. [To learn more about the Johnsons, check out Pickler's pickleball blog, "Julie Johnson Makes It All Happen on the Pro Pickleball Tour."](#)

Jonny Pickleball – Jonny Pickleball is known for hosting the Jonny Pickleball Show, which is a traveling pickleball show that features pro pickleball players across the country. [To learn more about Jonny Pickleball, check out Pickler's pickleball blog, "A Little Perspective Shapes Jonny Pickleball."](#)

Jump – Sometimes, you may need to jump on the pickleball courts (whether it be for a split stop or split step, or whether it for an Erne).

Junior – A junior is a pickleball player under the age of 19. Do not be fooled by age though—the juniors on the pickleball courts are fierce! Just ask Anna Leigh Waters.



K

KaSandra Gehrke – KaSandra Gehrke is a pickleball pro from the Midwest, who frequently tops the pickleball podium. She is also a pickleball coach and known for her great pickleball clinics.

Katie Dyer – Katie Dyer, a former collegiate softball player, is a top pickleball pro with a great two-handed backhand. Katie has countless medals from pickleball tournaments across the country, including a gold medal at the 2018 USA Pickleball National Championships and silver medal at the 2019 USA Pickleball National Championships.

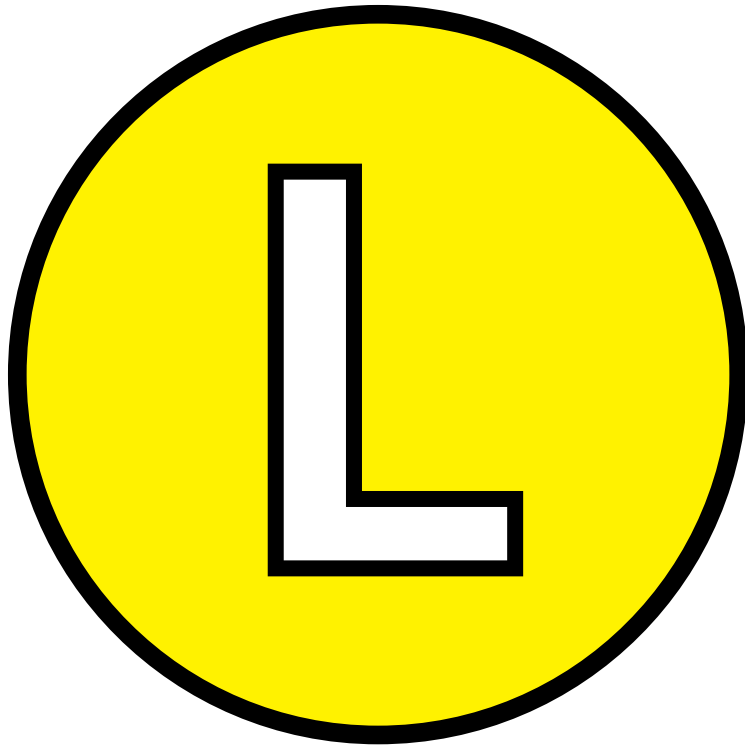
Keith Bisel – Keith Bisel was inducted into the Pickleball Hall of Fame in 2021 in recognition of his contributions to the sport of pickleball. Keith was known as the “Pied Piper of Pickleball,” and he introduced the sport to thousands across the country. Keith is also a national champion player and the original ambassador for the sport.

Kill Shot – A kill shot on the pickleball courts is essentially a put away shot. If your opponents pop the pickleball up, high above the net, hit a kill shot, put the pickleball away, and win the point.

King of the Court – King of the Court is a game you can play on the pickleball courts in either doubles, singles, or skinny singles, with a large group of people. One team (or one person during singles and skinny singles) goes to the opposite side of the court and is designated the “kings” or “queens” of the pickleball court. Another team (or person) challenges the kings/queens to one point or a series of points. If the challengers win, then they become the kings/queens and switch to the opposite side of the court. The next team (or person) then challenges the winning team, and the old kings/queens move to the back of the line of challengers.

Kitchen – What makes the sport of pickleball truly unique is the part of the pickleball court called the Non-Volley Zone, which is also affectionately called the “Kitchen.” The Non-Volley Zone or Kitchen is the 14-foot area in the middle of the court, which extends 7 feet on either side of the pickleball net. You may not volley (i.e., hit the pickleball in the air and without a bounce) the pickleball while making contact with the Non-Volley Zone or Kitchen.

Kyle Yates – Kyle Yates is one of the top men’s pickleball players. He has won gold in all three major pickleball tournaments—the USA Pickleball National Championships, the US Open Pickleball Championships, and the Tournament of Champions. Kyle is certainly one to watch on the pickleball courts.



L

Ladder – A ladder is a play format designed to keep players of similar skill levels together. Over time, based on your win percentage, you may move up or down the ladder.

Lauren Stratman – Lauren Stratman made the move to pickleball after her collegiate tennis career. Since then, she has climbed the pro pickleball rankings and grabbed numerous medals along the various stops of the APP and PPA tours.

Lea Jansen – Lea Jansen is a rising star in the pro pickleball world, as she has recently come onto the scene to grab multiple PPA and APP medals, as well as a medal at the 2021 USA Pickleball National Championships. She notably achieved this success after working on her mental game. [Learn more about Lea Jansen with Pickler's pickleball blog, "Pro Pickleball Player's Success After Focusing on Mental Health & the Mental Game."](#)

League – A league is a play format for recreational play with a competitive twist. There are a variety of different types of leagues, including ladder leagues.

Lefty – Have you ever been three or more points into a pickleball game and suddenly realized that one of your opponents is a lefty? Be sure to identify whether you are playing a lefty before the beginning of the game, as a lefty will have opposite forehands and backhands as compared to a righty. This is crucial, as you generally want to target a player's weaknesses, which more times than not is a player's backhand. To learn more tips to success when playing with or against a lefty, check out [Pickler's online pickleball video lessons](#).

Leigh Waters – Leigh Waters is one of the best pro pickleball players in the world and back-to-back national champions from the 2019 and 2021 USA Pickleball National Championships (there was no event held in 2020 due to the COVID pandemic). Leigh is known for her killer drives and insanely smart strategy on the pickleball courts. Lookout for Leigh on the pickleball tours this year, especially as she takes on the field with her phenom teenage daughter, Anna Leigh Waters. Plus, you can follow along with Leigh's and Anna Leigh's journey in [Pickler's free pickleball newsletter](#).

Let – A let is a rally on the pickleball court where the end result is not scored.

"Let's Go" – Something you or your partner yell when you are fired up on the pickleball courts. Let's go!

Level – A level is more commonly referred to as your pickleball skill rating. Levels or skill ratings vary from 1.0 to 6.0, with 6.0 being reserved for the top pro pickleball players.

[Learn more about pickleball levels with Pickler's pickleball blog, "Pickleball Ratings, Skill Levels & Rankings."](#)

Line – Each pickleball court has lines for the baseline, sidelines, centerline, and Non-Volley Zone or Kitchen Line.

Line Call – A line call is a verbal call and hand signal by a player or line judge that indicates whether the pickleball is “in” play (in the pickleball court or on a line) or “out” of play (outside of the pickleball court and lines).

Line Judge – A line judge is a pickleball referee that determines whether the pickleball is in or out on the sidelines and the baseline. In many tournaments, especially in medal rounds, there will be multiple line judges for a single match.

Linked – Pickleball players typically want to stay linked with their partner on the pickleball courts. If you and your partner do not stay linked and do not move in tandem, you will find yourselves leaving large open spaces on the pickleball courts for your opponents to take advantage of.

Live Ball – A live ball is the pickleball at any time between the score being called and a fault or dead ball being called.

Lob – A lob is a shot in pickleball where you will put some height on the trajectory of the pickleball and send the pickleball relatively high into the air. To learn how to perfect your lob and when to hit a lob on the pickleball courts, check out [Pickler's online pickleball video lessons](#).

Low Percentage – A low percentage shot is one that has a high chance of resulting in an error. Typically, you want to avoid hitting low percentage shots (for instance, shots near the sidelines with low margins for error).

Lucy Kitcher – Lucy Kitcher is a pickleball pro with countless medals, who is particularly known for hosting great tournaments and trips in and around the State of Florida.

Lucy Kovalova – Lucy Kovalova, a former tennis standout, is a pickleball pro who frequently finds herself atop the medal podium, including winning the triple crown (gold in singles, women's doubles and mixed doubles) at the 2018 USA Pickleball National Championships.



M

Machine – Pickleball machines were invented to help players drill and practice more efficiently. Pickleball machines are able to produce a variety of shots with varying spins and pace. Some well-known pickleball machines include the Pickleball Tutor and the Lobster Pickleball Machine.

Major League Pickleball – [Major League Pickleball](#) is a new organization that launched in 2021, after raising almost \$1 million in capital. Major League Pickleball is a new way to play pickleball, where players are drafted into teams of 4. These teams then play each other in a match that consists of a women's doubles match, men's doubles match, and two mixed doubles matches. If there is a draw, then a singles showdown will occur between the two teams. The first event for Major League Pickleball was held at Dreamland outside of Austin, Texas, and the finals were broadcasted on CBS Sports Network. Team BLQK (made up of Ben Johns, Rob Nunnery, Andrea Koop, and Irina Tereschenko) took home the championship, in what was surely a fan-favorite event.

Mark Friedenberg – Mark Friedenberg was the first president of the “new” USA Pickleball Association, which was organized as a not-for-profit corporation in 2005. Mark, an outstanding pickleball player and multi-time national champion, was inducted into the Pickleball Hall of Fame in 2017 for his contribution to the sport of pickleball.

Mark Renneson – Mark Renneson is a well-known coach and commentator around the pickleball world. Mark, who is the head coach behind [Third Shot Sports](#), is especially known for his informative, yet fun, online newsletter and videos.

Match – A match in pickleball is a complete competition. A match is frequently made up of multiple games (e.g., best two out of three games, each to 11 points), or can be a single game (e.g., one game to 15 points or one game to 21 points).

Matt Wright – Matt Wright, a former number 1 tennis player at the University of Michigan and currently a corporate attorney, is a top pickleball pro. He frequently tops the podium in both men's and mixed doubles events (frequently, with Lucy Kovalova), including with marquee wins at the USA Pickleball National Championships and US Open Pickleball Championships, as well as many of the stops on the PPA tour.

“Me” – Communication is key on the pickleball courts. One common phrase used by pickleball players to communicate between partners is “ME!” when exclaiming that you will hit the pickleball yourself.

Mechanics – Proper mechanics and fundamentals help players hit consistent shots on the pickleball courts, and being consistent is a key to success on the pickleball courts.

Medal – What every competitive Pickler loves to receive at the end of a long tournament day on the pickleball courts—a medal!

Melissa McCurley – Melissa McCurley is the President of PickleballTournaments.com (a division of Pickleball Station, LLC and one of the well-known software companies in the sport of pickleball). Melissa is frequently found at the largest tournaments across the country, helping manage the software and keep pickleball tournaments organized and timely. She may also appear on a livestream from time to time, providing interesting and informative commentary. [Learn more about Melissa McCurley with Pickler's pickleball blog, "Melissa McCurley and Her Mission to Serve Others Through Pickleball."](#)

Men's Doubles – Men's doubles is played with all-male teams—in other words, two teams with two-men on each team.

Mental Game - Your mental game on the pickleball courts can be just as important as your physical game, so work on your mental game! To help you with your pickleball mental game, check out Pickler's e-book, [The Pickleball Mental Edge: Learnings from Pickleball Pros and Pickleball Enthusiasts to Improve Your Pickleball Mental Game.](#)

Michelle Esquivel – Michelle Esquivel is a rising star on the pickleball pro circuit. Michelle is well-known for her great pickleball singles play, but is also making waves for her terrific pickleball doubles play, as she recently won multiple medals at the USA Pickleball National Championships.

Midcourt – Midcourt is the area on the pickleball court between the baseline and the non-volley zone or kitchen line. It is also referred to as "No-Man's Land" or the "Transition Zone."

Middle – The middle of the pickleball court is the area near or around the centerline. This is the area that a large number of pickleballs should be directed. As the saying goes, "Down the middle solves the riddle." [Learn more strategies about the middle of the pickleball court with Pickler's pickleball blog, "Why the Middle May Be the Best Pickleball Strategy."](#)

Misdirection Shots - A misdirection shot on the pickleball court is a shot hit in the opposite direction of what is natural or what the setup of the shot looks like. In other words, imagine a right-handed player on the even/right-hand side of the pickleball court. The player lifts up the paddle, looking like he or she is about to hit the pickleball down the middle of the court. Then, all of a sudden and at the last second, the player manipulates his or her wrist and paddle to the inside of the pickleball, and sends the pickleball down the line. The player misdirects the pickleball from the natural shot or what the setup of the shot looked like.

Mishit – A mishit is exactly what it sounds like—a stroke of the pickleball that is not hit squarely on your paddle. It could be a hit off your handle, your thumb or fingers, or off the rubber edge guard of your paddle.

Mistake – Mistakes are what all pickleball players try to avoid. The player or team that can minimize mistakes will often come out victorious.

Mixed Doubles – Mixed doubles is played with male-female teams—in other words, each team on the pickleball court has one man and one woman.

Momentum – Momentum plays a large part on the pickleball courts. Oftentimes, a player or team can go on a good or bad streak, winning or losing a bunch of points in a row. Be aware of momentum when you are on the pickleball courts, especially during tournament or competitive play—to note, one of the easiest ways to break momentum is to take a time out! [For an example of how momentum can alter a pickleball game, check out Pickler's pickleball blog, "Pickleball in the Pacific Northwest Showcases the Big M-O!"](#)

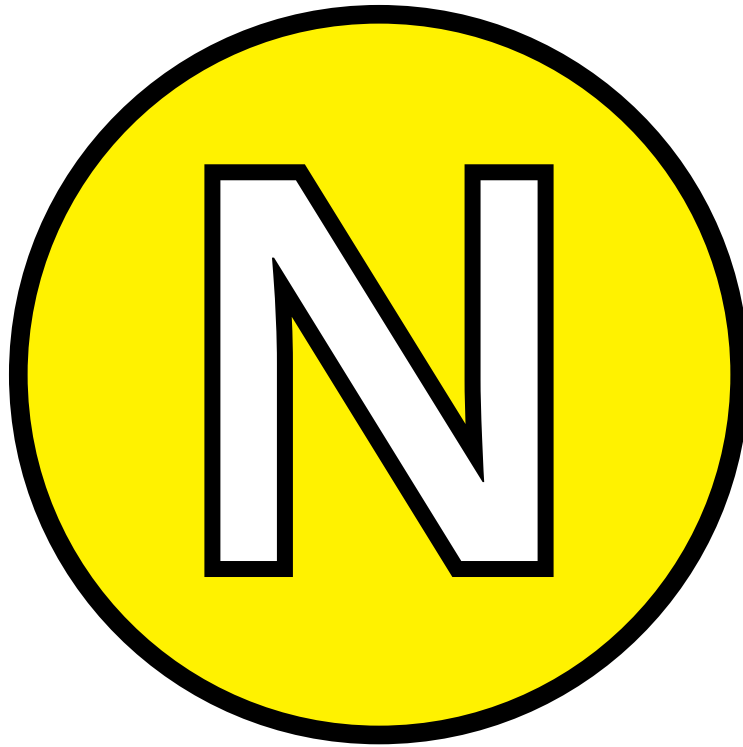
Monarch Pickleball – [Monarch Pickleball](#) is a brand of pickleball paddles and equipment created by Dick's Sporting Goods.

Moore Family – The Moore family is one of the well-known families in the sport of pickleball and the people behind [Pickleball Trips](#). The Moore family includes Scott Moore, senior pro and 16-time national champion, and sons, Jon Moore and Daniel Moore, 6-time national champion.

Morgan Evans – Morgan Evans, a native of Australia, is a well-known pickleball pro and pro pickleball coach. He has won countless medals over the years and has helped coach countless players to the medal podium, too.

Movement – Movement on the pickleball court is essential. Not only will quick feet allow you to track down more shots and keep you in a lot of points, movement to the proper court position will help you create angles of attack for you and your partner and minimize angles of attack for your opponents.

My Pro Pickleball Coach – [My Pro Pickleball Coach](#) is a platform created by Pickler to help you play your best pickleball. Pickler has teamed up with pickleball pro and pickleball coach, Steve Kennedy, to bring you My Pro Pickleball Coach, which features a compilation of over 140 videos, as well as this corresponding e-book, that breaks down every aspect of the sport of pickleball, including pickleball mechanics, fundamentals, strategy, and drills. Are you ready to play your best pickleball?



N

Naples, Florida – Naples, Florida is the home of the [US Open Pickleball Championships](#), which is one of the largest pickleball tournaments in the world, and the [Pickleball Academy of Southwest Florida](#). Naples, Florida is certainly a mecca for pickleball.

Nasty Nelson – A [“Nasty Nelson”](#) is a nickname for a dubious shot in pickleball, and is a tip of the hat to pickleball pro Tim "Puppet Master" Nelson, who was known for using this shot. A “Nasty Nelson” is when, in a doubles match, the server serves the pickleball and hits his or her opponent standing at or near the pickleball net on the other side of the pickleball court (i.e., the non-returning opponent). By hitting his or her opponent with the serve, the server scores a point and, consequentially, switches sides of the court with his or her partner and prepares for the next point.

Nationals – [Nationals](#) is the best and biggest pickleball tournaments in the world. Nationals is organized by the USA Pickleball Association and, in recent years, has been held at Indian Wells Tennis Garden in Indian Wells, California. This tournament is certainly one to put on your pickleball bucket list!

Natural Angle – When you feel pressure on the pickleball courts, strike the pickleball in the direction of the natural angle of your paddle swing, which is swinging from your paddle side to your non-paddle side, or from your non-paddle side to your paddle side.

Net – The pickleball net is the mesh netting that divides the pickleball court. The pickleball net is 36 inches in height near the sidelines, and 34 inches in height at the center of the pickleball court.

Net Cord – The net cord is the cord across the top of the pickleball net the holds the pickleball net up and in place between the two posts. If a pickleball hits the net cord, the pickleball will fall on the striker’s side of the pickleball court, dribble over to the other side of the pickleball net, or cause the pickleball to change direction.

The Newmans – The Newmans are a brother-sister pickleball pro duo that has made a recent splash on the pickleball scene. Lindsey and Riley Newman, former collegiate tennis stars, have made waves on the pickleball pro circuit, including taking home a silver at the 2019 USA Pickleball National Championships, with their quick court positioning and movement, as well as their unique two-handed play.

Newsletter – Pickler has a free pickleball newsletter to help you play better pickleball, as well as entertain you with stories and headlines from the pickleball court. Just like a hands’ battle at the Kitchen line, [act fast and subscribe now, so you don’t miss the next one. Plus, its free!](#)

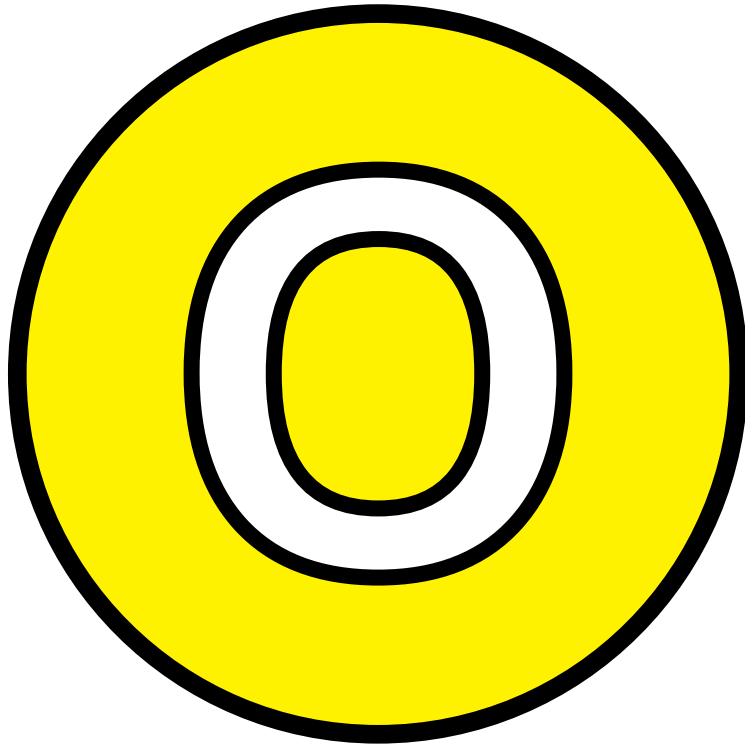
Next Gen – The Association of Pickleball Professionals (APP) launched its Next Gen Series, which is a series of pickleball tournaments for players aged 16 to 23. Next Gen has the goal of building champions, as it is a platform for young pickleball players to play and receive coaching from top senior pros, as well as compete amongst the best young pickleball talent in the country.

“Nice Shot” – “Nice shot!” is a common expression on the pickleball courts when your partner or your opponent hits a great shot.

No-Man’s Land – No-Man’s Land is the area on the pickleball court between the baseline and the Non-Volley Zone or Kitchen line. It is also referred to as “Midcourt” or the “Transition Zone.” [For tips on how to play better in No-Man’s Land, check out Pickler’s pickleball blog, “What Is “No Man’s Land” in Pickleball & 6 Tips to Be Better There.”](#)

Non-Paddle Side – Non-paddle side refers to the area around the side of your body that does not hold the pickleball paddle. For instance, if you are right-handed, your left side and the area around your left side is your non-paddle side.

Non-Volley Zone – What makes the sport of pickleball truly unique is the part of the pickleball court called the Non-Volley Zone, which is also affectionately called the “Kitchen.” The Non-Volley Zone or Kitchen is the 14-foot area in the middle of the court, which extends 7 feet on either side of the pickleball net. You may not volley (i.e., hit the pickleball in the air and without a bounce) the pickleball while making contact with the Non-Volley Zone or Kitchen.



O

Odd (Left) Side – The odd (left) side of the pickleball court is the opposite side as to where each pickleball game starts (the first serve of each side will always start on the even/right-hand side of the pickleball court).

Offensive – To be offensive on the pickleball courts means that you are on the attack of your opponents. In other words, you are being aggressive and going for aggressive shots.

One Shot at a Time – Be in the moment on the pickleball courts and focus on one shot at a time. By focusing on one shot at a time, you will hopefully win each shot, each point, each game, and, eventually, each match.

Onix – [Onix](#) is a pickleball company that produces quality paddles, pickleballs (including, the recently acquired Dura Fast 40 pickleball), and other gear and equipment for the pickleball courts.

Open Court Space – Generally, on the pickleball courts, you want to try to find the open court space. There will always be open court space, even if your opponents are cleverly working in tandem on the pickleball court. Your goal will be to find the open court space and create open court space.

Open Paddle Face – An open paddle face is one that is relatively flat or open toward the sky. An open paddle face will cause the pickleball to be hit with more height. Be on the lookout for an open paddle face, which will give you clues to your opponents' shot selection (and may even tip off a lob).

Open Play – Open play is a common format for recreational play. There are several variations of open play, but generally everyone on the courts mixes in and plays together.

Opponent – Your opponent is your competitor across the pickleball court. In singles, you will have one opponent, and, in doubles, you will have two opponents working as one team.

Opportunities – Take advantage of your opportunities on the pickleball court. If your opponents pop up the pickleball, put the pickleball away and win the point!

Out – An out ball ends a rally and awards a point to the team that did not hit the pickleball out. "Out" is also considered player communication when yelling at your partner not to hit the pickleball.

Out of Position – Generally, you and your partner want to have strong court positioning to minimize open court space for your opponents. If you find yourself out of position, you open up court for your opponents to take advantage of.

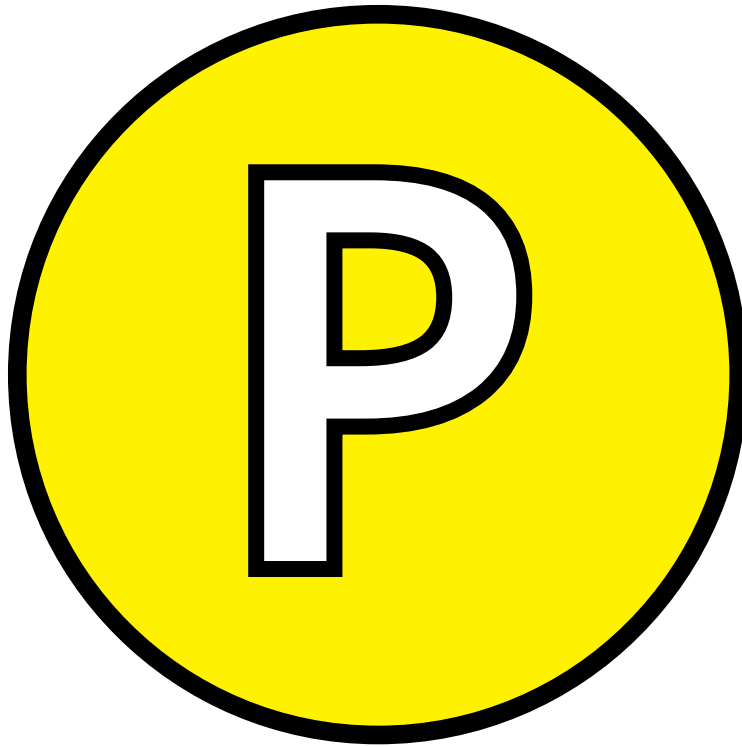
Outdoor – Pickleball can be played either indoors or outdoors. Outdoor pickleball has elements like sun and wind, while indoor pickleball has elements like excessive lines, gym floors, and blurry rafters.

Overhead – An overhead is a pickleball shot where you strike the pickleball with your paddle above your head. Overheads, many times, can lead to put away shots. To learn how to hit the perfect overhead and where to place it, check out [Pickler's online pickleball video lessons](#).

Over the Net – A good shot on the pickleball court must be over the pickleball net. If a shot is not over the pickleball net and in play, then you are out of the point. Keep the pickleball over the net and within the pickleball court.

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P

Pace – Pace is another word for speed or power of the pickleball. The sport of pickleball is heading toward a game that has more pace and power in every point.

Paddle – A paddle is what pickleball players use to hit the pickleball. According to the rules of pickleball, a pickleball paddle cannot exceed 17 inches in length and cannot exceed a combined length and width of 24 inches. [For help on finding the right pickleball paddle for you, check out Pickler's pickleball blog, "How to Choose a Pickleball Paddle by Price, Weight, Shape & Size."](#)

Paddle Grip – A paddle grip is the piece of leather-like material that covers the handle of the pickleball paddle.

Paddle Head – A paddle head is the part of the pickleball paddle, other than the handle.

Paddle Up – Generally, players want to play with their pickleball paddles up in a ready position. If a player's paddle is down, the player may have a slower reaction time to hit the pickleball.

Paddletek – [Paddletek](#) is a pickleball company that produces quality paddles for the pickleball courts. Paddletek even allows you to customize your own pickleball paddle.

Para-Pickleball – USA Pickleball has developed rules for both standing and wheelchair pickleball players. Pickleball may be played with four standing pickleball players, four wheelchair pickleball players, or any mix of both.

Park – A park is where many pickleball courts are found. Check out your nearest public park to see if you have a pickleball court in a park near you.

Partner – Pickleball is most commonly played in doubles. As a result, you will have a teammate on the pickleball court, who is generally called your partner.

Passing Shot – A passing shot is a winning shot, passed your opponents that is beyond your opponents' reach.

Passionate – If nothing else, pickleball players are passionate. They are passionate about the sport of pickleball, they are passionate about their fellow Picklers, and they are passionate about putting "good" out in to the world

Patrick Smith – Patrick Smith is a pro pickleball player, who is known for always playing with one sleeve rolled up on his paddle side. Patrick, who goes by Pat, has a lot of power

and plays with a lot of passion on the pickleball courts—which you may hear him yell a “Yeah!,” “C’mon!,” or other loud remark in German.

Patience – The old saying, “patience is a virtue,” holds true in pickleball. You must remain patient in your mind and in your body. Wait for the attackable shot that is too high, and attack! [To learn more about patience, check out Pickler’s Lessons from the Pickleball Court blog series.](#)

Permanent Net – A permanent pickleball net is one that has solid posts cemented to the ground. A permanent pickleball net generally has a sturdier net and net cord, too.

Permanent Object – A permanent object is any object on or around the pickleball court that could interfere with play. For instance, a permanent object could include the fence, a bench, the ceiling, net posts, etc.

Pickleball – Pickleball is the fastest growing sport in the country, and is generally described as a combination of tennis, table tennis (or ping pong), and badminton.

Pickleball Central – [Pickleball Central](#) is the largest reseller of pickleball paddles and other equipment on the Internet.

Pickleball Elbow – There are a ton of health and wellness benefits to playing pickleball. However, like any physical activity, there is a risk of injury on the pickleball courts. One such potential injury that you may encounter from playing pickleball is “tennis elbow” or “pickleball elbow” – known in the medical field as “lateral epicondylitis.” [To learn more about pickleball elbow, as well as how to prevent and treat it, check out Pickler’s pickleball blog, “Pickleball Elbow – Symptoms, Causes & How to Treat It.”](#)

Pickleball Hall of Fame – The Pickleball Hall of Fame is an organization that recognizes the wonderful contributions of individuals that have worked tirelessly to promote the growth of the sport of pickleball.

Pickleball Magazine – [Pickleball Magazine](#) is an entire magazine dedicated to the sport of pickleball. Pickleball Magazine has over 100,000 subscribers and is available free online.

Pickleball Voyager – Randy Coleman, the Pickleball Voyager, travels the world spreading his joy and love for pickleball, while also taking selfies with everyone he meets.

Pickler – Pickler’s mission is to promote the sport of pickleball and inspire others to not only play pickleball, but also to become part of the pickleball community. Pickler promotes the community of pickleball and its great exercise, high-quality play, meaningful relationships, health and wellness benefits, and fun culture. Pickler also

strives to help pickleball players improve their game and play their best pickleball, whether it is (1) through Pickler's free pickleball newsletter, online pickleball video lessons, podcast, or pickleball e-books that focus on every aspect of the sport of pickleball; or (2) by helping pickleball players look good, feel good, and play their best pickleball with Pickler's pickleball apparel line. Learn more about Pickler at <https://thepickler.com/>.

Pickler The Podcast – Pickler The Podcast is just like the name sounds—a podcast brought to you by Pickler, where we talk about all things pickleball. The podcast is hosted by Pickler's founder, Stacie Townsend, and her mixed doubles pickleball partner, John "The People's Champ" Davison. [To watch Pickler The Podcast, check out Pickler's YouTube page or find Pickler The Podcast where you listen to podcasts.](#)

Pickled – To be pickled means to lose a pickleball game 11-0.

Pickles – Pickles the dog is the inspiration behind Pickleball's funny name. One of the founder's dog, Pickles, would chase the ball across the court and the house. As a result, the founders named their newly created game, Pickleball!

Placement – Placement is key on the pickleball court. Placement can be the cause of winning shots, or result in creating opportunities for winning shots. Work on your placement on the pickleball courts. [Learn more about placement on the pickleball court with Pickler's pickleball blog, "Hit Your Spots! Why Placement Is More Important than Power."](#)

Places 2 Play – To find a place to play pickleball, check out USA Pickleball's Places 2 Play at <https://www.places2play.org/>.

Plane of the Net – The plane of the net is the term used to describe the imaginary extensions of the vertical and horizontal lines of the pickleball net.

Play – At the heart of pickleball is play. Get out on the pickleball courts and play!

Player – A player is any person on the court playing pickleball. There are four players on the pickleball court in doubles, and two players on the pickleball court in singles.

Playing Surface – The playing surface of a pickleball court includes the surface of the pickleball court, as well as the surface area around the pickleball court.

Poach – A poach is where a player crosses over the centerline of the court to hit a pickleball on his or her partner's side of the court. A poach is an aggressive move that can really put pressure on your opponents if executed properly. To learn when, how, and why to poach on the pickleball court, check out [Pickler's online pickleball video lessons](#).

Point – A point results when a rally on the pickleball court ends in favor of the serving team.

Pop Up – A pop up is what all pickleball players try to avoid doing, as it results in an easy offensive shot for their opponents. The key is keeping the pickleball low above the pickleball net, which will minimize your opponents' ability to hit offensive shots.

Position – Positioning on the pickleball court is essential for success. Movement to the proper court position will help you create angles of attack for you and your partner and minimize angles of attack for your opponents.

Power – Power generates speed and pace on the pickleball. The sport of pickleball is heading toward a game that has more pace and power in every point.

PPA – The [Pro Pickleball Association \(PPA\)](#) is a pickleball tour designed for both amateur and professional pickleball players.

PPR – The [Professional Pickleball Registry](#) (also known as the PPR) is an education and certification provider for the sport of pickleball.

Practice – To perfect your mechanics and fundamentals on the pickleball court, practice, especially in a non-stressful environment. In other words, DRILL, DRILL, DRILL! It is so important to drill to commit the proper pickleball mechanics to muscle memory and to make your proper pickleball mechanics part of your habits.

Predictable – Pickleball players generally want to avoid being predictable; rather, they want to be unpredictable. By being unpredictable, your opponents will not be able to anticipate your shots.

Pre-Serve Routine - Before you serve the pickleball (or even return of serve), find your routine to make sure you are both mentally and physically ready for the point. Pre-serve (or pre-return-of-serve) routines can also help you improve your timing. Find your own routine, so you are ready to play and win the point!

Pressure – Pickleball players should learn to play under pressure. The best pickleball players thrive under pressure.

Pretty Picklers – The Pretty Picklers, led by Kerry Shannon (a USA Pickleball Ambassador) and originally based out of New Jersey, is a national women's pickleball team with over 140 members. The Pretty Picklers have three main principles: (1) having fun; (2) being inclusive and including others; and (3) serving others. [Learn more about the Pretty Picklers with Pickler's pickleball blog, "Pretty Picklers Show What Pickleball Is All About."](#)

Prince – Paddletek has partnered with Prince to create [Prince pickleball](#) paddles. Prince claims to change the shape of pickleball with its unique circular-shaped pickleball paddles.

Pro – A pickleball pro is generally undefined, but is generally someone that plays pickleball at the highest level and has won money for medaling in a pickleball tournament.

Pro Pickleball – Pro Pickleball is a media company that streams pro pickleball matches at various pickleball tournaments around the world. To learn more about Pro Pickleball or stream pro pickleball matches, visit Pro Pickleball on Facebook.

Profanity – Profanity (including those famous four-letter words and related gestures) on the pickleball courts can result in a technical warning or technical foul.

ProKennex – [ProKennex](#) creates pickleball paddles that helps reduce shock and “pickleball elbow” or “tennis elbow.”

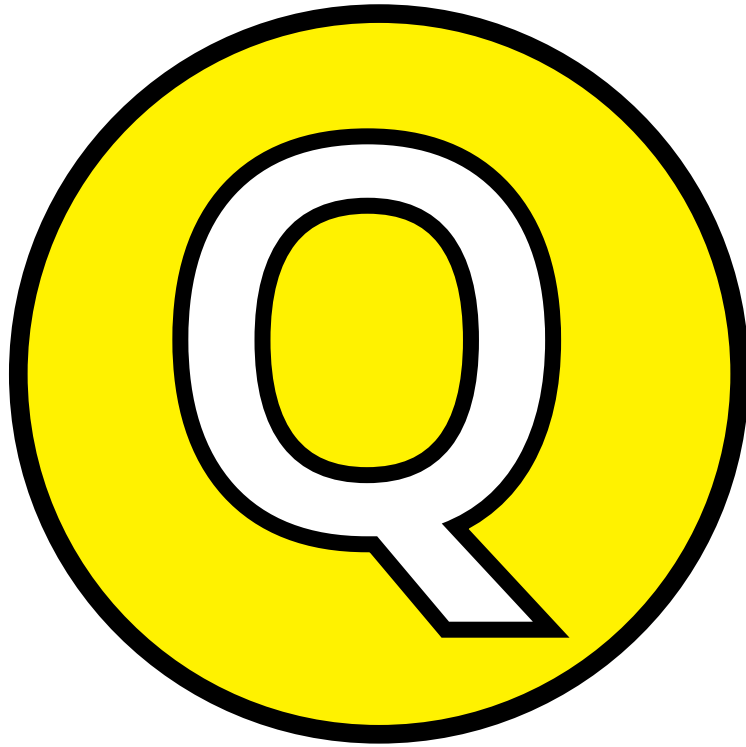
Prolite – [Prolite](#) is a company that has created pickleball paddles since 1984. That is some tenure in the sport of pickleball!

Punch Volley – A punch volley is a shot where you may have more time or more room to attack a pickleball, but you probably should not be too aggressive and overplay the pickleball. This shot will be very similar to a block volley. However, a punch volley has a little more paddle swing.

Puppet Master – Tim “Puppet Master” Nelson is a pro pickleball player that found great success in tournaments across the country. Puppet Master is known for his antics to get in his opponents’ head and under his opponents’ skin, as well as for notarizing shots like the “Nasty Nelson.”

Purpose – It is important to have a purpose on the pickleball court. On the pickleball court, you can hit non-purposeful shots, which are simple shots to get the pickleball back over the net, or you can hit purposeful shots, where you are trying to be more aggressive and put pressure on your opponents.

Put Away Shot – A put away shot is essentially a winner on the pickleball courts. If your opponents pop the pickleball up, high above the net, hit a put away shot, and win the point.



Q

Queen of the Court – Queen of the Court (also referred to as King of the Court) is a game you can play on the pickleball courts in either doubles, singles, or skinny singles, with a large group of people. One team (or one person during singles and skinny singles) goes to the opposite side of the court and is designated the “queens” or “kings” of the pickleball court. Another team (or person) challenges the queens/kings to one point or a series of points. If the challengers win, then they become the queens/kings and switch to the opposite side of the court. The next team (or person) then challenges the winning team, and the old queens/kings move to the back of the line of challengers.

Questionable Call – A questionable call is a ruling made on the pickleball court that may or may not have been the wrong call. For instance, a shot that is close to the sideline that the other team calls out, while you and your partner believe the pickleball was in.

Quick – Quickness is key on the pickleball court—quick feet, quick hands, and quick decision making. Quick feet will allow you to track down more shots and keep you in a lot of points; quick hands will allow you to react to more fastballs; and quick decision making will allow you to make better, more strategic shots on the pickleball court.

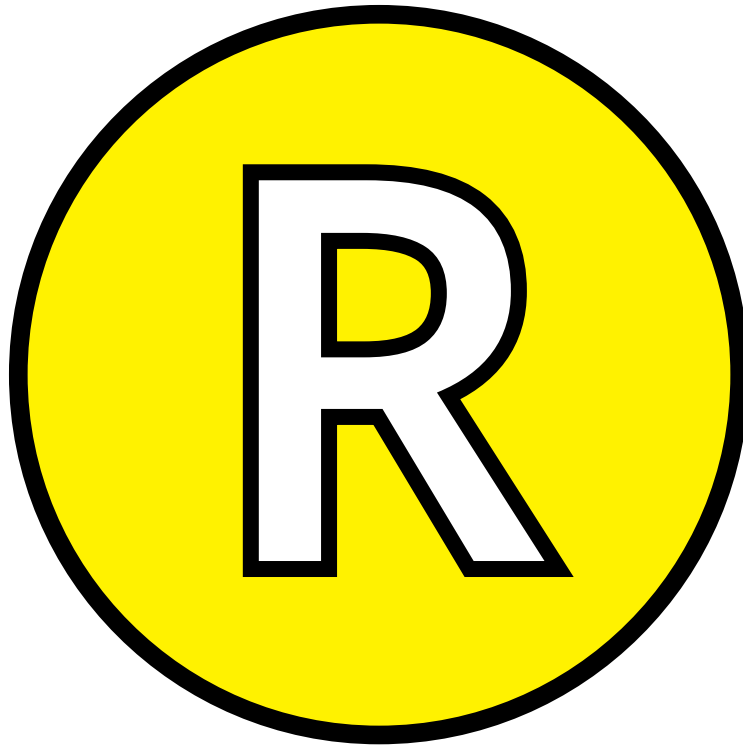
Quick Serve – A quick serve is when the serving player calls the score and serves the pickleball in a very quick fashion in order to catch the receiving player off guard.

Quickest Growing Game – Pickleball is the quickest growing sport in the United States!

Quizzical Look – The face you make when you cannot remember the score or serving number.

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R

Racquet or Paddle Sport – Pickleball is a racquet or paddle sport. Other racquet and paddle sports include tennis, badminton, table tennis, racquetball, squash, platform tennis, and padel.

Rain – What every pickleball player hates—rain and rain delays. Rain will cause the outdoor pickleball courts to be wet, which makes it dangerous to play, as pickleball players may unintentionally slip, slide, or fall.

Rally – A rally is continuous play between opponents on the pickleball court after the serve and before the end of a point by a fault.

Rally Scoring – Rally scoring is a point system that may be used on the pickleball court (although uncommon), where a point is scored after each rally, regardless of who served the pickleball. A point may be scored by either the serving or receiving team.

Rating – There are a few rating systems out in the pickleball community, including the UTPR and DUPR. Generally speaking, a rating is a two- or four-digit number that represents your skill level in comparison to other pickleball players. The UTPR is the official USA Pickleball Tournament Player Rating. Ratings vary from 1.0 to 6.0, with 6.0 being reserved for the top pro pickleball players. [Learn more about pickleball ratings with Pickler's pickleball blog, "Pickleball Ratings, Skill Levels & Rankings."](#)

Reaction – Quick reactions are essential on the pickleball court. You must react to the pickleball and your opponents' shots.

Ready – Always be ready on the pickleball court. Anticipate the pickleball coming back to your side of the pickleball net!

Ready Position – One of the most important concepts in pickleball, which is not taught or discussed enough, is the proper ready position on the pickleball court. There are essentially two types of ready positions, which include (1) "Tennis Ready" – your ready position when you are at the baseline; and (2) "Pickleball Ready" – your ready position when you are in the Transition Zone or at the Kitchen Line.

Receiver – The receiver on the pickleball court is the player receiving the serve.

Recover – After a hard session on the pickleball court, make sure you give your mind and body time to recover for your next session.

Recreational – Pickleball is an excellent recreational sport. Pickleball has the ability to bring all skill levels and all ages together, on one pickleball court, for great rallies and great fun.

Red Zone – A dink by your opponents that is at or below the pickleball net is in the “red zone.” Like a red light at an intersection, put on the brakes, be patient and stay in the dink. A dink in the red zone is generally unattackable.

Referee – A referee is the person that officiates a pickleball match. Did you know that there are almost 200 certified referees, a few hundred more tier 1 and tier 2 referees, in USA Pickleball? [To learn more about referees, check out Pickler's Lessons from the Pickleball Court blog series.](#)

Regina Franco – Regina Franco is a top pro pickleball player, who recently converted from the racquetball pro circuit. Regina has topped the podium in many pickleball tournaments across the country.

Replay – Replay is essential to re-watching all of the close calls and amazing points on the pickleball court.

Reset – A reset is a shot that relieves the pressure put on you and your partner by your opponents on the pickleball court. A reset could be a dink or a drop shot, but it is intended to stop your opponents from making aggressive, offensive shots, and put you in a neutral position.

Respect the Net – Respect the net on the pickleball courts. A shot into the pickleball net ends the point for you and your partner, so give yourself some margin of error above the pickleball net.

Responsibility of Service – When you are the server on the pickleball court, you have a responsibility to call the correct score prior to serving the pickleball. If you do not know the correct score, it is important to ask your partner or the opposing team. If you call the incorrect score and then serve the pickleball, it is a fault.

Retirement – A retirement is a player's or team's decision to stop a pickleball match and give the win to the opposing player/team.

Return of Serve – A return of serve is exactly what it sounds like; it is the shot after the serve on the pickleball court. Consistency is key on the return of serves because an error on the return of serve results in a point to your opponents. As your return of serves become more proficient, you can strive for more power, more spin, and more advanced placement. To learn how to perfect your return of serve and some advanced return strategies, check out [Pickler's online pickleball video lessons.](#)

Righty – A righty, or right-handed pickleball player, will use his or her right-hand to hold the pickleball paddle and strike the pickleball. Be sure to identify whether your opponents are right-handed or left-handed, as this may dictate your strategy on the pickleball courts.

Rip It – Drives and fastballs are the cornerstone of some pickleball players' games and strategies on the pickleball court. This is especially true of the mother-daughter duo, Leigh and Anna Leigh Waters, as their motto is to "Rip it!"

Rob Nunnery – Rob Nunnery is a pro pickleball player that has been climbing the pickleball rankings and has some notable success, including winning the first-ever Major League Pickleball championships with Team BLQK. He also hosts a podcast with #1 ranked pickleball player, Ben Johns.

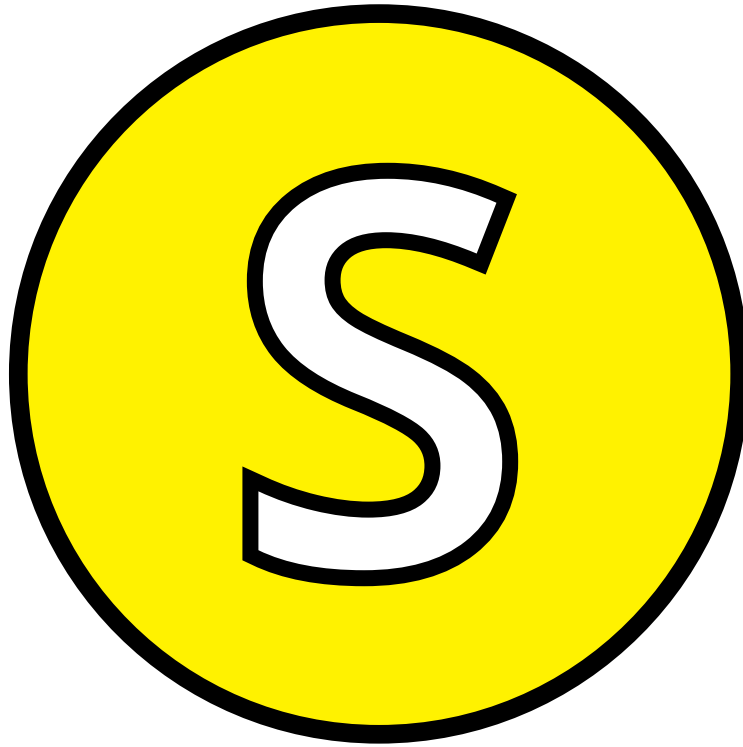
Robert Lanius – Robert Lanius was inducted into the Pickleball Hall of Fame in 2018 in recognition of his contribution to the growth of the sport of pickleball. Robert created the PickleballTournaments.com software, which helped fuel the growth of pickleball tournaments around the world.

Round Robin – A round robin is a common format for both competitive and recreational play on the pickleball court. A round robin is a format where each player or team will play each other player or team. Then, the total wins, losses, and points are calculated to determine the winner(s). [Learn more about how to structure a round robin with Pickler's pickleball blog, "3 Ways to Format Your Next Pickleball Round Robin."](#)

Rules – Rules are important when playing pickleball to make sure that everyone is playing by the same set of guidelines. The Official Rulebook for pickleball is curated and updated every year by the USA Pickleball Association.

Run – Pickleball players must use their quick feet to move around the pickleball court. Sometimes, this quick movement may be a run or a sprint.

RV Picklers – RV Picklers are pickleball players that travel across the country in their RV, playing pickleball and sharing our great sport wherever they go.



S

Sanctioned – The USA Pickleball Association sanctions pickleball tournaments around the country. This means that (1) the tournament and the players are covered by certain insurance; (2) all players are USA Pickleball members; (3) the tournament uses the USA Pickleball Tournament Player Ratings to properly seed all players; (4) the tournament follows the USA Pickleball rules; and (5) at a minimum, all of the medal matches will have a referee.

Sarah Ansboury – Sarah Ansboury is a top pickleball pro and coach, who found pickleball in 2014 after a great tennis playing career and coaching career. Sarah is now a full-time pickleball pro player and coach, and known for her input in shaping the coaching certification program with the Professional Pickleball Registry.

Score – The score is announced before every point on the pickleball courts. In singles, the score will have two digits—the server's score and then the receiver's score. In doubles, the score will have three digits—the serving team's score, the receiving team's score, and then whether the first or second server is serving.

Self-Rating – A self-rating is exactly what it sounds like. It is a rating that a player gives himself or herself. A self-rating is usually the first brush of a rating, which is then altered over time based on tournament and other play results. [Learn more about pickleball ratings with Pickler's pickleball blog, "Pickleball Ratings, Skill Levels & Rankings."](#)

Selkirk – [Selkirk](#) is one of the premiere pickleball paddle companies in the world. Selkirk is owned and operated by the Barnes family out of Idaho.

Serve – Pickleball uses an underhand serve (unlike tennis, which has an overhand serve). The rules of pickleball require the serve to be hit below your waist with your paddle head in a downward position. With these basic rules in mind, there are many different options for the serve in pickleball—inside out, top spin, flat, lob, power, etc. To learn how to perfect your serve on the pickleball court, check out [Pickler's online pickleball video lessons](#).

Server – A server is the player that is serving the pickleball to initiate a rally on the pickleball court.

Server Number – When playing doubles in pickleball, each team generally has two service turns per team (except for the first team to start the game, who only has one service turn). A server number is the number that communicates whether you are the first server for your team, or the second server for your team. To note, since the first

team to start a game on the pickleball courts only has one service turn, the score to start the game is 0-0-2 (2 meaning the second server).

Server Wristband – During tournament play, the first server for a team is required to wear a server wristband. This wristband helps the referee identify which team member is the first server.

Service Court or Serving Area – When hitting the serve, the pickleball player must be in the proper service court or serving area. The service court or serving area is the area behind the baseline and between the centerline on the pickleball court and the nearest sideline to the server.

Shake & Bake – The “Shake & Bake” is a nickname for a particular set play or strategy in doubles pickleball that is popular amongst aggressive-style pickleball players. This set play or strategy is when one partner of the serving team in doubles pickleball drives the third shot, while the other partner crashes (i.e., runs to) the pickleball net. The partner that crashes or runs to the pickleball net is trying to put away the fifth shot if the opposing team pops the drive up into the air. This strategy is extremely effective for pickleball players with strong drives and quick footwork, and can put a ton of pressure on opposing pickleball players. [To learn more about the Shake & Bake, check out Pickler's pickleball blog, “What Is the “Shake & Bake” in Pickleball?”](#)

Shot – A shot is a hit of the pickleball. There are dozens of different types of shots on the pickleball, including serves, returns, drops, drives, dinks, volleys, lobs, overheads, misdirection shots, Ernes, around-the-post shots, poaches, etc.

Shot Selection – Shot selection is paramount on the pickleball courts. What you shot pick at any given moment could win or lose a point for a pickleball player.

Sid Williams – Sid Williams was the founder and president of the first USA Pickleball organization that was founded in 1984. Sid was one of the driving forces behind the evolution of pickleball from a backyard game to a sport. Sid was inducted into the Pickleball Hall of Fame in 2017.

Side Out – Side out is the term used to refer to the end of a team's service turn on the pickleball courts. On a side out, the service switches to the other team/player on the pickleball courts.

Sidelines – Sidelines are the lines on the sides of the pickleball court. Each sideline on the pickleball court is 44 feet long, as a pickleball court is 44 feet long by 20 feet wide.

Simone Jardim – Simone Jardim quickly climbed to the top of the sport of pickleball after being introduced to pickleball in 2015. Simone Jardim, a former tennis standout and

collegiate tennis coach, has frequently found herself atop the medal podium, including countless gold medals in both singles and doubles (both Women's Doubles and Mixed Doubles) at the USA Pickleball National Championships, US Open Pickleball National Championships, and Tournament of Champions, as well as at multiple stops along both the PPA and APP tours. [To learn more about Simone Jardim, check out Pickler's pickleball blog, "Simone Jardim's Emotion-Driven Mission to Grow Pickleball."](#)

Singles – Singles pickleball is a game of pickleball between one player on each side of the pickleball court. Singles pickleball is a very different game than doubles pickleball, as the strategy of the game is much different. Every shot is up to you, as you are alone on your side of the pickleball court, and every shot is a one-yard race between you and your opponent. [To learn more on how to play singles pickleball, check out Pickler's pickleball blog, "Singles Pickleball Rules – How to Play Singles Pickleball."](#)

Skill Level – Generally speaking, a skill level is a two- or four-digit number that represents your rating or level in comparison to other pickleball players. The main skill level system is the UTPR, which is the official USA Pickleball Tournament Player Rating. Skill levels vary from 1.0 to 6.0, with 6.0 being reserved for the top pro pickleball players. [Learn more about pickleball skill levels with Pickler's pickleball blog, "Pickleball Ratings, Skill Levels & Rankings."](#)

Skinny Singles – One of the best drills in pickleball is skinny singles. Skinny singles only requires you and one other player. You can play skinny singles straight on or cross court (be sure to try all combinations!). [Learn more about skinny singles and strategies for success with Pickler's pickleball blog, "Pickleball Strategy: 7 Tips to Master Skinny Singles."](#)

Slice – A slice will generate backspin on the pickleball. This backspin will cause the pickleball to be slower than your basic forehand drive, tend to cause the pickleball to lift or rise a little in the air, and could cause the pickleball to skip upon contact with the court surface and otherwise create difficulties for your opponents in trying to hit your shot.

Smash – A smash is a hard shot on the pickleball courts. A strong overhead is commonly referred to as an overhead smash.

Sobek's – Rosti and William Sobek are a father-son dynamic duo, who recently won gold at the US Open Pickleball Championships in the 5.0 Men's Doubles division in 2019. Rosti and William run a pickleball academy in Key West.

Social – Pickleball is a unique sport because of its social element. The culture and community around pickleball are both extremely social—oftentimes, pickleball players will not allow a stranger to pass a pickleball court without inviting him or her on to the pickleball court to try to the sport with a funny name.

Socks – Whether you are hitting a dink, volley, or overhead at the Non-Volley Zone or Kitchen Line, try hitting the pickleball down toward your opponents' socks, especially on their respective backhand side. Shots at your opponents' socks will be more difficult for your opponents to dig out and keep the point alive. So, aim for and hit socks!

Soft Shot – A soft shot is a shot focused on finesse and placement, rather than brute strength (like a drive). A soft shot could be a drop shot, a drop volley, a dink, or any other slower-paced shot.

Speed – Speed on the pickleball court—whether with your feet, your hands, or the pace you put on the pickleball—can be a gamechanger.

Spin – There are a variety of types of spins that a pickleball player can put on the pickleball, including top spin, backspin/slice, and side spin. Be sure to recognize the spin on the pickleball and quickly discern what the spin will do to the pickleball.

Spin Serve – A spin serve is exactly what it sounds like, a serve with spin on it. To put spin on the serve, a player may only use his or her non-paddle hand to toss the pickleball (unless a player does not have use of their non-paddle hand, at which point the player may use the paddle to flick up the pickleball and serve). No player may use the paddle or paddle hand to toss or otherwise impart spin on the pickleball (which is a recent pickleball rule change). However, a player may use his or her non-paddle hand (as long as it is only the non-paddle hand) to impart spin on the pickleball. So, beware of the one-handed spin serve, which will surely make waves in 2022.

Split Stop or Split Step – A split stop (also known as a split step) is a power position that allows you to remain balanced, change direction, and react to the pickleball hit by your opponents. It is an athletic position where your knees are bent, your feet are shoulder width apart with your weight on the balls and insides of your feet, and your body is compressed. A split stop or split step is comparable to an athletic stance in other sports, such as baseball or football.

Sport – Pickleball is a sport that combines various elements of tennis, badminton, and table tennis.

Sportsmanship – Pickleball is a sport that emphasizes sportsmanship on every level. This is evident from the paddle tap of all players after every match, including every tournament match and every recreational match. [To learn more about sportsmanship, check out Pickler's Lessons from the Pickleball Court blog series.](#)

Stacking – Stacking is a strategy that can be used to keep you and your partner on the same side of the pickleball court throughout the game. In other words, you and your

partner avoid switching sides of the court on every point won. To learn how, why, and when to stack, check out [Pickler's online pickleball video lessons](#).

Starting Server – The starting server is the player that is designated to have the first serve for each doubles team in a pickleball game.

Steve Deakin – Steve Deakin, who hails from Canada, is a rising star on the pickleball pro circuit. Steve has recently medaled at both the USA Pickleball National Championships and the US Open Pickleball Championships and is certainly one to watch.

Steve Kennedy – Steve Kennedy, a former professional tennis player and coach, is a top pickleball pro and coach from Davie Florida, who has won countless medals, including gold medals at the USA Pickleball National Championships, Tournament of Champions and the US Open Pickleball Championships. Steve is also one of the best coaches in the sport of pickleball and inspiration for Pickler's online pickleball video lesson compilation titled My Pro Pickleball Coach.

Steve Paranto – Steve Paranto was inducted into the Pickleball Hall of Fame in 2019 in recognition of his contribution to the growth of the sport of pickleball for over three decades. Steve co-developed the first non-wood composite light weight pickleball paddle.

Steve Wong – Steve Wong was inducted into the Pickleball Hall of Fame in 2021 in recognition of his dominance on the pickleball court for many years. Steve was a charter member of the USA Pickleball Association's board, and he has also founded several pickleball brands, including Armour Pickleball and Onix Pickleball.

Strategy – Strategy on the pickleball court can revolutionize your pickleball game. Strategy can be the difference between winning and losing a point, or even the entire match. To learn strategies in all situations, and against various types of opponents, on the pickleball court, check out [Pickler's online pickleball video lessons](#).

Streaming – Streaming is frequently the medium of choice to broadcast live play on the pickleball courts, whether it be at tournaments or during recreational play.

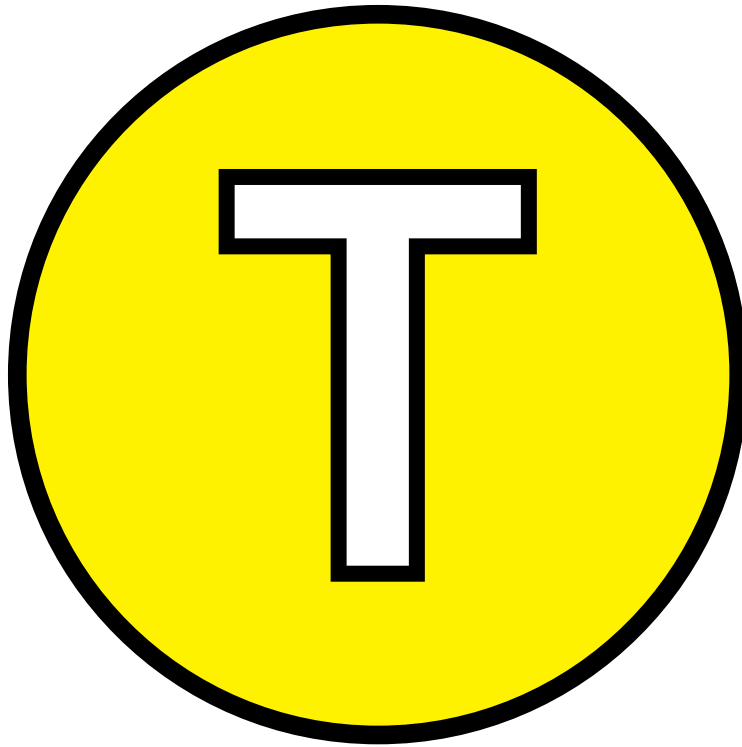
Strength – Strength can be a contributing factor to solid pickleball play. Strength can help a pickleball player hit the pickleball with more force, and can help pickleball players endure long days on the pickleball court.

Stretch – Stretching is key prior to playing pickleball in order to avoid injury.

Sweet Spot – The sweet spot of a pickleball player's paddle—i.e., the middle—will cause more consistent, solid contact of the pickleball. Try to avoid striking the pickleball off-center or with the edges of your pickleball paddle.

Swing Volley – A swing volley is a shot where you see you have a clear put away on a pickleball that is attackable. This is essentially a kill shot, as you are trying to win the point.

Switch – A switch is where you and your partner switch sides of the pickleball court. A switch can be effective in several situations on the pickleball court, including chasing down a tough lob, when you and your partner are stacking, or if you and your partner want to give your opponents a “different look” on the pickleball court, as your opponents are targeting a weakness in, or a specific matchup against, you or your partner.



T

Tandem – On the pickleball courts, it is imperative that you stay linked with your partner and work together as a team. You should imagine that a six- to eight-foot rope holds you and your partner together at all times. If you and your partner do not stay linked and do not move in tandem, you will find yourselves leaving large open spaces on the pickleball courts for your opponents to take advantage of.

Target – Targets can be real or imaginary, and can be used as great drill aids or as guides when playing on the court.

Team – Pickleball is most commonly played in doubles. As a result, you and your partner are a team. You must work together to be successful.

Technical Foul – A technical foul is a referee's assessment of a rule or other violation that leads to a point being awarded to the opposing team on the pickleball court.

Technical Warning – A technical warning is a referee's assessment of a rule or other violation that leads to a verbal warning being awarded against a pickleball player or team. No points are awarded in a warning.

Temporary Net – A temporary net is a pop-up net that does not have solid, permanent posts. Temporary nets are great tools to play pickleball on any level surface, including indoor gyms and tennis or basketball courts. Temporary nets are known to have weaker net cords; as a result, more shots on the pickleball courts with temporary nets will likely dribble over the net.

Ten-Second Rule – Once a referee calls the score during a pickleball game, the server will have 10 seconds to serve the pickleball. If the server fails to serve the pickleball during this 10-second period, then there is a fault.

The Pickleball Forum – The Pickleball Forum is a group on Facebook started by Aspen Kern that discusses all things pickleball. The Pickleball Forum currently has over 30,000 members.

The People's Champ – John Davison, also known as "The People's Champ," is an up-and-coming pickleball pro known for his quick wit, especially on Pickler The Podcast, where he is a host, as well as any social media outlet he can find. [To watch Pickler The Podcast, check out Pickler's YouTube page or find Pickler The Podcast where you listen to podcasts.](#)

Third Shot – The third shot—which can be a drop, a drive, or another shot—is generally the most critical shot in pickleball. The third shot can make or break a team’s ability to move in to the non-volley zone or kitchen line, which is imperative, as the chances of winning points in pickleball increase substantially if you and your partner can move in to the non-volley zone or kitchen line.

Time In – “Time in” signifies that the pickleball game is in action, whether at the start of a game or after a time-out.

Time-Out – During pickleball tournaments, you and your partner will generally have two time-outs per game. If you do not use your time-outs, you do not get to keep them or take them home with you, so do not be afraid to use them. Time-outs can be one of the easiest ways to break or change the momentum of a pickleball game. A good rule of thumb is to call a time-out if your opponents have scored three points in a row. [Learn more about time-outs with Pickler’s pickleball blog, “Time-Out or No Time-Out?”](#)

Top Spin – Top spin generally causes the pickleball to pull down and take a nose dive out of the air (this is the opposite of a slice, which causes the pickleball to rise a bit), and, upon contact with the ground, take a higher bounce toward your opponents. Many top players like to use the top spin drives because the top spin allows the pickleball to keep its power and pace longer than a basic flat drive.

Tour – Two pickleball tours launched in 2020: (1) the Professional Pickleball Association (PPA) and (2) the Association of Pickleball Professionals. Both tours have tournaments scheduled across the country with large prize purses for the pro divisions.

Tournament – Pickleball tournaments can be a fun way to test your skills on the court. Pickleball tournaments are a blast because they include a full day or full weekend on the pickleball courts with some of your closest friends (and if the competitors are not your friends at the beginning of the tournament, they certainly will be your friends by the end of the tournament). However, pickleball tournament also add an element of pressure and competition to the mix, which can be daunting for some people. To learn some tips and tricks to improve your pickleball tournament play, check out [Pickler’s online pickleball video lessons](#). Also, [check out Pickler’s pickleball blog, “5 Steps to Prepare for a Pickleball Tournament.”](#)

Tournament of Champions – Tournament of Champions is one of the premiere pickleball tournaments in the United States every year. Tournament of Champions is played in Brigham City, Utah, and frequently draws pickleball players from across the country.

Trajectory – The trajectory of the pickleball is another word for the flight path of the pickleball. Paying attention to the trajectory of the pickleball is key on the pickleball courts.

Transition Zone – The transition zone of the pickleball court is the area a few feet in front of the baseline to the area a few feet behind the non-volley zone or kitchen line. The transition zone is a tough area to play, as your opponents will be able to more easily hit the pickleball down at your feet and with sharper angles.

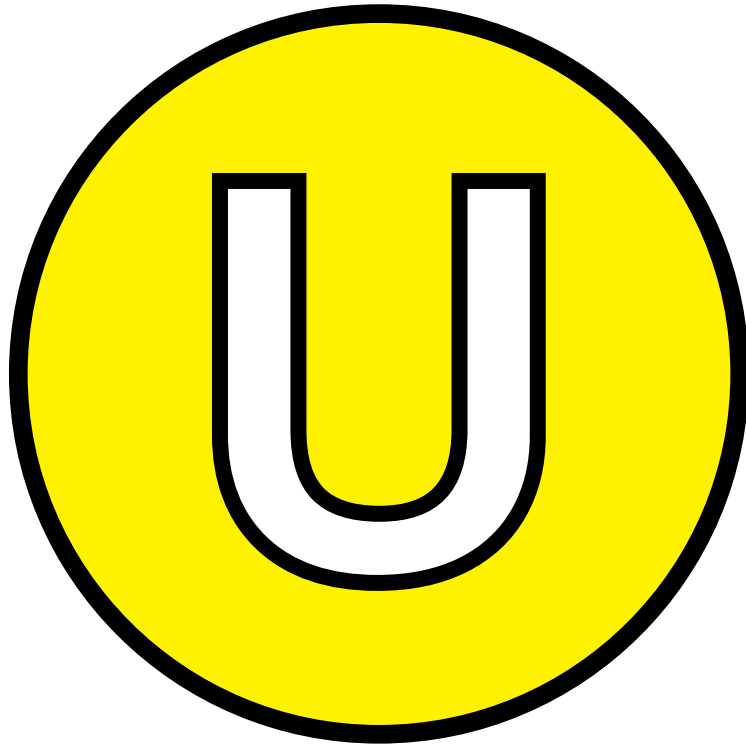
Triple Crown – The triple crown is an award or title won by the pickleball player that wins gold in each of (1) men's or women's doubles (as applicable), (2) mixed doubles, and (3) singles.

Two-Bounce Rule – Unlike tennis, both the serve and the return of serve in pickleball must bounce. This is called the 2-bounce or 3-hit rule. After the serve and return of serve, either team may volley the pickleball. In other words, after the serve and return of serve, either team may hit the pickleball either in the air or after a bounce.

Two-Handed Backhand – As more tennis players convert to pickleball, you may see more two-handed backhand drives (which we are already starting to see), which are common in tennis. The downside of hitting a two-handed backhand drive compared to a one-handed backhand drive is that the two-handed backhand drive limits your reach with your paddle. However, the upside of two-handed backhand drive is that you may be able to generate more power, especially on pickleballs hit behind you. [Learn more about the two-handed backhand with Pickler's pickleball blog, "Should You Try a Two-Handed Backhand in Pickleball & 9 Keys to Success If You Do."](#)

Tyler Loong – Tyler Loong, a former collegiate tennis player, is a pickleball pro that has jumped on the scene. Tyler is a pickleball lefty known for his fast feet and great movement on the pickleball courts.

Tyson McGuffin – Tyson McGuffin, a former tennis and wrestling standout, is a pickleball pro and one of the top singles players in the world. Tyson has found huge success at tournaments across the country, including at most stops along the PPA tour, as well as the USA Pickleball National Championships and the US Open Pickleball Championships.



U

Unattackable – A solid shot on the pickleball courts is one that is unattackable by your opponents. Conversely, attackable shots allow your opponents to go on the offensive and likely win the point.

Underhand Serve – Pickleball uses an underhand serve (unlike tennis, which has an overhand serve). The rules of pickleball require the serve to be hit below your waist with your paddle head in a downward position. With these basic rules in mind, there are many different options for the serve in pickleball—inside out, top spin, flat, lob, power, etc.

Unforced Error – Pickleball is a game of consistency—which player or which team can make the fewest amount of unforced errors on the pickleball court? If you can be more consistent, and reduce your unforced errors, your pickleball game will certainly skyrocket.

Unpredictable – Pickleball players generally want to be unpredictable. By being unpredictable, your opponents will not be able to anticipate your shots.

US Open Pickleball Championships – The US Open Pickleball Championships in Naples, Florida is one of the largest pickleball tournaments in the world and known to be a week-long pickleball party.

USA Pickleball – [USA Pickleball](#) (formerly known as the USAPA) is the governing body for the sport of pickleball. USA Pickleball is also the keeper of the official rules of the sport of pickleball, as well as the host of the USA Pickleball National Championships, which is one of the best and biggest pickleball tournaments in the world.

UTPR – The UTPR is the official USA Pickleball Tournament Player Rating. The UTPR is a two- or four-digit number that represents your rating or skill level in comparison to other pickleball players. UTPRs vary from 1.0 to 6.0, with 6.0 being reserved for the top pro pickleball players.



V

Victory – The team or player on the pickleball court that wins the match claims victory, which is a great feeling for any pickleball player.

Villages – The Villages is a 55+ community in Central Florida that is home to more than 50,000 people and over 200 pickleball courts. The Villages is definitely a mecca for pickleball in the United States.

Violation – Pursuant to the rules of pickleball, a violation of the rules or behavioral code of conduct on the pickleball court will likely result in a referee giving a technical warning or even a technical foul to the violating player/team.

Volley – A volley is a hit of the pickleball out of the air, before the pickleball bounces on the court. Generally speaking, there are three types of volleys on the pickleball court: (1) a block volley; (2) a punch volley; and (3) a swing volley. A block volley is a shot you will use when you do not have much reaction time and you are trying to absorb the speed or power of the pickleball. A punch volley is a shot where you may have more time or room to attack a pickleball, but you probably should not be too aggressive and overplay the pickleball. A swing volley is your put-away volley when the pickleball is clearly attackable. To learn how to perfect your volleys, and when, why and how to hit the various types of volleys, check out [Pickler's online pickleball video lessons](#).

Volunteer – Volunteers have driven the growth of the sport of pickleball. People across the world have volunteered hundreds and thousands of hours to help grow the sport. Thank you to all of the countless volunteers! The sport of pickleball would not be the same without you.



W

Wall – Some pickleball players are great defensive players and can feel as if you are playing against a wall, as these great defensive pickleball players always seem to get the pickleball back over the net.

Watch It! – A common phrase on the pickleball court when you are trying to alert your partner that the pickleball is likely sailing out of bounds. Other common phrases include “Out!,” “Let it go!” and “Bounce!.”

Weaker Opponent – One common strategy on the pickleball courts during competitive play is to target the weaker of your two opponents. Find your opponents’ weaknesses and isolate them.

Weakness – Pickleball players strive to improve their respective weaknesses, while exploiting their opponents’ respective weaknesses. Drill, drill, drill to improve your weaknesses on the pickleball court!

Western Pickleball Grip – A Western pickleball grip is one of the grips that you may find on the pickleball courts. The Western pickleball grip has its pros and cons, but is commonly known for its strong top spin that it can generate. [To learn more about grips in pickleball, check out Pickler’s pickleball blog, “3 Pickleball Grips Explained.”](#)

What’s the Score? – A common question on the pickleball court, as players are so busy having fun that they frequently forget the score!

Wheelchair Pickleball – USA Pickleball has developed rules for both standing and wheelchair pickleball players. Pickleball may be played with four standing pickleball players, four wheelchair pickleball players, or any mix of both. [To learn more about wheelchair pickleball, check out Pickler’s pickleball blog, “Wheelchair Pickleball Rules – How to Play Wheelchair Pickleball.”](#)

Wheelchair Player – A wheelchair player is a pickleball player that plays the sport of pickleball seated in a wheelchair at all times.

Wiffle Ball – A pickleball is essentially a wiffle ball or, in other words, a hollow plastic-type ball with holes in it.

Wilson – [Wilson](#), widely known as a great tennis company, is branching into pickleball with pickleball paddles and other gear that can be purchased at various retailers across the country and online.

Win – The team or player on the pickleball that reaches, as applicable, 11, 15, 21, etc. (whether winning by 2 or 1, depending on the particular format), wins the pickleball game, which is a great feeling on the pickleball court.

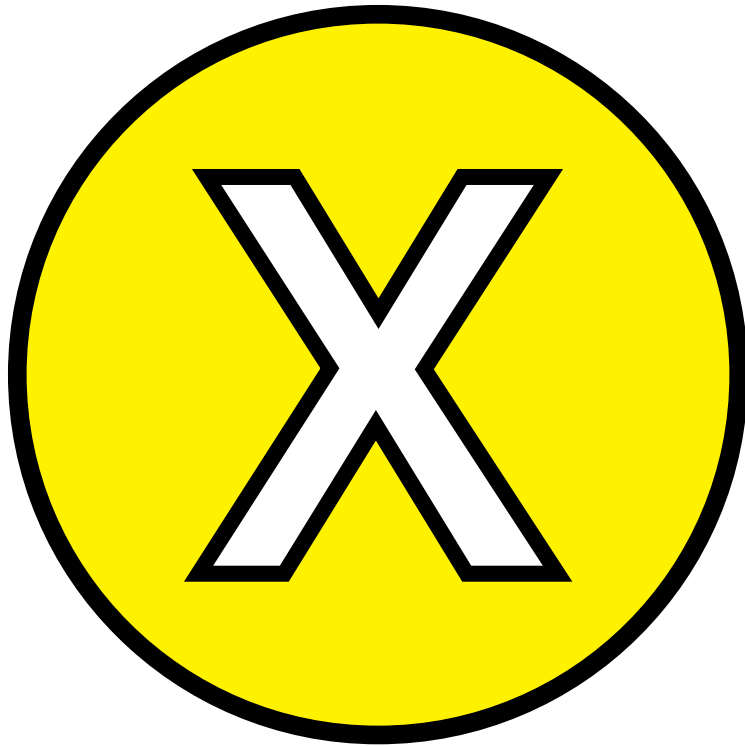
Wind – When playing pickleball outdoors, wind can certainly be a factor. Take the wind into consideration on each shot—is the wind behind your back increasing the pace on your shot, at your face stopping your shot or across the court moving your shot to either side? Each pickleball player on the pickleball court is dealing with the same wind factors, so be sure to use the wind to your advantage.

Withdrawal – A withdrawal is a request by the pickleball player or team to be removed from play. It is generally a voluntary act.

World Pickleball Day – World Pickleball Day is a day to celebrate the sport of pickleball with the objective to, according to the World Pickleball Federation, "establish pickleball as a game that is played across the world and not just North America." World Pickleball Day occurs every October 10th – **10/10/202_** – which cleverly incorporates the start of every doubles pickleball game (0-0-2). The first World Pickleball Day took place in 2020. [To learn more about World Pickleball Day, check out Pickler's pickleball blog, "What Is World Pickleball Day & Why Should It Matter to You?"](#)

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X

Xtra FUN! – If pickleball is anything, it is FUN! In fact, **Xtra FUN!**

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Y

Yellow – The most common color of the pickleball is a shade of yellow.

Yellow Zone – A dink by your opponents that is at or just above the pickleball net is in the “yellow zone.” Like a yellow light at an intersection, you have some decision making to do. You have the choice to go through the intersection or put on the brakes. The same concept applies to the “yellow zone”—you can remain in the dink or you could try to attack the dink and put the pickleball away for a winning shot.

You! – Communication is key on the pickleball courts. One common phrase used by pickleball players to communicate between partners is “YOU!” when exclaiming that your partner should hit the pickleball.



Z

Zane Navratil – Zane Navratil is a pro pickleball player that made quite a splash in 2021 with his innovative chainsaw serve, where he used the paddle to give extra spin when tossing the pickleball for the serve. His innovative play led to a change of the rules to outlaw the chainsaw serve, but not before Zane could use the serve to his advantage to take home countless doubles and singles championships.

Zero-Zero-Two – How do you start each game? You call the score as Zero-Zero-Two! In other words, the score is 0-0 and the first pickleball player to serve the pickleball is the second server. [Visit Pickler to learn why every doubles pickleball game starts with 0-0-2!](#)

Zone – There are various “zones” on the pickleball court, including the non-volley zone (also known as the kitchen), the baseline area and the transition zone (also known as no man’s land, which is the area between the non-volley zone and area near the baseline).



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LEARN TO PLAY & LOVE PICKLEBALL

Our mission at Pickler is to promote the sport of pickleball and inspire others to not only play pickleball, but also to become part of the pickleball community. Pickler promotes the community of pickleball and its great exercise, high-quality play, meaningful relationships, health and wellness benefits, and fun culture.

Pickler also strives to help pickleball players improve their game and play their best pickleball, whether it is (1) through Pickler's My Pro Pickleball Coach pickleball videos or pickleball e-books that focus on the every aspect of the sport of pickleball; or (2) by helping pickleball players look good, feel good, and play their best pickleball with Pickler's pickleball performance apparel line.

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