

# The Pickleball Quick-Start Guide

The fastest-growing sport, learned in an afternoon

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Pickleball is easy to learn, brutal to master, and ridiculously fun. You can play your first game in 20 minutes. This guide covers the rules and the one strategy beginners always miss.

## The rules in 60 seconds

- Serve underhand, diagonally, below the waist. Only the serving side scores.
- Two-bounce rule: the ball must bounce once on each side before volleys are allowed.
- Games to 11, win by 2. You can only score on your own serve.

## The kitchen (non-volley zone)

- You cannot volley (hit out of the air) while standing in the 7ft 'kitchen'.
- This is THE rule beginners break — momentum carrying you in also counts as a fault.
- Winning players get to the kitchen line and control the net.

## The one strategy that wins

- Master the 'dink' — soft shots into the opponent's kitchen that force pop-ups.
- Get to the net as a team and stay side-by-side.
- Patience beats power; let opponents make the unforced error.

## Insider glossary

**Dink** — A soft shot landing in the opponent's kitchen.

**Kitchen** — The 7ft non-volley zone at the net.

**Volley** — Hitting the ball out of the air.

**Stacking** — A positioning strategy to keep players on preferred sides.

## Starter checklist

- A paddle
- Outdoor/indoor pickleballs
- Court shoes (lateral support)
- A local court (apps map them)
- A friend or open-play session

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