Pickleball Equipment

Like any sport there are going to be lots of different options for equipment

Take a peek below to figure out what equipment would be best suited to you

BALLS

Outdoor

heavier, larger, harder, small holes, come off paddle harder and faster, more difficult to control but easier to hit hard

Indoor

lighter, softer, have large holes, comes off the paddle slower, easier to control, more difficult to hit hard

PADDLES

Material

Wood: heaviest & cheapest (not common)
Graphite: often more $$; but lighter
Composite: compromise between wood & graphite

Shape

Wide Body, Oversized, & Elongated

If you have arm/shoulder issues; choose a lighter paddle
If you can afford it, avoid a wood paddle
Choose a paddle with the right grip for you

SHOES

Good footwear gives you the traction and provides stability side to side and can lessen the chances of injury, sore feet, or blisters
Lateral stability and sole traction are important factors in the prevention of injuries
Sturdy shoes that are comfortable for you to move in and will keep you from tripping or slipping are best

CLOTHING

Wear comfortable and appropriate for weather clothing: tops and bottoms, or tennis-style dresses/skirts, hats, visor, or sweatband
Eye protection is highly recommended
Avoid cotton as it can become heavy with sweat and loose its ability to move well
Look for a moisture wicking fabric that offers sun protection if you play outdoors