

Grip Guide & Sizing Chart

Print or save – everything you need to master your pickleball grip.

Grip Types Summary

Grip	Best For
Continental	All-around play, beginners, dinks, volleys
Eastern	Forehand topspin, intermediate drives
Western	Extreme topspin forehands
Semi-Western	Aggressive baseline topspin

Grip Size Chart

Hand Measurement	Grip Size
Under 4.0"	Small (4.0")
4.0" – 4.5"	Medium (4.25")
Over 4.5"	Large (4.5"+)

Grip Pressure Quick Guide

- ✓ Dinks & soft game: light (2-3/10)
- ✓ Volleys: medium (4-5/10)
- ✓ Drives & put-aways: firm (6-7/10)
- ✓ Serves: medium-firm (5-6/10)

Overgrip Replacement Checklist

- ✓ Remove old overgrip & clean handle
- ✓ Start with tapered end at bottom
- ✓ Wrap upward with 50% overlap
- ✓ Secure with finishing tape
- ✓ Replace every 1-4 weeks