

# Netball Shoes

## Why Shoes Help

Rugby players use rugby boots, football players use football boots and Netball players should use Netball shoes.

A Netball shoe is designed to support the foot for 100% of the game; during quick movements, side-ways movements, stopping, starting, pivoting, planting, cutting and landings. A running shoe supports the foot during forward movement only. The average Netball player only moves in a forward direction for 28% of the game.

### A Netball Shoe:

- Has more durable fabrics in the upper shoe to secure the foot and provide longevity
- Allows better grip on court and the sole has more durable rubber to provide longevity
- Has a round sole edge (the wrap) to stabilise the foot and ankle. This increases reactivity in sideways movement meaning there is less likelihood of spraining an ankle.

A Netball shoe will support the foot and ankle during landings which means the knee, hips, pelvis and spine are in turn better supported.

The Netball shoe is great for any court sport, PE class, and running. If a Netball player can only afford one shoe for the season, make it a Netball shoe as it is incredibly versatile.

In this image, the Silver Fern OR the player in the black socks is playing in her Netball shoes and her feet look well supported. The Australian player OR other player is in running shoes and her foot/ankle is not supported during sideways forces.

It is also important to check the tread on Netball shoes, if it has worn down, it is time to replace them.



## Extra Support

Finally, for extra ankle support, lock your laces. See the diagram to the side or watch [this video](#) on how to do it.

