

**HOW TO BUY...**

# **NETBALL TRAINERS**

Our exclusive guide with everything you need to know about what to look for and why it matters



**Netball UK**



**Have you made the swap to netball trainers?**

**If not, why not?**

**Let's look at why you would be mad not to.**

# Why wear netball trainers?

It's an age-old question we are asked and in one way it is quite simple...

**You wouldn't wear a football boot to play tennis in, you wouldn't wear a tennis shoe to run in.**

**So why would you wear anything but a netball shoe to play netball in?**

Sounds simple doesn't it, but there are still a lot of players out there not wearing netball shoes.

Perhaps they don't understand the benefits, so to help we've put together this Buyers' Guide.

It's based on questions you ask us regularly followed by our answers to your questions, plus more helpful advice from almost 20 years of supplying netball trainers.

# Do netball shoes stop you getting injured?

While nothing can absolutely stop you from getting injured, netball trainers go a long way to preventing a lot of injuries and protecting you. This is how:

- Keeping your foot in a stable position and not splaying over the side of the trainer, particularly when you're changing direction.
- Featuring the required grip for netball surfaces.
- Having the recommended amount of cushioning, too much cushioning can make your foot unstable inside the shoe.
- Featuring rounded edges on the sole to work hand in hand with the specific movements you make while playing.

## Running Shoe



reduced risk of ankle and knee injury

instant change of direction

total control

## Netball Shoe

# What is the best brand?

The short answer to the question is any of the three brands below. Only these three brands invest in the research and development to produce trainers specific to our sport.

**Mizuno | ASICS | Gilbert**

ASICS and Mizuno lead the way technology-wise, while Gilbert continue to improve and offer great value.

You will no doubt see other brands advertised by retailers, but these retailers are simply trying to increase their sales by rebranding running or other types of trainer. To be clear Adidas and Nike do not manufacture netball trainers - if they did, we would sell them.

Or, you will find some stores re-name running trainers to netball trainers, like the ASICS Sky Elite FF. This is not a netball shoe – again if it was, we would sell it! You then have to ask yourself – is this a retailer I can trust?

# Why are netball trainers so expensive?

**Compared to other sports, netball trainers are relatively cheap - if you look at a top ASICS running shoe, they retail around £155.**

Buying netball trainers can actually save you money.

You may wonder why, but if you wear the correct trainers you will be much less likely to have to replace them as often. The soles are made for netball so won't wear as quickly as say a running shoe, which is made for running forwards in one direction.

Netball trainers have rounded edges to help prevent injury and also to prolong their life. Running shoes have hard edges and you will find the soles start to come away very quickly.

Also, netball trainers have reinforced overlays within the upper, so your toes won't start to poke through.

# Are there netball trainers specific to a position?

**In a word - no.**

Of course there are styles that players in certain positions tend to lean towards. For example, more mid-courtiers will go for the lighter performance shoes like the ASICS Professional FF or the Mizuno Wave Stealth.

Circle players, particularly GK and GS, would go for a more stable shoe like the Mizuno Wave Momentum or the ASICS Super FF.

It is all down to personal choice, you may prefer a lighter shoe that you feel is more responsive or you could go for peace of mind and favour something stable underfoot.



# Is the sizing accurate?

Yes, the sizing across all the brands we sell is accurate.

Of course, we can't guarantee a shoe will fit you, after all everyone has different shaped feet. Read the information on the trainer and the 'our opinion' tab. We will give you as much helpful information as we can, including sizing.

We have four staff members in the office who are netballers and we test all the new netball shoes with a size range from 5 through to 10 (she's a tall goal keeper that is also a current Superleague champion!).

Be wary of retailers that recommend you go up half a size, it's quite often a ploy – if the shoes are a little big, you're unlikely to return them. But remember if there's too much room you'll slide around too much and this can lead to blisters and injury.

We recommend about half an inch or a thumbnail gap at the end so you've enough but not too much room for manoeuvre. If you're not sure, ask us.

# Are there netball trainers for indoor or outdoor use?

**All the netball trainers we range are for use both indoors and outdoors.**

More about this is covered by the next question...

# What sole should you look for?

## Netball shoes have rounded edges for three main reasons:

- To assist with performance, giving you the most effective type of grip letting you twist, turn, roll, split and land with ease.
- To give you extra life out of your netball trainers, rounded edges won't wear like sharp edges of a running shoe.
- To help prevent injury, if the edges are too sharp it's quite a turn if you twist your ankle.

The best sole we have found is on the top of the range Mizuno trainers, for example the Momentum and Stealth models. Once you warm up or start playing the sole 'warms up' with you and becomes tacky. Try it, particularly indoors, you will see what we mean.

Beware of stores trying to sell you squash shoes with an indoor rubber sole. You certainly couldn't use these outside, if you ever came into contact with water or moisture you could be in danger of injury. When you consider a squash court is nowhere near the size of a netball court, indoor rubber soles can put too much force and stress through your joints.

# Is there a specific upper to look for?

**It depends what type of netball trainer you prefer...**

If you like the lighter, performance shoe then the upper will more likely be mesh, however, netball shoes have reinforced mesh uppers. Remember, running shoes won't have the required reinforced uppers.

If you prefer a stable shoe, many will have more synthetic leather in the upper, giving you maximum protection.

# What do the top players wear?

**The best players in the world can be very fussy about what they wear – and why not.**

Netball at the highest level is professional now and they want to make every effort to ensure they put out their best performance week in week out. As they are well aware, netball trainers are a key part of their performance.

If you look around all the international, Suncorp Super Netball, Vitality Netball Superleague and the ANZ Premiership teams you will rarely find anything other than a netball shoe with ASICS and Mizuno sharing the highest percentages.

**Here are some high-profile examples...**



## ASICS Professional FF

- **Caroline O'Hanlon**  
Manchester Thunder and Northern Ireland Warriors
- **Abby Tyrrell**  
Celtic Dragons
- **Liz Watson**  
Melbourne Vixens and Australian Diamonds
- **Caitlin Thwaites**  
Melbourne Vixens and Australian Diamonds
- **Caitlin Basset**  
Giants and Australian Diamonds



## ASICS Super FF

- **Laura Malcolm**  
Manchester Thunder and England Roses Vice-Captain
- **The Barbados National Netball Team**
- **The Jamaican National Netball Team**



## Mizuno Wave Momentum

- **Fran Williams**  
England & Wasps
- **Hannah Knights**  
Wasps
- **Josie Huckle**  
Wasps
- **Joyce Mvula**  
Manchester Thunder





## Mizuno Wave Stealth V

- **Liana Leota**  
Severn Stars
- **Emma Dovey**  
Manchester Thunder
- **Kathryn Turner**  
Manchester Thunder



## Gilbert Flare

- **Peace Proscovia**  
Uganda & Sunshine Coast Lightning

# Why should we trust Netball UK?



## Trust is key in the netball world.

Netball UK has been working in the netball community for 20 years.

All the staff in our office are keen netballers, so we know what you want and, yes, it's a perk of the job but we get to try all the trainers to bring you our expert opinions and reviews to help you make that decision of which netball trainer to choose.

Netballers come back to us time after time knowing they get:

- Expert advice
- Competitive prices
- Biggest choice
- Best availability
- Excellent service
- Fast Delivery

We don't do any other sports. We love netball.  
**Netball is our world.**

# Contact Us



If you have any questions or would like personal advice, just contact us and we'll be happy to help.

**Call** 0161 626 3936

**Email** [sales@netballuk.co.uk](mailto:sales@netballuk.co.uk)

**Visit us** Netball House, Pennant Street, Oldham OL1 3BS  
We're open Monday to Friday, 9am to 5pm

Keep up-to-date with the latest products and receive the best news and offers.

**We're on Twitter, Facebook & Instagram** @NetballUK

**Receive our e-newsletter** [bit.ly/NUKSignUp](http://bit.ly/NUKSignUp)

**Visit our website** [netballuk.co.uk](http://netballuk.co.uk)



**Netball UK**

For us, it's not an add on. **Netball is our world.**

[netballuk.co.uk](http://netballuk.co.uk)