



our guide to buying  
**netball trainers**



**the netball experts**



Netball UK

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**With five of the biggest brands in sport – ASICS, Nike, Adidas, Mizuno & Gilbert – offering a range of netball trainers for every person in every position on every court, we know the choice can be overwhelming.**

**Our Netball Experts are here to help.**

We're proud to be at the heart of the netball community, speaking with players, coaches, umpires and more week-in, week-out. So we know what we're talking about and we wanted to share that insight with you in this free & exclusive buyers' guide.

Plus, don't forget, if you still have questions then you can contact our expert team, including netball players and coaches from every level of our game, just email **[sales@netballuk.co.uk](mailto:sales@netballuk.co.uk)**, call us on **0161 626 3936**, or pop by and see us in Oldham at the Prince of Wales Business Park, Vulcan Street (OL1 4ER).





### Why wear Netball Trainers?

You wouldn't wear football boots for tennis or court shoes for rugby, but many netballers still wear running trainers for our sport. Often, it's because they don't realise how much difference proper netball trainers make.

Netball trainers are designed specifically for the movements of our game: landing, pivoting, stopping, and rapid changes of direction. After more than 25 years supplying netball footwear to players at every level, we know the right shoe isn't optional – it's essential.

### Which brands are best?

We stock five brands of trainers here at Netball UK:

- **ASICS** – The biggest investor in netball footwear, working closely with elite athletes including internationals and Super League players.
- **Adidas** – The newest addition to the netball-specific trainer market, and it's one of the biggest brands in global sport.
- **Mizuno** – Have made important investment in premium performance technology with durable, netball-specific soles.
- **Gilbert** – More focused on participation-level players, offering strong performance at accessible prices.
- **Nike** – Producing high quality court shoes, designed with lots of elements that make them brilliant for netball and far more suitable than simple running shoes, however it's important to be aware these are not netball-specific shoes.

### Do Netball Trainers prevent injuries?

Nothing can guarantee injury prevention, but netball trainers significantly reduce risk. They are engineered to:

- Keep the foot stable during lateral movement
- Prevent rolling off the sole edge

- Provide correct grip indoors and outdoors
- Balance cushioning (supportive, not too soft)
- Support natural netball movements with rounded sole edges

Taken together, this all protects ankles, knees, hips, and overall alignment – especially important in a sport built around repetitive landing and pivoting.

### Do Netball Trainers improve performance?

Yes – absolutely.

Testing with Mizuno and extensive ASICS research shows netball trainers:

- Improve change of direction
- Increase stability during pivots and stops
- Reduce unnecessary strain through ankles, knees, and hips
- Running or fashion trainers allow foot movement inside the shoe, slowing you down and increasing injury risk.

### Cushioning & performance technology

Top brands use advanced foams to absorb impact and return energy quickly, something that's so important in our sport in particular:

- **ASICS – FLYTEFOAM™ Propel:** Lightweight bounce and responsiveness
- **Mizuno – Enerzy NXT:** High energy return with lateral stability
- **Adidas – Boost:** Long-lasting rebound and impact absorption
- **Gilbert – Genius Foam:** Netball-specific stability and cushioning
- **Nike – Zoom Air:** Uses pressurised air and tightly stretched fibres to absorb impact and then snap back

All these technologies help you land safer, move faster, and fatigue less.





### Are Netball Trainers expensive?

Compared to other sports, no.

We're not going to pretend all the trainers are cheap, but for the technology they contain they are competitively priced and often last longer than running shoes because they're built for multidirectional movement, reinforced wear areas, and rounded edges. Running shoes break down quickly when used for netball.

### Are there position-specific Netball Trainers?

No – and that's a common myth.

Brands design shoes for movement styles, not positions. While midcourters often prefer lighter shoes and circle players may favour extra stability, movement overlaps across positions.

The best shoe depends on how you move, your comfort and stability needs, and your injury history.

Trying shoes on is always recommended. You can do that at our Netball UK Shop in Oldham, or when you order from us online you can return or exchange them within 28 days of your purchase giving you plenty of time to try them on at home before deciding whether to keep them.

### Sizing & fit

All the brands we stock are true to size. We recommend:

- About half an inch (thumbnail width) at the toe
- Avoid sizing up unnecessarily – excess space causes movement, blisters, and injury
- Our netball-playing staff test every shoe across multiple sizes to give accurate advice.

### Indoor v outdoor

The majority of the Netball Trainers in our range are suitable for both indoor and

outdoor use – but, as you would expect, using them outdoors does introduce more wear and tear so they might not last quite as long.

Look for:

- Rounded sole edges for safer turning and landing
- Durable grip that “warms up” as you play
- Avoid squash shoes or indoor-only rubber soles – they're unsafe outdoors and place excessive stress through joints.

### What do elite players wear?

At professional level, players overwhelmingly choose specialist netball trainers. Across elite leagues worldwide, the message is clear: stability, grip, and protection matter.

If the world's best players won't compromise on footwear, neither should you.

### Why trust Netball UK?

Because netball is all we do. We don't sell other sports, we're not just a retailer, we are netball experts at the heart of the netball community.

With over 25 years in the sport, every shoe is tested, and a team of netballers behind the advice, players trust us for:

- Honest expertise
- The biggest netball range in the UK
- Competitive pricing
- Exceptional service and fast delivery

### I still have questions

Ask us! We're here to help – [sales@netballuk.co.uk](mailto:sales@netballuk.co.uk) is our email address and you can call us on **0161 626 3936**.



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