



WEAR THE RIGHT SHOES

It is really important to wear the correct type of trainer for netball.

When playing netball it's important you wear the right type of trainers. Whilst fashion trainers look funky with a pair of jeans they are simply not suitable for the forces you're going to put on your ankles and feet on the netball court! Having the correct pair of trainer's leads to better joint health, improved agility, increased comfort while playing, a happier you, and a better Netball experience!

When you run, your foot makes a striking contact with the ground. Over time this repetitive striking can wear down your joints and cause pain. Shock absorbent shoes help to reduce the amount of force felt by your body, therefore reducing the impact on your joints. When you are sprinting, most of the contact tends to be made with the front end of your foot, if you run on your toes. For this reason it may be a good idea to have gel covering the front of your foot. This will also help to dissipate the shock to your body. It is also possible to run and make primary contact with your heels. To protect your heels from getting tender and your body from the shock of running, having a gel at the rear of the shoe is also a good idea.

Netball is very much a game about speed and agility. To intercept a pass, you must always be mentally and physically ahead of your opponent. Therefore you need to be able to beat your opponent down the court. In order to get the speed, as well as overall fitness and sprinting ability, it is necessary to have good traction. Traction also factors into your stopping ability, and enables you to run quickly, stop, and change directions to make cuts to open spaces. Imagine running on a wooden court in socks, and trying to build up to speed. Then stop and change direction, it doesn't end too well.

CornwallNetball has teamed up with *netballUK*. They are offering a 5%

discount to Cornwall netball players. See the link at the bottom of the website. Just add the code CORNET at the checkout. They sell several makes of netball shoe, including Asics, Gilbert, New Balance. They are all trainers that are specially designed for netball.

So remember ... Fashion trainers are a definite no-no when it comes to playing netball (or any sport for that matter). Don't buy trainers just because you like the colour or style! Make sure they are right for your feet. Trust us, your feet and ankles will thank you if you get the right shoe!!

