

Bromborough Basketball Club

An England Basketball 3 Star Club



www.bromboroughbulldogs.org.uk

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Established 1995

Buying Basketball Boots

With so many recent new starters I thought it might help to update this general article, which I first wrote in preparation for Christmas in 2002. Please don't hesitate to follow up with a chat, as this is only intended as a starter.

Basically, you get what you pay for. There are some exceptions that can be over-priced AND you don't necessarily have to pay the full price. **A basketball boot has at least three functions that ordinary trainers fail miserably to provide: lateral grip, protecting the ankles from twisting and protecting all leg joints from jarring.**

Lateral grip can be easily identified by looking at the sole. If it has circular or zig-zag patterns, it will provide some grip when moving sideways. All basketball boots and tennis boots have lateral grip.

Boot design has moved away from the idea that high-cut boots **protect the ankle**. The reverse is true. A boot that goes over the ankle restricts movement, raising the risk of Achilles damage and broken ankles. That said, a low cut basketball boot is higher than a similar tennis shoe and therefore protects against ankle injury when you plant your foot imperfectly. The boot uppers should be leather or a similar robust material. Soft uppers that can stretch provide little support in the long term. Remember, these boots will be "hammered" for one or two years, so the uppers must be durable.

Protecting joints from jarring is usually achieved by an air sole. This is essential when playing on tile, such as at Wirral Grammar School for Boys. Tennis shoes often have no air sole and air soled running shoes for road running have no lateral grip or ankle protection so should not be considered.

The other principal consideration is whether a boot carries a player's name. It is my personal opinion that you should start by considering buying an endorsed boot. This is because a player will only give their name to a boot if it is very good. They can't risk being sued (in the USA they'll sue for anything) if a child was injured as a result of wearing their boots.

In order to protect your child's feet and enhance their basketball play, the boot must fit properly. Take a pair of sports socks when you're trying them on and spend the extra £5-10 on buying several pairs of the correct thickness so the boot doesn't crease when the laces are tightened.

Finally, where to buy?

Do not buy on the internet, as you MUST try the boots on.

My personal favourite shop is the Nike shop at Cheshire Oaks Outlet Village. There you can often get boots for under £50 that originally retailed at £100+. As with all shops at Outlet Village, their stocks vary from week to week, so you may have to make more than one trip to find something good. Remember, most of what they sell was hot fashion a few months ago. There are also Adidas and Reebok shops there that have some decent basketball footwear.

There are no shops on the high street that are reliable. There have been some reports at the end of 2011 of Sports Direct and JJB selling good boots on Bromborough Retail Park, so perhaps things are changing.

North Wales League 2009-10 Under 16 Playoff Winners
Wirral League 2006-7 Under-14 Playoff Winners.
Wirral League 2005-6: Under-11 League runners up, Under-14 Playoff Winners, Under-16 play-off runners up.
Wirral Club of the Year 2005
Ellesmere Port League 2004-5: Under-11 League Winners & Play-off Champions, Under-14s League runners-up
KBH Mini-Basketball Division 1 Runners-up 2002-3 and 2003-4
Merseyside Cup Runners Up 2003-4
Commended for our Junior Development Programme, North West Sports Awards 2002
North Wales Division 3 Champions 2000-2001
Clwyd Cup Runners Up & Junior League Champions 1998-99
North Wales League 2010-11 Under 16 Playoff Winners
North Wales League 2008-9 Under 16 Champions and Playoff Winners
Merseyside Cup Runners Up 2001-2
North Wales Handicap Cup Winners 1999-2000