

Basketball shoes typically have a low pitch for better ground contact, but this can cause Achilles/calf strain

# Basketball Shoes Guide

*\*If you have an injury, seek professional advice*

## Kyrie 7



- Would contend for best on the market
- Supreme cushioning with the Air Zoom Turbo unit throughout
- Responsive and supportive design
- Avoid use on outdoor surfaces

Price: \$190      Best for: Overall  
Weight: 340g      Top: Mid

## Zoom Freak 2



- Lightweight shoe for explosive players
- Support and structure not sacrificed with weight reduction
- Zoom Air technology for cushioning and performance

Price: 170\$      Best for: Forward  
Weight: 363g      Top: Low

## Dame 7



- Give a responsive feel and facilitates balance control
- Light and agile feel without sacrificing support
- Avoid using on outdoor surfaces
- 50g heavier than predecessor

Price: \$200      Best for: Guards  
Weight: 400g      Top: Mid

## KD 13



- Dual zoom air provides comfort and responsiveness
- Best shoe for improving your vertical
- Midsole cut-outs and breathable design for weight reduction

Price: \$220      Best for: Forward  
Weight: 344g      Top: Mid

## Adidas Crazy Explosive



- Sock like TPU stability wrap upper to give a hug feel with greater stability
- Prime knit model offers high top ankle support
- Tough outsole with incredible grip and traction
- *Adidas Coll3ctiv3* is a better outdoor option

Price: Varies      Best for: Guards  
Weight: 382g      Top: High/Mid

## Embiid 1



- Specifically created for tall rebounders
- Ankle support and locks midfoot with TPU winged laces
- Bulkiness is required for increased comfort and support

Price: \$170      Best for: Centres/Big Men  
Weight: 394g      Top: Mid