

BEST SQUASH SHOES THINGS TO CONSIDER

Squash is a game of movement, and the foundation of your movement begins at your feet. Just as having good footwork and movement on the court is critical to playing winning squash, solid footwear leads to better squash and prevents injuries while playing.



SHOE TYPE



LOW-TOP

These have less support and are quicker.



MID-TOP

These have more ankle support than regular squash shoes and are heavier.



Here are a few things to consider in the process of deciding on the best squash shoes.



INJURY PREVENTION



Wearing improper shoes will not only hamper your performance but also put you at risk of injury. Proper squash shoes are designed to protect players feet by reducing friction and the risk of blisters or sprains.



GRIP



Grip is what makes you stay on your feet. In a sport like squash, you want to have a firm grip that allows you to make strong movements and sudden shifts in direction with stability. Without grip, a player could suffer serious injury (particularly the ankles).



COMFORT



Just like any other court shoes, squash shoes must be comfortable in order to give a smooth performance. Anything that causes discomfort around a certain area on your feet will affect how you play. A comfortable fit is key to get the optimal performance on court.



WEIGHT



Shoes with more cushioning can be heavier, meaning slower court movement.



CUSHIONING



Cushioning is very important as it allows player to last longer during games by providing adequate support on the player's feet. It also protects their knees and hips from the impacts that occur as they play. However, it is important that the cushioning is not too thick as the player still needs to retain their feel of the court.



DURABILITY

The durability of squash shoes will depend on the number of times per week you intend to use them, as well as the intensity you use them with.



Original sources for the published content:

<https://bosssquash.com/blog/best-squash-shoes/>

For more information visit:

www.BossSquash.com

or join us on: