



# Article Side

Basketball Shoes: Low Tops, Mid-Tops or Hi Tops by [Stuartgreen](#)

Article published on December 19th 2011 | [Shoes](#)

## What are the Important Features of Basketball shoes?

In choosing the best basketball trainers, consider the shoe cuts, material and closure systems. Basketball players must have a clear understanding on their sneakers (or trainers in British English) construction. Wearing the proper cut of trainers aids in finishing the entire game smoothly and with no sustained injury. Basketball Shoe Cuts: Hi Tops, Mid Tops and Low Tops High Top Trainers. Most of the players wear high top trainers for absolute ankle support.

They are also more stable type of shoe cuts, and they are usually laced making it more stable. An unstable and improper sneaker support may lead to injuries. For sports like basketball, high top is a must-choose especially when you've already sustained foot and ankle injury in the past. The reason why low tops are placed out by high tops is the risk for ankle twists. The basketball sport demands a lot of movements. The running, jumping and twisting can affect the joints especially the ankles. For this reason, high tops, which are above ankle shoes, stabilize and support the ankles.

Also, they provide extra padding. Mid-top Trainers. These are trainers that are designed right at the ankle level. Some players prefer mid-tops as they feel restricted wearing high top trainers. Not too high, not too low, mid-top trainers are gaining mainstream in the sport. Low top Trainers. These are light shoes that offer greater maneuverability where speed and dexterity improve on the court. The ankles are exposed; therefore, movements are not restricted. In addition, players reported that their feet do not feel hot on low-tops as they are not covered above the ankles. Hence, there is room for breathability.

Low tops are popularly used by basketball players in early days but were replaced by high tops. Low top trainers turned out to be more popular when Kobe Bryant endorsed and marketed low top sneakers in 2008. He switched from high top sneakers and sustained games without ankle injuries. More players succeeded in using low cut trainers then. Basketball Shoe: Material Basketball shoes are made from lightweight materials, which are more durable and flexible than leather-made sneakers.

## Basketball Shoes:

**Closure Systems** A good closure system is that keeps your feet secure and close during the entire game.

• Laces. They offer greater stability. They are locked in place and not apt to break up.

• Straps. These are placed in the upper arc of trainers.

• Zippers. The least choice among the closure systems.

• Velcro Straps. Good choice for children and young teens. They are defined more of style than function. High Top Trainers

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Article Keywords:  
Hi Top Trainers,basketball shoes

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