



Choosing the best Handball shoe? Easy!

The right shoe not only protects against injury but also increases performance because energy is not consumed unnecessarily but - in part - returned to the body. Therefore, when buying shoes, you should make sure that...

... the shoe fits the sport and preferably also the position played.

Each position puts different stress on the foot and different support is required. Therefore, depending on the design, some shoes work better in certain positions. Absolutely all handball field players should make sure that the shoe has a pivot point under the base joint. Especially for goalkeepers: there are shoes with heel rounding and reinforcement of the metatarsophalangeal joint specifically for the movements for goalkeepers.

... the shoe fits to the body condition.

To prevent future injuries, weight, musculature and injury history must all factor into choosing the best shoe.

... the form of the shoe considers more than purely the length.

Shoes have different lasts (shapes): The shoe size describes the length of the shoe, but width and volume are also important and must fit the foot.

... the shoe is stable in longitudinal torsion.

Stability that allows little longitudinal torsion is absolutely necessary for the rapid rotational movements in handball.

... it has a heel cap.

Support of the heel is crucial to prevent irritation in the Achilles tendon, ligaments and joints of the whole leg.

... it is laced up correctly

When lacing, always claw the toes, pull the laces from the bottom up and only then tie them. Only undo the toes after finishing tying. This gives the back of the foot the space that the nerves and blood vessels need to function undisturbed.

... the fit is more important than color and the opinions of others

Colors and design attract, but should only have an influence on the selection when the shoe type is determined and this shoe exists in different designs.

A simple **test** of the right shoe choice is when it makes a round and not a "pattering" sound when rolling off while walking and running.

During the action, e.g., during a handball game, completely relax the shoe before the start of the second half to prevent injury!

After each action (e.g., training, game,..) remove the insole from the shoe and wash it with shampoo (simply under the shower). Let it dry outside of the shoe. Every few weeks, take the whole shoe into the shower. This will maintain the sweat absorption and life of the shoe.

Also, you can come by our store - we will be happy to advise you!