

Z SISTERS PICKLEBALL



Never Wear Running Shoes

Never wear running shoes on the pickleball court. A court shoe allows lateral and multi-directions movement, unlike a running shoe which provides forward movement only. Wearing the proper footwear is one important way of avoiding a turned ankle or a fall on the pickleball (and tennis) court.

Running shoes are not designed for lateral movement. Tennis and pickleball require a lot of lateral movements, such as side-to-side shuffling and quick stops and starts. Running shoes are not designed for this type of movement and do not provide the necessary support to prevent ankle injuries.

