

10 BASKETBALL SHOES FOR FLAT FEET

Do you love basketball but can't play properly because of flat feet? Then you came to the right place. Research shows that [20-30% of people on Earth are suffering from flat feet](#). The worst part of flat feet is that not only it provides discomfort but it also gives pain as well as agony.

It is also known as fallen arch as well. It is a common problem and it can occur in childhood as well. The source of this problem is either it is inherited or it can occur due to many factors. One of the biggest cause of flat feet is the wearing of poorly-fitted shoes.

1. NIKE Air Jordan XXXII

Nike Air Jordan is an amazing shoe which will help you to stand out on the playground with both performance and style. Nike never fails to impress its customer with extraordinary designs that balance comfort and color. This is one of the best basketball shoes for flat feet because of the stability, balance, and support that are offered by its design.



Stability and Balance

If you are concerned about balance and stability on the court, then it is hard to find a better option than Nike Air Jordan XXXII. Previous XXXI lacked in offering its wearer the kind of comfort one expects in the price range but this model does the trick.

XXXII is made by Flyknit material which means that these shoes will mold effectively. This means that it will not leave space to avoid internal slippage.

Support

Another biggest advantage is support. It will support your feet especially if you have flat feet. It will make you feel as if you never had flat feet before. Not only that, but it will also provide traction as well as amazing cushioning.

Cushion

What kind of cushion-ing do you expect from a shoe? Basically, what you want is that when you apply pressure to your shoes, you will feel as if springs are compressing. This is a good thing because that means that springs are in action and working perfectly and you are able to leap up and get down without causing damage to your foot muscles.

Pros

- Available in many colors
- Provides good ankle support as well as protection
- Contains best traction pattern
- Provides flexibility
- Lightweight

Cons

- Lack of ventilation
- Heat and moisture can make your feet uncomfortable while playing

Buyer's Review

Many people were pretty much satisfied with the shoe. Overall, people were appreciating the comfort of the shoe.

Few people encountered size problem. They feel as if what they order size is different and doesn't fit. Another problem people face is moisture. Because of the lack of ventilation in the design, some people do not find it comfortable to wear for long hours.

2. NIKE The Air Overplay IX

Air Overplay IX doesn't only look amazing but also provides many features which will aid flat footed individuals who are looking for a good basketball shoe. The air overplays IX is one of the most stylish and comfortable shoes, available in either dark black or wolf grey. This lightweight model allows the arch and ankle support needed to perform better at basketball, especially if you have flat feet.



Support

Air overplay IX provides amazing support which feels great. Not to forget, it provides arch and ankle support, which is why it makes its way in our list. Not only that, it uses Nike Air technology as an encapsulated heel. Air Overplay IX technology comes with exceptional support. It is capable of supporting your feet for hours and even has ventilation which means you don't need to change your shoes frequently. This means that it will provide you comfort throughout the game.

Ventilation

It is necessary that shoes should have ventilation holes so that air can pass through. It is very important because it will have an impact on your foot. Air overplay IX is made up of breathable material. In other words, if you are playing on a wet field or grass then say thanks to the breathable material, it will provide your feet protection. That means your socks won't get wet easily, and that is a very good thing especially during the game.

Lightweight

Not to forget that the shoe is lightweight to increase your efficiency throughout the game. Another point to be noted is that they come with perfect size which means that it will surely fit, as long as you choose the right size.

Pros

- You can insert custom orthotics
- Pure rubber outsole

- Breathable midfoot support

Cons

- Very hard to find
- Expensive

Buyers Review

Many buyers appreciated quality. They also feel that the price was reasonable. Buyers also love the style of the shoes and very few or none complained about the size. The shoes proved to be comfortable especially for flat feet people. There were few buyers who also recommended other shoes such as Adidas, Puma and many more. The sole padding's thin layer can be removed and you can add your own custom orthotics to get maximum comfort.

3. Champion Overtime

Are you looking for good basketball shoes for flat feet but don't have enough budget for a high-end brand? Then say hello to Champion Overtime. You won't believe that just for 30\$ you will be getting many features that are needed in a good pair of shoes. This is suitable for flat feet because of the comfort it provides to the ankles and mid arches of the feet.



Comfort

It might not have sophisticated technology that you can find in Nike but yet it still provides comfort. You must be thinking that the quality will be low then you are wrong. It provides maximum comfort as well as solid stability too.

Ventilation

That's not all, Champion also provides ventilation as well. Thanks to the padded insoles as well as a mesh lining, ventilation is possible to avoid moisture.

Support

Champion also provides freedom of movement and fair stretch too. This will help people who are suffering from flat feet problems. You can also add your own custom-molded foot pad as well.

Pros

- Very affordable
- Provides amazing features
- Easily available

Cons

- Not as durable as it seems
- It can irritate your skin if you have sensitive skin
- Wearing of socks is necessary to protect your feet

Buyer's Review

The buyer reviews were somewhere between good and bad. Many buyers appreciated the quality of boots. The most loving part was that they last long. If you use your shoes roughly then you won't get a better option than this shoe. Some people found that it irritates the skin. To protect the skin, people need to wear socks. Few buyers even didn't like the design.

4. ASICS GEL-Spotlyte Retro

Asics Gel-spotted basketball shoes are one of the oldest shoes available in the market. The appearance is a bit chunky with a retro exterior. This pair of shoe was first launched in 1992. It is still available today with some advancement. This is a classic choice for people with flat feet who are looking for shoes for athletics, because of its ankle support.



Comfortable

Not only that look sturdy but at the same time, they are comfortable. The padded tongue and the collar went through redesigning to make sure that you get enough protection on the ground.

Support

Don't just assume that they are very old so therefore they are a good choice. Asics Gel-spotted also provides amazing support for ankles. It proves to provide a high amount of support to flat feet.

If you are looking for high support, then don't get thick insoles because the tongue padding itself is very thought which means not enough room will be left.

Cushion

The best part of this shoe is the soft microfiber lining as well as the high-quality cushion insole. They will make you feel as if you are wearing really comfortable socks. In other words, it will make you forget that you have flat feet.

Pro

- High-quality cushion

Cons

- Lack of space for toes
- There is a chance that the shoes might not fit

Buyer's Review

The buyer's review was mostly positive. Mostly were happy because of its cushiony ankle. The cushiony ankle helps the people, who have flat feet, and make their game effective. Few buyers complain that it was too narrow. The remaining were happy with it because it was comfortable as well as supportive.

5. AND1 Men's Downtown

The reason behind the popularity of AND1 Downtown is because they are lightweight. They are very easy to put on as well as take-off too. Don't like eclectic colors then no need to worry, AND1 Downtown comes in black-white color pattern.



Support

Unfortunately, they don't provide extraordinary support for the ankles instead there is a strap that can help your flat feet by supporting it.

Upper Construction

The amazing part of AND1 Downtown is the upper construction, It is soft and not to forget breathable which means that it has a great ventilation system. Thanks to the amazing ventilation system, you can play for hours without worrying about the moisture.

Pros

- You can add your own custom foot-padding
- They are quite tight, warm and cozy

Cons

- Have a turbulent past

Buyer's Review

The buyer reviews were mostly positive. The best thing they found is that it provides excellent support, especially to people with flat feet. Few people complain that it doesn't fit and few also mention that quality wasn't good enough.

6. NIKE Zoom Evidence

While designing Zoom Evidence, Nike designers didn't leave any chance for criticism. They didn't want to compromise the performance so that's why they strip off the bulk as well as the weight from Zoom Evidence, leaving behind a lightweight shoe that focuses on comfort. They also added a cushion which is very responsive so far.



Design

The design is pretty much clean and simple and because of that, it makes Zoom Evidence suitable for everyday wear and also for competitive play as well. It also comes in several colors including Silver, polarized blue, black, white and bright crimson.

Performance

Thanks to the Pylon midsole, Zoom Evidence offers a responsive and stable feel. That's not all, it also helps in sudden movements and also absorbs the impact from landing.

Support

It also supports flat feet too. The main feature of this shoe is the amazing high-top collar that fits around the ankle which provides the support to your feet. Another amazing part is the heel pad which reduces the chances of slippage. The flywire cables also provide anatomical support which shoots up your performance at court.

Pros

- Pure rubber sole
- Foam heel pad which helps cushion the heel
- Provides stable ride

Cons

- The quality isn't good as expected

Buyer's Review

The reviews range from good to neutral. What was noticeable is that they were very comfortable and many people love that part. Besides that, some people also love style. However, some people were upset with the sizes and felt that the right sizes did not give them enough support.

7. Under Armour Torch Fade

Another amazing light-weighted shoe that is guaranteed to provide you complete comfort because of its molded foam heel as well as high-quality toe cap. These shoes will wrap around Achilles tendon and ankles to ensure support and stability.



Material

You might think that material is cheap but don't let the look change your mind, after all never judge a book by its cover. The synthetic leather is durable and also pleasant to wear.

Cushion

The cushion not only absorbs impact but also give enough response while playing. It also gives a boost in your game and you can play hours without changing your shoes.

Stability

If you have flat feet then don't worry, Torch Fade are designed in such a way that it will keep your ankles from rolling. Not only that, it will provide you the stability guaranteed to win your heart.

Pros

- Extreme durable
- 100% pure leather

Cons

- It sometimes lacks room for wide feet people

Buyer's Reviews

Most reviews were positive. Buyers love the design and they were very comfortable as well. They even fit properly too. The issue was that sometimes it doesn't fit. Few buyers think that it was cheaply made.

8. Adidas Performance Crazy Bounce

This shoe is another good model for flat-footed people who have a passion for basketball. It has an outstanding cushion that helps the heel as well as ankles. Thanks to the elastic technology that brings back the energy. Now when you will jump, you will feel as if you are bouncing all over.



Friction

The court provides excellent friction that can be worn both indoors and outdoors too. If you are the type of player with a thing for high bounces then it's your lucky day. The reason is that the TPU plate on the midfoot will decrease the chances of slipping so that you can bounce high as often as you desire.

Support & Stability

In order to provide ultimate support, the laces of the shoe have boot construction claps. It will cover from the ankle to the heel and will provide stability. It is specially designed for flat feet people to make their game effective.

Pros

- Available in many colors
- Excellent traction
- Cushioning

Cons

- Heavy shoes

Buyer's Review

The ratings range from good to not so good, which means it is a person to person experience. Many buyers love the shoes because of the extra cushioning as well as strong support too. Some also appreciated the performance too. Few people complained that they are very tight while the others didn't like the quality of shoes.

9. Under Armour Team Drive 4

Do you know why Team Drive 4 is on this list? Because of its ClutchFit technology, full-length Micro G foam layers and lastly charged cushioning. Another feature is the CFD which is one of the best features that people look for in sports footwear. Why is this good for flat footed people looking for basketball shoes? Read on below to find out:



Micro G Foam Layers

The reason why it is praiseworthy is that it is because it first appeared on the market. Not only it is durable and dense but it is also responsive too.

Control & Grip

One of the best features is the court control and grip. The herringbone traction pattern is made from 100% rubber and the external heel counter gives you extra support on the court.

3D Shank

There is also 3D shank that is wrapped up around sidewalls. It should help you by giving extra stability.

Pros

- The lace loops are durable
- The upper textile is very light in weight
- Good ventilation system
- Comfortable

Cons

- The 3D shank didn't provide much stability

Buyer's Review

Many people love these shoes. They love the quality and it also fits perfectly. They also reported that it was comfortable and gives great support as well. Few complained that the shoe-lace strap breaks easily while other few experiences sweating after an hour, due to its ventilation.

10. NIKE Kobe Mamba Instinct

Last but not least, Kobe Mamba is also considered as one of the best shoes for people with flat feet. If you are a court player than you will surely adore it because of its comfort, durability as well as ankle supports. Not to forget that these shoes are pretty stylish and will look more gorgeous in your jeans or shorts.



Colors

There are many varieties in color. The most popular color choices are the black, red and University Red/Bright Crimson/Anthracite/Black.

Flyweave Technology

Flyweave technology is the next-generation technology. It allows them to be more supportive and also breathable. The TPU yarn also improves durability as well as stability.

Quick Directional Changes

One of the reasons for making Kobe Mamba is the quick directional changes. This allows Kobe to Mamba more natural movement on the playground. The combination of Flyweave and Lunarlon midsole provides Kobe Mamba instincts.

Inner Slipping

The inner slipping was decreased. The reason is the internal bootie constriction. The internal bootie constriction assures of one-to-one fit and at the same moment, it also makes your feet comfortable.

Pros

- Responsive and stable
- Multidirectional grip
- Make your movement natural

Cons

- Sometimes it gets too tight

Buyer's Review

The reviews are pretty much mixed. The positive reviews appreciated the support. The moderate reviews reported that they are very narrow. A couple of the buyers also complain about the insoles were very thick. The lowest rating reported that they got too much tight and they never feel comfortable as well.

There is no such thing as a perfect pair of shoe for everybody, but that doesn't mean that there can't be a perfect shoe for you. There are many shoes out there which will amaze you. Every shoe has its advantages as well as disadvantages too. If we go through the list, they have many unique features but in the end, it is your decision. Mostly you find that they have exceptional stability and support which will help you during your game especially if you have flat feet.

Product	Comfort	Balance/Stability	Ventilation	Lightweight
1.NIKE Air Jordan XXXII	No	Yes	No	Yes
2.NIKE The Air Overplay IX	Yes	Yes	Yes	Yes
3.Champion Overtime	No	Yes	Yes	Yes
4.ASICS GEL- Spotlyte Retro	Yes	Yes	No	Yes
5.AND1 Men's Downtown	Yes	Yes	Yes	Yes
6.NIKE Zoom Evidence	Yes	Yes	Yes	Yes

7.Under Armour Torch Fade	Yes	Yes	Yes	Yes
8.Adidas Performance Crazy Bounce	Yes	Yes	Yes	Yes
9.Under Armour Team Drive 4	Yes	Yes	Yes	Yes
10.Nike Kobe Mamba Instinct	Yes	Yes	Yes	Yes