

Basketball Evaluation Sheet

Shoe Brand _____ Shoe Style _____

1. Toe box width

This earns a letter designation only. No points for this shoe characteristic.

Does the shoe come in one width? If so, then "M".

Does the shoe come in more than one width? If so, then "W".

Does the shoe come in different heights at the heel? If so, then "L" for low-top, "M" for $\frac{3}{4}$ or mid-top, and "H" for high-top shoes.

2. Last

This earns a letter classification. C= Curved; SC=Semicurved; S=Straight

3. Insole

Normal (5) Extra cushioned (10)

4. Forefoot flexibility (easy flexibility is "preferred")

Diminished (0) Adequate (5) Preferred (10)

5. Midfoot Sagittal Stability (maximal is "preferred")

Minimal (0) Mild (5) Moderate (10) Maximal (15)

6. Midfoot Frontal Stability (limited "twisting" or torque is considered "Maximal")

Minimal (0) Mild (5) Moderate (10) Maximal (15)

7. Midsole heel cushion beyond or different from EVA. (yes or no)

Non-device (0) Device (5)

8. External Ankle Stability. (yes or no) Does the shoe have any further external stability reinforcements like an ankle strap?

No device (0) Device (5)

9. Heel counter (based on lateral squeeze test)

Regular (0) Firm (5)

10. Outsole surface area

Normal (0) Wide (5)

Total point possible: 70 maximum vs 5 minimum

Maximum Motion Control = 55-70

Moderate Motion Control =45-55

Mild Motion Control / Stability Shoe = 25-45

Neutral or Cushioned=0-25