

Optimum Kicks & Gear Guide, March 2025, Vol. 1.



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Introduction- I always envisioned a comprehensive shoe guide that comprehensively covers a wide range of shoe types, saving people the time and hassle of searching the internet and sneaker stores for the best shoes currently available. I created Optimum Kicks based on my knowledge, reviews from others, and the wearability of these shoes. I made the Optimum shoe guide so that everyone can find a single source for all different types of shoes. The guide goes over the best shoes for pickleball/tennis, basketball, golf, running, food handling, business shoes, nurses and doctors, and recovery shoes. I also go over the best zero-drop and flat-footed shoes. Not only do I cover shoes, but I also cover the best shoelaces, performance socks, insoles, and compressions/braces out on the market right now. I also highlight my favorite pickleball paddles, overgrips, and pickleball paddle setups. I hope you enjoy it, and I hope your feet enjoy it at some point!

Disclaimer - I'm not a doctor or a professional foot expert. This shoe guide is my opinion based on my experience with wearability, comfort, and reviews. I'm not sponsored by any of these companies.



The Best Pickleball/Tennis Shoes on the Market Right Now

Diadora Blue Shield Torneo 3 (The best shoe for stability and shock absorption). I think this is the best tennis/pickleball shoe on the market. Diadora continually comes out with great-looking shoes. Not only are they one of the sportiest shoes on the market, but they are also one of the best for stability. The Diadora Blue Shield Torneo 3 has a reinforced heel support for extra stability. The Torneo 3 comes with an upgraded insole that, in my opinion, is a high-quality insole. The blue shield in the Torneo 3 is a state-of-the-art design that makes sure your feet do not have uneven foot placement and makes it into a more balanced run. Check out the Diadora 3 at tenniswarehouse.com; you won't regret it.



Asics Gel Resolution 9 (The Most Comfortable) The gel is amazing for harmful shock absorption to the knees and feet, and the outside support Dynawall shanks support heavy impact and Shock Absorption. These are one of, if not the best, shoes on the market for foot pain and shock absorption. You can find these on Amazon for about \$130.00 at the moment.



Selkirk Court Strike Pro (the best pickleball brand signature shoe line out on the market right now). Great for side-to-side and all-pickleball movement. The best part: these shoes have a 6-month sole warranty, so if the shoe's outsoles rip up quickly where you could see the midsole, you can send them back!! Amazing service by Selkirk. You can pick them up on pickleballcentral.com, selkirk.com, or at the get2eleven shop at Bobby Riggs in Encinitas.



Babolat Jet Mach 3 (The best for quickness) You can find these on Amazon for about \$115-130. This is a classic shoe and has been around for a couple of years and is still mass-produced due to the high demand. The Babolat Mach 3 also has a Michelin outsole tread, which is a company that makes high-quality car tires. Many people have told me they think these shoes are the best for sliding on the hard court. They also have a clay court version, and I think it's one of the best shoes out there for clay courts.



K-Swiss Ultra Shot 4 (The best/most comfortable K-Swiss shoe on the market)—The molded carbon fiber winglet gives extra energy return during cutting moves. The shoe is fantastic for **breathability** and great for summer days ahead.



Mizuno Wave Enforce Tour 1 and 2 (Great for Foot Pain Support) - If you didn't know Mizuno made great hard-court shoes, now you do. Mizuno has been killing it—The Tour 1 is a great shoe for plantar fasciitis and Achilles issues. This shoe has a high-heel ball drop—I do like the Mizuno Wave Enforce Tour 1 better than the Mizuno Wave Enforce

Tour 2, but the 2 model is still freaking sweet. You can buy these on Tennis Warehouse or Amazon for around Tour 1—\$100-130—Tour 2 around \$130-150.



Nike Vapor Cage 4 They have a sale on Nike.com for this shoe for a little over \$100. This shoe has been around for a couple of years, and Nike still makes it because it's high in demand—this shoe is highly reviewed and loved by many. Rafa Nadal helped inspire it. The containment in this shoe is great, and it has a great heel cushion as well. I think this shoe has a lot better support and comfortability than the new Vapor Pro Nike tennis shoes.



Honorable Mentions -

Adidas Barricade 13 - Great for lateral stability and comfort. The Clay Court Version is exceptional.

K-Swiss Hypercourt Supreme 2—You can find these on Amazon for around \$90 at the moment. (The best Affordable Tennis Shoe)

Nike GP Challenger Pro - Great lateral movement support—you can find these on Nike.com for less than \$100.

Diadem Court Burst—Very comfortable. I love the high heel cushion for extra support. You can get these at Bobby Riggs in Encinitas or Get2eleven.com.

Mizuno Wave Enforce Tour 2—Great durability and a fun and agile shoe to play in. This shoe is great for a first quick step, and after they are broken in, they have amazing containment and are great for foot pain.

Skechers Viper Court 2.0—I know a lot of people love Skechers, but I believe there are a lot better hard court shoes on the market. You can find the Mizuno Wave Enforce 1 for a little bit cheaper, and I believe it is the better choice.

Honorable Mentions: Part 2 Strictly Hard Court Tennis Shoes

ASIC FF3—Novak Djokovic signature shoe

Lacoste AGLT23 Ultra (Fantastic Hard Court Tennis Shoe)

The Best Basketball Shoes That Work for Pickleball and Tennis.

I love the support of basketball shoes, and they are great for stability on hard courts.

Way of Wade All City 12—**(My personal favorite and what I use)** They're fantastic for basketball and pickleball with great support, and the Achilles support is elite in them. The guards on the sides of the shoe are perfect for pickleball side-to-side movement.

www.wayofwade.com



New Balance Two Wxy v5 - Fantastic shoe—great on different surfaces. You can find these at Dick's Sporting Goods.



Anta Kai Speed 1 –Great for speed and agility—get it at Dick's Sporting Goods or Anta for around \$120.



361 Big 3 5.0 Quick Pro -The outsole tread on these is incredible. You get fantastic grip and explosive first-step ability. - 361sport.com



Adidas Dame Certified 3 - You can find these on Amazon for less than \$80 and on the Adidas website.



The Best Strictly Indoor Basketball Shoes

Harden 9 -(My Favorite) Adidas reigns supreme in the basketball world at the moment. I'm a huge Nike fan, but there is no doubt Adidas Basketball is ahead of the game. The Harden 9 is like having a shield on your feet. The protection and stability you get from these is out of this world. You can currently get these on adidas.com or Dick's Sporting Goods.



Way of Wade All City 13 - (The Best Sneaker Technology) The Way of Wade collection continues to amaze me. The durability and support you get from these shoes are out of this world. The material that Way of Wade uses is revolutionary. You can find these shoes on the Way of Wade website.

www.wayofwade.com



Nike LeBron 22 - (The Best Shoe for Big Men)

The Lebron 22 is a beast of a shoe. This shoe has great lockdown and support. Nike killed it with this one, and they needed it desperately to catch up this year. The Air Zoom unit in the heel is great for shock absorption and heel pain. You can find these on Nike.com and Dick's Sporting Goods. They will be going on sale soon.



Anta Kai 1 speed (the best shoe for shifty guards)—a Kyrie Irving-inspired shoe. Very quick and responsive shoe that is meant for quick cuts and crossovers. You can find these shoes on Anta's website or Dick's Sporting Goods.



Sabrina 2 - (The best male/female shoe) Nike nailed it with this one. The technology in this shoe went back to Nike's roots and reminded me of the older Nike basketball shoes that everyone loved so much. You can find these shoes on Nike.com. Wait for them to go on discount.



Way of Wade Ultra 4 - If you love a thick foam plush feeling under your feet, then this is the shoe for you. These shoes have a high stack foam, and once broken in, give you a plush feel on the court. You can find these shoes on the Way of Wade website.

www.wayofwade.com



Honorable Mention

Curry Fox 1—What a great first shoe for the Fox line! Any type of guard should really look into these for their explosiveness and quickness. You can find these shoes on Under Armour's website.

Puma All Pro Nitro - Top of the Line from Puma—Comfortability and the tread on these are elite. You can find these shoes on Puma.com and Dick's Sporting Goods.

The best outdoor/indoor basketball shoes

Way of Wade All City 12 - One of my favorite shoes on the planet—the support that you get from this shoe is elite. The tongue and heel cushion are comfortable, and the shoe is very breathable.

- www.wayofwade.com



New Balance Two Wxy v5 - New Balance continues to lead the way with Comfortable Foam. This is a great versatile shoe and was an amazing follow-up from the v4. You can find these at Dick's Sporting Goods. I would wait a couple of weeks; these will go on sale as the v4 did.

**361 - big 3 5.0 Quick Pro - (Best Upcoming Basketball Shoe Company)**

) The tread on these shoes is one of the best on the market—quick and lightweight. Once these shoes are broken in, they will give you a ton of support. Find them at 361sport.com.

**Eqlz 360** - This shoe has great containment and is perfect for a big center or power forward for stability and coming down easy from a rebound. The 360 was designed by legendary Nike designer Aaron Cooper. You can find these at WWW.EQLZ.COM.

Honorable mention -

Dame Certified 3 (Affordable Shoe) - You can find these on Amazon for less than \$80

Anta Zap 1 -Quick shoe and very responsive. You can find this shoe on Anta's website.

The best running/comfortable shoes

Asics Gel Nimbus 27 The best max cushioned shoe of the year so far

- Max Cushion—Neutral Shoe. Buy at Road Runner Sports or Dick's Sporting Goods. This shoe is great for long runs or even doing some errands.



Nike Zoom Fly 6 Max Cushion - Neutral shoe and max cushion - This is my favorite Nike running shoe on the market. It's so versatile you can use them in many different types of situations. Find these at Nike.com or Road Runner Sports.



Brooks Ghost 16 - Mid-Level Cushion - Neutral Shoes

The Brooks Ghost 16 has been roaring with high praise. The nitrogen-infused midsole is some next-level technology that helps make the cushioning responsive. This shoe is feather light, coming in at 9.5 ounces. Even though this shoe is light, it still gives great support and comfortability that Brooks has been revolutionizing for many years. This shoe was the highest-rated shoe across many sites.



Hoka Bondi 9 - Max Cushion—Neutral Shoe: Buy at Dick's Sporting Goods or Road Runner Sports. The Hoka Bondi 9 is a great shoe for all your needs and comes in many different colors for men and women. I'm a big fan of the breathability of this shoe.



Saucony Peregrine 15 GTX (The best all-terrain/hiking shoes) These shoes are absolute beasts and can withstand the hardest of bad weather. The Peregrine 15 GTX has neutral cushioning. The Peregrine 15 GTX has 5mm lugs for the best traction

possible. The Peregrine 15 GTX is great to withstand rain with the Gore-Tex technology on the shoe and has a built-in forefoot rock guard for added protection. You can find these at [Roadrunnersports.com](https://www.roadrunnersports.com).



Honorable Mention

Brooks Glycerin GTS 22 - Max Cushion—Neutral Shoe—Buy at Dicks or Road Runner Sports. Brooks is continuing to reign supreme in the running shoe game.

Saucony Endorphin Speed 4 - Max Cushion—Neutral shoe The first time I put on Saucony shoes, I was blown away. They are the underdog in the game but continually raise the bar and put pressure on the other big running shoe brands.

Nike Pegasus 41- Mid-level Cushioned - Neutral Shoes

On Cloud Monster 2 - Max Cushioned - Neutral Shoes

Asics gel cumulus 27- Mid-Level Cushioned - Neutral Shoes

On Cloud surfer 2- Max level cushioned - Neutral Shoes

I have yet to try the Nike Vomero 18 as of March 2025 but would be very curious how it compares.

The Best Flat Foot Shoe

Brooks Beast GTS 24- Good for flat feet max cushion—This is the best shoe for people with flat feet; you will be amazed at the comfort. I have had many flat-foot friends tell me these are the best.

You can buy these at Road Runner Sports or Dick's Sporting Goods.



The Best Zero Drop Shoes

Xero Prio Training Shoe—This is a zero-drop shoe and is great for building ankle and foot stability. If you're not used to a zero-drop shoe, just wear it around for a couple of minutes a day to strengthen your ankles and feet. You can find these shoes at RoadRunner Sports or www.xeroshoes.com.



Flux Footwear - The Adapt Runner is very comfortable and a great option for a zero-drop shoe. They're very breathable and great for working out. The insole of the shoe gives you a massage-like feature. You can find these shoes at Fluxfootwear.com. (picture on next page)



The Best Golf Shoe Brands

Municipal - (My favorite new and upcoming golf company) A Mark Wahlberg-inspired company. Their golf shoes are made out of high-level material, are very stylish, and are great for in the rain. Example of shoe Sports Cross ATG Shoes—Municipal.com



Ecco - Ecco has continually come out with stylish and great support golf shoes. Check Ecco out at us.ecco.com and Amazon. Example of Shoe Ecco Biom Hybrid 4 Gore-tex.



Nike/Jordan - You can't beat the stylish look of Nikes, and also a great way to get Air Max technology or Air Zoom support while golfing—Shoe Example: Nike Air Max 90 Golf.



Puma - Puma Has been killing it in the golf shoe world. Shoe Example—Electrocat Nitro PumaGolf.com



G Fore -They are making some cool top-of-the-line golf shoes. They use premium material, and the shoe has great playability and breathability.

—Example Shoe: G Fore MG4x2.

www.gfore.com



Honorable Mention

FootJoy - A classic, but I believe they aren't the gold standard anymore. Example of shoe: Foot joy Hyperflex (great golf shoe for people who want spikes).

The Best Recovery Shoes

Stand Plus Anti Grav 2 - Fantastic recovery shoe. If you are a nurse or a doctor, you need these shoes ASAP. These have anti-slip outsole material and give top-tier support for long work shifts.

www.standshoes.com



Anta Bubble Slides — (My Favorite Slides on the Market) This slide uses the same technology used in basketball shoes. The bubble has arch support and is anti-slip. The bubble fits snugly on your feet, giving you great support. The Bubble is on sale right now for half off for \$22.50



Xenon XEN - (Best for Lockdown Support) One of the most popular foot doctors from YouTube, @FootDoctorZach, helped create these. These do have a break-in period, but once you break them in, the strap will have lockdown support and comfortability—find it at Xenonpaddle.com.



Oofos Original Sports Thong Sandals - I love the Oofos Thong Sandals—great for letting the feet breathe after competition and after a swim.



Crocs Echo - Best Croc for comfortability The built in-rubber insole is fantastic, and the upgraded tread and strap are a great add-on. You can buy these on Amazon.



Honorable Mention

Adidas Yeezy Foam Runner - Highly comfortable and can walk many miles in them.

Kanes - great support and comfortability

Hoka Ora Slide - Great Slide to put on after a hard fought pickleball battle to help your feet recover

Olukai Ohana (BEST Standard Flip Flop)

The Best Business Dress/Casual Shoes on Amazon for Comfortability

Cole Haan 2 Zerogrand Laser Wingtip Oxford



The Cole Haan shoe line reigns supreme in the business world; if you walk into a big sales floor somewhere, you will see many of the agents wearing Cole Haan. I believe it is the best brand for breathability and comfort while still looking business-appropriate.

Cole Haan original grand short wing Oxford



Orthocomfoot Leather dress shoes



Skechers Garza Gervin Slip in



Dr Martens 2976 Nappa soft Leather Chelsea Boots -The soft leather breaks in quickly, and after the break-in period, these are very easy to stand in all day.



Honorable Mention

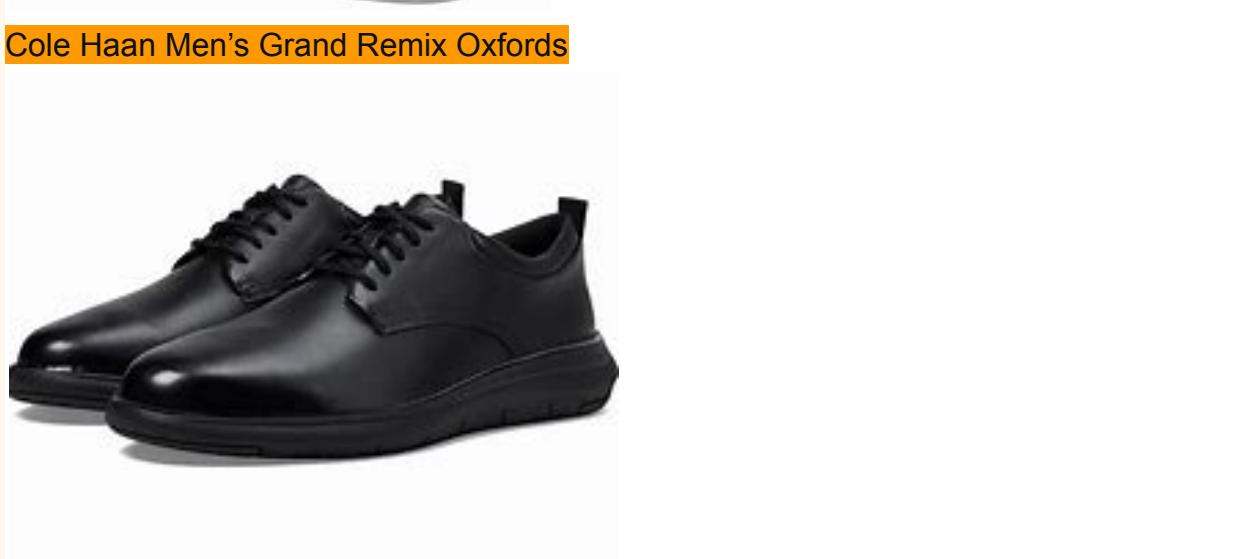
ECCO Men's S Lite Hybrid Brogue Oxford



Cole Haan Zero grand Stitchlite wing Oxford



Cole Haan Men's Grand Remix Oxfords



Hoka Bondi SR



The Best Shoes for Nurses and Doctors If you can pull off the Stand Plus Anti Grav 2 or the Hoka Bondi SR, it's a game-changer. Anti-slip Skechers like the slip-in Work D'lux

Walker SR-Ugina would be the most affordable option. All these shoes I recommended are slip resistant.



The Best Shoes for Bartenders and Food Handlers

Dr Martens, Stand Plus Anti Grav 2, Hoka Bondi SR, and the Skecher slip in Work D'lux Walker SR-Ugina



The Best Over-the-Counter Insoles

Move Insoles - (My Go-To Insoles) The Game Day Pro is elite. Pro NBA player Damian Lillard endorses this brand. They also have the Move All Day Insoles for casual wear. If ordered off their website, you can get 20% off for the first insole by signing up for emails.



Powerstep Bridge - Order off Powerstep website. Shout out @footdoctorzach from YouTube for the PROMO CODE: footdoctorzach15.



Road to Pro thin heel pads - You don't even know they're there, but they give you more shock absorption and comfort; they go under the heel of the insoles. These are made out of sorbothane material technology. You can find these on Amazon for \$20.00.



FP Insoles - Amazing technology Nasa Grade Material Best for Walking or Standing All Day



Superfeet - All-Purpose High Arch Insoles. These are the most widely available insoles; many different sporting goods stores carry these, and they are great for the price.



The Best Braces and Compression Sleeves

Incredilife - Can find on Amazon or use their website to get 20% off the first order. Incredilife increases blood flow & speed to bring more oxygen & nutrients for healing. Incredilife's tech (backed by scientific research) offers knee sleeves, ankle braces, elbow sleeves, and more to relieve pain, prevent injury, & quicken recovery.



Shock Doctor is a great, affordable option for braces and sleeves. You can find Shock Doctor on Amazon or at www.shockdoctor.com.



Dynamic Tape | Biomechanical Adhesive Tape | Physio Tape for Knee, Ankle, Shoulder, Leg, Muscle Support | Sports Tape for Football, Rugby, and More—long-lasting and comes in a small protected case. I believe this tape holds its firmness and stickiness longer than the original K tape and is more customizable than the precut strips. Find on Amazon.



The Best Shoelaces

There are many YouTube videos on the different lace patterns you can do to help get different secure fits for your shoes. The Runners knot is a great lace setup that helps with heel slippage. Check out a video on a runner's knot. This type of knot is perfect for sports.

Bubble Laces—You can find these types of laces on Amazon. The small bubbles help the shoelaces stay tight and not loosen, which helps with a secure fit for sports.

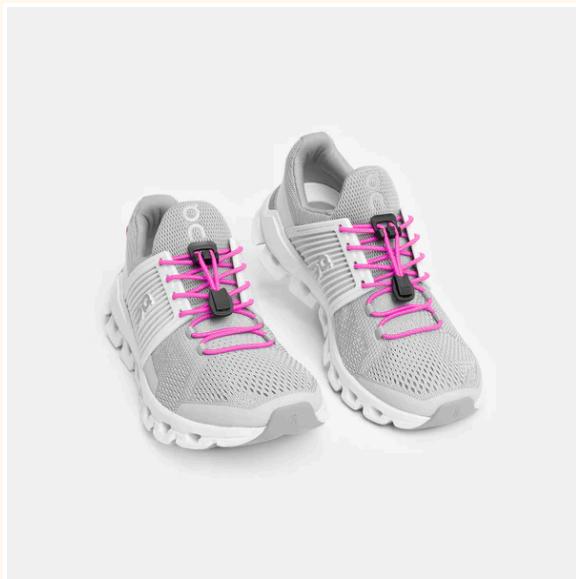


Delete Round Wave Shape Non Slip Laces - Great for runners' knots.

You can find both laces on Amazon. How many lace eyelets your shoes have determines how long the laces need to be. There are many tutorials on YouTube about this.



Xpand quick-release reflective laces—Make any shoe a slip-on or make it tight for competition. The shoelaces release tension with a quick pull. The Xpand quick-release laces have high-visibility reflective detailing, keeping you safe in low-light situations. xpandlaces.com or [amazon](https://www.amazon.com).



The Best Performance Socks -

Most of these socks are available in low cuts.

Road to Pro socks - This is a sock that doesn't allow your feet to slip around in your shoes and helps prevent blisters and jammed toenails. Road to Pro is an awesome company and has some great items on their website that help with pain from tennis. RTPtennis.com



Dillz Socks - Local Encinitas Company! The best socks around the grip on the bottom are very breathable, give great support, and are very affordable for a high-performance sock that doesn't allow your feet to slip around and helps prevent blisters and jammed toenails. Their website is Dillz.Shop, or if you play at Bobby Riggs in Encinitas, you can find them there too.





Lasso Socks - One of the best compression Socks for Ankle support and compression.
Buy on Amazon search Lasso Socks



Adidas AlphaSkin Hydroshield - Great for people with sweaty feet. Best sweat-absorbing socks



Men's CEP Ortho+ Achilles Support Short Socks- Best socks on the market for Achilles support—You can find these at Road Runner Sports. They're expensive, but they have brace-like features and two gel pads keeping the Achilles stable.
. Your Achilles will thank you later.



Solinco Heaven Sock (Best Affordable Sports Sock) You can't go wrong with these for any sports. You can get these at tenniswarehouse.com.



My Favorite Pickleball Paddles and the Best App to Find Pickle Games on

Avoura Rhapsody 13 - Use Promo Code: **PHIL10**—If you buy online at their website, you can try the paddle out for 30 days; if you don't like it, you can send it back for a full refund. One of the best paddles for elbow pain relief and the biggest sweet spot in pickleball. Nasa Grade Material—Best of all, this paddle is locally made in Encinitas in

the great US of A!!!! Avourapickleball.com. Pick this paddle up at get2eleven at Bobby Riggs Encinitas.



RELOAD Paddle - Use Promo Code: **PHIL10** for a discount—Great for durability and comes with a lifetime warranty for core crushing and extra grit sheets to change your paddle surface. www.Reloadpaddle.com or Pick this paddle up at get2eleven at Bobby Riggs Encinitas.



11SIX24 Paddles - The Best Paddle Under \$100

Use Promo Code- **Phil10** for a discount. The Jelly Bean Hurache X has everything in it that a high-end \$200-plus paddle has. You can get this paddle for 89.99, making it one of the most affordable paddles on the market. The Jelly Bean Hurache x has an option for a 16 or 14 mm paddle. The handle of the paddle is 6 inches long, perfect for double backhands. The paddle material is high quality. 2 layers of raw T700 carbon fiber and a layer of fiberglass. It has an average weight of 8.0 oz and is great for power or control. This is the best bang for your buck paddle for only \$89.99.



Main Court Pickleball Match Finder App

Are you having a hard time finding pickleball games and courts to play on? Say no more! The best way to find games in the San Diego area would be with the app Main Court. Main court has a smooth operation system where you can find coaches, open plays, locations, and tournaments all in one place. I wanted to highlight the main court app due to the joy and the people I have met over the years because of this wonderful app. This company is on the rise and will continue growing and will soon be the go-to

app to find games in the United States. Check it out and download it on the app store, and see you on the courts!



The Best Pickleball/Tennis Overgrips

I have tried over 30 different overgrip brands and styles over the last 2 years, and I have learned a white color grip is the best option because many believe white overgrips retain their tackiness better due to less dye affecting the grip material. If the overgrip is colored, it may wear down quicker due to the dye. With a white overgrip, you can also see when the grip is visually dirty and when it needs to be changed with other grip colors; it may be harder to tell. The one I liked the most for pickleball was the [Joola](#)

Feel-Tec Premium Polyurethane synthetic overgrips. This overgrip is perfect for a soft feel and a tacky surface. I'm a big fan of how Joola packages this grip in a roll of 4 grips, and it's easy to pull an overgrip from the roll. Most companies fold up their overgrips, and then it gets bent and stuffed down the abyss of a pickleball bag with a roll shape. It's easy to store and grab an overgrip quicker with the roll shape.



My favorite tennis overgrip setup is the Tourna genuine leather grip that helps with durability overwrapped with the Yonex Super Grap Polyurethane overgrip. Multiple-time Grand Slam winner Novak Djokovic uses leather grips on his tennis racquets. Yonex rules king in the tennis overgrip universe. The grip is soft and has a tacky surface and absorbs sweat incredibly well. I noticed this overgrip lasted a lot longer than the other dozens I've tried. By the way, both of these grips come in the roll shape.





Honorable Mention: [Tourna Grip XL](#) and [Tourna Grip Pickleball](#). The quantity you get of these overgrips for the price is incredible. Tourna grips are made out of silicone and other high-grade materials, and its iconic light blue color has been killing the game for years, and a ton of pros play with this grip, and most people like it because it gets tackier the sweatier you get to help keep a firm grip on the racquet. During the summer on hot days, this grip is the best to use for excessive sweat. The Grip also comes in the roll shape.





The Best Lead Tape: **Tourna Lead Tape Roll**—Great Way to Customize the Racket or Paddle and Put the Tape in Different Spots for Power or Stability. This comes in a roll shape and can be cut into many shapes and sizes.





Breeze lead tape kit— I love how Breeze made a kit that includes everything you need for the setup of a paddle in one kit: edge guards, overwrap bands, and pre-cut lead tape strips.



Outro My email: phillipbaq58@yahoo.com For any questions, help with picking shoes, or wanting to chat, my inbox is always open. I would also love to hear any recommendations for products out on the market that you think should be on this guide. I also have coupons and know the best places to get the items in this guide, so contact me if you're thinking of buying a certain pair of shoes or gear from this guide.



THANK YOU!

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