I have always wondered how high I can jump when wearing Jordans vs Crocs. I plan on testing my crocs and Jordans. Three topics I researched for my project are: Do Jordans actually make you jump higher, do crocs make you jump higher, and does it matter what types of shoes they are to make you jump higher.

Do Jordans make me jump higher? According to 10+ Best Basketball Shoes 2025 they say “Jordans 11, Jordans 12, Jordans, 13, and Jordans 14 are good performers of the signature line. So, in my research, Jordans are good for playing basketball”. This is important because according to USA basketball Jordans increase the speed which makes you jump higher. According to my research “the Jordans won’t make you jump higher but will make you jump more efficiently by providing support and stability, giving you more traction to the court, and giving you more force application which basically means you can generate more lift.

Can crocs make you jump higher? According to some Tiktok basketball influencers they say: “Using Crocs for dunking is a no-go. Don’t use Crocs for dunking on gravel because if you use it on gravel, you have a higher chance for tearing your ankle.”. According to my research it says “Using Crocs for high input sports is not what they have been made for and are inappropriate shoe wear for sports”. Some influencers say (who are on social media platforms such as Tiktok YouTube and Reddit) “in order to dunk with Crocs you would need VKTRY insoles which makes you jump higher.”

Does it matter what types of shoes they are to make you jump higher? Based on the information from the website Research Gate it states that it matters for sports what type of shoe you wear. Does it make you jump higher? This is important because If you want to jump higher than you should probably get that type of shoe that makes you jump really high. According to sports illustrated “Yes shoe choice can matter for jump and performance. How shoe features can affect jump height is by having less weight, having shoes that fit well, having shoes with stability, and having shoes with specialized technology. There are also some techniques to also make you jump higher such as training and with training you focus on your lower body which makes an effective way to increase your vertical jump. According to yeezy It definitely does matter what type of shoe you wear. Because the right pair of shoes can have cushioning, support and traction to have a great impact on the results.

Three facts learned are that it does matter what type of shoe you were to have a cause of jumping higher. It is not safe to dunk or play basketball in crocs. Shoe choice can matter for jump and performance, and better comfort and safety. This is important for my project because I don't want to get injured by the poor shoe production and bad comfort of the shoe. Also, people shouldn't wear crocs while people are playing basketball.

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