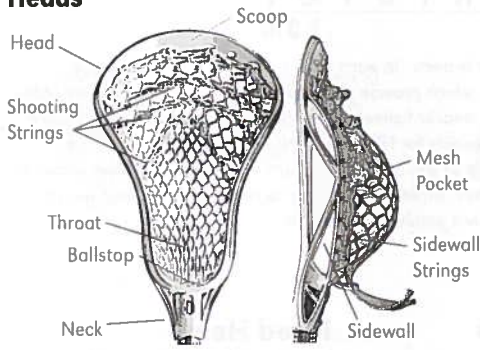


Lacrosse Equipment 101

Heads



Lacrosse heads are one of the most varied pieces of equipment. There are over 100 different models on the market today. The heads are made of a polymer and have many different features. For the beginning player, the most important factor is the mesh. A beginner should have soft mesh or a quality strung hard mesh pocket and they should use a low-to-mid priced head. After playing a couple of years, they can move up to more specialized heads and to stiffer / harder mesh which will give them more control with passing, catching, and shooting.

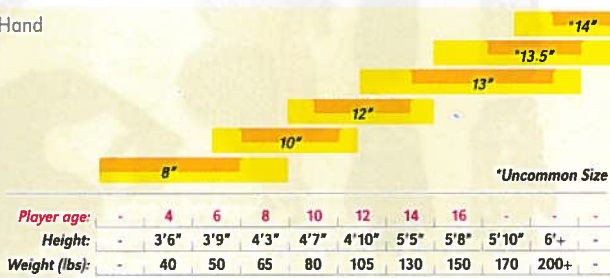
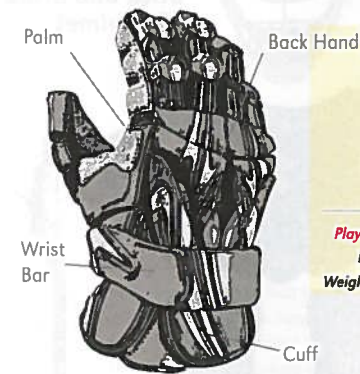
Shafts



Lacrosse shafts come in a variety of colors, shapes and textures. Like most high-end sports equipment, you are paying for higher strength and/or less weight. Shafts are made from either a metal or a composite material. Entry level aluminum shafts are light but weak. Metal alloy shafts are a mix of aluminum and other compounds to make the shaft stronger and/or lighter. Composite shafts may be strong and light but frequently are brittle. Titanium shafts are the strongest but also are heavier than both metal alloy and composite shafts.

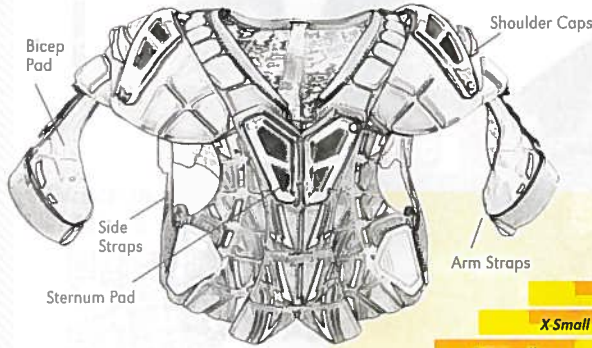
Shaft Lengths: **A** 30" **D** 60" **G** 40"

Gloves



Lacrosse gloves are a very important piece of equipment. For kids just starting out, the lower-price gloves are fine, to see if they really like the game or not. If they stick with it, upgrading the gloves is a great investment. The higher-end gloves offer more protection, flexibility, durability, and comfort, which leads to better play. There really is a difference between \$50 and \$150 gloves... it's not just color and flash.

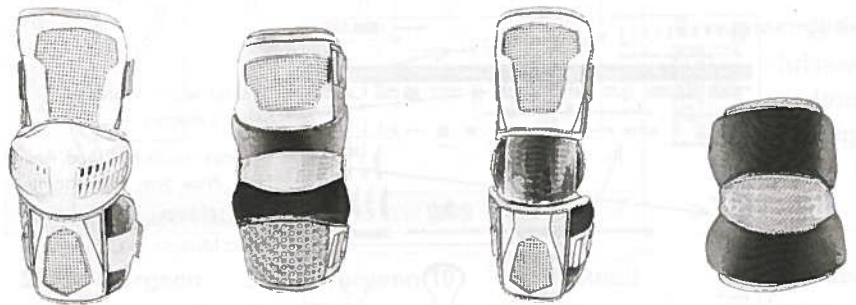
Shoulder Pads



Lacrosse shoulder pads vary in coverage and protection. Some players, such as defenders, want the pads to be as light and minimal as possible. Other players, such as aggressive attackmen, want as much protection as possible. Pads with more protection will be longer in the arms and will go down further on the chest and back.

Arm Protection

There is a large variety of arm protection on the market. Each is designed to balance protection and mobility. Some players want a lot of protection and are willing to have a bit less comfort and mobility; others want to have minimal protection so they can have maximum mobility and comfort. There are 4 basic designs pictured below.



Arm Guard (AG) Features:

- Elbow cap is usually external to the pad for more protection
- Longer upper arm protection than pads
- All-around pad for ANY position

Arm Pad (AP) Features:

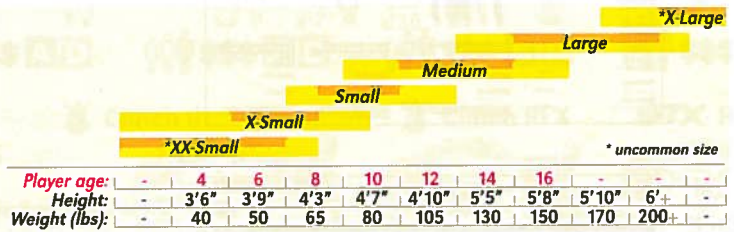
- Easy slide on and off
- Popular with beginners

Elbow Guard (EG) Features:

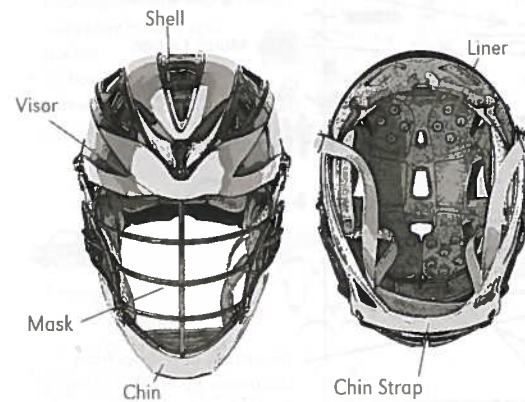
- Full enclosure (often called three-piece barrel design)
- The MOST protection for arm and elbow
- For attack and aggressive midfielders

Elbow Pad (EP) Features:

- Easy slide on and off
- Minimal coverage and protection
- Popular with defensemen who like minimal coverage



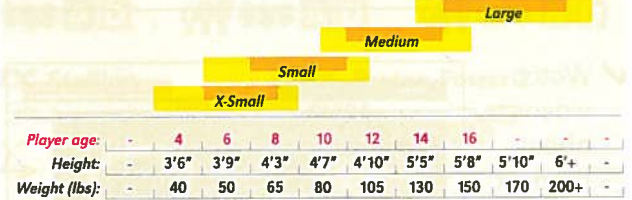
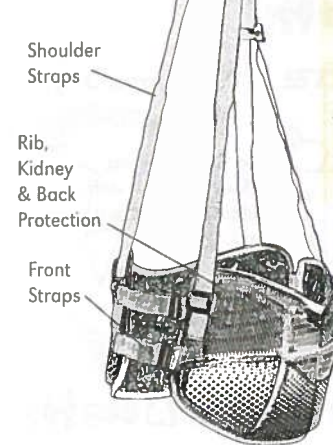
Helmets



Lacrosse helmets are one of the most expensive and important pieces of equipment. They are made of a plastic shell with an impact-absorbing liner and a metal facemask. Many helmets are custom made to order, so you can select the shell, visor, and chin colors at no additional charge.

For proper sizing, measure the circumference of the head. Start mid-forehead and go around the largest area of the skull. For helmets with size options, the measurements are included on the product page at SportStop.com.

Rib Pads



Rib pads are optional in most areas of the country, but are becoming required in more and more communities. If your player is especially sensitive in the rib area or if they are an exceptionally aggressive player, you may want to add this protection.