



## How To Fit Soccer Products

Soccer is one of today's youths most popular sports. Below are fitting tips for the key soccer products.

### Determining the Right Size Soccer Ball

The first step in purchasing a soccer ball is determining the proper size for your age group. Many soccer leagues have different size requirements, so be sure to check with your coach to find out which is the proper size. Soccer balls come in three different sizes that range from size 3 to size 5. You need to have the right size ball based on you age group.

#### Size 3

- Size 3 balls are the smallest balls and are generally used for children under the age of 8.

#### Size 4

- Size 4 balls are used for players between the ages of 8-12.

#### Size 5

- This is the international standard match ball for all ages 13 and older, including all adult play.

## How To Buy Soccer Shin Guards

Every player participating in an organized soccer game is required to wear shin guards. Referees will not allow you to play without them. They offer excellent protection from serious leg injuries. There are many different styles from which to choose based on your position, age, and style of play.

### Determining the Right Size Shin Guard

It is important that your shin guards fit you properly, ensuring sufficient protection and comfort

- Shin guards should cover most of the area from your ankle to your knee.
- Measure your shin from just below where the knee bends to about 1 inch above your shoe top. This is the proper length of your shin guard.
- Some manufacturers label their shin guard sizes according to age.
- Senior (or large) shin guards are generally designed for players taller than 5'4".
- Junior (or medium) guards are designed for players shorter than 5'4".

### Additional Fitting Tips

#### Player/Position – Consider the position being played when selecting your shin guards:

- Young soccer players should choose a fiberglass shin guard that offers superior protection and is lighter weight than other materials.
- Defensemen prefer a heavier, more protective shin guard.
- Midfielders need a combination of protection and lighter weight.
- Forwards look for a lighter weight shin guard and should also look for one with superior ankle protection.
- Some more expensive shin guards can be molded and custom designed to fit your leg.
- Ankle protectors are also very important especially in youth soccer.
  - Many shin guards include padded ankle protectors that attach to the bottom of the guard.
  - These protect the ankles and Achilles Tendon against direct kicks, but are soft and flexible enough to not interfere with movement.
  - Ankle protectors are strongly recommended for players ages 12 and under.
- Closures
  - Most shin guards come with hook-and-loop, Velcro-type straps that wrap around the back of the leg for adjustable closure.
  - Others have no closures and are designed to simply be worn inside the sock.

## How To Buy Soccer Cleats

Soccer is a game that is primarily played with your feet; therefore it is a critical piece of your soccer equipment. A good pair of cleats is essential to your game. You will need to have a specific soccer style cleat to play the game of soccer. **Baseball and Football cleats are not permitted for play on soccer fields.** Make sure the cleats you are purchasing are soccer cleats.

### Determining Your Size

#### Fitting Tips

- Soccer shoes are sized like regular shoes, but most are designed with a narrower upper than typical sneakers to allow for better feel and control of the ball.
- High-quality leather shoes will generally stretch a bit when worn. They will actually mold to the shape of your foot, so they should fit snugly when new.
- Shoes that are too small are one of the major causes of foot pain and problems with athletic footwear; however soccer cleats should naturally fit more snugly than other athletic shoes because of their design.

#### Determining your shoe size

- Determining your proper shoe size is essential to a comfortable fit
- Don't assume your shoe size is the same as it has always been. The shape of your feet changes over time.
- Different manufactures have slight variations in their sizing. Make sure you try on the cleats with the socks you will wear in a game. Walk around and make sure they fit.