

## Equipment Recommendations



U13/12/11/10

**Helmets:** At this age we are looking for additional impact protection and protective features and custom sizing.

- Cascade CPV, CPV-R (U12/11/10)
- Cascade CPX, CPX-R (U13/12)
- Cascade CLH2
- STX Stallion 100 (U11/10), STX Stallion 500 (U13/12)
- Warrior Regulator

**Gloves:** Once we get to U11 players are starting to get their stick control so protection of wrists and shorter cuffs become a player preference. Hits do become harder so additional protection to the top of hands and fingers may be desired for protection from stick checks as players age.

**Shoulder Pads:** Body checks are phased in at the U10 level and the amount of body contact will increase up to the U15 level. Shoulder protection becomes more important than protection from missed passes as we increase in age and ability. Again, don't go overboard, most pads work just fine and the amount of protection is entirely dependent upon the player wearing the pads.

**Elbow Pads:** As players specialize in positions shorter defensive player arm pads may be desired for defensive players and longer pads for attacks and midedy's.

**Rib Pads:** Still recommended for all players. A used set works fine. Stick checks to the gut can hurt and a little extra protection here makes playing lacrosse much more fun.

**Protective Cup:** Look for comfort while running. Think soccer type running. We have seen boys slide them in their underwear but this almost always fails. A jock or undershorts with pocket to hold the cup in place is recommended.

**Mouthguard:** Inexpensive and replaceable is important. Buy several and keep extras in your gear bag. Cannot play without one. It's the law!

**Shoes:** Many games will be played on artificial turf. Cleats are not necessary but as the players get faster and cut harder, cleats may be desired for natural turf fields.

**Stick:** There are many different schools of thought on stick heads and no one is right for every player. At this age, for experienced players we recommend consulting a coach or visiting a local lacrosse specialty store for advice and custom stringing. TAMA Lacrosse is one such store who can help you choose a stick/head/pocket combination that best suits your needs.