

Equipment Recommendations



U9/8/7

Helmets: Cascade CS helmets are designed for players under 12 years of age. Lighter weight is easier on weak necks and smaller sizes ensure a good, tight fit. At this age the helmet is used primarily for protection from swinging sticks.

- Cascade CS, CS-R
- STX Stallion 100

Gloves: One of the most important pieces of equipment for beginners. Look for extra protection for those small hands and wrists. An extended cuff to protect the wrists from swinging sticks is valuable at this age. Also look for additional thumb protection if available. Don't go overboard though! Gloves can be expensive. You will get one to two seasons out of the first pair. Most beginner level gloves should work fine.

Shoulder Pads: Body checks are not allowed at the U9 and below level so protection is primarily needed from swinging sticks that hit the upper arms, and chest protection from missed balls when catching. Also look for a fit up around the neck to prevent sticks and balls from getting in between the helmet and shoulder pads. Again, don't go overboard. Any entry level pair of pads will probably work just fine.

Elbow Pads: Look for extra protection at this age. Longer "attack" style arm pads are recommended. Move to smaller, shorter defensive player arm pads as player progresses and begins to specialize in a position.

Rib Pads: Highly recommended for new and younger 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. Comfort is the most important feature at the U9 level.

Stick: There are many different schools of thought on stick heads and no one is right for every player. At the beginner level cradling is going to be the hardest skill to master and for that reason we recommend a tight neck and a deep pocket, yet with a flatter, wider mouth for easier scooping.