

Lacrosse Stick Buying Guide for Parents

Best Starter Stick

A good, affordable starter stick is **The Original Junior**, which costs **\$60**. This is a great bang-for-your-buck option for new players.

Not Recommended Sticks (*These are the “tennis rackets stick” or will likely need to be restrung after one season*)

Avoid these brands:

1. Epoch – The worst of the worst.
2. Brine
3. Maverik
4. Nike
5. Under Armor

Trusted Brands (*Durable and reliable options*)

Recommended brands:

1. **Gait** – The best of the best (Google Gary Gait). Not necessary to be a great player!
2. **ECD Lacrosse** – Long-lasting stringing. Best for full mesh stringing.
3. **STX**
4. **StringKing**

Note: STX has proprietary 10-degree heads/shafts—these heads can **only** fit on STX 10-degree shafts.

Understanding Lacrosse Pockets (Heads)

Think of lacrosse pockets like a new pair of heels.

When you first get them, they might feel uncomfortable and give you blisters, but after a few wears, they break in and mold to your feet. However, some shoes never mold properly and always give you blisters—lacrosse pockets can be the same way.

What you want: The ball should settle in one specific spot—the apex of the head. Ideally, after a few practices, the pocket will mold to this sweet spot. When you place the stick face down and horizontal, you should see the imprint of the ball in the pocket.

What you don't want: If a pocket never molds to the ball, it's called a "tennis racket stick", meaning the ball bounces around instead of sitting in the pocket.

Worn-Out Pocket Comparison: Just like a favorite pair of shoes that eventually fall apart, lacrosse pockets wear out over time.

Restringing a Stick

Good news: You don't have to buy a whole new stick when the pocket wears out—you can restring it!

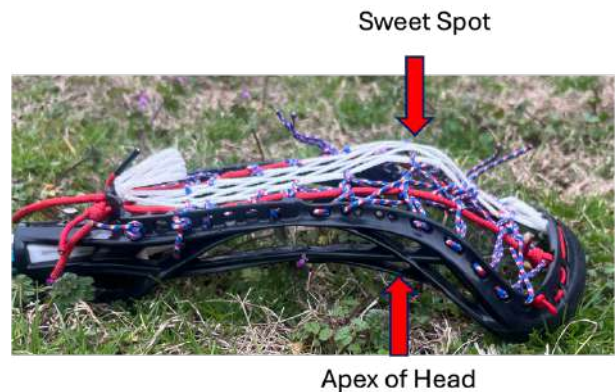
Restringing Cost: \$60-\$100 (locally, depending on materials).

How long pockets last:

- Sticks bought at local sporting goods stores will typically need restringing within 1-2 years.
- A general rule: Full sticks under \$100 will need to be restrung after a season or two.
- Avoid full mesh sticks under \$100—they're typically **tennis rackets** that can't be broken in properly.

Signs a pocket needs restringing:

- If the ball **keeps popping out** when the player is catching, the pocket likely needs to be restrung.



Not Mesh Stringing



Mesh Stringing

