

TIPS FOR BUYING SOCCER SHOES

...what your parents didn't know

1

MOST EXPENSIVE DOESN'T MEAN THE BEST

The \$150+ shoes are designed for pros who have their shoes replaced often, which can mean low durability. A drop down in price range will get you quality performance, longer lasting durability, and more money in your bank account.

2

WATCH FOR SAVINGS

Get a teammate when the pre-season buy 1 get 1 discounted deals come out. Watch for deep discounts on older models when a new boot is scheduled to be released.

<http://bit.ly/cleatcalendar> is a great resource.

3

ALL SHOES ARE CREATED EQUAL

The top manufacturers concur, women's and men's shoes are made the same. Make sure to order about 1.5 down in size (if you're a size 9 women's, then a 7.5 in men's).

4

KNOW YOUR GROUND

The bottoms of those beautiful shoes are designed for the type of playing surface you're on.

Firm ground (natural grass, dry, not much rain, standard cleats).

Soft ground (grass with the dirt softened by regular rain, wet, muddy, cleat penetrates the dirt, usually longer cleats).

Hard ground (hard compact dirt, grass is worn away, short rubber cleats).

Artificial turf (often the same as hard ground, many shorter cleats evenly distributed,

Indoor/Futsal (courts, gymnasiums, hard rubber bottoms, no cleats).

5

UPPERS

Learn about the upper part of the shoe as it affects comfort, fit, and ball control.

You want a snug fit. Your toes should be close to the end tip of the shoe without touching, about a pinky's width between shoe and toes. There are, in general, two types of material, though there are many differences for each manufacturer.

Leather (soft, pliable, expands with the foot, fantastic touch and control, comes from cow or kangaroo - so do your research if you have animal ethics concerns.

Synthetic (usually lighter and more durable, doesn't stretch out like leather).