

Selecting a Stick for Girls Lacrosse

Unsure of what to buy? Overwhelmed by options? Girls and boys play with different sticks. Here's a quick guide on how to choose the best stick for your player.

- (1) Sticks are expensive. Players should be able to use them for 3-5 years before outgrowing in size or talent. Since the head of the stick and shaft can easily separate, consider buying a shaft that will last and replacing the head or pocket stringing as the player matures.
 - a. Shaft –
 - i. Length: have the player hold the stick at the intersection of the head/shaft. The end of the shaft ("butt") should extend 2 to 3" past the player's armpit. Most aluminum shafts can be cut with a work saw to the appropriate length. Here's a [YouTube video from Lacrosse.com](#) to help visual the appropriate size.
 - ii. Thickness: shafts have a "feel". Men's sticks tend to have a thicker shaft compared to women's/girl's. The stick should fit comfortably in the hands of the player and rotate smoothly when cradling..
 - b. Heads – are generally the same size. Heads for youth or new players will have a more open face compared to advanced sticks that are narrower or channeled.
 - c. Pocket or Stringing - the stringing of the pocket is what really makes the stick feel great. We recommend buying a head that is pre-strung and uses one of two types of stringing:
 - i. Parallel shooting strings – these are two plastic strings that run the length of the head. These strings help guide the ball out of the head when passing or shooting.
 - ii. Mesh V pocket - this pocket has the shape of an upside-down "U", which forms the pocket. This shape is meant to keep the ball precisely in the sweet spot when cradling.



Option i - Shooting Strings

Option ii - Mesh V Pocket

- (2) If you want to shop in person or local, check out Sling It in San Rafael or Burlingame. Dick's Sporting Goods and Sports Basement will provide options for purchase; yet, not the most tailored of equipment. The best way to choose a stick is to play with it (safely) in the store.
- (3) These days, everything can be bought online. We recommend these websites that offer the top brands:
- a. Lacrosse Unlimited, [link](#).
 - b. Lacrosse Monkey, [link](#).
 - c. Universal Lacrosse, [link](#).
 - d. STX, [link](#).

Some websites may have sales and we suggest doing diligence before buying any stick that is "on sale". There's a reason these are offered at a discount. Trust us, cheaper is not necessarily better.

Summary of options:

| | PRICE | |
|--------------|-------------------------------|--|
| Skill Level | \$\$ | \$\$\$\$ |
| Beginner | STX Exult 200 | StringKing Starter Jr. |
| Intermediate | TRUE Raven | STX Fortress 700 |
| Advanced | Nike Lunar 2 | Brine Edge Pro+ Carbon |



From one of our head coaches, Matt,

"1) Avoid the super cheap sticks even for beginners, but you don't need to go high-end either, especially if you opt for a better pocket after a couple years.

2) Get correct shaft length and replace as they grow

3) Once you get to more competitive levels (thinking about clubs/travel tournaments / 5th-6th grade) the expensive sticks are actually worth the money."

Any questions, feel free to email admin@riptide.com and we'll help you out!