

# Soccer Shoe Selection

The information on soccer shoes below by Soccer-Game-Information.com are provided to help you make better informed decisions when you are looking for soccer cleats.

Soccer shoes come with varying sizes of cleats on the bottom of the shoe for different playing conditions. These variations allow players to get better traction on the playing surface.



There are 3 main types of outdoor soccer shoes.

FG (firm ground) style contains a good array of cleats around the edges of the footwear and a few in the middle area for good foot support. These type of soccer shoes are the most commonly worn and they work well for most field surfaces.

You can't go wrong with a pair of firm ground soccer shoes.

SG (soft ground) style has the least amount of cleats on the bottom of the footwear and only a bare minimum in the middle for foot support. The general purpose of these soccer shoes are for playing on slick surfaces (i.e. mud, rain)

The reason there are so few cleats/studs is so that mud and grass won't get trapped on the bottom of the footwear and make the soccer shoes become heavy.

HG (hard ground) style contains the most cleats of soccer footwear. These soccer cleats are shorter and give the best foot support of the three outdoor soccer shoes. They are often called turfs and are primarily used for some artificial playing surfaces.

Many referees prefer to use the HG style of soccer shoes.

A good majority of youth soccer players own two pairs of soccer shoes. One pair is the indoor and the other is usually a firm ground shoe. The reason for the FG style is because it gives the best overall rating for traction and foot support.

# 10 SOCCER SHOE TIPS

- 1.** If you are just looking for a single pair of soccer shoes, then look at getting FG style of footwear or soccer cleats.
- 2.** Cleats should have a firm fit, with less than a finger's width of space between the toes and the tip of the soccer shoes. Older and more serious players want the closest fitting shoes to their foot size for better control and touch on the ball.
- 3.** If you purchase a soccer shoe with quality kangaroo leather, remember that it will stretch after it is worn and will mold to the shape of the feet.
- 4.** Don't purchase larger soccer cleats thinking they will last for years for youth soccer players. The extra room in the tips of the shoes will probably cause blisters.
- 5.** Look to purchase your soccer shoes well in advance of the season. Give them time to be worked into the shape of your foot.
- 6.** Soccer specialty stores are usually well stocked before the season starts. Look at catalogue and online retailers for specials before settling on the local sporting goods store.
- 7.** Most catalogue and online retailers carry the best quality soccer shoes available.
- 8.** Soccer cleats for both boys and girls are labelled as Youth size. Teenage girls should look at the female versions (Women's sized) before selecting a Men's sized shoe even though they carry the widest range of selections.
- 9.** If your purchasing for kids that only play in recreational leagues and might only participate in one tournament a year, then save your money and buy a synthetic upper soccer shoe. These cleats are usually less expensive and are perfect for young children.
- 10.** Take care of your soccer footwear. To keep the quality kangaroo leathered soccer shoes soft and long-lasting, stuff when not using to help them maintain their shape. Let shoes dry naturally and do not use artificial heat.

Information provided by:

www. <http://www.soccer-game-information.com/soccer-shoes.html>