

BUYING FOOTBALL BOOTS FOR YOUR CHILD

Plus Pro Boot Tips!



- SURFACES
- TYPE OF BOOT
- FASTENINGS
- SIZES
- SAFETY
- BOOT CARE
- PRO BOOT TIPS

Surfaces

Football is played on many types of surface but the most common are:

Grass

- Dry, Firm – Best suits: Moulded Stud Boots, Astro turf Trainers or Football Trainers
- Wet, Soft – Best suits: Moulded Stud Boots or Metal Stud Boots
- Very Wet, Muddy – Best suits: Full Stud Boots

Astro turf

- 3G Rubber Crumb Astro turf - Best suits: Moulded Stud Boots, Astro turf or Football Trainers
- Sand or Water based Astro turf - Best suits: Astro turf or Football Trainers

Concrete

- Astro turf or Football Trainers

Sports Hall

- Astro turf or Football Trainers

Types of Boot

- **Football Trainers** - Trainers that are designed for football with a flat rubber sole
- **Astro turf Trainers** - Trainers that have a full sole of small rubber dimples for increased grip
- **Moulded Stud Boots** - Football boots that have a number of fixed rubber or rubber-tipped studs
- **Metal/Plastic Stud Boots** - Football boots that have a a number of changeable metal or plastic studs
- **Plastic Blades Boots** - Football boots that have a number of fixed, long plastic blade like fittings

Fastenings

- **Laces** - Secured by shoelaces which are tied, good for tight fit but can come undone and not easy for young children to fasten themselves
- **Velcro** - Secured by velcro fastening, good for young children and easy to adjust tightness
- **Elastic** - Secured by elastic panels, easy to put on but not as good fit and can't adjust

Sizes

Football boots normally come in a full range of sizes from Ch10 upwards (we do provide smaller sizes for younger children). Each brand and sometimes model of boot will vary slightly with regard to sizes, some may fit narrower feet better and others wider. Some may come up also slightly bigger or smaller than others. (We provide a handy shoe size chart and downloadable measuring tool to ensure you get the size just right.)

To get maximum use of children's football boots it may be worth buying a slightly larger size and pairing them with thicker football socks or even a couple of pairs!

Safety

- **Studs** - The main issue with metal studs is that they can become sharp and dangerous, especially if worn when walking on concrete which presents a danger to other players. Children are not advised to wear boots with metal or plastic studs/blades when walking on concrete or hard floors as children can easily slip and fall over.
- **Blades** - A number of concerns have been publicly raised about blade boots as they have been apparently linked to an increased number of twisting/turning-related leg injuries.

Boot Care

- To get the maximum use out of football boots they should be cleaned and dried after each use.
- When drying, newspaper can be stuffed into the toes of the boots to help them keep their shape.
- Any mud should be removed from velcro fastenings after each use to maximise effectiveness.
- Leather boots can be coated in dubbin to help maintain the leather and to help keep them waterproof.
- Do not use dubbin on synthetic material boots/trainers.

Pro Boot Tips

- When fitting/measuring boots or trainers ensure the same type of socks are worn that will be regularly worn with them.
- In muddy conditions coat the boots in vaseline to stop mud sticking to the boots and making them easier to clean.
- Dry boots/trainers in a natural heat otherwise they can become stiff and uncomfortable.
- Ensure shoelaces are tied with double knots to keep them done up.
- Add vaseline to screw-in studs to stop any part rusting and to stop mud sticking to them.
- Use an old toothbrush to clean small and hard-to-reach parts of the boots/trainers.



For further details on the football boots/trainers that:

- Help your child learn the game's key skills
- Enable you to help teach your child
- Will give your child a head start on the pitch
- Help teach 'Right' from 'Left'
- Are great fun for young children to wear

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