

Eastbourne Girls FC



The New Starters Guide to Girls Football Kit & Equipment.

Footwear



Astroturf trainers, ideal for any hard surface, offer better grip and protection than normal canvas court trainers. Never wear any footwear without laces and ensure they are done up. Do not use on wet grass.



Boots, **moulded stud** or **blade**, ideal for raised surfaces such as grass or 3G Astroturf, some blades can be unscrewed and changed lengths to suit conditions but generally these are better on dryer surfaces, recommended for summer tournaments.



Traditional **studded boots**, studs are changeable so will last a long time, ideal for soft ground (winter) but can only be used on grass, can be uncomfortable on harder baked ground during the summer.



One final word on Boots and trainers, don't be fooled by price, it's the foot inside that has the talent not the boot, most boots will not wear out they will be grown out of, when trying them on in a shop take football socks and a shin pad to help get the right size.

Shin Pads, with ankle protectors, have padded ankle covering, great idea but can be a little bulky on smaller children, try them on first. Must be worn to training & matches.



Safety



Shin Pads, slip in, worn under the football sock, has Velcro fasteners to help keep in place, simple and easy. Take them out of the packet in the shop, there are different sizes. Must be worn to training & matches.

General

British weather could be described as changeable at best, during the winter please ensure your child is suitably kitted out, at training use layers that can come off when warmed up rather than a huge coat. Under layers called base layers are great for all occasions, brands such as Skins, Canterbury, Nike, Adidas all supply vests which keep the moisture away from the body thus keeping in the heat. There is also the reverse for the summer months. Rain Jackets are another 'must have' for both training and match days along with a bottle of drink, Isotonic energy drinks good but should only be used during or after sport, please ensure any drinks are not carbonated or fizzy. During summer tournaments you may also need a packed lunch as you may be there all day. Hair bands (non metallic) should also be used to keep hair out of your eye's.