

# How To String A Lacrosse Goalie Head: An Illustrated Guide

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It's very important for all goalies to learn **how to string a lacrosse goalie head**.

You don't want to be dependent on another player or coach to string a stick for you.

Take the responsibility to learn how to string your own stick and you'll eventually be able to create a great goalie stick that gives up few rebounds and makes accurate outlet passes.

When it comes to stringing a lacrosse goalie head, there's more than 1 way to skin that cat. Lots of string doctors have their own method and each serves its purpose.

Below is my illustrated guide on how I like to string my goalie sticks.

## Step 1: Gather Your Materials

Before starting the stringing process, you assemble all the materials you'll need.

Here is the checklist –

- Goalie Head – I prefer the [STX Eclipse](#) but there are several great goalie heads.
- Goalie Mesh – I prefer [12 Diamond Goalie mesh](#). Other options are [10 Diamond Goalie Mesh](#), [14 Diamond Goalie Mesh](#) or [20 Diamond Goalie Mesh](#). Each comes with its own set of pros and cons so select what works best for you.
- Sidewall Strings
- Shooting Strings
- Scissors or a Knife
- Lighter

I like to precut the sidewall and shooting strings before starting so I'm not working with a large spool. I think this makes the process go a lot smoother.



## **Step 2: Spread Open the Mesh Holes**

Using your hands grab either side of the mesh and spread open the mesh holes. Do this for the entire piece of mesh, from the top to the bottom.

Mesh should be nice and loose, all the way down.



### **Step 3: Fold the top 2 rows of diamonds together**

Fold the top 2 rows of diamonds together as noted in the picture below.

Place mesh against the stick so the rough side of mesh will be touching the ball. Smooth side of the mesh goes on the back of stick.



#### **Step 4: String Top Lace Starting with Center**

1. Fold top lace in half and put two ends together
2. Take the two ends and placed them through the center hole of the mesh





3. Go through the top center hole of the goalie head with both pieces entering from the front side of the head.
4. Then take both ends and pull them back through the loop of the top string.



5. Make sure the mesh and knot are nice and centered and then pull this part tight to form your first knot



### **Step 5: String Top Lace Starting working your way out from the center**

Next we'll continue to string the top working our way out from the center to one side. Here's the steps to string each hole.

Repeat this process until all holes along the top of the goalie head are strung. Remember: work your way out from the center.

### **Step 6: Secure top corners**

Now we should have all of the top goalie head holes string like so:





Our next step is secure the corners which is very important so that the ball doesn't hit the plastic when you throw. This causes erratic outlet passes.

### **Step 7: String the Sidewalls**

With the top of the stick now complete, we'll start to string our sidewalls.

This is what our sidewalls should look like:





### Step 8: Form the channel with a ball

Once sidewall sides are complete, we'll take a lacrosse ball and start forming the pocket. Bang the ball into the pocket to loosen up the mesh.

Do this up and down the pocket on the front side and then flip the stick over and repeat on the back side.



### Step 9: String Bottom of the Stick

Here are the steps to string the bottom of the mesh to the stick. We'll use a **shooting string** to accomplish this step.

1. With the shooting string we'll go through bottom hole below where our shooting strings are and then up through the throat. Tie off the end with a double knot.



2. In the goalie mesh, enter the shooting string into hole you used last on the sidewall string.
3. Then do a traditional weave all the way across



4. Put shooting string back through throat hole and then bottom hole, essentially reversing item 1 of this step. Wait to tie off this string until we add the twist knot described below.

This is what it should look like:





Next we'll add a custom twist knot. We'll use a **sidewall string** for this step.

Here's our end result at this point:



## Step 10: Add Shooting Strings

There's lots of options for the design of shooting strings. Essentially these strings function to keep the top of the mesh stiff to aid in throwing.

The design I like to use consists to a top sidewall string and two traditional shooting strings below:



1. First put string through sidewall and then weave the string through the mesh



2. Find same sidewall hole on opposite side of the stick and put string through.



3. Weave string back across and pull nice and tight



4. Tie off the string with a double knot.
5. Repeat for each shooting string you want in your stick. As you go lower the laces should be less tight. The tightest string is on the top otherwise your stick will have some nasty whip and won't throw right.

### **Step 11: Snip and Burn**

Our stick stringing is just about complete. The final step is cut all extra string from our sidewall and shooting strings. For each end that you cut use a lighter to burn the edges so that the strings never fray.

Here is our final product:



Learning how to string a lacrosse goalie head is something I recommend every goalie take time to learn.

Keep in mind there are many different ways to string a goalie stick. However by following the step-by-step illustrated guide I've put together you'll be able to create a perfect stick.

Now you'll just have work on your save technique cause there's no blaming the stick.

Until next time! Coach Damon