



Lacrosse Goalie Gear Guide

By Coach Damon Wilson

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Hi there! I'm Coach Damon

Lacrosse is my passion! The game has given me so much and my site Lax Goalie Rat is my way of giving back to the lax community.

Specifically the most bad a\$\$ part of that community - the goalies! After learning to play goalie from scratch, I wanted to create a site where I could share what I learned with others so they too can become champions in the crease and in life. The purpose of this guide is to let youth, parents, and coaches know all the **gear required to be a lax goalie.**



One quick note about equipment recommendations. Just because I recommend a particular piece of gear doesn't mean there are not great alternatives. Many goalies are unique and find a certain piece of gear fits their body or their playing style much better. That's fine. What I recommend is based on my experience and the goalies I've interacted with.



Lacrosse Goalie Stick

When it comes to making saves, the most important piece of gear in my opinion is the stick. The lacrosse goalie's wand. With all the different heads, mesh and shafts available in today's game there are literally a million combinations for putting together a stick. For beginners assembling their very first wand, here is my recommendation.



Lacrosse Goalie Stick

I've tried many goalie heads in my days and here are the 3 best in the game right now. You can't go wrong with any of these.

[STX Eclipse 2](#)

My favorite head. Great combination of strength and weight.



[Warrior Nemesis 3](#)

Warrior 3rd version of their head is a favorite among many goalies. A little heavier but won't bend back on shots.



[Brine Eraser 2](#)

Very underrated head used by many top pro and college goalies.





Lacrosse Goalie Mesh

The most common mesh used in today's goalie sticks is 12 diamond mesh. Meaning the mesh alternates in width between 12 and 11 diamonds.

[String King Grizzly Mesh](#)

Solid mesh that's very light and helps with rebound control. I prefer the semi-soft.

GRIZZLY 1x GOALIE MESH KIT



[ECD Hero Mesh](#)

Another great mesh option from ECD. Same benefits as mesh above. I also prefer their semi-soft.





Lacrosse Goalie Shaft

With a shaft we're looking for a good combination of strength and light weight. When I played my shaft length was just a little longer than an attackman's shaft. I recommend youth goalies do the same. A short shaft makes the stick lighter and easier to manage. The only benefit with a longer shaft is you can throw farther outlet passes; more torque. But if your goalie is strong enough to throw good outlets with a short shaft is what I recommend.

[String King Metal 2 Shaft](#)

Super light and durable. Very clean design. My current go-to shaft. I prefer the attack length in gold!



[Warrior Kryptolyte](#)

Classic shaft that's great for goalies. Great strength to weight ratio.





Helmet

Today's helmets are extremely light and yet offer more protection and style then helmets of the past. Goalies are going to get hit in the head with the ball so it's extremely important to use a newer style helmet which offer more protection against concussions.

[Cascade S](#)

Gold standard for helmets in terms of design and technology. There is no lacrosse goalie helmet yet as goalies use same helmets as field players.



[Cascade R](#)

If you don't want to shell out the money for the latest, the Cascade R predecessor is also a great option.



Throat Guard

The throat guard attaches to your helmet via screws or string and protects your throat from shots. When you have this device on always be sure to check that it fully covers your throat area as getting it in this region could cause serious injury.

[Cascade TPC2](#)

I think the clear version looks best but Cascade also makes this throat protector in black and silver.



[STX Throat Guard](#)

I prefer the Cascade but here's another option by STX. Really any guard that protects the throat and stays out of your way will work.



Chest Protector

The chest protector is going to protect a goalie's chest, heart, stomach and even shoulder area. Like the helmet, we're going to be taking shots off of the chest protector so it's important you buy the best protector you can afford. The chest protector must be NOCSAE approved starting in 2021.

[STX Shield 600](#)

Solid chest protector that provides good protection without getting in the way of the throwing motion.



[Warrior Nemesis Pro](#)

Provides good flexibility and freedom of movement especially on those low saves. Many goalies have told me this is the only chest protector that fits them perfectly by really hugging their body.



Lacrosse Goalie Gloves

It's important that you purchase lacrosse goalie gloves as opposed to just a normal pair of lacrosse gloves. The goalie gloves have additional padding as well as a reinforced thumb to help protect the hands and avoid any injuries.

[STX Shield 500](#)

These gloves offer the best thumb protection in the game right now. While still at risk these gloves will help avoid injury.



[Maverik Max '20](#)

Another great option for goalie gloves. Beefy thumb design and in a light and compact glove that protects very nicely.



Athletic Cup

I used to wear just a simple athletic cup. Then I got hit square in the package with a shot. If I would have had a mobile phone on me, I would have ordered a reinforced goalie jock right from the field. This jock provides the most protection and is well worth the investment. Given what's at stake, this is my favorite piece of lacrosse goalie equipment that I own.

Warrior Nutt Hut

The Nutt Hut will take care of those nuts in a nice hut. Also provides protection around the cup which normal jocks don't have.



Powertek Ice Hockey Jock

Ice hockey goalies have solid options that lacrosse goalies should look at. Here's a great option from Powertek if you want serious protection.



Cleats / Turf Shoes

If the game is played on a grass, a goalie will need cleats. If you play on turf, it helps to have turf shoes although cleats can be used too. Unlike other lacrosse equipment, the type of cleats you use will not have a tremendous impact on your game. I recommend goalies go with high tops just to get a little more ankle protection – both from direct shots and ankle twist prevention while running around.

Warrior 2nd Degree Cleats

Lots of great cleat options. I played with these for a few seasons and really liked them.



Nike Huarache 4 Turf

If you play on turf, get some turf cleats as they work much better. I like this option from Nike.





Mouth Guard

Every player by rule must use a colored mouth guard at all times. For goalies this is often an inconvenience because it hinders our ability to talk. My recommendation is to get a custom fit one from the dentist. I grind my teeth at night anyways so this actually killed two birds with one mouth piece for me. If you go the dentist route, make sure the dentist creates it with colored plastic because clear mouth guards are illegal according to the rulebook. In the event you can't get a custom mouth guard, Shock Doctor makes good mouth guards that you can customize to your

Shock Doctor Mouth Guard

Can be molded via hot water. Comes in tons of different colors. Also helps prevent concussions





Shin Guards

There's no way to sugar coat this – Getting hit in the shins with a lacrosse ball sucks! There's no reason not to wear shin guards, as they don't impact mobility or quickness whatsoever. So put pride aside and strap on shin guards, especially during practice. Throw sweats over top if you don't want anyone to know you're wearing shin guards. I don't think the lacrosse companies make good shin guards so I recommend these:

Soccer Shin Guards

Soccer style shin guards are going to be the easiest and cheapest option for getting those shins protected.



G Form Pro-S Shin Guards

These shin guards are like compression sleeves that give you a very comfortable fit. Many goalies have told me they love these shin guards.





Arm Guards

At the youth level (Under 15 and below), arms pads are a required piece of equipment for all goalies. The idea there is that youth player's bones are still developing and thus we want to take all precaution to prevent injury.

For all other goalies, skip the arm guards. They do limit motion and we rarely get hit in the elbows. If anything we need an arm that protects the front of the arm, not the elbow.

[Brine Youth Uprising II](#)

Be sure to get youth arm pads so that they fit your young goalie





Goalie Pants

Goalie pants are another piece of optional equipment that I recommend especially during practice. These pants are going to protect your thighs and hips. Most importantly they're going to reinforce the feeling of being protected which will help instill confidence into our goal keepers.

Brine Ventilator

Of all the goalie pants I think these Brine give the most flexibility and ease of movement while still providing protection to the thighs.



Football Pants

Another great option is to use football pads. They provide hip, thigh, and knee protection and look pretty cool if you ask me.





Sweats

Lacrosse goalies can (and should) wear sweats in the crease. Since we're not as mobile during play those sweats will help keep you warm on cold days. If you get a thick pair it will take the sting out of shots. If you get a baggy pair, you'll pickup an extra save or two throughout the season.

[Gildan Heavy Sweatpants](#)

Really any pair of thick, heavy sweats will do. I've used these ones and liked them quite a bit. Get a size up so they're a little baggy.



Some goalies like to roll up the bottom of the sweats. To me this is to say I'm not wearing shin guards.

Head Protection

Today's helmets just don't provide enough protection from concussions. Thus you can add some additional helmet protection to avoid a concussion during practice.

[Lexi Shield](#)

Attaches to crown of helmet to provide additional protection. Once installed you really don't even realize its there.



[Guardian Cap](#)

A soft-shell cap that fits over the helmet and provides additional protection against shots to the head.





Final Words

I hope you found this lacrosse goalie gear guide useful. When goalies have the right gear they feel protected and confident in the cage!

Many of the links in this guide are affiliate links meaning I make a small % of the sale if you decide to buy. As always, I appreciate the support!

Finally PLEASE SHARE this guide with a goalie or coach in your life!

#goalielove



Coach Damon
LaxGoalieRat.com