

FOOTBALL BOOTS

soccer, aussie rules, rugby

FOOTBALL BOOT FEATURES

Fastenings

- Laces - give a better fit and are more secure. However, some players don't like the feeling of the laces when striking/kicking the ball.
- Laceless - creates a smooth upper and cleaner contact with the ball, but these boots are not as supportive.

Upper material

- Synthetic - is lighter and does not absorb water (on rainy days). They rarely change shape/size over time.
- Leather - is heavier but more durable over time. They absorb water (on a rainy day) and will stretch over time.

Ankle Wraps

Some boots have a soft mid-cut wrap around the ankle (not shown here) for a more secure, comfortable fit.



Width & Depth

The boot should be wide and deep enough to allow your toes to spread naturally.

Lasts (shape of the sole)

- Straight - suit flat feet and/or orthoses
- Curved - better fit for feet with a neutral or high arch.

Length

You need at least one thumb's width beyond the end of your longest toe (when standing).

GROUND SURFACE & CLEAT SELECTION

Grass

Choose long studs that grip well into natural grass, known as "firm ground cleats."

Artificial

You'll need short studs that are specifically designed for long-bladed artificial grass fields.

Multi-Ground

Called "flexible ground cleats" these are made for both natural and artificial outdoor surfaces.

Astro Turf

Select short-bladed studs especially designed for short carpet-like grass.

Indoor

These boots are similar to a sneaker (no cleats), but the soles are crafted for traction and grip.

The material in this brochure is for general information purposes only and does not take into account the type of sport, your foot type, ground surface or ground condition. Please consult your podiatrist for specific individual advice.

FOOTBALL BOOT SHOPPING TIPS

Time of day

The best time to buy new boots is in the late afternoon when your feet are at their biggest.

Things to take with you

Football socks are often thicker than everyday socks. Remember to take them shopping to ensure a good fit in your new boots.

If you wear orthoses, please remember to take and fit these too.

Retail Options

Shops such as The Athletes Foot, Intersport, and suburban Rebel stores stock a range of football boots.

However, we recommend shopping at Rebel Sport in Rundle Mall, as they have the most extensive boot range in Adelaide.

Size

Football boots tend to be tighter than everyday footwear. Consider going up a size compared to your sneakers to ensure a comfortable fit.

Comfort and fit

Walk around the shop when testing a new pair of boots. Ensure the heel remains seated in the shoe and does not slip up and down. New boots should fit perfectly. They should never need to "stretch" as they are worn in.

A SPECIAL NOTE ABOUT FOOTBALL BOOTS FOR KIDS

Children, mainly between the ages of 8-to-13, are prone to developing a condition called "Calcaneal Apophysitis."

Calcaneal Apophysitis is an inflammatory condition that affects the calcaneus (heel bone) and causes severe heel pain in children.

Traditional football boots are "negatively heeled," meaning that the heel sits lower in the boot than the toes. This position increases the Achilles Tendon's pull on the calcaneus, creating traction forces through the heel bone's growth plate.

Therefore, wearing the wrong type of football boot can cause or exacerbate this painful condition.

There are specific football boots on the market with a 10mm heel gradient built to combat Calcaneal Apophysitis. We strongly recommend that all children wear these boots when playing soccer/football/rugby.

So keep an eye out for markings on the sole that indicate a 10mm heel gradient, as shown in this example of Asics children's boots.



Image Credit: Asics

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