

SOCCER BOOTS

our recommendations for the 2024 season

When purchasing soccer boots, people tend to gravitate towards the latest models worn by their favourite player or boots with appealing colour palettes.

However, there may be better options for your feet that will minimise the risk of injury while maximising performance during gameplay.

This guide details our recommended boots for the 2024 soccer season.

MEN'S BOOTS

Nike Tiempo Legend 10 Elite

Firm-Ground Football Boot.

We like this boot as it is incredibly light and is suitable for all positions on the pitch.



Puma Future Ultimate FG/AG

Firm-Ground / Artificial Grass Football Boot.

We like this boot, as it is one of the most supportive and comfortable boots on the market.



Asics Lethal Tigreor IT FF 3

Firm-Ground Football Boot.

We like this boot because it is lightweight and has HG10mm™ technology to reduce stress through the Achilles. Also available in an extra wide fit.



The material in this brochure is for general information purposes only.
Please consult your podiatrist for specific individual advice.

WOMEN'S BOOTS

Women may find it challenging to find soccer boots that fit because the majority of boots on the market are specifically designed for men.

Women's football boots often have a narrower fit, a higher arch and a different stud configuration. Here are our recommendations for boots that provide a great fit for women:

Nike Phantom Luna 2 Elite LV8

Firm-Ground / Artificial Grass Football Boot.
We like this boot, as it's an excellent fit for most foot types.



IDA Rise Women's Football Boot

Firm-Ground / Artificial Grass Football Boot.
We like this boot as it's designed for support and comfort. 100% vegan.



Puma Ultra Ultimate FG/AG Women's

Firm-Ground / Artificial Grass Football Boot.
We like this boot as it's built for speed, acceleration, and quick changes of pace and direction.



Asics Lethal Tigreor IT FF 3 Women's

Firm-Ground Football Boot.
We like this boot because it is lightweight and has HG10mm™ technology to reduce stress through the Achilles.



CHILDREN'S BOOTS

There's only one brand when it comes to children's football boots - and that's Asics.

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

Asics children's football boots are built with a 10mm heel gradient to reduce excessive strain through the Achilles tendon and heel bone.

We strongly recommend that ALL children wear boots with a 10mm heel gradient when playing soccer to reduce their risk of developing this painful condition.

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