

Shin Guards

Shin guards are the protective covers that is worn in front of the shin. They are usually made of plastic but can come in other materials.

The important thing with shin guards is to buy the right fit.



There are different kinds of guards.

- **Shin Socks** – guard built into sock. Easy to put on. Good for younger players.
- **Basic Shin Guards** – guard held in place by Velcro straps. Some also have protection around the ankle. (Not a requirement, more a preference. Adds more protection to ankle area, but can add a bit of limit to ankle movement.) Good for intermediate players.
- **Slip in Shin Guards** – guard held in place by sleeve only or held just by sock. More motility so favored by advanced players.

While there are no requirements for which kind of guards to buy, shin guards should start below the knee and end just above the ankle. (Ref also checks if players are wearing under socks. Reason kids tap on their shins during pre-game checks)

Shin guards usually start just under \$10, but can quickly go up in price. For older players, with a shin guard purchase, you might want to consider the players position on the field. Front players(strikers/forwards) need more agility and mobility, defensive players(fullbacks) and goalies will want a higher level of protection, while a midfielder may want a cross between the two.

While there are no Shin Guard Police (not the referee...really!), it really comes down to comfort and what the player will wear. No use spending \$\$\$ if they are not comfortable and they will not continue to play if they are not having fun!

