

how to string a lacrosse head

How to string a lacrosse head is a fundamental skill that every player should master, whether you are just starting out or you are an experienced player looking to customize your equipment. Proper stringing can significantly affect your performance on the field, as it influences ball control, shot accuracy, and overall feel of the stick. This article will guide you through the process step-by-step, ensuring you understand both the techniques and the materials involved.

Understanding the Components of a Lacrosse Head

Before delving into the stringing process, it's essential to familiarize yourself with the components of a lacrosse head. Understanding these parts will help you make informed decisions about stringing patterns, materials, and how they can affect your game.

Key Components

1. Scoop: The front edge of the head, which helps in picking up ground balls.
2. Throat: The area where the head attaches to the shaft.
3. Sidewalls: The vertical sections of the head that provide structure and stability.
4. Pocket: The area where the mesh is strung, which holds the ball.
5. Stringing Holes: The openings along the sidewalls where the strings are threaded.

Gathering Your Materials

To string a lacrosse head, you'll need specific materials. Ensure you have the following on hand:

- Lacrosse mesh (type of your choice)
- String (typically nylon or polyester)
- Scissors
- Measuring tape or ruler
- Stringing needle (optional but helpful)
- Lacrosse head

Choosing the Right Mesh

The type of mesh you choose can greatly influence your stick's performance. There are generally three types of mesh:

1. Traditional Mesh: Usually made of nylon, this type is known for its durability and is often preferred for its feel and ball control.
2. Soft Mesh: This mesh is more flexible and is easier to break in, making it suitable for beginners.
3. Hard Mesh: This type is stiffer and more durable, offering a consistent feel and performance, ideal for advanced players.

Choose the mesh that best fits your playing style and preference.

Steps to String a Lacrosse Head

The process of stringing a lacrosse head can be broken down into a series of steps. Here's a detailed guide to ensure you string your head effectively.

Step 1: Preparing the Head

- Inspect the Head: Before you begin, make sure your lacrosse head is clean and free of any debris.
- Remove Old Strings: If you are re-stringing an existing head, carefully cut and remove the old mesh and strings.

Step 2: Cutting the Mesh

- Measure the Mesh: Depending on how deep you want the pocket, cut your mesh accordingly. A typical length for a standard pocket is about 10-12 inches.
- Shape the Mesh: If you want a specific pocket shape, you can pre-shape the mesh before stringing.

Step 3: Attaching the Mesh to the Head

1. Thread the First Row: Start by threading the top of the mesh through the top string holes of the head. You can use a stringing needle to make this easier.
2. Tie a Knot: Once the mesh is in place, tie a knot to secure it. This will prevent the mesh from slipping when you begin to string the sidewalls.

Step 4: Stringing the Sidewalls

- Choose a Stringing Pattern: There are various patterns you can use. A common one is the "2nd hole, 3rd hole" method for a mid-pocket or a "1st hole, 1st hole" for a shallow pocket.
- Thread the String: Start from the bottom of the head. Thread the sidewall

string through the sidewall holes, alternating between the mesh and the head.

- **Adjust Tension:** As you string, ensure you maintain even tension. This helps in achieving a consistent pocket. If you prefer a deeper pocket, allow more slack in the mesh.

Step 5: Attaching the Bottom String

- **Thread the Bottom String:** Once you reach the bottom of the head, thread the bottom string through the mesh and then through the final holes in the head.
- **Tie Off:** Secure the bottom string with a knot.

Step 6: Finishing Touches

- **Adjust the Pocket:** Pull on the mesh and strings to adjust the depth of the pocket as needed.
- **Trim Excess String:** Use scissors to trim any excess string for a clean finish.
- **Check for Consistency:** Ensure that the pocket and strings are even on both sides.

Testing and Breaking In Your Pocket

After stringing your lacrosse head, it's crucial to test your pocket to ensure it performs as intended.

Testing the Pocket

- **Throwing:** Perform a few throws to check the release and feel of the pocket.
- **Catching:** Pass the ball back and forth to see how well it holds and releases the ball.

Breaking It In

- **Use Your Stick:** Play with your stick in practice sessions to break it in naturally.
- **Soak the Mesh:** Some players choose to soak the mesh in water for a few hours to soften it before using it.

Maintaining Your Lacrosse Stick

Proper maintenance of your lacrosse stick can prolong its life and ensure consistent performance.

- Regularly check for wear on the mesh and strings.

- Replace damaged strings or mesh as needed.
- Store your stick in a cool, dry place to avoid warping.

Conclusion

Knowing how to string a lacrosse head is an invaluable skill that can enhance your playing experience. By understanding the components, choosing the right materials, and following the steps outlined in this article, you can create a customized stick that suits your playing style. With practice, you'll gain confidence in your stringing abilities, allowing you to adapt your equipment as your skills evolve. Whether you're a beginner or an experienced player, mastering this skill is essential for maximizing your performance on the field.

Frequently Asked Questions

What materials do I need to string a lacrosse head?

You will need a lacrosse mesh, shooting strings, sidewall strings, a lacrosse head, a stringing needle, and a pair of scissors.

How do I start stringing my lacrosse head?

Begin by removing any old strings from the lacrosse head and then choose your desired pocket style. Make sure to have a clean workspace.

What is the difference between hard mesh and soft mesh?

Hard mesh provides a stiffer and more controlled pocket, while soft mesh offers more flexibility and a quicker release for shooting.

How do I determine the right pocket depth for my lacrosse head?

Pocket depth depends on your playing style; a deeper pocket is better for control and ball retention, while a shallower pocket allows for quicker releases.

What are the common stringing patterns for lacrosse heads?

Common stringing patterns include the traditional, mid-pocket, and low-pocket styles. Each pattern affects ball handling and shooting differently.

How tight should I pull the strings when stringing?

Strings should be pulled tight enough to hold the mesh securely, but not so tight that it distorts the mesh or affects the pocket's flexibility.

Can I use different colors of string for customization?

Yes, using different colors of string can enhance the aesthetic of your lacrosse head and allow for personalized designs.

How do I secure the knots in lacrosse stringing?

Make sure to tie double knots for security and trim any excess string after knotting to keep your stringing neat.

What are some tips for maintaining my lacrosse head after stringing?

Regularly inspect the strings for wear, avoid exposing the head to extreme temperatures, and store it properly to maintain the pocket shape.

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