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Lacrosse stick stringing.

1. Overview of Lacrosse Stick Stringing Methods

A. Mesh Pockets

1. Hard Mesh

- Durable mesh with a stiffer feel.
- Offers consistency in passing and shooting but can take longer to break in.
- Popular for defensive players or those who want minimal pocket “bagging.”

2. Soft/Semi-Soft Mesh

- Easier to break in, more “feel” of the ball.
- More hold (ball retention) but may lose shape faster, especially in bad weather.
- Favored by attack and midfield players who value good control and quick release.

3. Wax-Coated or Water-Resistant Mesh

- Treated to resist water and reduce bagging in wet conditions.
- East Coast Dyes (ECD) and other brands produce popular waxed or performance meshes.
- Can offer a balance of hold, release, and weather resistance.

4. Goalie-Specific Mesh

- Larger diamonds and broader sheets of mesh to fit goalie heads.
- Typically designed for rebound control and quick outlet passes.

B. Traditional or “Leather/Traditional” Pockets

5. Four-Leather Traditional

- Uses four leather runners and cross-lacing.
- Offers a customizable pocket that molds to the player’s preferences.
- Requires more maintenance and break-in time.

6. Variations (e.g., Pita, Shook Shakedown, Corner Pocket)

- Hybrids that combine elements of mesh and traditional (e.g., the “mesh-x” or “trad mesh” pockets).
- Complex stringing pattern but can give a personalized pocket feel with better channel control.

2. Step-by-Step Procedures (Mesh Example)

Though specific methods can vary, the general steps below apply to most mesh pockets:

7. Gather Materials

- Mesh piece (standard: 10 diamond for men’s field players, 12 diamond for women’s, 17 or 20 diamond for goalies)
- Sidewall strings (typically 2)
- Top string (1)
- Bottom string (1)
- Shooting strings (1–3) or nylon shooters (optional based on preference)
- Scissors & lighter (to trim and seal ends)

8. Prepare the Mesh

- Stretch the mesh vertically and horizontally to soften it and open up the diamonds.
- Identify the top side (where the 9 or 10 diamonds connect across the top).

9. Attach the Top String

- Line up the top row of mesh with the scoop holes at the top of the head.
- String the top string through each hole ensuring the mesh is pulled tight across the scoop.
- This step determines the initial tension and helps form a channel.

10. Attach the Sidewalls

- Choose an “interlocking” or “looping” pattern to adjust pocket depth and channel tightness.
- Typically, you start near the top sidewall hole, secure the mesh diamond, and move down, keeping consistent tension.
- Sidewall patterns vary widely depending on personal preference (e.g., double-ups, skipping holes for deeper pockets, etc.).

11. Secure the Bottom String

- Tie the bottom row of mesh to the bottom holes on the head, adjusting for the desired pocket depth.
- Avoid letting the pocket become illegal (too deep or with an excessively tight channel).

12. Add Shooting Strings

- Usually placed across the top half to top two-thirds of the pocket.
- Common setups include one or two straight shooting strings and/or a U- or V-shaped nylon string.
- Adjust tension to regulate whip (release angle) and hold.

13. Check the Pocket

- Ensure it meets legal requirements (depth, channel width, etc.).
- Throw and catch to test release.
- Adjust shooting strings and sidewalls as needed to fine-tune hold or whip.

3. Variations by Position

A. Attack & Offensive Midfield

- **Preferred Pocket Location:** Mid or mid-low pocket for quick ball control and a fast release.
- **Mesh Choice:** Often semi-soft or waxed mesh for better feel and hold.
- **Shooting Strings:** Often 1–2 straight shooters plus a “U” or “V” for extra hold and snap.

B. Defensive Midfield & Long-Pole Defense

- **Preferred Pocket Location:** Mid or mid-high pocket. Helps with groundballs and longer passes.
- **Mesh Choice:** Hard or semi-hard mesh for durability, consistent checks, and reduced bagging.
- **Shooting Strings:** Fewer shooting strings (often just one or two) to ensure smoother release for clearing passes.

C. Face-Off Specialists

- **Preferred Pocket Location:** Lower pocket or a flexible mesh to handle face-off clamps.
- **Mesh Choice:** Semi-soft mesh that can quickly return to shape.
- **Shooting Strings:** Typically simple setup (one straight shooter), ensuring minimal whip for fast ball release post-face-off.

D. Goalie

- **Preferred Pocket Location:** Deeper to control rebounds.
- **Mesh Choice:** Goalie-specific mesh (12–20 diamond) that offers balance of rebound control and quick outlet passing.
- **Shooting Strings:** Usually 2–3 horizontal laces across the top to stabilize the pocket.

4. Web Resources

Men's Lacrosse Stringing

- <https://www.sportstop.com/collections/mens-lacrosse-stringing>

StringKing

- Website: <https://stringking.com/>
- Offers detailed guides and mesh/string kits. Known for consistent and minimal-whip pockets.

ECD (East Coast Dyes) Official

- Website: <https://www.ecdlax.com/>
- Specialist in performance mesh (Hero Mesh). Provides guides and product support.

5. Typical Costs (Materials & Labor)

Materials

- **Basic Mesh Kit (standard field player):**
 - **Cost Range:** \$15–\$25
 - Includes mesh piece + sidewall strings + shooting strings
- **High-End or Specialty Mesh Kits:**
 - **Cost Range:** \$25–\$40
 - Waxed or performance mesh, multiple shooters, and sidewalls included
- **Traditional Stringing Materials:**
 - **Cost Range:** \$25–\$50
 - Includes leather runners and cross-lace; price varies by leather quality and brand

Labor

- **Stringing Labor at a Local Store or Pro Shop:**
 - **Cost Range:** \$15–\$30 for men's field sticks
 - \$30–\$50 for goalie sticks (due to more complex stringing)
 - Traditional pockets can be more expensive (up to \$40–\$60) due to complexity and time involved.

Do-It-Yourself (DIY) vs. Professional

- **DIY:**
 - You save the labor cost but need to invest time in learning and perfecting technique.
 - Start-up cost: purchasing a spool of sidewall and shooters might be more up front, but cheaper per pocket over time.
- **Pro Stringer:**
 - **Quick turnaround, consistent results, and professional advice.**
 - **Good for beginners or if you're unsure about legal pocket specifications.**

Conclusion

Lacrosse stick stringing can be customized according to position, style of play, and weather conditions. Attackers and offensive midfielders often favor a softer, lower to mid pocket for better ball feel and a quick release, while defenders lean toward stiffer meshes and slightly higher pockets for strong checks and long passes. Goalies require much larger meshes and deeper pockets for rebound control.

Whether you choose hard mesh, soft mesh, or a traditional pocket, investing time in stringing pays off by giving you the best feel and performance on the field. Use the web resources listed for detailed tutorials, and check **BowmanLacrosseAcademy** services offered by Colby Bowman if you prefer a professional stringer to ensure a high-quality, legal pocket.