



Beginner Pocket Information:

1) For you adventurous and patient types, the *Warrior lax stringing manual* link is also on the website. This is a good starting point if you're looking to do your own pocket. When the pocket is too deep, it makes it more difficult to shoot and throw. When the pocket is too shallow, it makes it more difficult to catch. When the shooting strings are too tight, it also makes it difficult to shoot. A pocket is considered legal when the bottom of

the cross barely touches the top (or more) of the ball (see photo below). Here are some general guidelines about pockets:

- **Mesh pockets "Soft & Hard"**
 - They are made of a nylon webbing woven into the side of the pocket, require little or no adjustment and hold up to wet weather much better than traditional leather pockets
 - Soft Mesh pockets are looser and give less accuracy on passes and shots, but make it easier for the novice player to control the ball when cradling and running
 - These require less maintenance than traditional pockets
 - The Hard mesh netting with a V shooting string does control the ball as well as leather netting
 - Goal keepers tend to prefer mesh netting because it reduces rebounds
- **Pocket depth**
 - Pocket depth is mostly a matter of preference and playing style
 - Generally, a deeper pocket provides more feel and ball control, while a shallower pocket gives you a quicker release but sacrifices ball control
 - Ball-control players(attack and goalies) who do a lot of passing and cradling should use a fairly deep pocket at the bottom of the stick head
 - Defensive players and midfielders who tend to scoop-up the ball and pass the ball over longer distances should use a deeper pocket in the middle of the stick head
 - Sidearm and underhand shooters who prefer a whip in their shot and like to do a lot of stick fakes should have a deep pocket at the top of their stick head
 - Crease attack players who need a quick release should have small depth pocket in the middle of the stick head
- **Shooting strings**
 - Shooting strings, positioned horizontally near the top of the stick's head, affect the ball's balance and direction
 - Overhand passers usually put in 3 or 4 shooting strings to make a smooth path for the ball to run out of the pocket. Heavy skate laces are best used for this.
 - The shooting strings determine whether your shot will have "*whip*", which occurs when the ball is released smoothly and gradually. Experienced players prefer a whippy release.

2) Before you consider purchasing a net for your youth lax player, you might want to consider a bounce-back or wall ball. Wall ball is a great way to develop passing/catching skills (see the *Off Season Steps to Success* link).