

# Differences Soccer vs Baseball/Football cleats

## Soccer

- ⚽ Cleats have **no toe spike**- shorter cleats allow player stay closer to ground and keep balance. (and helps prevent injury to other players during higher kicks if foot leaves the ground.)
- ⚽ Flexible leather means more durable since players use toe to kick balls and gives sense of touch for ball control.
- ⚽ Shoes are lighter. Players run more during games.



Soccer

## Baseball/Football

- ⚾ Cleats have extra spike on toe – helps player to get extra jump leverage.
- ⚾ Shoes are lower cut for baseball to allow more side to side motions and Football sides are higher to provide more ankle support.
- ⚾ Shoes are heavier. Players do not run as much.



Baseball

Soccer referees will not allow players to play soccer while wearing Baseball or Football cleats.

*(ever wonder why the ref always makes team raise feet during beginning of game team checks).*

This is a safety reason. Feet fly during high kicks and the toe spike is an accident waiting to happen.



Football