



## Soccer Attire

Players must wear appropriate soccer attire to train and compete successfully. Inappropriate uniforms and equipment can impact a player's ability to play the game and, in some cases, may be a safety hazard. Teams dressed in good-looking and properly-fitted uniforms are more likely to be motivated to train and play as a team.

Appropriate soccer attire is required for all competitors. As coach, discuss the types of sport clothes that are acceptable and not acceptable for training and competition. Discuss the importance of wearing properly fitted clothing, along with the advantages and disadvantages of wearing certain types of clothing during training and competitions. For example, long-pant jeans to blue-jean shorts are not proper soccer attire for any event. Explain that they cannot perform their best while wearing jeans that restrict their movement. Take athletes to high school or collegiate matches and point out the attire being worn. You can even set the example, by wearing appropriate attire to training and competitions and not rewarding athletes that come improperly dressed to train and/or compete.

### Shirts



Shirts are best when they are loose fitting and made of light material. Short-sleeved shirts are recommended for warm weather. Long-sleeve, but breathable shirts are recommended for cool/cold weather. The player's number is required on the back of the shirt in all official competitions.

### Shorts

Shorts that are made of light, water-resistant nylon/polyester and have plenty of leg room are best. Male players, particularly those with slower motor skills, are encouraged to wear a protective athletic cup.

### Socks



Long, knee-length socks to cover shin guards are recommended. A pair of under-socks, usually made of cotton or cotton blend, is recommended to help prevent blisters.

### Shin Guards



Shin guards are required for both competition and practices. Light-weight pads with elastic ties and placed between under-sock and top sock are recommended.



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## Shoes



Cleats need to be snug-fitting. When purchasing shoes, try on the cleats with one pair of thin socks to make sure the fit is good. Shoes will quickly stretch to a comfortable fit. Molded rubber soles are recommended, rather than screw-in studs. Non-studded shoes are worn for indoor practice

## Sweatshirts

Sweatshirts are recommended for cold-weather practice and day-long tournaments. Players are not allowed to wear sweat tops in official tournaments.