

Lacrosse Equipment

Changes to equipment in the game of lacrosse have had to move quickly to keep up with the “fastest game on two feet”.

The original stick was like a giant wooden spoon with no net. A pocket made of deer sinew was eventually added to help control the ball. Hickory was the material of choice for early stick makers because of its durability and strength. Modern sticks have plastic heads with wood, aluminum, carbon graphite or titanium shafts. The pocket has become a personal signature and players often string their own to suit their strengths (or weaknesses).

The original lacrosse ball was made of wood or deerskin stuffed with hair. Today’s balls are made of vulcanized rubber and can move at speeds up to 205 k/h or 127 m/h.

When the game moved indoors in the 30s, the reduced space automatically increased contact, and protective equipment was added to reduce the risk of injury to players. Helmets were made mandatory in 1963 and mouth guards or face guards in 1970s.

Padding for the arms/kidneys was made largely from fabric and was very heavy. Advances in composite materials today, like light-weight plastic and high density impact foam pads, increase protection and lighten the load.

