

Soccer Shoes, Cleats or Boots

By: Coach Simon

One of the most often questions I'm asked is "What soccer shoe should I wear?"

The simple answer is "It depends on what surface you are playing on"

Below is an explanation of what I think are the best soccer shoes for the different conditions you might find in Nova Scotia.

Winter Soccer.

Winter soccer in Nova Scotia is played predominantly indoors on turf fields, Rec-Centres or School Gyms.

Summer Soccer.

Summer soccer in Nova Scotia is played outdoors on grass and turf fields, although some leagues use the indoor turf facilities.

Soccer Shoe Varieties

Flats are the best shoe to use in the gym and a lot of players also use them on the turf fields which I have myself in the past. They don't give as good a grip as a turf shoe but are quite adequate for lower to intermediate and recreational levels playing on turf fields. See examples below.



Turf shoes are usually made of a durable rubber outsole and feature small rubber studs or blades. As the name suggests these shoes are ideal for turf fields in and outdoors and are good on hard dry grass fields. These shoes are also good for training in gyms and most have non-marring soles. See examples below.

See examples below.



Hard ground Cleats Again as the name suggests these cleats are ideal for hard natural surfaces and are often recommended for artificial turf. The cleat is generally made up of a large number of studs or blades evenly distributed across the entire outsole. I personally would not recommend these for the younger players playing on turf. In my opinion they can give "too much" grip which can lead to knee problems especially for younger female players who can be prone to knee injuries. I do however; recommend these for playing on wet, soft grass field. Ideal for the U14 as they move up to playing league game on grass fields during the summer. See examples below.



Soft Ground Cleat. These cleats have fewer but longer studs and had traditionally replaceable studs, although many now have a moulded one piece outsole. These cleats are the choice for many professional players on manicured pitches and are not really suitable on most Nova Scotia pitches. If used on pitches that are too hard, they can create stud pressure and lead to injury. They come into their own when the ground is very wet and heavy, as they don't get clogged with grass sod as easily. See examples below.



As you can see there is no one shoe that does everything. As players get comfortable playing on different surfaces and trying different footwear they can generally tell what's best for them.

When purchasing soccer footwear be aware that in the large retail sports stores soccer is generally not the sales assistants sport of choice. They often do not know the finer points of the different shoes. The smaller independent soccer stores generally give good advice when purchasing footwear.