

GEAR GUIDE FOR PLAYERS

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WELCOME TO THE TEAM!



Here's everything you need to get started

When a new player joins the team, it's important they have the right gear for both training and matches. Below you'll find the **recommended** essentials to get you going from day one.

MATCH GEAR – For games and official matches

Match jersey and shorts – This is the team's official matchwear. Your team will let you know which model and prints you'll need to order.

Match socks – The official team socks, designed to keep your shin guards securely in place throughout the game.



TRAINING GEAR – For practices and getting game-ready

Training tee – A lightweight and breathable shirt for daily training sessions.

Training shorts – Comfortable and breathable shorts made for active use in practice.

Training jacket and pants – Flexible and comfortable gear for warm-ups and on-field drills.

Rain jacket – A light, waterproof layer for outdoor sessions on rainy days.

Winter jacket – A warm coat to keep you comfortable on the sidelines and during cold-weather practices.



EXTRA GEAR – For practices and game days

Backpack – A practical choice for school and training, keeping your gear organized and close by.

Duffel bag – A more spacious option that fits everything you need for practices and matches.

Drawstring bag – A simple and lightweight pick for quick training sessions or individual workouts.

Check out the full club collection here:

<https://www.stadium.fi/seurat/1432352>



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CHOOSING THE RIGHT FOOTBALL BOOTS & SHIN GUARDS

Your football boots should fit snugly but still feel comfortable. Shoes that are too big can cause blisters and reduce ball control. Wrong size increases the risk of ankle sprains, foot and heel injuries, and even overuse issues. A poor fit can also lead to problems with knees or your back.

Remember:

Fit: There should be about 0.5 cm of space between your toes and the front of the boot.

Width: Pick a boot that suits both the length and width of your foot. Different brands have different fits.

Material: Leather shapes over time to your foot, while synthetic materials tend to stay more rigid.

Type of sole: Choose the right boot depending on the surface you play on:

- FG = Firm Ground (natural grass)
- AG = Artificial Ground (artificial turf)
- TURF = Indoor/hard surfaces

Shin guards and choosing the right size:

Shin guards protect your legs from impacts and injuries. A proper fit should cover the center of the shinbone and stay secure without restricting movement. Guards that are too big can get in the way, and guards that are too small won't offer enough protection.

FOOTBALL BOOTS SELECTION:

Explore the full range [here:](#)

SHIN GUARDS SELECTION:

Explore the full range [here:](#)

FOOTBALL SIZE GUIDE

Choosing the right ball size depends on the player's age and how the ball will be used:

- **Size 3:** For ages 6–10 (e.g. F-juniors)
- **Size 4:** For ages 10–14 (e.g. E–C-juniors)
- **Size 5:** For ages 14+ and adults

TAKING CARE OF YOUR FOOTBALL:

Air pressure:

Check the air pressure regularly and top up if needed. A properly inflated ball lasts longer and plays better.

Storage:

Store your ball in a cool, dry place away from direct sunlight.

Cleaning:

Wipe with a damp cloth. Avoid harsh cleaning chemicals. A gentle clean does the job.



FOOTBALL COLLECTION:

Take a look at our full selection [here](#)

Dressing in Layers for Outdoor Sports

Why layer up?

Layering helps regulate body temperature and keeps players comfortable in all weather conditions. When dressed right, you can focus on the game – not the cold, wind or rain.

1. Base Layer:

1. **What to wear:** Choose technical fabrics like synthetic blends or merino wool that pull moisture away from the skin.
2. **What it does:** Wicks sweat away from the skin to keep you dry and prevent getting cold.

2. Mid Layer:

1. **What to wear:** Opt for fleece or other thermal materials that trap heat while remaining breathable.
2. **What it does:** Adds insulation and retains warmth..

3. Outer Layer:

1. **What to wear:** A breathable jacket that is both windproof and waterproof is ideal for outdoor sessions.
2. **What it does:** Protects from wind and rain while allowing sweat to escape.



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The more you, your family, and even your friends shop at Stadium, the more support our team gets.

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