

Mountain Lacrosse Girls' Stick Recommendations

Does the quality of your girls' lacrosse stick matter? YES. There is a wide range of acceptable sticks, but an athlete will catch, pass, shoot and score so much more easily with a good stick... that will build her confidence and skill development and make playing even more fun.

There are a few options below at various price points. These are not the only good options, so please talk to your coach if you are unsure of your current stick or want other recommendations. We suggest visiting a specialized lacrosse store (like Lacrosse Unlimited), where the staff is knowledgeable and will help you test out different sticks at any price point.

No matter what stick you have, *please cut down the shaft to the correct length!* This is crucial for enabling smaller/younger players to learn to properly handle the ball. Ask your coach if you need help determining the correct stick length (video tutorial [HERE](#)).

Basic starter stick options for younger players (10 and under):

- [StringKing Women's Complete Junior Stick](#)
- [Maverik Erupt ST Complete Youth Girl's Stick](#)
- [Brine Dynasty Warp Jr Stick](#)

Basic starter stick options for older players (10 and up):

- [StringKing Women's Starter Stick Type 4 Mesh Pocket](#)

Recommended options for intermediate players:

- [STX Crux 400](#) or [STX Crux 600](#) or [STX Exult 400](#) or [STX Crux Pro](#)
- [Gait Whip 2 Complete Women's Lacrosse Stick](#) or [Gait Apex](#)
- [Maverik Erupt Complete Stick](#) or [Maverik Ascent Plus](#) or [Ascent Pro](#)
- [StringKing Women's Complete 2 Pro Midfield Lacrosse Stick](#)

Local In-Person	Online
<p>Lacrosse Unlimited (<i>We recommend going here to learn about different sticks, even if you purchase elsewhere!</i>)</p> <p>Lacrosse Monkey/Monkey Sports</p> <p>Dick's Sporting Goods</p> <p>Pre-owned: MLAX Girls Equipment Swaps, Replays Sports Exchange, Play It Again Sports</p>	<p>www.sportstop.com</p> <p>www.lax.com</p> <p>Direct from any manufacturer (e.g. www.stx.com)</p>