

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 suggestions for younger players (9 and under):

- [STX Crux 100 Complete Stick](#)
- [Maverik Erupt ST Complete Youth Girl's Stick](#)
- [Nike Girls' Lunar LT Complete Stick](#)

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

- [StringKing Women's Starter Stick Type 4 Mesh Pocket](#)
- [STX Women's Fortress 300 Complete Stick](#)
- [STX Crux Core or Crux 400 Complete Stick](#)

Recommended options for intermediate players:

- [STX Aria Pro or Crux Pro Sticks](#)
- [Gait Apex 2, Gait Whip 2, or Gait Air 2 Sticks](#)
- [ECD Halo Complete Stick](#)
- [Maverik Ascent Pro Complete Stick](#)
- [StringKing Women's Complete 2 Pro Midfield 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> <p>Pre-owned: Facebook Marketplace or Sideline Swap – But beware that people often try to sell sticks that are <i>very old</i> to the point of being truly unusable.</p>