

A QUICK GUIDE TO PLAYING ON ASTROTURF

AstroTurf is basically a synthetic plastic carpet. It is similar in consistency to a tightly woven carpet, with many short fibres which represent the blades of grass. This makes the surface firm and fast. Football boots with **Astro soles** are specifically designed for optimal performance on AstroTurf.

Normal studded or bladed football boots play very poorly on AstroTurf

A player with the wrong boots will slip, slide and generally have a hard time with proper footing. The right Astro Sole can lead to greater speed and agility, while the wrong sole can cause unsure footing, twisting of knees and ankles and possible injury.

There are three types of Astro Sole Football Boots:

- Flat Astro Sole
- Studded Astro Sole
- Bladed Astro Sole

Flat Astro Soles

Flat soles are best used on indoor type AstroTurf. Indoor AstroTurf is a tightly wound synthetic carpet and its surface is very firm. Balls played on this surface bounce high and fast. The games played on indoor AstroTurf are quick and fast.

Studded Astro Soles

Studded Astro soles are best used for outdoor type AstroTurf. Outdoor AstroTurf is softer and thicker than the traditional indoor AstroTurf. The blades of "grass" are thicker and longer. The rubber base is also thicker. Plays slower than Indoor turf but still faster than grass. Outdoor Astro soles are similar to traditional moulded stud football boots, but instead of ten to fifteen round studs they have **hundreds of short tiny studs along the sole**. The Astro sole is a single moulded piece of rubber. Small Studs provide better grip. The thicker outdoor Astro "carpet" needs more grip from Astro soles while traditional moulded football boot soles would be too much. The hundreds of small studs of the Astro sole grip the shallow turf just enough to provide better quickness and agility than a grooved sole boot.

Bladed Astro Soles

The bladed Astro sole, like the studded Astro sole, is best used for outdoor type AstroTurf. They are similar to bladed sole boots, but instead of ten to fifteen blades they have **hundreds of short tiny blades**, which run parallel down the sole of the boot. The bladed sole is a single moulded piece of rubber. While the studded Astro sole boot is best for quick lateral movements, the bladed Astro sole is designed for speed and acceleration over lateral movement. The blades dig into and grip the turf moving forward better than the round studs. However, they are not quite as effective for quick lateral movements. On a smaller pitch lateral movement is more important. On a larger pitch forward speed and acceleration can be more important.

Traditional Studded/Bladed Football Boots on AstroTurf

If a player chooses to wear longer studded or bladed boots he or she will have a difficult time with footing. They give ankles and knees less stability, which may lead to injury. AstroTurf surfaces are too firm for the longer studs or blades of traditional football boots. **Fewer studs are less stable and can lead to injury.** The fewer points of the traditional stud boots hitting the firm surface is often unstable. This can lead to slipping and/or falling. The fewer points provide less ankle and knee stability. Ankles can be turned. Knees can be bent at odd angles. The fewer points and less stability cause greater strain on foot and leg muscles. They will tire much faster in the course of a game.

The Right Football Boot for the Right Condition

The type of AstroTurf you chose to play on will determine the type of Astro sole you will need. Below is a table of which boots best serve which type of AstroTurf surface.

Sole type	Indoor AstroTurf	Outdoor AstroTurf
Flat Astro sole	Excellent	Fair
Studded Astro sole	Poor	Excellent, especially for <u>quick lateral movement</u>
Bladed Astro sole	Poor	Excellent, especially for <u>speed and acceleration</u>
Traditional studded or bladed sole	Very poor	Very poor