



It's not that I'm sick of stringing lax sticks, although sometimes it gets depressing to see so many good pockets die young. Someone should write some articles on how to care for your stick! What I do get tired of is stringing sticks for the same kids month after month! I want to begin by stressing that I am NOT a professional photo journalist! If I was, I certainly wouldn't have used my Iphone! I

decided to show you four different styles of the limitless possibilities of shooting strings with pictures(see above warning) to make it easier for you to do at home. **BUT NEVER THE NIGHT BEFORE A GAME!** Shooting strings, like your pocket, must be broken in and adjusted to get their full potential! I like to use nylon boot/skate laces, the thick flat kind for most of my shooters. I always use one or two pieces of nylon cord for my top shooter(s). I don't really have names for these styles, but they are the four I use the most. If you have any name suggestions, offer them up and if I like it I'll send you a lax lanyard!



The first style is often found on heads from Sports Authority and other big box sports stores. If you look at the first picture, this will be the second from the top. I'm using a head without a lot of stringing holes to give you a basic idea of how to attach the shooter to the head. I see a lot of shooters that are only tied around the side wall strings and this can change your pocket over time. I like to anchor my shooters either through a hole or around the plastic itself. This creates a much more durable stick in the

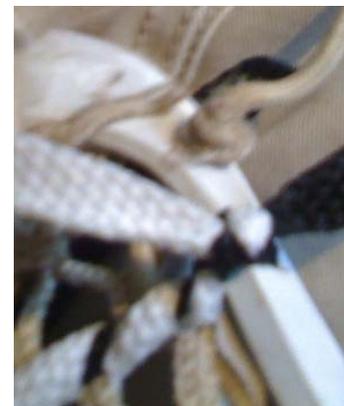
long run. To start, intertwine the two ends of your shooting string after one end goes through the hole. As you can see, I have used a second shooter(BLACK) to make it easier to see and to jazz it up a little. I'll use the BLACK shooter as the one I run across the back of the mesh towards the other sidewall string and run it through the same hole on the other side. Using the WHITE shooter, wrap it



around the black shooter then over the mesh and back through to the back. Make sure



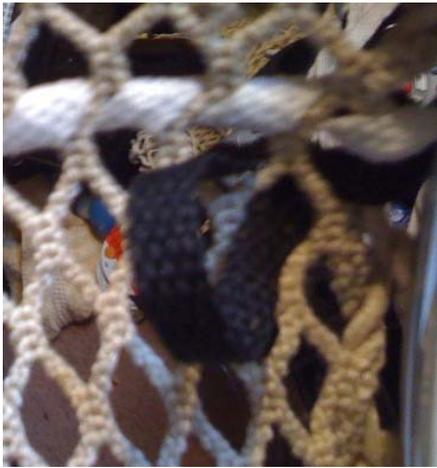
your shooter stays smooth, we don't want any twisting goofing things up in a game! Repeat this process across the mesh and when you get to the side wall string, wrap the **WHITE** shooter around the **BLACK** shooter and tie it off. Poof! You've tied your first style of shooting string!





The second style of shooter is the style I use the most. Since I used two different shooters(BLACK and WHITE) for the first style, I can use the other ends of these for this style. I'll start with the BLACK and start rolling it in and out of the mesh just like the WHITE lace in the first style. Remember to keep the lace smooth as it rolls over the mesh. It's important to keep the tension

even as you keep going.

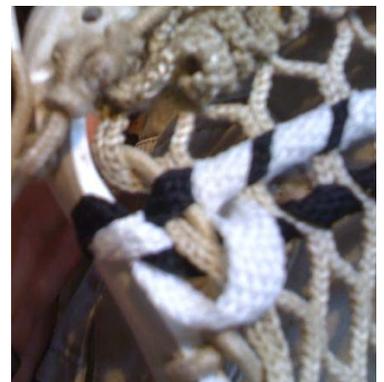
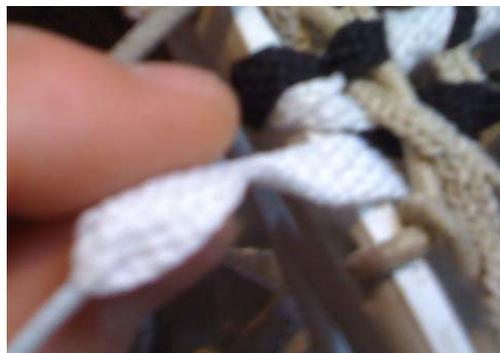
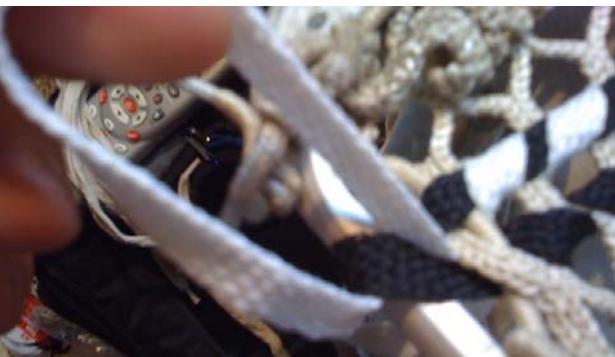


Continue all of the way to the other side wall and then feed it through the hole in the head. Now we want to do the same thing with the WHITE lace. Make sure you start from the opposite side of the mesh and keep that tension even!



Be sure you intertwine the laces before you start weaving them into the mesh. The more securely the shooters are attached to the head, the better they will be.

Again, this is the most common shooter style I do. If you have a good name for it, let me know!





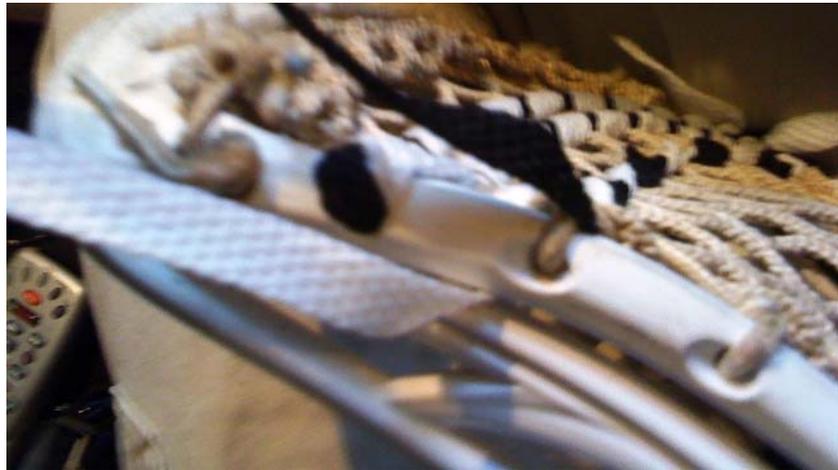
As you finish this style, once again intertwine the two ends before you tie it off to keep it secure.

For the third style of shooting string I'll once again use two different colored laces for a contrast. Starting with the BLACK lace, I weave in and out of the mesh until I get to the other sidewall string. Then I take the WHITE lace and intertwine the two and start rolling the WHITE lace through and over the BLACK shooter and the mesh.



Once again, make sure you start the WHITE lace from the opposite side as the BLACK lace! Once you get to the other side wall string, intertwine the BLACK and WHITE laces and tie them off. On this head, the hole was too small so I had to use the plastic side wall itself. This is fine to do if there aren't enough holes on your head.





The fourth and final style of shooter I will show you is what I use as a top shooter on all of my sticks. The top shooting string needs to be the tightest of the shooters and they should gradually become more loose as they go down the head. A lot of the time if your stick consistently throws too low, your shooters are too tight and you should loosen them from the top down. If your stick throws too high or the ball hits the top of the plastic head your shooters are too loose! Tighten the top shooting string and go down from there. TINY adjustments can go a LONG way!



This is the same as the second

style of shooting string except I ALWAYS use a piece of nylon cord to create a crisp release. On some sticks I will do two rows with the nylon cord.





I like to do one row of nylon and 2-3 rows of skate lace for MOST sticks for the beginner to the intermediate player. Some sticks are tricky and take a little trial and error to learn how to be strung properly! Don't be afraid to experiment, just don't do it right before a game!

After looking at the final product, the bottom string could use a little straightening up, but I think I will blame my Iphone for that! Good Luck!

