

***Pitch** may reduce strain on the Achilles and Calves if needed

***Upper** is the material above the sole covering the foot

**If you have an injury, seek professional advice*

Footy Boots Guide



Highett Podiatry
—KEEPING YOU ON YOUR FEET—

www.highettpodiatry.com.au



Asics Lethal Ultimate FF/IGS

- Rucks and key positions
- Built for comfort and stability
- Fits wide feet well

Price: \$220 Weight: 265g

Pitch: 10mm Upper: Kangaroo

- Lightweight and built for speed
- Good for narrow feet
- Chevron studs for agility

Nike Mercurial Vapor 14

Price: \$300 Weight: 205g

Pitch: <10mm Upper: Synthetic



Asics Lethal Testimonial 4 TI



- All-rounder
- Soft, lightweight & agile
- Higher studs for soft grounds

Price: \$270 Weight: 235g

Pitch: 10mm Upper: Kangaroo



Adidas Predator 20.2 FG

- Rubber grip elements on upper for better boot to ball control
- Slip on feel that hugs foot



Adidas Predator 19.1

Asics Menace 4



- Weightless and supportive feel
- Narrow fit
- Shorter studs for agility and hard ground

Price: \$240

Weight: 215g

Pitch: 10mm

Upper: Synthetic



Nike Tiempo Legend 7 Elite

- Light all-rounder with quality material



New Balance Tekala V2

- Good for wide feet, comes in 2E