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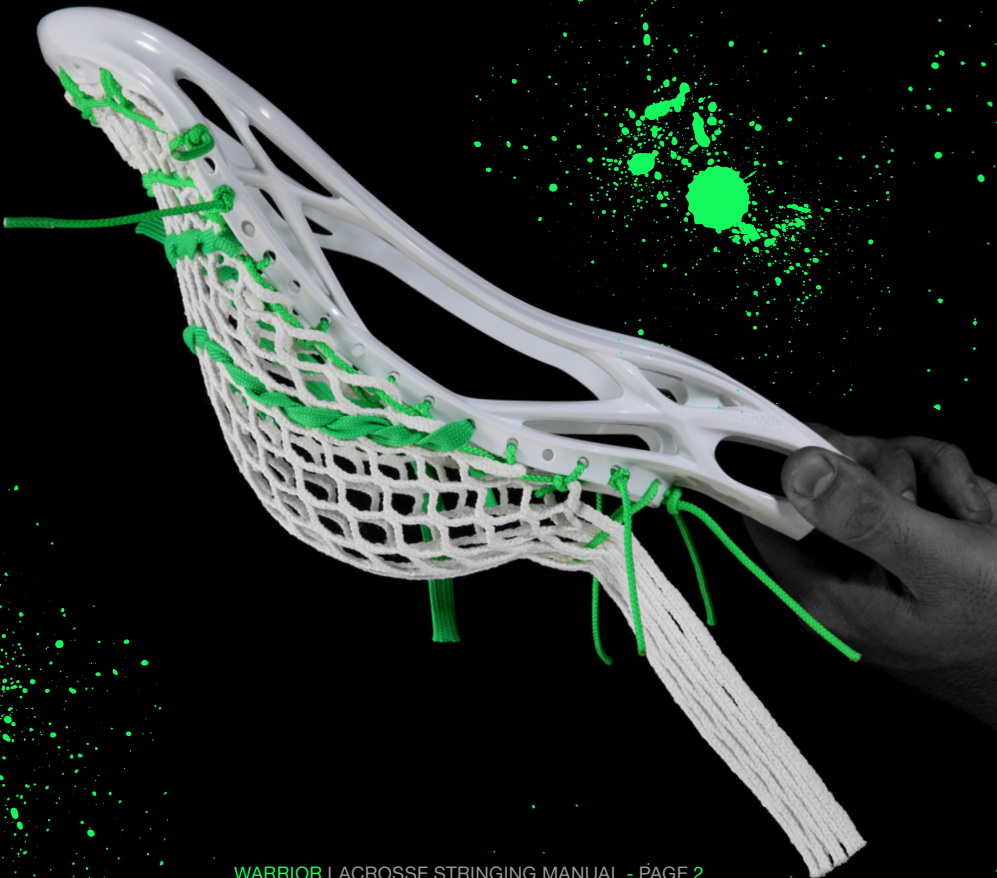
THE MEANS TO DOMINATE

LACROSSE STRINGING MANUAL

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INTRODUCTION

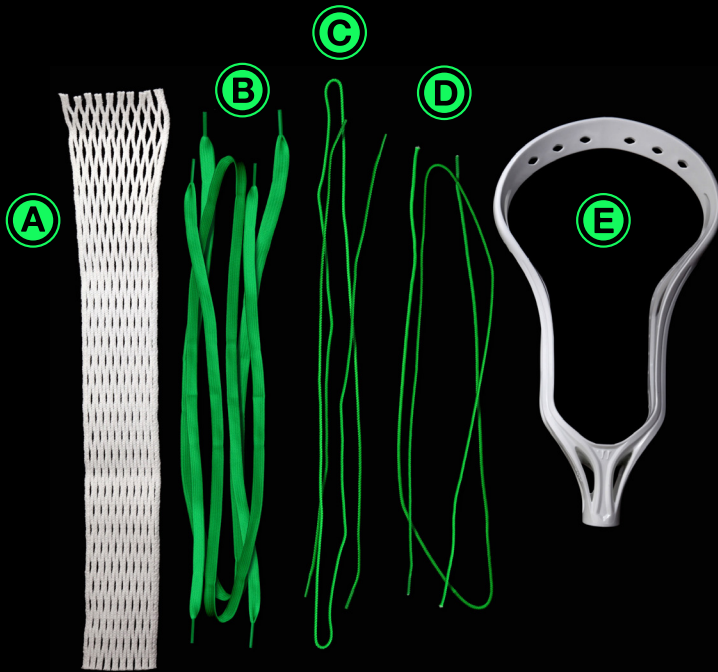
This tutorial is designed to teach you the basics of stringing a mesh pocket into a lacrosse head. At first, the thought of stringing up your own stick may be intimidating but by closely following this manual and taking your time you will learn to string the perfect stick time and time again. The more sticks you string, the better you will become and eventually you will be able to string heads without even referencing these instructions! Knowing how to string and maintain your own stick is an important skill to ensure that you are playing with a stick that will best suit your needs and these step-by-step instructions are designed to give you those skills.



USEFUL TOOLS

Scissors, Needle-nose pliers and a lighter will make stringing any lacrosse stick easier. Always check with your parents and or guardian before using any tools – **Especially lighters!**

IDENTIFYING THE MATERIALS



- A** **Mesh Piece** – The Warrior Mesh Piece used in this manual has 10 diamond shaped holes per row.
- B** **Shooter Laces** – These 3 flat laces are similar to a lace that you would see in a hockey skate.
- C** **Top Strings** – These 2 strings are the thicker of the two cord style strings in the mesh kit. They are longer and have a tighter weave on the exterior than the sidewall strings.
- D** **Sidewall Strings** – These two strings are shorter and thinner than the top strings. The outside of this string has a more coarse wider weaved finish.
- E** **Lacrosse Head** – Warrior lacrosse heads are top of the line and have all the string holes needed for successful stringing with this manual.

FOLDING THE MESH

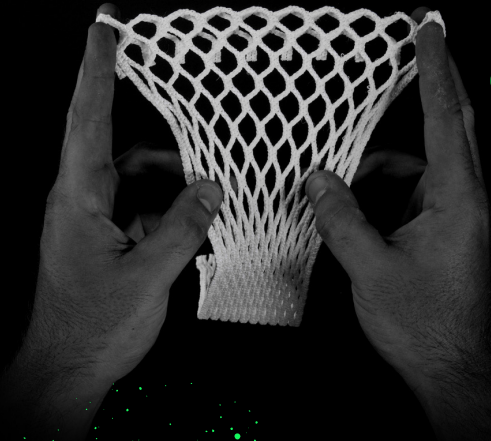
Stretch the **mesh** out by pulling both sides of the piece firmly throughout the entire width of the **mesh**.

①



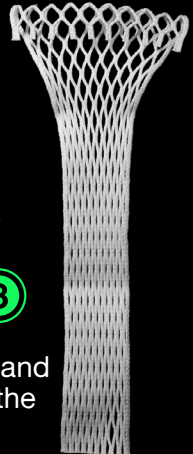
②

Fold one end of the **mesh** over so that the first and third rows of 10 diamonds overlap each other.



③

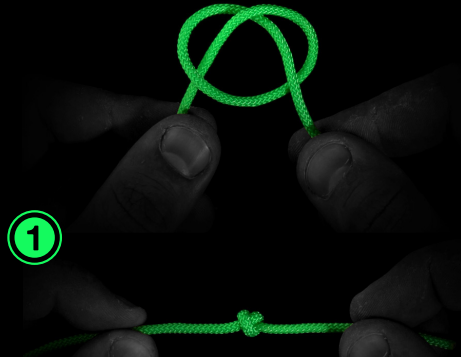
Keep the flap from the fold on the back of the head, and use the rough side of the **mesh** towards the front of the head where the ball would sit.



TOP STRING

Take one of the thicker nylon **top strings**; make a knot in the end.

①



②

Push the un-knotted end of the **top string** through the top stringing hole on the head and through the first diamond on the top row of mesh from front to back.



③

Loop the **top string** back to the outside of the head then through the same stringing and mesh holes used in step 2. Be sure to pull this tight - this will lock the top corner of the mesh securely to the head of the stick.



TOP STRING (CONTINUED)

From the back of the head, put the **top string** through the first large hole on the scoop and back through the front of the second set of diamonds in the folded mesh and to the left of the **top string** going through the scoop.

④



Repeat step 4, tying the **top string** across the top of the head eventually making your way across the scoop.

⑤



TOP STRING (CONTINUED)



Finish the **top string** by looping the string through the last row of mesh and around the plastic and back through the top hole like you started.

⑥



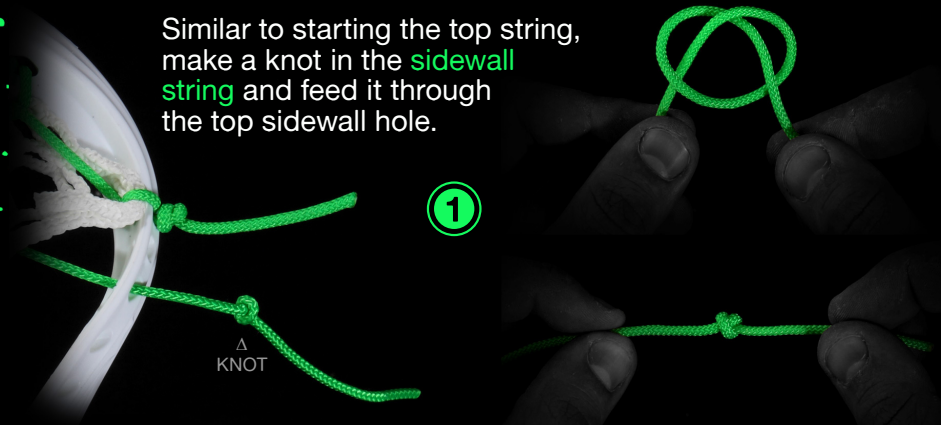
Pull the **top string** tight and tie a knot as close to the plastic as possible, cut and save the leftover for the **bottom string**.

⑦

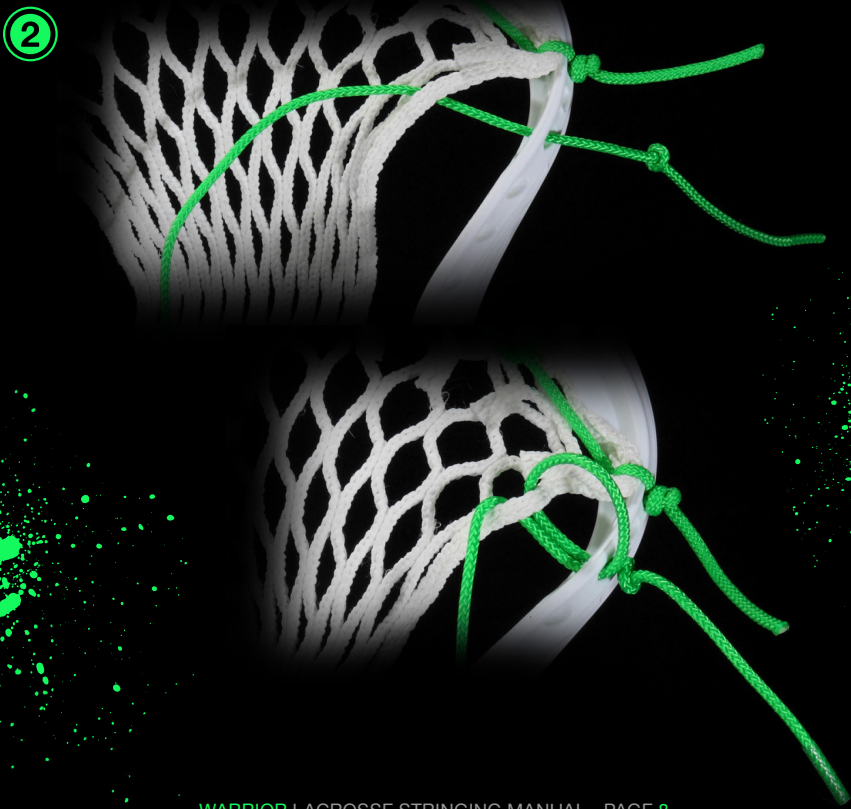


SIDEWALL STRINGS

Similar to starting the top string, make a knot in the **sidewall string** and feed it through the top sidewall hole.



Loop the **sidewall string** through the mesh and back through the sidewall hole like the top string.



SIDEWALL STRINGS (CONTINUED)

Feed the **sidewall string** through the next mesh hole, outside of the next sidewall hole, and back around on the inside so the **sidewall string** crosses over itself.

3

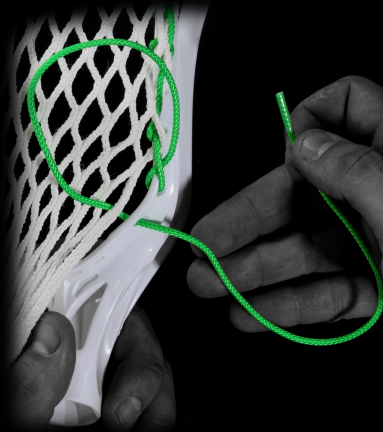
Continue to loop the rows of mesh and sidewalls together using the **sidewall string** as in steps 2 and 3 until you get to the last holes.

4

SIDEWALL STRINGS (CONTINUED)

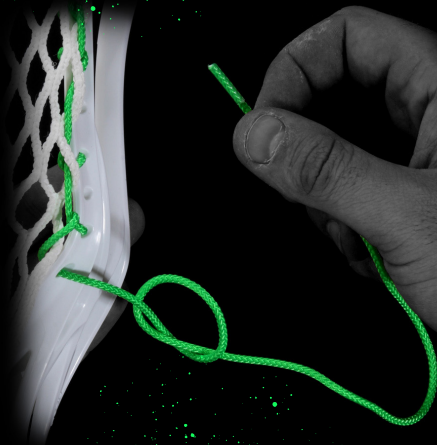
At the bottom, bring the **sidewall string** from the back, through the last desired diamond of mesh.

5



Feed the **sidewall string** inside out through the bottom sidewall hole and tie a knot as close to the plastic as possible.

6



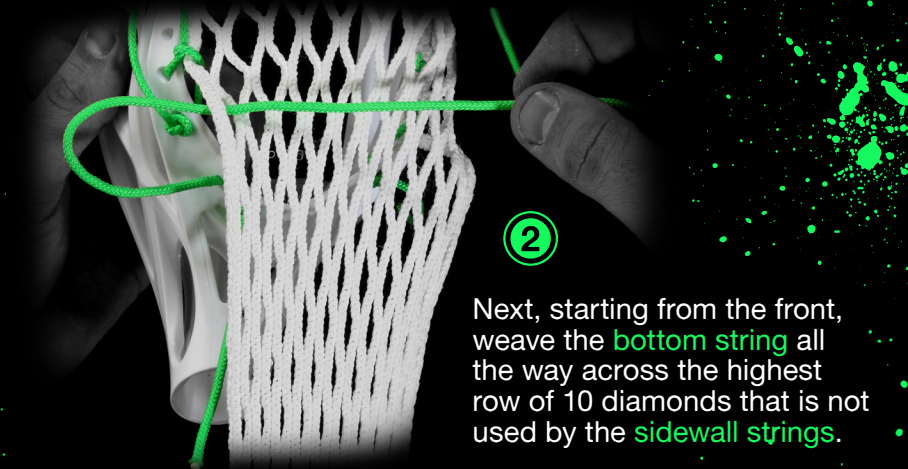
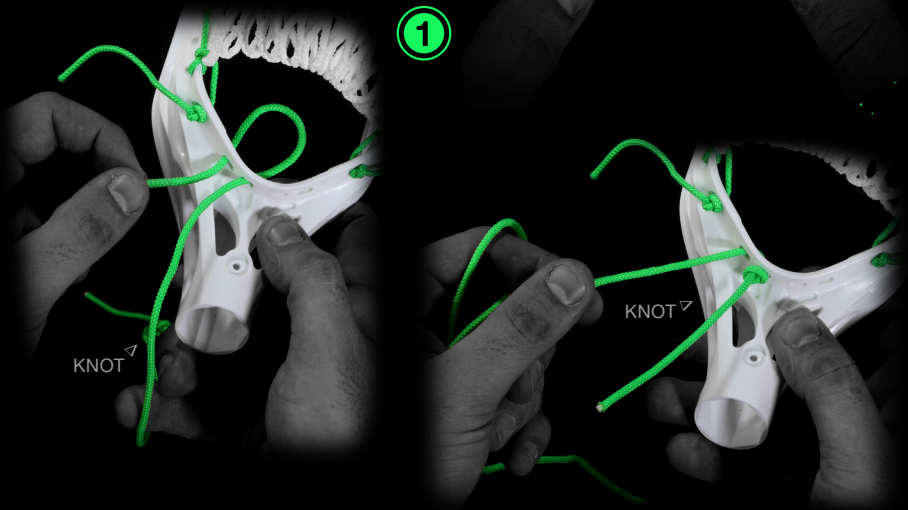
7 Repeat these **sidewall string** directions on the other sidewall.

8 Keep the sidewalls symmetrical and tight to ensure a consistent pocket!

9 In some cases, holes should be skipped to get a desired pocket shape.

BOTTOM STRING

If you haven't already done so: cut the leftover piece off the **top string**, this will be our **bottom string**. Tie a knot at one end. From the bottom, feed the string up through the second hole from the left of the bottom holes, and back down through the first.



Next, starting from the front, weave the **bottom string** all the way across the highest row of 10 diamonds that is not used by the **sidewall strings**.

BOTTOM STRING (CONTINUED)

Continue to weave the **bottom string** across the mesh.

3

Finish the **bottom string** by feeding it through the bottom of the 4th hole on the bottom and back through the inside of the 3rd hole and tie it off with a knot.

4

NYLON SHOOTING STRING

We will refer to the second piece of **top string** as the **nylon shooting string**. Feed one end of the string through an open sidewall hole or around the sidewall string. Pull the **nylon shooting string** and fold it in half so there are two equal halves on either side of the hole/string.

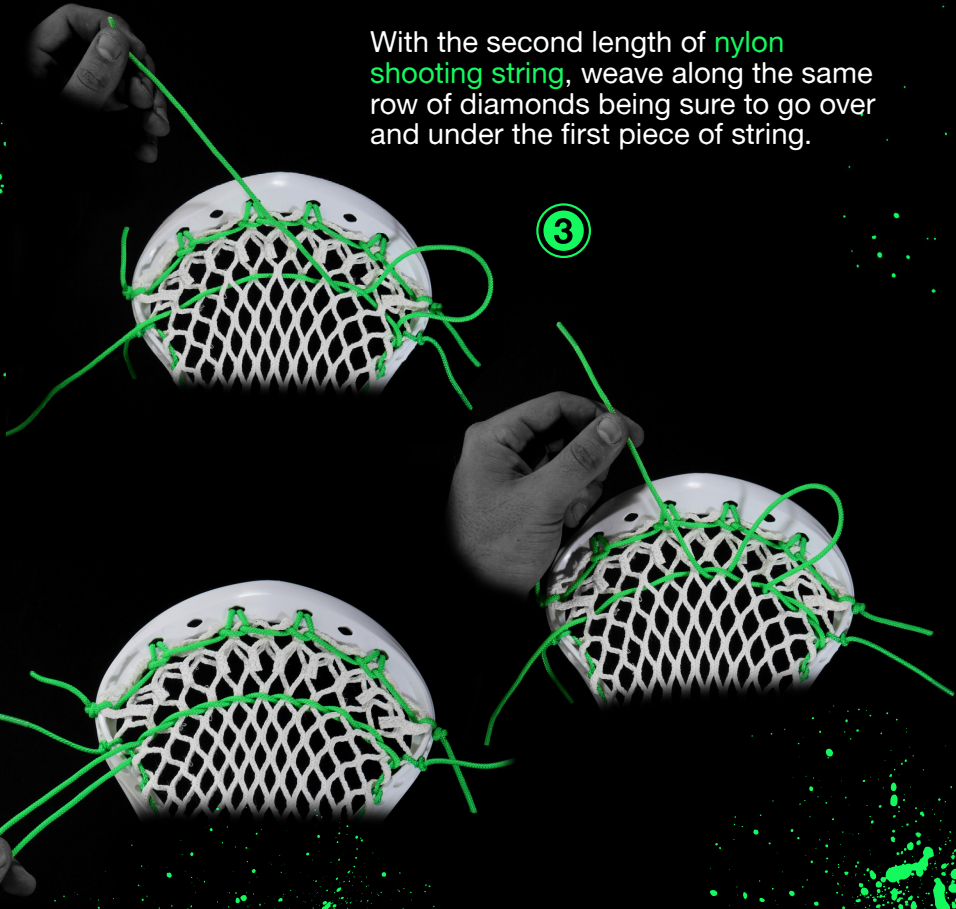
①

Start by weaving one end of the **nylon shooting string** through the desired hole of mesh going over and under in between diamonds.

②

NYLON SHOOTING STRING (CONTINUED)

With the second length of **nylon shooting string**, weave along the same row of diamonds being sure to go over and under the first piece of string.



Take both ends of the **nylon shooting string** and tie them together. This should be adjusted to get the desired pocket.



SHOOTER LACE - STRAIGHT



- ① Start by putting a **shooter lace** through the side hole of the mesh below the **nylon shooting string** and wrapping it around the **sidewall string**. Pull both ends of the **shooter lace** so that the **sidewall string** and mesh loop are in the middle.

Begin by weaving one side of the **shooter lace** through the row of mesh across the entire piece and to the other sidewall.



②

Using the other side of the **shooter lace**, weave across the same row. This time, go opposite and cover the entire row of mesh. If you started by going under, this time go over. It is also important to enter high and come back low.



③



SHOOTER LACE - U

Begin the **U shooter lace** like the **straight shooter lace** and the **nylon shooting string** with two equal lengths around the sidewall. To locate the starting point, find your desired height and follow the diamonds down to the sidewall.

1

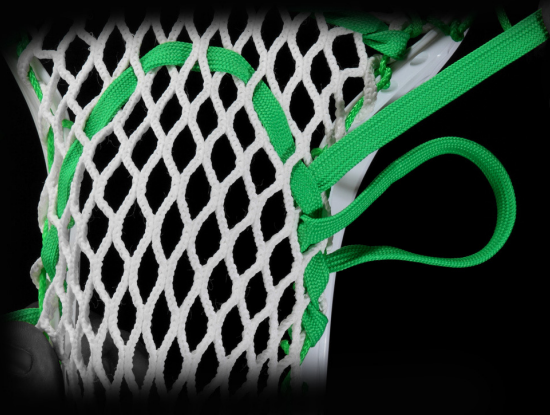
Using the row that you just followed, weave one length of the **U shooter lace** up a diagonal row of diamonds, across, and then back down. Ensure that your **U** is symmetrical by counting the number of diamonds to each side.

2

SHOOTER LACE - U (CONTINUED)

Weave the other length of the **U** shooter lace over and under like you did with the **straight** shooter lace.

3



4

Follow this up, over and down to complete your **U** shape.



FINISHING TOUCHES

To finish your stick, tie off all **shooting strings** to a desired tension. The lowest should be the loosest and they should get gradually tighter towards the scoop. The tension of the **shooting strings** will help control the amount of 'whip' a stick has.



2 Your string kit should include a **ball stop**. Peel off the back and place the foam piece in the middle of the throat – opposite where the shaft is put in.



Trim all loose strings to approximately two inches and carefully burn the ends to prevent fraying.

4 Use a Warrior pocket pounder to stretch your new pocket to the desired depth.

5 Screw your newly strung head to a shaft and go hit the wall!

