

What Kind of Soccer Ball do I Need to Use?

LSA Soccer Ball Guidelines

This is a general guide on what kind of soccer ball you should purchase. Make sure to get the right size ball for your player.

All pictures are for example purposes. This is not an endorsement of any style, brand, or store.

● ACCEPTABLE

🏐 Size 3 Ball (U4–U8)



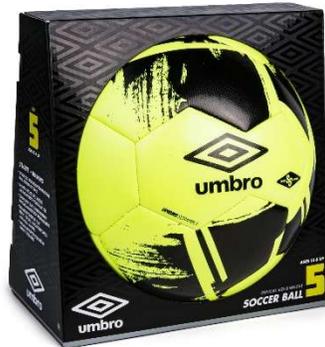
- ✓ Designed for younger players
- ✓ Lighter and easier to control
- ✓ Clearly labeled "Size 3"
- 👉 Helps build proper technique at early ages.

🏐 Size 4 Ball (U10–U12)



- ✓ Transitional size
- ✓ Proper weight for developing players
- ✓ Clearly labeled "Size 4"

🏆 Size 5 Ball (U14+ and Adult)



- ✓ Official full-size match ball
- ✓ Standard for older youth and adults
- ✓ Clearly labeled "Size 5"

What Defines a Good Quality Soccer Ball?

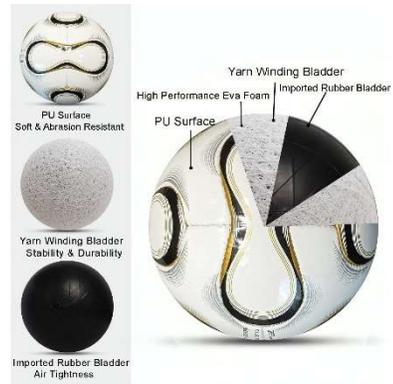
- 1 Construction (This Matters Most)
 - Stitched Panels (Best for Most Youth Players)



- ✓ Durable
- ✓ Holds shape well
- ✓ Great for practices and rec games
- ✓ Best value for youth soccer

If you see visible stitching — that's usually a good sign for recreational players.

● / ● Thermally Bonded (Higher-End Match Balls)



- ✓ No stitching
- ✓ More waterproof
- ✓ More consistent flight
- ✓ Higher cost

Great for competitive play — not necessary for most rec divisions, but excellent quality.

2 Outer Material

- ✓ PU (Polyurethane) cover = softer touch, better feel
- ✓ PVC cover = more durable but harder

For development?

- 👉 Softer touch (PU) helps with first touch and control.
-

3 Bladder (Inside the Ball)

Most parents won't see this, but:

- Butyl bladder → Holds air longer (low maintenance)
- Latex bladder → Better feel, but needs frequent inflation

For rec soccer?

- 👉 Butyl is the practical choice.

Proper Weight & Feel

A good ball should:

- Feel firm, not squishy
- Not feel rock hard
- Bounce consistently
- Maintain round shape

If it feels oddly lumpy — skip it.

Inflation Range

Every quality ball lists a PSI range near the valve.

- ✓ Inflate within that range
- ✓ Not overinflated
- ✓ Not underinflated

A properly inflated ball:

- Improves passing
 - Protects young feet
 - Reduces injury risk
-

Red Flags When Buying

- Extremely lightweight “toy” balls
- Foam or novelty balls
- No size label
- Peeling surface right out of the box
- Feels plasticky and overly hard

Practical Advice for LSA Parents

For most recreational youth players:

- ✓ Mid-range stitched ball
- ✓ Size appropriate for division (3 / 4 / 5)
- ✓ PU cover preferred
- ✓ Butyl bladder

You do NOT need a \$160 professional match ball for U8 rec soccer.

Honestly? A solid \$20–\$40 ball from a reputable sporting brand is perfect for development.