

Breaking in New Football Boots

By Damien Cronley

New football boots can be particularly unforgiving when they are used for the first few weeks. Breaking in your new footwear is very important for all football players. It is not really a good idea to wear brand new football boots in any sort of competitive game. This is because the shoes will be very tough on your feet and could give you some painful blisters.

There are plenty of steps you can take to speed up the process of breaking in new football boots. A very popular method with many players is to soak the boots in warm water. The water only needs to be warm to the touch. If the water is very hot, it can melt the adhesives and other materials used on the football boot. A simple way to achieve this is to put on some football socks and your new boots with the laces tied up. Then sit in the bath for 15-20 minutes and this will help the boots to mould to your unique foot shape.

You can introduce your new boots gradually over a period of time. This reduces the risk of soreness and blisters on your feet. At the same time this approach ensures the footwear is being used to some extent. Next time you are going to football practice or training take your new football boots along with an older pair. You can wear your new boots for the first twenty minutes then change into the older ones. You can increase the period you wear the new pair for longer spells over a period of time.

Another tip for use while training is to dampen the leather all over with a cloth saturated with water. This method can be particularly effective round the tongue area. You can also apply a good coating of Vaseline to your feet and toes underneath your socks. This will reduce the friction of the boot material against your skin and makes blisters less likely.

When they are not in use always remember to stuff your football boots with some old socks to help keep the shape. Some people use rolled up balls of old newspaper which is an equally effective method. This is a popular low cost alternative to buying products such as a custom boot stretcher from a shoe shop.

By following these tips, you will significantly speed up the process of breaking in new football boots. This advice will help you prevent soreness and blisters when you first start wearing the new footwear. In no time at all your boots will quickly become very comfortable to wear almost like trainers. They will also become moulded to the shape of your feet so that they fit you like a glove.