



West Vancouver Field Hockey Club

"The home of North Shore Field Hockey"

CHOOSING A STICK

Choosing the Right Hockey Stick

Before you head out onto the field to start practicing your stick handling, you have to choose the right hockey stick, which can be a difficult decision. Although colour and style might seem like the most important part of buying a stick, the feel and performance of the stick is much more important.

Weight:

The weight of the hockey stick is usually chosen based on personal preference or position. There are two different types of sticks that field hockey players use: wooden and composite. While wooden sticks are durable (for young athletes) and more affordable, they are becoming less common. Composite sticks are common and more powerful. U11 and older players should be looking to purchase a composite stick. Younger players can use wooden or composite sticks.

Size & Length:

The size and length of the stick you use completely depends on the length of each individual player's body. Field hockey sticks range from about 28" to 38" long and having the proper stick length can drastically affect your game. If your stick is too long, you may end up undercutting the ball or making hard contact with the ground, causing the stick head to fracture. If your stick is too short, you may be bending down too much which can cause serious long-term back problems.

When choosing the perfect stick for you, there are two simple ways to check a stick in the store:

- 1) Place the base of the stick on the ground and make sure the stick is straight. Hold the stick with two fingers at the top of the handle and check to make sure the top of the stick is right along your hip bone.
- 2) Hold the stick upside down and insert the head of the stick in your armpit. The stick should end near your knee and fall no more than two inches below the bottom of your knee cap.

PLAYER HEIGHT (cm)	HOCKEY STICK Recommended Length
178 - 188	37.5"
163 - 178	36.5"
153 - 163	35 & 35.5"
140 - 153	34 & 34.5"
122 - 140	32"
110 - 122	30"
91 - 110	28"
Less than 91	26"

Tip: The most common adult stick size is 36.5" If you are looking to invest in a stick, then U13 and older players should look to buying this length. U13 play full-field games and need the additional power that you get with an adult stick. You will also no longer outgrow your stick and save yourself that yearly new stick purchase due to it "being too small"