

# How to Select a Stick

## Balance and Weight

Get a "feel" for the stick. It should be well balanced and feel comfortable in your hands. Depending on your preference, the weight may be evenly distributed throughout the length of the stick or concentrated in the stick's toe or head

Field hockey sticks range in weight from light, medium, and heavy. Most players use sticks that fall into the medium range. Typically, forwards prefer a lighter stick for quick maneuvering in the circle while defenders often choose a heavier stick for powerful clearing hits.

## Length of Stick

Field hockey sticks range in length from 26 & 28- inch youth sticks to 38-inch sticks for taller and more experienced players.

While the length of the stick is often determined by height, players often select the longest stick they can handle comfortably. The chart on this page shows the general guideline for choosing the appropriate stick length.

## Toe Length

The "toe" or "head" of the stick may also vary depending on your position or style of the play.

SHORTI- features a one-piece head to allow quick maneuverability around the ball

MIDI- features an increased hook surface and slightly longer length to allow a larger hitting and stopping area to facilitate receiving, flicking, and reverse stick play

HOOK- hooks up to provide the maximum surface for receiving and a larger sweet spot for hitting

