

# How to select a field Hockey stick

## Balance & 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. The weight in the toe should not be so much as to limit your stick speed when playing the ball.

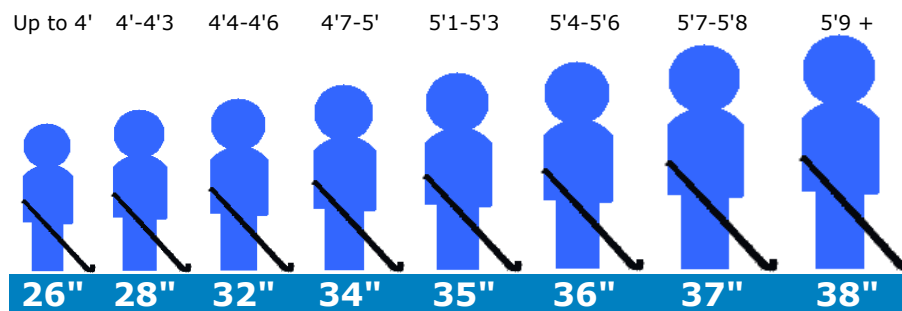
Field hockey sticks range in weight from light (18 oz. to 19 oz.), to medium (19-22 oz), to heavy (22 oz to FIH maximum 25.9 oz [737 grams]). Most players will use a stick in the medium range. Generally, forwards prefer a lighter stick for quick maneuvering in the circle while defenders often choose a heavier stick for powerful clearing hits and to prevent attackers from casually "pushing" the stick aside.

## 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.

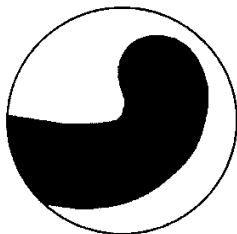
While the length of the stick is often determined by height, players often select the longest stick they can handle comfortably.

The chart below shows the general guideline for choosing the appropriate length stick.



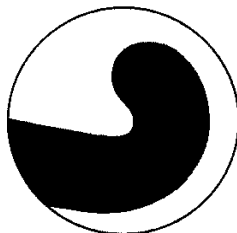
## Toe Length

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



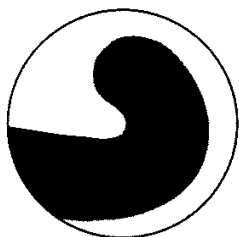
### Shorti

The "shorti toe" features a one-piece head to allow quick maneuverability around the ball.



### Midi

The "midi toe" 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

A "hook toe" hooks up to provide the maximum surface for receiving and a larger sweet spot for hitting.

## Flexibility & Stiffness

A flexible stick that absorbs shock is often the stick of choice for beginning or novice players. Flexible sticks tend to be more durable than their stiffer counterparts.

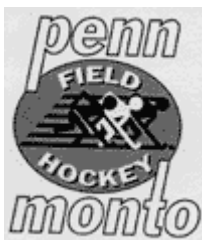
Advanced players may opt for a stiffer stick for increased power

Manufacturers may add a variety of reinforcing materials to the stick to add strength and durability or promote either stiffness or flexibility. Fully composite and fiberglass sticks are legal at the collegiate and high school level, and revised international definitions of the stick at the international level allow the stick to "be made of or contain wood or any material other than metal or metallic components, provided it is fit for the purpose of playing hockey and is no risk to health."

- **Fiberglass:** A basic material reinforcing the handle. Fiberglass adds strength and durability. Fiberglass reinforcement also helps to prevent wear.
- **Carbon (or graphite):** One of the most effective stiffening materials. The added stiffness in the handle allows for increased hitting power for experienced players. However, in cold temperatures, a stick with carbon tends to transmit the shock from the head, through the shaft up to hands. Players should consider playing conditions, such as temperature when selecting a stick.
- **Kevlar® (or Aramide):** Adds strength to the handle while dampening the vibration to the hands. The more Kevlar in the stick, the less shock is felt, yet the fibers still allow for flexibility and a smooth "feel" of the ball when hitting and receiving.  
Kevlar is a manmade organic fiber produced by DuPont used in a wide variety of applications such as bullet-proof vests, tires, fiber optic cables and sporting goods.
- **Dyneema®:** Added over the stiffening and strengthening materials at the base of the shaft for impact resistance.  
Dyneema is a polyethylene fiber characterized by its high impact strength and high energy absorption qualities.

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