

## HOCKEY STICK LENGTH GUIDE

*The length of your field hockey stick is very important. We have listed a few methods for choosing a hockey stick length below.*

- Junior Hockey Sticks are available in sizes 24" up to full size 36.5". Junior sticks are available in wood or fibre Glass. Prices start at approx €25
- To measure a child (5 Ft 2" or under) hold the hockey stick at their side and it should be at their hip or belly button.
- If you cannot decide between two lengths, you should consider your child's position. On defence, a longer stick is useful to provide a longer reach and to allow the player to drive the ball further. On the other hand, a shorter stick improves a player's stick handling skills on offense.
- Once a young person reaches the age of approximately 13 they will be in a full size stick ie 36.5"(5 f 3"), so you do not need to measure the stick to your hip or belly button once you reach this height.
- Senior Sticks are available in wood, Glass Fibre and a combination of Fibre Glass, Kevlar and Carbon. When Senior Players are choosing a hockey stick they will choose a stick based on what feels comfortable for them and their style, so it is more of a personal choice.
- The majority of hockey players use a 36.5" stick. The best way to choose a hockey stick is to come into the shop and speak to our expert staff, try out a few sticks and choose the one that feels the best for you.
- There are no left handed hockey sticks, all field hockey sticks are made to be played right handed.

Stick Length	Height
26"	3' 5" – 3' 7"
28"	3' 8" – 4' 0"
30"	4' 1" – 4' 3"
32"	4' 4" – 4' 6"
34"	4' 7" – 5' 0"
35"	5' 1" – 5' 2"

Stick Length	Height
36.5"	5' 3" upwards
37.5"	5' 10" upwards

**NOTE:** If you are 5'10" you don't have to use a 37.5" stick, it is completely a matter of personal choice and equally someone under 5'10" may prefer a slightly longer Hockey stick and opt for the 37.5", in our experience the majority of Hockey players choose a 36.5" Hockey Stick. The best advice we can offer is to come in and try out a few Hockey sticks so that you choose the stick that is most suitable for your position and style of play.