



“Try different lengths, weights, lies, flexibilities and curves and choose the type of stick that maximizes all aspects of your game, especially puck control”

THE STICK

Is your hockey stick the right **SIZE, WEIGHT, LIE, FLEXIBILITY AND CURVE** for you?

Some coaches say your hockey stick should be to your nose level on skates.

Others say to your chin level.

Others say lower than your chin on skates for better puck control and to help get the strength and stick speed to win the puck at face offs and from the other team in play.

Some say if you play defence you should have a longer stick to lengthen your reach for poke checking and reach.

Others maintain a longer stick is better for good slap shots and to increase shot speed.

Some encourage a small curve, some a large curve, some a heavy stick, some a flexible shaft stick.

THERE ARE NO RIGHT ANSWERS FOR EVERYONE!

SOME OF US ARE STRONGER, SOME WEAKER; SOME HAVE LONG ARMS, SHORT ARMS, LONG LEGS, SHORT LEGS, STRONG WRISTS, WEAK WRISTS, BIG HANDS, AND SMALL HANDS.

MAKE SURE YOU FEEL 100% COMFORTABLE WITH YOUR STICK.

TRY DIFFERENT STICKS FROM TEAM MATES.

If you are very strong you may be able to handle a longer stick than to your chin on skates but normally you will be giving up better puck handling, passing and shooting with a longer stick.

If you find that you are missing the puck completely sometimes, mishandling the puck as you skate with it, not easily picking it up along the boards, in the corners or being able to pass it softly when you need to, or losing the puck as you pull it closer to you as you try to go around someone, or if it takes you too long to get your shot away, your stick may be too long or there may be too much curve in it or the lie may not be right **FOR YOU!**

The lie of a stick is the steepness of the angle formed by the blade of the stick and the shaft when the blade is 100% on a flat surface and the shaft is pointed up. If you are more of an upright skater than a bent over skater a higher lie or a steeper angle may be best for you.



Too much curve on the blade of your stick can make puck handling, winning face offs and back hand shots more difficult, so unless you are an exceptional puck handler, it is usually better to limit the size of the curve and have a straight up curve not an angled curve on the blade of your stick.

If your wrist shot is weak and the puck is going end over end instead of spinning evenly and crisply, try shortening your stick slightly and using a lighter and flexible, rather than firm shaft stick.

Remember, if you are a defenceman, being able to poke check better or have longer reach because your stick is longer is not worth easy and comfortable puck handling and accurate passing. Nor is it worth coughing up the puck in your own corner or mishandling it in front of your net. All these could be in part caused by a too-long stick.