

A Helpful Guide to Starting Hockey

Choosing a Hockey Stick....

The Stick you buy should be based on your needs.

Beginner Wooden Sticks are perfect learning tools for first time players focusing on control and fundamental skills. They are recommended for players under 10 playing for less than 1 year.

Beginner Composite Sticks are also good learning tools for the first time slightly older player. They are recommended for players 10-13 years old playing for less than 1 year.

Intermediate Sticks continue to focus on control but introduce a key element of power to elevate your game. These are suggested for players 10-13 years old with 1-2 years of playing experience.

Expert Sticks offer an even balance of power and control, helping players continuously improve their skills. They are ideal for players 13+ years old with 2+ years of experience.

Elite Sticks are recommended for highly skilled players who desire power paired with precision. Typically boasting much higher carbon content, Elite sticks are the most powerful. Recommended for players 15+ years old with 3+ years of experience.

With each level, there is an increase in the composite material make up of the stick which helps aid the development of the player. The higher the carbon, the stiffer the stick and higher the cost.

What Length do I need

The length of the stick you need is determined by your height. An approximate guide for this would be:

4ft and under 26/28" 4ft 1" to 4ft 3"-30" 4ft 4" to 4ft 6"-32" 4ft 7" to 4ft 9"-34" 4ft 10" to 5ft 1"-35" 5ft 2" to 5ft 7"-36.5" 5ft 8" and over -37.5"

Up to about age 10 the stick should measure to the belly button or just below. From 12 years of age an adult size stick, 36.5 is recommended or if you are a height of 5ft 2" and over.

Footwear

It is highly recommended to invest in a pair of hockey astroturf shoes. Playing surfaces can vary greatly from water based to sand based surfaces so wearing the correct footwear will greatly aid the players grip and stability on the pitch. A hockey shoe will also provide extra cushioning for the speedy modern game. A small level of protection will also be given to protect the toes from impacts caused from the hockey ball! Please be careful when choosing a shoe as a football astroturf will not make a good hockey shoe!

Protection

Gumshields and shinpads are mandatory when playing hockey. A gum shield will range in price depending on the protection offered. There are now many different makes of top gumshields on the market. A hockey shinpad is designed to cover the whole shinbone. Hockey socks are the standard sports long sock that go to the knee and will pull over the shin pad keeping it in place. Stirrup shinpads are not recommended for higher levels of hockey.

Accessories

There are many other items available as you become more experienced in the sport. Stick bags protect the stick when being brought to training and make it easier to carry. Larger combo bags will hold kit in the one place and make it easy to carry. Rucsacks that hold your hockey stick are also available and are handy if you cycle to training!

As hockey is generally played over the colder months hockey gloves are also a useful extra. Beanie hats and a good waterproof training top would be things to consider adding to their kit bags.

The most important thing is to always ask for advice and give the details about the player requirements when looking to make a purchase.

At GSports, Andy has over 20 years experience in selling hockey equipment and is always available to offer any help or guidance if required.

Please bring this flyer with you to GSports to avail of
★★★★★ **10% Discount off your hockey purchase!** ★★★★★

KILDARE STORE

Unit 4 Beechmount House, Langton Cross,
Newbridge, Co. Kildare, W12XP11

Tel: 045-437579

Andy Groves 086 8214526

www.gsports.ie ✉ gsportsnewbridge@gmail.com

f @gsportsnewbridge t @GSportsStore1 i @gsportsnewbridge

DUBLIN STORE

8 Terenure Road North,
Terenure, D6W H767

Tel: 01-4926560

Andy Groves 086 8214526

www.gsports.ie ✉ gsportsterenure@gmail.com

f @gsportsterenure t @GSportsStore1 i @gsportsterenure