

How to Choose the Right Field Hockey Stick

With so many adidas field hockey sticks to choose from, it may seem difficult to know which is the best one for you. To help you decide which stick is most suitable, you should start by understanding what features each stick has and which suits your style of play.

Length

Choosing the right stick length is really important as it will support your abilities on the field. We recommend that the stick come up to approximately your hipbone, however, this really isn't a hard and fast rule. The game is played with bent knees and the stick out in front. Some players prefer more reach so you may prefer a longer length.



Composition

Most field hockey sticks are made with a mix of composite materials, including Carbon Fiber and Glass Fiber which are most common. Other materials used which you've probably seen are Kevlar, Aramid and Wood. (Wood was traditionally what sticks were made of but has since been overtaken by composite materials.) Wood has a great touch and is still used in entry-level sticks but composite materials are lighter and offer additional power and have therefore become the preferred material. The reason materials are mixed is to help achieve as much power as possible when hitting without losing touch when controlling the ball.

Understanding the behavior of the two main composite materials will help you decide what performance you'd like from your stick.

Carbon Fiber

This is the stiffest and most powerful material used in a stick. Therefore, the higher the percentage of carbon in your stick, the more hitting power it will have. Carbon Fiber has less flex than other materials so less energy is lost when hitting the ball. The trade off with more power though, is the touch will not be as soft as lower carbon sticks. You will need to adopt slightly softer hands to compensate.

Glass Fiber

Glass Fiber has more flex in it than Carbon Fiber. The lower the percentage of carbon in your stick, the more glass fiber will be used. This mixture allows for a softer feel depending on the percentages. What composition you decide on is up to you. If your game consists of lots of hitting then perhaps you prefer the higher carbon sticks. The two most powerful sticks in the adidas range are the Kromaskin (95% Carbon) and Carbon (90% Carbon). Or perhaps you're a player who links play, so you may prefer a stick that has a softer touch because you need quick, close control and your passes are mainly push-es. In this instance, a lower carbon percentage may be more suitable, so a Compo 1 (70% carbon) stick, or a Compo 2 (50% carbon).



Touch vs Power

To gain power from your stick, there needs to be an element of stiffness to transfer the energy through the ball. A higher carbon stick will have more power because it is stiffer compared to sticks with less carbon. A stiffer stick offers more power but means you need to compensate with your hands when you stop or receive the ball.

For a softer feel and touch, a stick with less carbon would be more suitable. Sticks with less carbon often suit players who receive a lot of passes and don't often hit.

Our highest carbon stick is a Kromaskin stick (95% carbon) and our lowest carbon stick is a compo 4 (20% carbon).

Bow

The bow of a stick is the slight curve you see in the stick shaft and similarly to the carbon content, choosing the right bow will depend on your playing style and skill level.

The location of the bow along the stick shaft determines the name of the bow. A 'low bow' refers to the bow starting closer to the head of the stick (the playing area), a 'traditional bow' means the bow is much closer to the middle of the stick. Deciding what bow you want to use depends on what you are looking for from your stick and your playing style. A low bow makes it much easier to lift the ball in the air, for 3D skills and aerial shots, think of a spoon, but it can therefore be more difficult to hit flat and keep the ball down. A straighter, more traditional bow helps control the ball more easily and keeps the ball flat to the ground, but is harder to get the ball in the air for 3D skills.

**ULTRA
LOW BOW**

**LOW
BOW**

**MID
BOW**

**TRADITIONAL
BOW**

DF

AX

TX/FTX

LX/FLX

V

Within the adidas range, we offer a full range of bows so you can choose how much of that low bow effect you want in your stick.

Head Shape

The adidas range has two head shapes the 3D Head and the Pure Control Head:



3D Head

- The 3D head supports increased ball control and enhanced 3D skills, especially on the reverse.
- The opened-up angle of the toe allows the ball to sit in the hook which allows for rapid spin moves.
- The trapezoid stick shape reduces the weight of the stick and enhances 3D skills by making it easier to get underneath the ball to lift it.
- Featured on DF, TX and FTX models

Pure Control Head

- The pure control head shape helps provide ultimate control in all situations and offers an enhanced surface area from traditional classic head shapes.
- The trapezoid stick shape reduces the weight of the stick and enhances 3D skills by making it easier to get underneath the ball to lift it.
- Featured on AX, LX, FLX and V models.



For additional support, please do not hesitate to get in contact with us at info@hfssport.com.

You can also subscribe to our mailing list to receive advice and information about the adidas range.