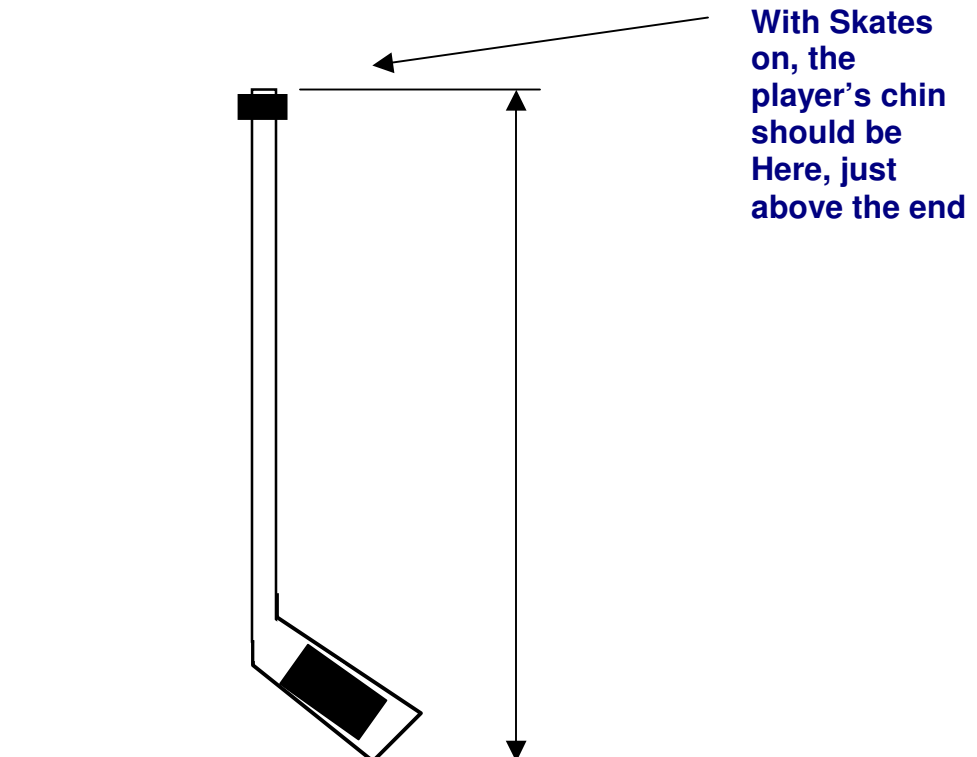


# Proper Hockey Stick Length

For young hockey players, **proper stick length is extremely important**. While a longer stick may help with the shot, it often hampers the player's ability to handle the puck. Longer sticks will make it difficult to level the blade with the ice in puck handling and passing situations. It will also force the player to handle the puck further away from the body, creating an awkward center of gravity position for the lower hand. In compensating for this, the upper portion of the stick will conflict with the torso limiting free and smooth movement.

Be sure the stick is cut properly. Do not cut for player growth; the odds are that the stick will need a new plug or to be replaced next season, regardless.



## Hockey Stick Length

A good rule of thumb to determine proper stick length is — with your skates on — to hold the stick straight up and down in front of you with the toe of the stick touching the ground. Mark the stick just below the chin and cut with a saw. If a plug is required, take that length into consideration. While some players may still want it longer, do not allow it to be cut to a length above the lips.