

THE EQUIPMENT

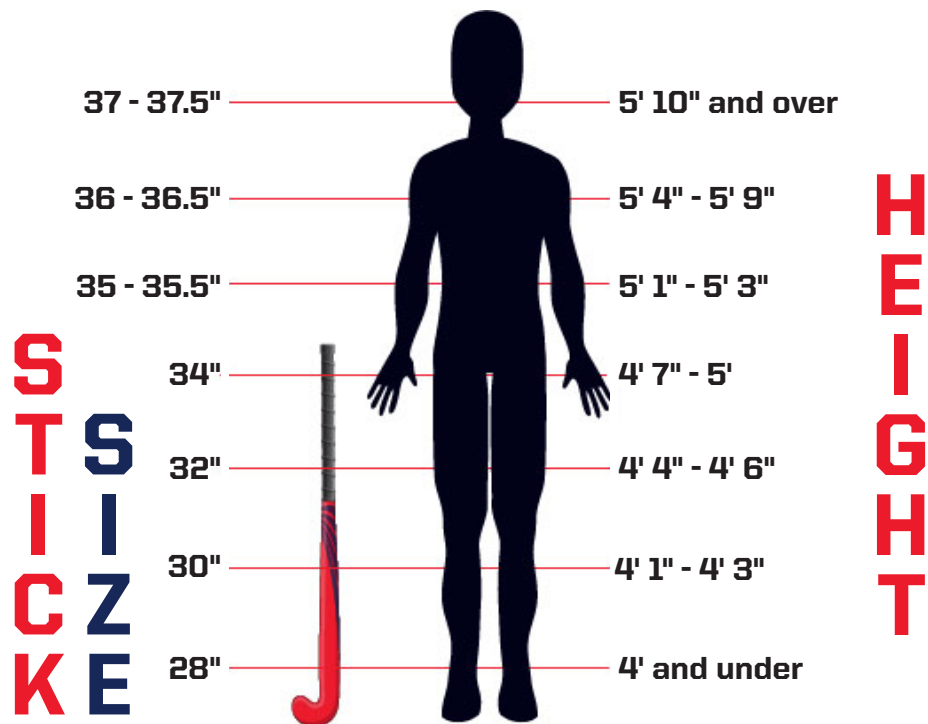


STICKS

Field hockey sticks are rounded on one side and flat on the other. They come in a wide range of lengths to fit any size or age player. It's important for a player to use a stick that is comfortable in length. A stick that is too long will be difficult to maneuver. A stick that is too short may also be awkward and limit power. There is no such thing as a left-hand stick. Beginner sticks are usually constructed of wood and are lightweight, less rigid and more forgiving, making it easier for a beginner to stop and control the ball. As players develop, they will understand what kind of stick works best for them and move on to a more powerful, composite stick. Stick length, style and weight is based on individual preference. This is just a general guide to appropriate stick length.

STICK SIZING AND SELECTION

Stick length, style and weight is based on individual preference, but this is a general guide for beginners, based on player height.



Many players like to measure appropriate stick length from the ground to their hip bone. Before investing in a stick, consult with your coach, field hockey equipment manufacturer or retailer. Most adults of any height prefer sticks that are between 36-37.5".

BALLS

Field hockey balls are made of plastic. They are usually white or orange, although they can be any color that contrasts with the playing surface. Some balls are smooth and some are dimpled to reduce aquaplaning on wet surfaces.

MOUTH GUARDS

Mouth guards are required to be worn to prevent dental injury.

SHINGUARDS

Hard plastic shinguards are traditionally worn by all field players to protect against balls and sticks hitting the shins.

GLOVES

Optional, worn to protect hands, improve grip and stay warm.

FACE/CORNER MASKS

Face/Corner masks are often worn by defensive players while defending penalty corners. The masks are removed and thrown out of play when the penalty corner play is over.

GOGGLES

The National Federation of State High School Associations (NFHS) mandates that high school field hockey players in the United States wear goggles to protect their eyes. The International Federation of Hockey (FIH), National Collegiate Athletic Association (NCAA) and USA Field Hockey do not permit wearing the goggles the NFHS requires, but do allow other types of eye protection to be worn.

GOALKEEPING EQUIPMENT



STICK

Goalkeeper sticks are slightly different from a field player's stick. The speciality curved blade provides extra stopping area for saves. A regular stick can also be used.

CHEST PROTECTOR

HELMET

MOUTH GUARD

THROAT PROTECTOR

JERSEY

Goalkeepers must wear a different colored jersey for easy visual distinction.

ARM GUARDS

PANTS & GIRDLE

Girdle is worn under pants.

LEG GUARDS

BLOCKERS & GLOVE

KICKERS

These are worn over shoes.

Goalkeeper equipment must fit well enabling the goalkeeper maximum mobility and protection.