

Choosing Your First Floorball Stick

Floorball is the perfect game for both youth and adult players and it is very inexpensive. The most important piece of equipment is the stick. There are many factors that go into choosing a stick, but for your first stick purchase, only two are important – side (handedness) and length.

1) MOST IMPORTANT - WHICH SIDE?

Your shooting side has **NO RELATION** to whether you are right handed or left handed.

Use this tip to define your side: Close your eyes and think which way you hold a shovel. In most cases this is how you hold a floorball stick as well.

- Shooting **LEFT** means you hold your **LEFT hand** lower on the stick than your right hand and the stick is on the **LEFT** side of your body. The example below is of a left shooting player.
- Shooting **RIGHT** means you hold your **RIGHT hand** lower on the stick than your left hand and the stick is on the **RIGHT** side of your body.

2) CORRECT STICK LENGTH

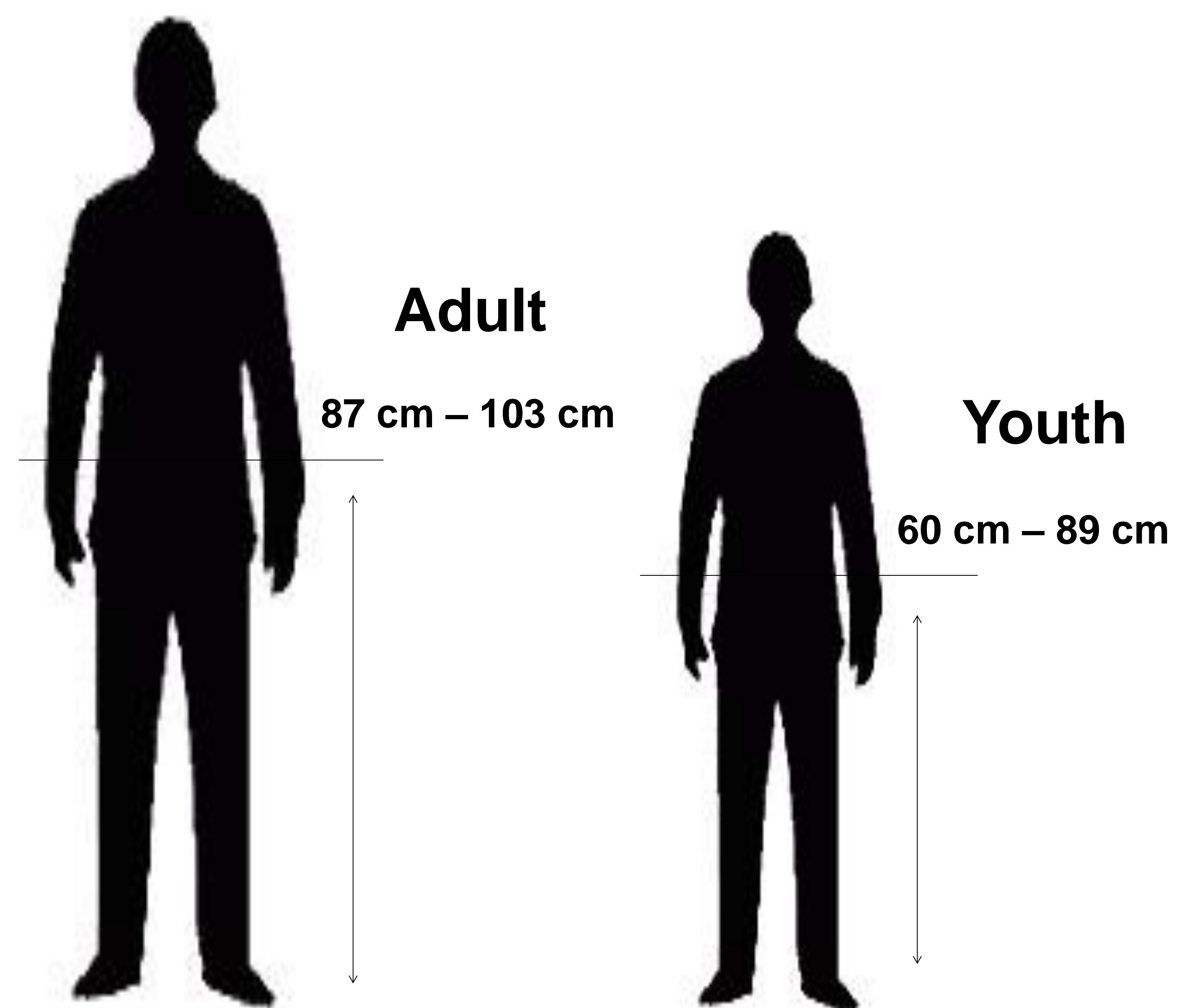
If the stick is held in front of you, blade against the floor, the stick should reach **1-2 inches above your belly button**.

NOTE: ALL FLOORBALL STICKS ARE MEASURED IN CENTIMETERS (CM).

- A shorter stick provides better ball control but a longer stick gives you better reach.
- Ball control can be challenging if your stick is too long.
- Playing with a stick that is too short may put pressure on your back.



Photo provided by Adam Troy



Approximately where the stick should measure

What do all these numbers mean?

It's not uncommon for floorball sticks to have two sets of measurements on them. The smaller measurement refers to only the shaft, while the larger measurement is the overall length of the shaft and blade combined. The common measurement almost always referred to is the **SMALLER** number. For example, if you see a stick that says 96/107cm, that would be considered a 96 cm stick. To the right is a chart with recommended stick length for each player's height. The common stick length has been outlined.

Want to make it easier?

We recommend these popular sticks for your height!

4'5" - 5'11"	X3M Campus M-Blade or Wooloc Force 3.2
6' - 6'2"	X3M Campus 30, 100 cm
6'2"+	2016 Salming Matrix Hockey Canada, 103 cm

PLAYER HEIGHT	SHAFT LENGTH	SHAFT + BLADE
3'8" to 4'2"	67 cm	78 cm
4'2" to 4'4"	72 cm	83 cm
4'4" to 4'6"	77 cm	88 cm
4'6" to 5'0"	82 cm	93 cm
5'0" to 5'4"	87 cm	98 cm
5'4" to 5'8"	92 cm	103 cm
5'8" to 6'0"	96 cm	107 cm
6'0" to 6'4"	100 cm	111 cm
+ 6' 4"	103 cm	114 cm