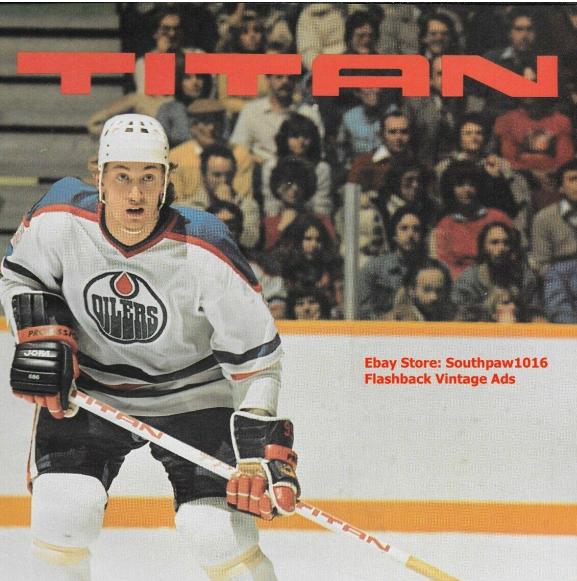


Stick Analysis

Jon Cara Director of On Ice Development & Programming





"I COULD TELL A

TICK BLINDFOLDED"

Southpaw1016

I HOWE, right wing for the Detroit Red Wings, igh scorer in the National Hockey League, the 1960 Hart (most valuable player) ad four previous Hart Trophies.

a tell a Northland stick by the feel . . . it's just right . . . light, yet tough . . . gives p for fast, hard, accurate shots every time. I Northland sticks since I started professional hockey and I expect to as long as I continue to play."

Cortinia

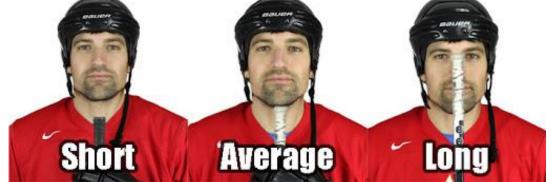
st professionals and top amateurs around the world use Northland ks. Nearly all the hockey teams in the 1960 Winter Olympics used thlands. They are carefully designed and balanced for the kind of "feel" vers like Gordie Howe demand. Made of selected ash. Northland sticks light and stiff. The Northland "Pro" is the finest hockey stick made. It vallable in an extra-strong, glass-wrapped model.



2325 Endicott St., Dept. 54, St. Paul 14, Minn. and Laconia, N. H. cognized wherever hockey is played as the world's finest hockey 'stick.



Hockey Stick Length While on Skates



Analyze Stick Length

Analyze *Stick Length*

It should be noted that cutting a stick's length to accommodate a player's height and preference effectively increases the flex rating by 5-10 points for each 2.5 cm shortened.

(Pearsall & Robbins - 2019)

Analyze Stick Lie

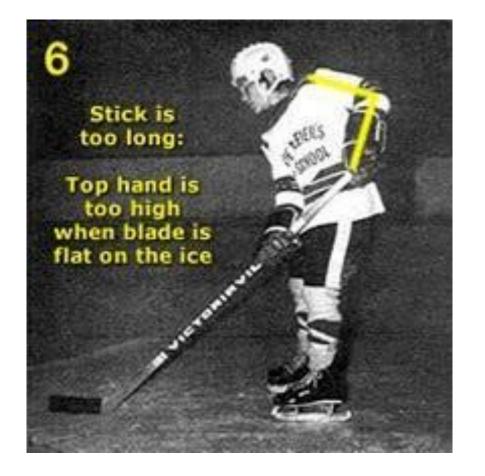
Lie – the angle between the blade and the shaft. Lie angles are rated on a scale from 4 to 8. A no.5 lie angle of 45 degrees. Each increment up or down corresponds to a change of 1.5 degrees. Higher numbers indicate a smaller angle between the blade and the shaft.

(Pearsall & Robbins - 2019)

Analyze Stick Lie

As a general guide, lower lie angle sticks are used for players who skate lower to the ice and carry the puck out in front, whereas lies of 7 and 8 are for players who skate upright and carry the puck close to their skates.

(Pearsall & Robbins - 2019)





Analyze Stick Lie

Having the correct lie on your stick blade will allow the blade to lie flat on the ice.



Standard (5.5)

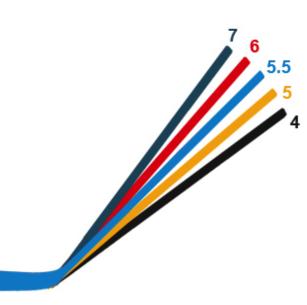
The most common lie is 5.5, best for players who use a stick length that is standard for their height and skate with a balanced body position, not too low or too upright.

Low Skaters or Long Stick (5, 4)

Players who skate with a body position lower to the ice or use a stick that is long for their height tend to use flatter lies (5 lie, 4 lie).

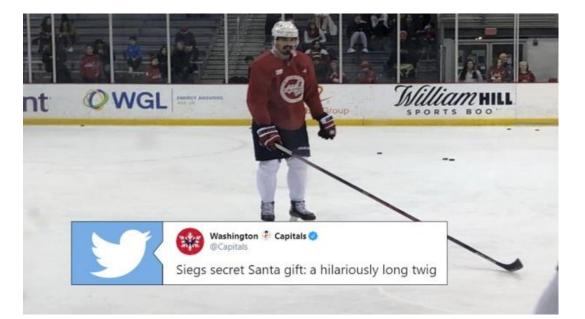
Upright Skaters or Short Stick (6, 7)

Players who skate with a more upright body position or use a stick that is short for their height tend to use more upright lies (6 lie, 7 lie).



(Tip: Ask a teamate or coach to watch you stickhandle. If they notice your blade is too flat or too upright, you are using the wrong lie.)

Analyze Stick Lie







Analyze Stick Curve



Analyze Stick Specs



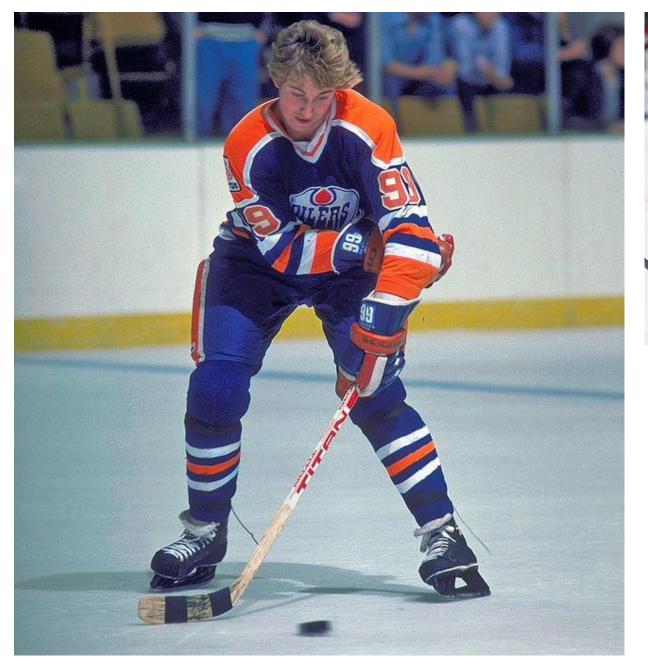
Analyze Puck Positioning on Blade

Analyze Kick Point

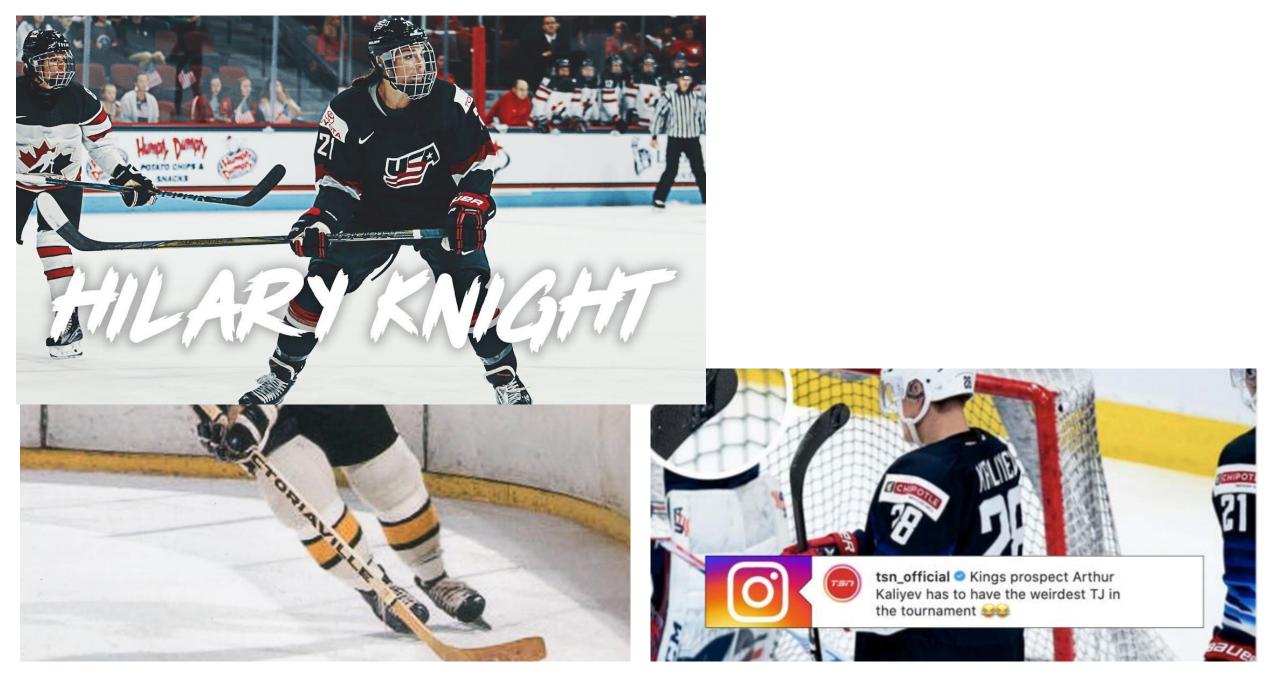




Analyze Kick Point





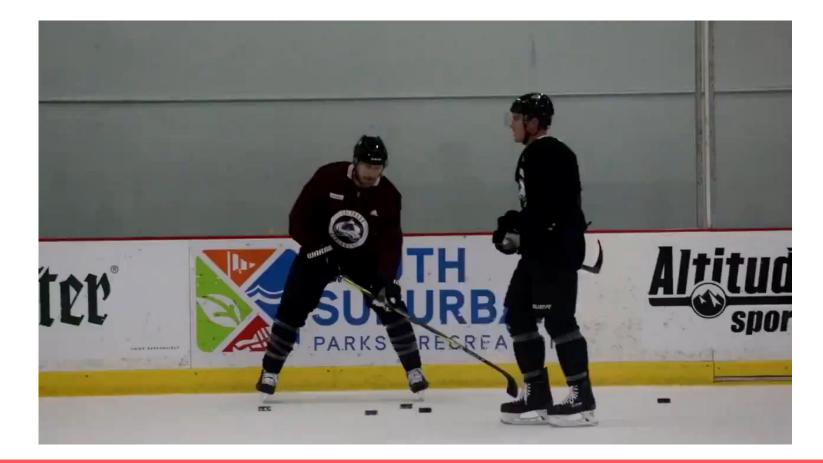


















"You basically live in them," Sidney Crosby said of skates and sticks. "Your stick height, everything; it's an extension of your arm, basically. You can tell when it's a little off. With your skates, same thing. Most guys are pretty much using the same style of skate and that kind of thing. They notice when it's off a little bit."

That's why whenever a fit is found, the player generally sticks with it.

Take Patric Hornqvist, who uses a skate model that's more than a decade old.

"Everything else is kind of whatever," Hornqvist said. "As long as [the skates] are comfortable ... I don't care how they look. That's why I wear these old skates. They feel really good on my feet."

Hornqvist is particular about his sticks, wanting the perfect length, flex and blade specs for his work around the net. But other players are a little more relaxed.

Tom Kuhnhackl said he doesn't much care. Give him whatever, he's fine. Bryan Rust, too, although Rust is one of several Penguins who basically scripts what he does on a game day down to the minute.

Carl Hagelin is mostly the go-with-the-flow type and can't remember the last time he broke in a new pair of gloves; he simply washes the ones he wears over and over to make sure they don't get nasty.