Field Hockey Equipment

By: Simon Wright

Sports equipment plays a key role in maximizing athletic performance and field hockey is no exception. Having the right equipment can improve your on-field performance, increase comfort and help avoid injuries. So while there's no substitute for your own individual skill levels, your ability to fulfill your full potential depends on ensuring you are properly equipped.

Hockey stick:

As the key tool of your trade, it's vital that you have a hockey stick that feels comfortable and which enables you to control the ball and hit it with confidence. While all hockey sticks may superficially look similar, there are differences and these are usually reflected in the price tag attached to the various brands.

Astro turf hockey boots:

Most field hockey matches are played on astro turf pitches. Hockey is a fast sport that requires players to sprint and change direction rapidly and having footwear that provides maximum grip is essential. Hockey astro turf boots have soles that include many small grips that enable players to turn sharply and avoid slipping, even in wet conditions.

Shin-guards:

A hockey player's shins are at risk of injury from either an errant hockey stick or from being hit by the ball. To avoid painful and potentially serious injury, it's vital that all players wear shin-guards under their socks. The best field hockey shin-guards also include ankle protection as opposed to soccer shin pads which quite often are designed just to protect the shins.

Hockey gloves:

Gloves are optional for outfield players but many field hockey players like the added protection that they provide against in injuries to their hand. Field hockey gloves typically are fingerless which means that the palm is protected whilst still allowing for maximum feel on the hockey stick.

Specialist goalkeeper equipment:

For those who fancy throwing their body in the way of hard hit shots, getting kitted out with all the required field hockey goalkeeping paraphernalia will be essential. This specialist equipment consists of a helmet, kickers, and leg pads. Kickers are specialist footwear that hockey goalkeepers employ for kicking the ball.

As you'd expect, there is often a great range of choice when buying each of the field hockey items. For those just starting out in the sport, it can be useful to get advice from experienced players or from sports store staff to identify the specific items that will best meet your needs.