

Weighted Field Hockey Sticks for...



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I heard a player talk about adding ankle weights to her field hockey stick for practice occasionally and she said it had an amazing affect on wrist strength and over time helped her to move the ball much greater distances while still keeping it under control and at a much greater speed. She said she got the idea from baseball players who weight their bats while on deck to hit. Interesting idea.

Anyone ever try this or anything like it?

Tags: weight, hockey, sara-allen, field-hockey, speed, weights, practice, control