

## Shot Development Tool Comparison

|  | Lamplighter Hockey Stick Weight | velcro style wrap attachment weight | weighted stick | weighted stick blade | weighted pucks |
|--|---------------------------------|-------------------------------------|----------------|----------------------|----------------|
| can use your favorite stick - preferred curve, lie, etc.                     | X                               | X                                   |                |                      | X              |
| can be shared between right and left handed sticks                           | X                               | X                                   |                |                      | X              |
| when you outgrow stick it can be used in a longer stick                      | X                               | X                                   |                | X                    | X              |
| you're able to train using another stick within seconds                      | X                               |                                     |                |                      | X              |
| if stick breaks you can still use weight by transferring it to another stick | X                               | X                                   |                | X                    | X              |
| is always providing resistance, even between shots                           | X                               | X                                   | X              | X                    |                |
| can use when shooting on goalies   | X                               | X                                   | X              | X                    |                |
| allows you to use regular pucks  | X                               | X                                   | X              | X                    |                |
| discreet - weight is hidden inside stick                                     | X                               |                                     | X              |                      |                |
| weight is balanced in stick - provides natural feeling                       | X                               |                                     | X              |                      |                |
| provides resistance while skating  | X                               | X                                   | X              | X                    |                |
| under \$50   | X                               | X                                   |                | X                    | X              |
| over \$100   |                                 |                                     | X              |                      |                |

