

# Convert your composite stick to a weighted stick for training

The Hockey Stick Weight from Lamplighter Hockey is a training tool aimed at strengthening the muscles used to shoot the puck and stick handle.

Before the use of weighted sticks, hockey players had a few choices to develop their stick skills muscles: they could train in the gym, which was time consuming and difficult to do effectively, use weighted sticks, or shoot weighted pucks.

With the Lamplighter Hockey Stick Weight, you can train the required muscles directly without having to train each specific muscle group in the gym. Hockey players can use any hollow shafted stick, with their preferred pattern and lie, to train. Within seconds, they can remove the weight and use that same stick in their practice or game. They can also use the stick weight in their sticks when they train with a goalie present. (Weighted pucks should not be shot at goaltenders. This hockey stick weight allows hockey players to develop their stick skills muscles while shooting on a goalie; you don't have to purchase a separate supply of the heavy weighted pucks - you can use your regular pucks).

Unlike a true weighted stick, the Hockey Stick Weight is interchangeable if your stick ever breaks - the weight can be transferred to other sticks. This quick install/remove feature allows hockey players and siblings to share the stick weight if they don't shoot the same way. The stick weight is also a fraction of the cost of weighted sticks.

The Hockey Stick Weight also takes away some of the flex of the stick. When the weight is removed, players will find their stick has more "whip", which also helps with their shot. Having the weight spread throughout the shaft of the stick also eliminates a "top heavy" feeling where traditional weights fasten; plus, the weight is concealed so nobody will even know it's there - it's eliminated from view. Many players will prefer this style to limit attention to the weight.



The stick weight can also be used before a game, when hockey players grab their stick and a ball and do some quick hands training and loosening up outside the locker room. How many times do you see this scene: three or four kids

outside their locker room passing or stick handling? What a

perfect opportunity to throw the weight in and practice with it before the game. No one will even know it's in their stick and when the game starts, the stick will feel lighter. Think of a baseball game. How many times do you see the batter in the on-deck circle using a bat weight? Why not do this same thing in hockey? Baseball players have their "quick on, quick off" bat weights. Finally, hockey has theirs!

The Hockey Stick Weight from Lamplighter Hockey was developed in the shooting and stick handling training camps run by its founder, so it has been

developed and tested by a former Division 1 college, former pro hockey player, with a physical education degree. This is something that is used by elite hockey players from squirts to the pros.

The weight is available in two sizes: the two pound version is only for senior sticks, while the one pound will work in all sticks. To use the Hockey Stick Weight, simply remove the plug from the appropriately sized hockey stick and insert the weight into the hollow shaft. (The weight will not work with wood sticks).

Strong players shoot the puck hard. Technique is important, obviously, but strong players with good technique will shoot the puck even harder and faster.

This stick weight will revolutionize the way hockey players train - it will absolutely improve a hockey player's shot velocity, stick handling skills, and upper body strength. Every hockey player needs it. This is a serious stick weight for serious hockey players.

For a video tutorial and to order, visit [www.hockeystickweight.com](http://www.hockeystickweight.com).