

Starter Equipment for Initiation and Pre-Novice



Items You Will Need:

- CSA Approved Helmet with cage
- Neck guard
- Shoulder pads
- Elbow pads
- Gloves
- Shorts with a cup
- Hockey pants
- Shin pads
- Skates
- Stick
- Hockey bag
- Hockey tape
- Hockey Water Bottle
- Practice Jersey



Skates

A poor fitting skate can create bad habits and breakdown prematurely while holding back the skaters performance. Choosing the correct skate size is important. Going too big will result in a noticeable decrease in skating ability due to a lack of ankle stability. A strong stride comes from having a boot working in unison with the foot of the player.

Cutting Your Hockey Stick To Length

It is very important that a hockey stick be cut to a length that matches the individual player. Here are two methods to get your stick length in the right ball park:

Standing in skates - Place the stick with the shaft vertical in front of you (so the shaft is parallel with your body) and the toe of the stick resting on the floor or ice.

- The stick should reach somewhere near your chin

Standing in street shoes - Place the stick with the shaft vertical in front of you (so the shaft is parallel with your body) and the toe of the stick resting on the floor.

- The stick should reach near your nose