



How to Dress Your Goalie



WHITEHORSE MINOR HOCKEY ASSOCIATION

» OUTLINE

- > Goalie Equipment Basics
- > Lower Body
 - + Underwear, cup and pants
 - + Skates
 - + Pads
- > Upper Body
 - + Neck guard
 - + Chest Protector
 - + Jersey, Blocker and Catcher
 - + Helmet
- > Final Checks
- > Finished Product



» Goalie Equipment Basics

The purpose of goalie gear is to provide adequate protection to the goalie for stopping pucks, while still providing flexibility and ease of movement.

Ideally the gear is selected to fit each goalie's size and style; however, in the Tyke, Novice and Atom divisions, goalie gear is typically rotated from player to player throughout the season and therefore is not always the perfect fit for each individual.

The key to dressing your goalie is to make sure the equipment fits long before the start of a game or practice. This means taking the time when you first get the equipment from the previous player to go through the bag, make sure the gear is all there, and determine if any equipment is too large or too small. It may be possible to swap gear between teams, but it should be done shortly after the gear is provided.



» Goalie Equipment Basics

In each goalie bag provided by the league, you should find the following equipment (see images on next page):

- > Chest protector
- > Goalie pads
- > Blocker
- > Catcher
- > Stick

Each player is also expected to provide a portion of their own equipment, including:

- > Cup (jock)
- > Hockey socks/track pants
- > Hockey pants
- > Skates
- > Neck guard
- > Jersey
- > Helmet



» Goalie Equipment Basics (Supplied by WHMA)



Goalie Pads



Blocker



Stick



Chest Protector



Catcher



» Goalie Equipment Basics (Supplied by Goalie)



Cup



Neck Guard



Pants



Skates



Jersey



Helmet



» How It Should Look

- > When all the gear is on, goalies should look somewhat comfortable and hopefully excited to get out on the ice.



What they look like



How they feel





Getting Dressed



» Underwear, Cup and Pants

- > Goalies do not typically have to wear hockey socks. Often track pants are more comfortable and less likely to bunch up under their pads.
- > Goalies sweat a lot so a good dry-wick t-shirt is recommended.

Step 1 – Put on track pants (or cup and hockey socks) and t-shirt

Step 2 – Put on cup (jock) over track pants (skip if you put on hockey socks and cup)

Step 3 – Put on hockey pants over track pants/ socks and cup



» Skates

- > Goalies typically wear special skates for the position; however, as players in Tykes, Novice and Atom are often switching between defence/forward and goalie, regular player skates can be used.
- > If your son/daughter is interested in playing goalie full time, consider asking to borrow a pair of goalie skates from someone with a similar size foot to try. There is a big difference in balance points between regular skates and goalie skates. Goalies playing with regular skates will have a tendency to fall forward due to the shape of the blade.
- > There is no special way to put skates on a goalie. Just put them on and time them up.



Player Skates



Goalie Skates



» Pads

- > Most parents and coaches new to goaltending have the greatest difficulty putting on pads.
- > This section is broken down into 4 components to help make the process as simple as possible. These components include:

1. Pad Position
2. Toe Straps
3. Lower Straps
4. Upper Straps

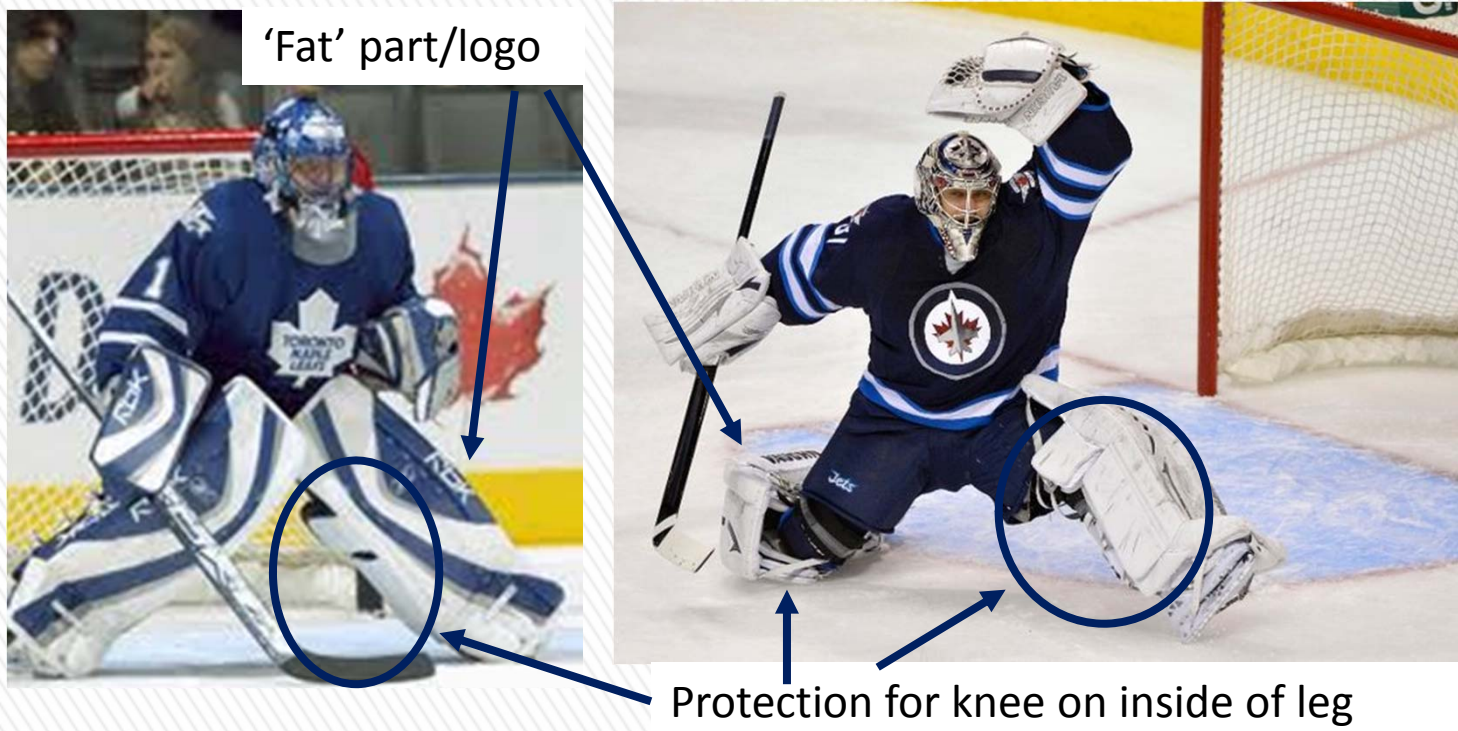


- > **DO NOT PUT PLAYER SHIN PADS ON UNDER GOALIE PADS.** There is lots of padding in the goalie pads themselves. This will make it too bulky and hard for the goalie to move comfortably.



» Pads - Position

- > Pads should be positioned so that the 'fat' part of the pad is placed to the outside (i.e., logo out) and additional protection for the knee is located on the inside of each leg. This provides the goalie with the best protection when going down on the ice. **Putting the pads on the wrong legs can lead to serious knee injuries.**



» Pads – Toe Straps

- > Toe straps are designed to be keep the pad in place at the front of the skate.
- > These `straps` are typically laces that are attached to the toe of the pad.
- > The laces are meant to be attached to the skate by weaving them through the skate blade or 'tuuk' and tying them to the boot .
- > The knot for the laces should be tied on top of the skate (double knot is preferred) so that the laces are tucked up between the skate and the pad to keep them from coming undone and slipping under the skate blade.
- > The next two pages shows how to tie toe straps onto both goalie skates and player skates.



» Pads – Tying Toe Straps on Goalie Skates



1. Place pads in front of skates



2. Weave one lace through the skate blade



3. Weave other lace opposite way through skate blade



4. Tie laces on top of skate and double knot them



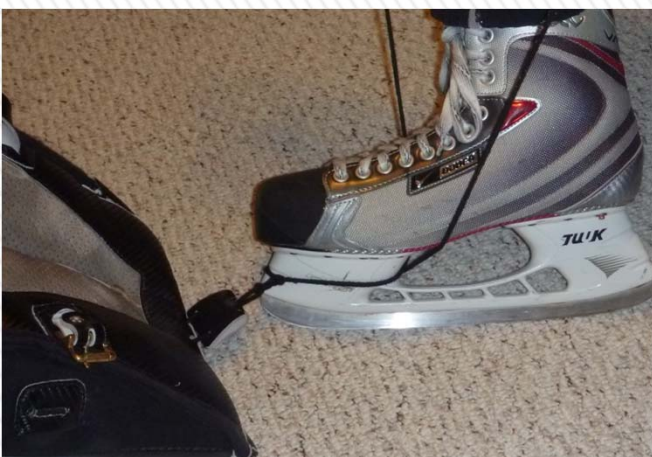
» Pads – Tying Toe Straps on Player Skates



1. Place pads in front of skates



2. Weave one lace through the tuuk



3. Weave other lace through the tuuk



4. Tie laces on top of skate and double knot them



» Pads – Lower Straps

- > Lower straps are designed to be keep the pad in place on the leg but should not be overly tight.
- > The **bottom strap** is meant to go through the skate and back to the pad. This strap should be tight to keep the pad in place on the skate.
- > The next straps should be loose to allow the pad to rotate when the goalie goes down into a butterfly position. You should be able to fit your hand between the leg and the straps.
- > See the photos on the following two pages for how to attach the **bottom strap** to both goalie skates and player skates

> Steps

Step 1 – Once the toe straps are tied up. Have the goalie kneel or lie down and place their legs and knees on the pads.

Step 2 – Tighten the straps, starting at the bottom strap.



» Pads – Lower Straps – Goalie Skates



The **bottom strap** should go through the back of the skate

The **bottom strap** should be tight. Make sure the excess strap is out of the way and can not slip under the skate blade.

The next straps should be looser to allow pad to rotate. You should be able to fit your hand between the leg and the straps.



» Pads – Lower Straps – Player Skates



The **bottom strap** should go through the tuuk

The **bottom strap** should be tight. Make sure the excess strap is out of the way and can not slip under the skate blade.



The next straps should be looser to allow pad to rotate. You should be able fit your hand between the leg and the straps.

See previous page on Goalie Skates

» Pads – Upper Straps

- > Upper straps (buckles) are meant to be keep the pad in place around the knee and to keep knee protection in place when the goalie goes down.
- > These straps should be loose enough so that they do not pinch the back of the knee when the goalie does down, but not too loose so as to provide no benefit.
- > Most pads have extra inner knee protection that is held in place by velcro straps. These straps should be done up first.
- > There is a second set of hard knee covers that sit above the knee. These are also held on by velcro straps and should be done up last.

> Steps

Step 1 – Once the lower straps are tied up. Have the goalie sit back down on the bench

Step 2 – Start by doing up the inner knee pad velcro straps, followed by the buckle straps (usually two, one behind the knee and one above).

Step 3 – After the buckle straps are done up, do up the straps to the knee covers. When the goalie is sitting on the bench, these should cover the tops of their knees, between the pads and the pants.



» Pads – Upper Straps



1. Do up velcro straps around the knee (if the pads have them)

3. The covers should protect the knees when the goalie goes down. Have the goalie go down on their knees in the dressing room to test that the covers don't fall forward. Tighten velcro straps accordingly.



2. Do up upper buckle straps (should be fairly loose). Have the goalie go down on their knees to test.



» Upper Body Gear



- > Upper body gear consists of the neck protector, chest protector, jersey, blocker, catcher and helmet
- > The following sections explain how to put on the various upper body gear. These sections include:
 1. Neck and Chest Protectors
 2. Jersey , Blocker and Catcher
 3. Helmet



» Neck Protectors

- > There are many different types of neck protectors. Neck protectors specifically designed for goalies will cover the neck as well as the collar bone. Defenseman and forward neck protectors will typically cover just the neck.
- > For novice and tykes, the type of neck protector will not make much of a difference. In Atom, a goalie neck protector is recommended as the shots are typically harder and players can raise the puck higher.
- > The neck protector should be put on before the chest protector



Player Neck Protector



Goalie Neck Protector



» Chest Protector

- > The Chest Protector is a crucial piece of equipment. A lot of players who have never put goalie equipment on will complain that it is too bulky; however, **it must be worn. It is not an option!**
- > The goalie **does not** need to put on their regular elbow pads in addition to the chest protector. The chest protector provides all the coverage necessary.

> Steps

Step 1 – Put on the neck protector

Step 2 – Put the chest protect on over the goalie's head

Step 3 – Put the arms through the sleeves.

Step 4 – Do up straps around the body and on the cuffs

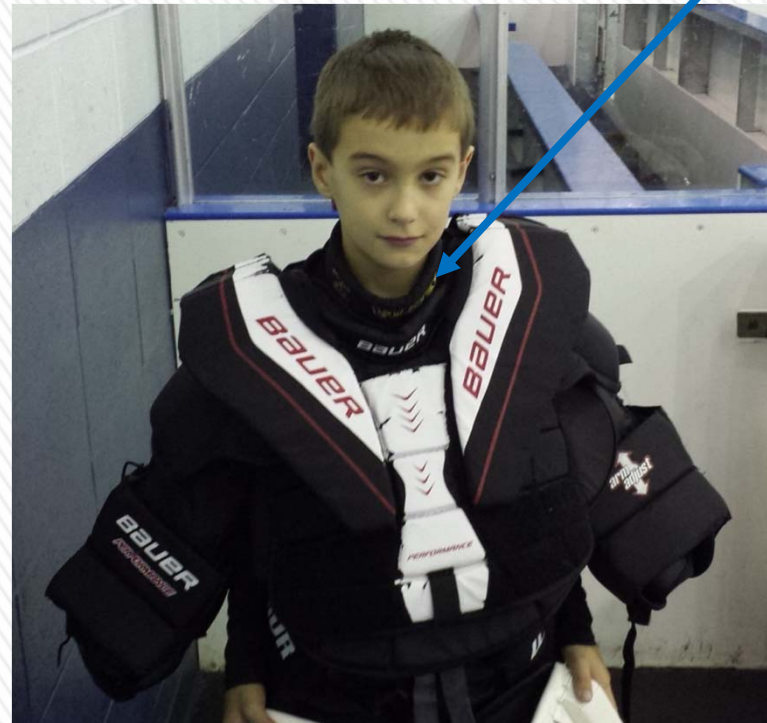


» Neck Protector and Chest Protector



1. Put on neck protector

2. Put the chest protector over the goalie's head. Make sure the neck protector is comfortable and rests above the chest protector



» Neck Protector and Chest Protector

3a. Put arms through sleeves



4. Do up straps around chest and on the sleeve cuffs

3b. Make sure all straps on the back and on arms are done up. Straps can come loose over time. Straps should be loose enough to allow movement and not pinch the skin.

Neck protector



» Jersey, Blocker and Catcher



- > The jersey should be loose enough so as not to restrict movement. Often player jerseys are too small for goalie equipment making it very difficult to move. Ask the coach if there is a larger jersey that can be worn.
- > The blocker and catcher should be tightened over the goalie's wrist after they are put on. They should be tight enough so that they don't slip off but loose enough that they don't cut off circulation. There are wrist tightening straps on both the blocker and catcher.

> Steps

Step 1 – Put on jersey arms first, and then pull over the head and shoulders

Step 2 – Put on the blocker and catcher and tighten down the wrist straps.



» Blocker and Catcher



2a. Put hand through wrist strap on catcher and tighten down so that it can not slip off, but not too tight to cut off circulation

**Steps for putting on jersey not included

2b. Put hand through wrist strap on blocker and tighten down. Most goalies like the blocker a little looser around the wrist compared to the catcher.



» Helmet

- > There are two different style of helmets. The player helmet and the goalie helmet. If your goalie is playing for the first time, or not a full time goalie, they will be playing with their own regular player's helmet. This is fine for Tykes, Novice and Atom.
- > If your goalie is considering playing full time goalie later on, it is recommended that they get a goalie helmet.
- > Goalie helmets are specially designed to deflect the puck away from the mask and lessen the impact. At the Tyke, Novice and Atom age, this should not be an issue.
- > The photos in this presentation all show goalies with goalie helmets; however, a player helmet will work fine.



» Final Checks

- > With your goalie fully assembled, they should look something similar to the photo on the next page. As final check, have a look for the following:
 - + Make sure all the equipment is on (from cup all the way to helmet). Double check the goalie bag to make sure you haven't forgotten something.
 - + Look for loose straps that may fall under the skate blades and trip the goalie on the ice. Tie them up or fix them as needed.
 - + Make sure they can move their arms freely in the chest protector, and that the chest protector is not bunched up under the jersey.
 - + Make sure the helmet is properly secured with all straps done up.
- > **MAKE SURE THE GOALIE HAS A WATER BOTTLE FOR PRACTICES AND GAMES. THEY WEAR A LOT OF GEAR AND WILL SWEAT A LOT !!**



» The Finished Product



BE SAFE AND HAVE FUN!!!

