

## **Goaltender Equipment Guide**

It essential to have proper-fitting ice hockey goaltender equipment, not only for your performance, but also for your safety. From your pads to your helmet and from your stick to your skates, your goaltending equipment has to perform and protect to keep you safe on the ice.

### **Protective Goaltending Gear**

All goaltenders need leg pads and a chest protector, as well as a catch glove and blocker.

#### **Leg Pad Fitting and Sizing**

- Goaltender leg pads generally come in sizes ranging from 26 to 34 inches.
- To determine your proper size, measure your leg from your ankle to the top of your kneecap.
- Then measure from the middle of your kneecap to half way up your thigh.
- Add these two numbers for your goalie leg pad size.
- If you are between sizes, choose the larger size for additional protection.
- Some goalies prefer their pads an inch or two shorter for increased maneuverability.

#### **Chest Protector Fitting and Sizing**

- Chest pads offer protection to the vital chest and heart areas.
- Chest protectors protect most of the upper body.
- Chest protectors also include a spine protector for your back.

#### **Catch Glove & Blocker**

- Gloves range from youth sizes of about 9 inches up to full adult sizes of 16 inches.
- Use a tape measure to measure the distance from the end of your elbow pads to the tips of your fingers.
- This number equals your glove size.

##### **Catch Glove**

- The catch glove looks very much like an oversized first baseman's mitt and is worn on your nonstick hand.
- Catch gloves have an oversized catching area, a molded one-piece thumb area, a precurved palm and individual finger areas.

##### **Blocker**

- The blocker is worn on the stick hand and has a padded leather or synthetic leather palm to hold a stick and a wide, solid blocker to deflect shots.

### **Goaltender Helmet and Mask**

- Today's goaltender masks come in a variety of styles that depend on your personal preference, but all offer superior protection and varying degrees of comfort.
- Sizing differs according to manufacturer, so refer to the sizing indicators on each helmet to determine your proper size.
- Helmets come in a variety of sizes and are usually measured in inches (see chart below).

<b>Helmet Size - Adult</b>				
Size	S	M	L	One Size Fits All
Inches	20.00-21.75	22.00-22.75	23.25-24.00	20.75-24.00
Centimeters	51-55	56-58	59-62	54-61
<b>Helmet Size - Youth</b>				
Size	Toddler	S/M	M/L	One Size Fits All
Inches	18.50-20.50	20.50-22.50	22.50-23.75	19.50-22.50
Centimeters	47-52	52-57	57-60	50-57

- To ensure a player's safety it is important that his/her helmet fits properly.
- The helmet should sit squarely on the head with the front of the helmet low on the brow to protect the forehead.
- The padding should exert firm, uniform pressure all around the head so that the skin on the forehead moves as the helmet is rotated from left to right and from front to back.

### **Goaltender Stick**

Goaltender sticks are larger and heavier duty than regular hockey sticks with a wider blade and a wide paddle area between the stick and the blade. The paddle area can be up to 26 inches long. The blade can be 3 ½ inches wide and up to 15 ½ inches long.

### **Determining the Proper Length Stick**

- The length of your hockey stick must be correct for your size, since it is very difficult to control an oversized or undersized stick.
- In choosing the length of a goalie stick, remember not to buy one that is too short. The shaft can always be cut down if it seems too long, or you can choke up on the shaft to make it easier to handle.
- To determine the proper stick length:
  - Stand in your skates
  - Put the toe of the stick on the ground
  - The stick should reach somewhere between your chin and the tip of your nose

### **Goaltender Skates**

- Goaltender skates are similar in construction to regular hockey skates but are designed differently with a wider blade and lower boot with more ankle and foot protection.
- Goaltender skates should be sized and fitted just as you would size and fit a regular hockey players skate