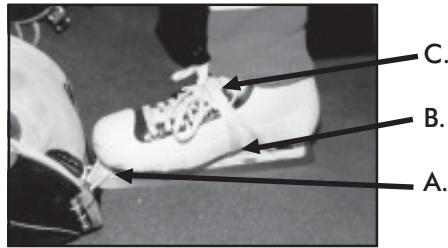


EQUIPMENT TRICKS

While every goalie has their favorite way of doing things, and varying ways of wearing their equipment, here are a few suggestions/“equipment tricks”, that might help you.



Securing your pads

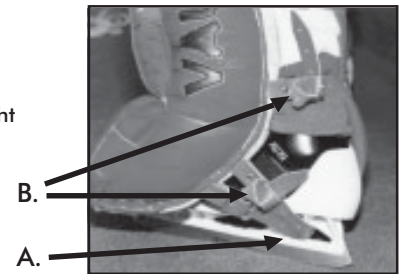
Today many goalies use laces rather than toe straps to anchor their pads.

- A. Make sure the lace is tight around the toe of the blade.
- B. Bring the lace under the skate for support.
- C. Tie the lace tightly so the pad remains snug.

Other straps

Different pads have a different number of straps.

- A. Normally one or two straps (here there are two) are brought “down” under the boot in the compartment furthest back.
- B. Straps often are too long and fall under the skate blade. Knot them upward in this manner.

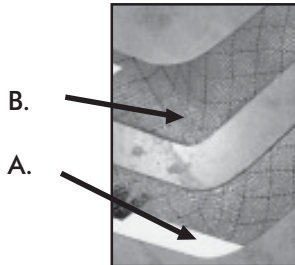


Your stick

Goalie’s should get their sticks involved in many saves, and should be able to move the puck well.

The heel

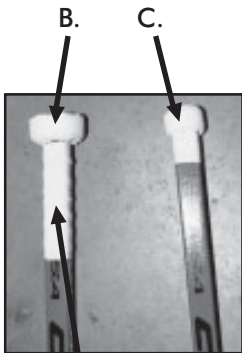
- A. It is easier to maneuver the stick and to move the puck using a stick with a rounded heel. The stick does not “wear out” as quickly at the heel when it is rounded as when it is squared (B).
- B. A stick with a square heel “wears out” quicker and sometimes makes it harder to effectively move the puck.



The Butt End

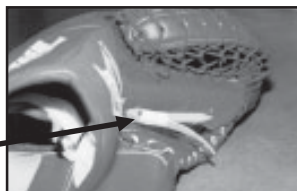
The size of the butt end affects the goaltender in a variety of ways. The first is when the goaltender poke checks. The “knob” needs to be large enough to stop the glove as it slides hard up the shaft. If it’s too small, the goalie will lose the stick.

- A. Too much tape on the shaft is not a good idea. When a goalie poke checks, the hand will often stop at the tape, thus losing 8-10 extra inches of poke check range.
- B. When a goalie handles the puck, many have trouble “firing the biscuit” if the butt end is too big. The knob should fit comfortably into the palm of the stick glove, not above it.
- C. A perfect size knob for the average teenage hand.



Your gloves

A lot of kid’s gloves have their thumb and pinky holders that pull through and end up inside the glove. To avoid that, both knot them and tape them.

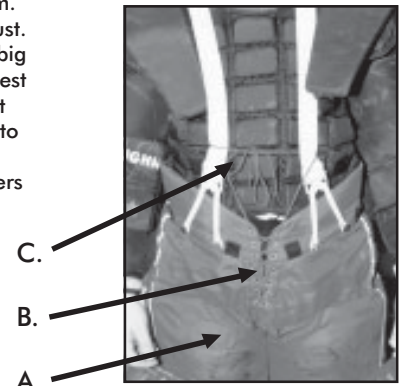


Knotted and taped

Your pants

Here are some basics about goalie pants.

- A. Goal pants should be big and baggy.
- B. Belts are restrictive. I do not recommend them.
- C. Suspenders are a must. The pants should be big enough to tuck the chest pad inside. The pant lace should be used to tie the suspenders down. The suspenders hold the body equipment down and in place.



Pants and pads

Pants and pads work together.

- A. Besides being big and baggy, the pants should close fully, even before the pads do, to fill holes.
- B. The pants and the pads should fit together comfortably and “work together” to close holes and protect the goaltender.

