

# Goalie Equipment

General Guidance



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# Notes

- These slides are not intended to be a complete or exhaustive treatment but to provide a general overview of the key attributes for goalie protective equipment. Please keep in mind the following:
  - The images used in these slides do not reflect any endorsement of (or sponsorship from) a specific brand (model). They are used for illustrative purposes only.
  - When trying on protective equipment, it is useful to wear other adjacent equipment at the same time. This will promote an integrated fit and comfort. For example, the blocker and glove should fit over the chest & arms protector without any interference to movement or gap being developed during motion.
  - Although some guidance is provided on equipment sizing, please refer to the manufacturers or vendors website for further detailed information.



# What is the importance of equipment fit?

- Key issues
  - Proper size or fit
    - Not too big or too small
  - Limited damage
    - Normal wear & tear is ok
- Negative impact
  - Performance & safety



Source: clipartkid.com

# Mask

- Overview
  - Helmet with cage
  - Mask with certified cat eye or straight bar
- Sizing
  - Circumference at forehead with guidance from manufacturer
- Must be CSA certified



Source: ccmhockey.com



Source: goaliemonkey.com



Source: [scc.ca/en/standardsdb/standards/4516](http://scc.ca/en/standardsdb/standards/4516)



# Throat Guard

- Overview
  - Internal shirt or collar
  - External “dangler”
- Sizing
  - General comfort & fit



Source: [goalieMonkey.com](http://goalieMonkey.com)

# Chest & Arms (CA) Protector

- Overview
  - Single, integrated equipment
- Sizing
  - Height, weight, chest circumference & body type
- Wearing options
  - Can be tucked inside or worn outside of the pants
  - Pants suspenders can be worn over or under CA protector
  - Pants belt can be used to secure CA protector



Source: [bauer.com](http://bauer.com)

# Blocker & Glove (Trapper, Catcher)

- Overview
  - Right or left handed
- Sizing
  - Based on hand size
  - No more than 6 mm (¼ inch) gap from end of fingers to the end of the glove (blocker) or stall (glove, trapper, catcher)
  - For the trapper the heel of the hand should line up with the glove heel



Source: [goaliemonkey.com](http://goaliemonkey.com)

# Jocks and Jills

- Overview

- Male (Jock) or female (Jill)
- Goalie option provides increased protection over player jock (jill)



Source: [goaliemonkey.com](http://goaliemonkey.com)

- Sizing

- Based on waist circumference
- May be integrated with undergarment or worn over briefs
- Not too loose (moves around) or too tight (chafing)





# Pants

- Overview

- Wide range of fit profiles
- Loose but not too loose for standing & crouch position
- May need suspenders

Source: [goaliemonkey.com](http://goaliemonkey.com)

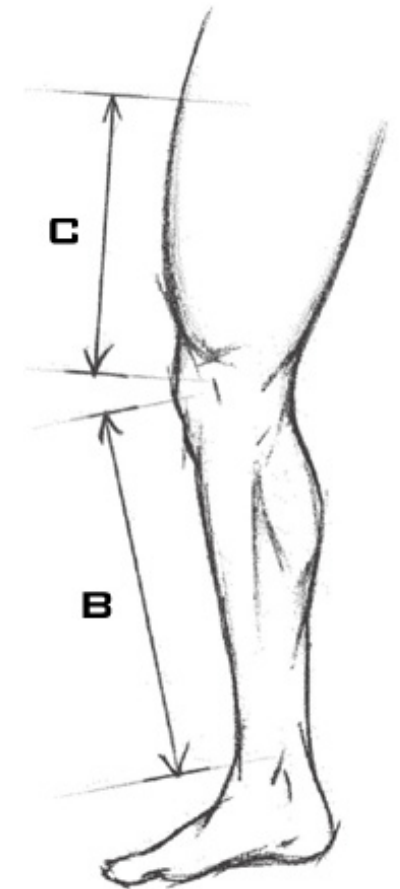


- Sizing

- Primarily based on waist circumference & height
- CA protector inside or outside pants? Depends on comfort choice
- Ensure hip, kidney & thigh are covered with no gaps between CA protector or knees/pads

# Pads

- Overview
  - Range of design function & styles
    - No break (stiff), single break & double break (flexible) @ knee
    - Stiffness & rebound control
    - Leg & boot channels design
    - Knee cradle & shelf (raiser) design
    - Thigh protection systems & riser
- Sizing
  - Skate size + instep to knee distance (B) + thigh rise (C)
  - Preferable to wear skates & pants (knee protectors if used) to the fitting



Source: [goaliemonkey.com](http://goaliemonkey.com)

# Pads – Style of Play

**“Reaction” or “Hybrid”** – typically denotes a goalie relies on quick, agile reaction saves, likes to have the ability to skate/move freely to make saves, prefers to catch, trap or cover most shots to the body, and prefers pad rebounds that stay close to the pad upon impact.

These goalies typically prefer leg pads with:

- Breaks both above and below the knee
- A tapered boot and/or offset boot channel
- Knee rolls (sometimes)
- A “softer” feel – typically denotes a pad stuffed with both rigid and shredded foams to help deaden rebounds.



**“Blocking” (formerly “Butterfly”) Style** – moves less around the crease and relies on positioning, patience and size to make save; moves laterally on his/her knees often; attempts to block or deflect most pucks instead of catch and control; and prefers pad rebounds that shoot far away from the front of the net.

These goalies typically prefer leg pads with:

- Pads with either one break below the knee or no breaks at all.
- Squared off boot section of pads
- Flat faced fronts (no knee rolls) for more directional rebound control
- A “harder” feel – pads stuffed with mostly rigid foams that propel rebounds away from the net



# Pads – Core Break Options

Re-engineered injection molded inner core design with thinner profile to reduce weight where it matters to maximize performance. The three molded core designs are offered to provide flex options from below the knee up to the thigh to maximize your five-hole coverage based on how wide or narrow your butterfly.

**CORE OPTIONS**



## NO BREAK CORE

THE NO BREAK GOAL PAD IS DESIGNED TO BE A STIFFER GOAL PAD TO PROVIDE SOLID SEAL TO THE ICE.



## SINGLE BREAK CORE

THE SINGLE BREAK CORE IS DESIGNED TO BE A STIFFER PAD WITH ONE INTERNAL BREAK BELOW THE KNEE FOR FLEXIBILITY AND MOBILITY.

\*OFFERED IN PRECURVED & STRAIGHT



## DOUBLE BREAK CORE

THE DOUBLE BREAK CORE IS DESIGNED WITH 2 INTERNAL BREAKS ABOVE AND BELOW THE KNEE TO FACILITATE 5 HOLE CLOSURE.



# Pads – Flexibility Break Options

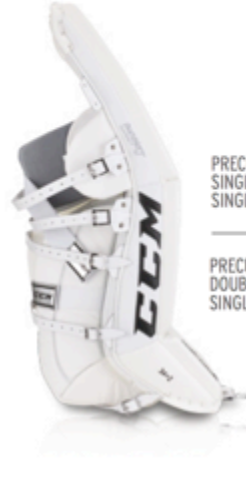
Flex options optimize internal and external flex points that can provide maximum coverage based on the width of your butterfly and desired flexibility above the knee.

## ***FLEX OPTIONS***



PRECURVED  
SINGLE BREAK CORE  
NO BREAK OUTER

PRECURVED  
DOUBLE BREAK CORE  
NO BREAK OUTER



PRECURVED  
SINGLE BREAK CORE  
SINGLE BREAK OUTER

PRECURVED  
DOUBLE BREAK CORE  
SINGLE BREAK OUTER



PRECURVED  
DOUBLE BREAK CORE  
DOUBLE BREAK OUTER



STRAIGHT  
SINGLE BREAK CORE  
SINGLE BREAK OUTER



STRAIGHT  
SINGLE BREAK CORE  
NO BREAK OUTER



STRAIGHT  
NO BREAK CORE  
NO BREAK OUTER



Source: [http://microsites.ccmhockey.com/microsites/premier/core/img/16CCM\\_Goalie\\_CustomWEBseries.pdf](http://microsites.ccmhockey.com/microsites/premier/core/img/16CCM_Goalie_CustomWEBseries.pdf)

# Pads – Knee Strap Options

## ***KNEE STRAP OPTIONS***

The best knee strap option will allow proper rotation of the knee in the knee cradle. The size of knee protector the goalie is wearing will determine whether the knee strap should be at the knee or below the knee for increased range of motion.



Source: [http://microsites.ccmhockey.com/microsites/premier/core/img/16CCM\\_Goalie\\_CustomWEBseries.pdf](http://microsites.ccmhockey.com/microsites/premier/core/img/16CCM_Goalie_CustomWEBseries.pdf)

# Stick

- Overview
  - Range of design function & styles
    - Different dimensions of blade height & curve, paddle length & shaft length
  - Sizing
    - Wear skates (if possible) & blocker
    - Goalie stance with stick in front of skates @ 300 mm (12 in)
    - Too short if the blocker overlaps pad or heel of stick is off the ice in normal stance
    - Too long if the blocker has a large gap with the pad or stick toe is off the ice in normal stance



Source: [goalie.totalhockey.com](http://goalie.totalhockey.com)

## Additional Resources

- <http://www.goaliemonkey.com/sizinginfo.html>
- [https://goalie.totalhockey.com/support.aspx?pg\\_id=225](https://goalie.totalhockey.com/support.aspx?pg_id=225)
- <http://www.hockeymonkey.com/sizingcharts.html>
- <http://www.hockeygiant.com/sizing.html>
- <http://www.goalies-only.com/page-fitting-guide.php>

