



FAQs for those new to Goaltending

Q. What are the goalie's main position responsibilities?

A. The main responsibility of the goalie is to keep the puck from entering the goal area. There are very few restrictions on the methods the goalie uses to achieve this. Offensive contributions are limited. Occasionally the goalie will pass the puck to a teammate to start an offensive rush. An assist for a goalie happens on occasion and goals are exceedingly rare.

Q. How large of an area does the goalie protect?

A. The nets are six feet wide by four feet high; a target of 24 square feet.

Q. My child thinks she/he wants to be a goalie. What is my first step?

A. The first step is to talk to the player's coach about the position and to gather as much information as possible. WYHA has many outlets for information on the website including training, equipment and skills information. Many WYHA goalie parents are available to speak with as well. Send an email to WYHA.goalies@gmail.com and we'll put you in touch with the right people and other parents.

Q. Can my child play goalie and another position when they are not in net?

A. This depends on the age level of the player and their coach. It is recommended for the player to skate out when they are not in net at the Mite/8U level. As they progress through Squirts/10U and beyond, a player progresses and develops into a goalie or a position player. The player's coach will ultimately determine if the player can skate out when they are not in net.

Q. Does WYHA provide training to goalies?

A. Yes – both for Advanced Mites/8U who are just trying it out as well as for Travel Goalies who are playing the position full/part-time. Check out both the Travel Training and Mite Goalie Training tabs to see what resources are available depending on the level of your goalie.

Q. Is training available outside of the association?

A. Yes. There are many camps, clinics and coaches available throughout the Metro area. You can also talk to Pete Samargia of Attitude Goaltending who leads our Goalie Development or other goalie parents for recommendations. In addition, if your goalie is on a Squirt/10U team up through Bantam/14U, the WYHA and Player Development offer subsidized one-on-one training sessions at Stauber's Goalcrease.

Q. What equipment is needed to be a goalie?

A. Basic equipment needs of a goalie include a helmet, chin guard, chest protector, catch glove, blocker, athletic supporter (jock or jill), hockey pants, leg pads, and stick. Each piece of equipment is specialized for the position and should be fitted to give the player the proper protection. Goalie skates are needed once a player has committed to the position. If you are buying equipment for the first time, it is always good to talk to other goalies and their parents for their thoughts on equipment and where to purchase them. Many older goalies may have used equipment at a better price than new.

Q. Will my player need a goalie helmet and goalie skates or can a player helmet and skates be used?

A. A goalie can use a player's helmet, but it is recommended that they use a chin guard along with it. The guard attaches directly to the bottom of a player's helmet. It is recommended that a new goalie learn how to use regular skates before switching to goalie skates. Goalie skates are a necessity once a player has committed to the goalie position full time.

Q. How can I help my player learn how to put on their equipment?

A. Parents can come to the Monday Night Skills clinics and ask questions of instructors about how each piece of equipment is supposed to work. In addition, older goalies can be a great resource in locker rooms to help out.

Q. Does WYHA provide equipment to individuals?

A. See the "Goalie Equipment" tab

Q. How much does it cost to play goalie versus a position player?

A. Goalies are a vital part of a hockey team. They require special equipment that is typically more expensive than the normal player. To help offset some of the costs, the association provides used goalie equipment, up to certain sizes, for use during the season. See the "Goalie Equipment" tab.

Q. How do I clean goalie equipment?

A. At a minimum, goalie equipment need to be air dried after every use. If you talk to other parents, you will get a different answer on how to best clean the equipment. Some basic cleaning ideas to help reduce bacteria and clean equipment are:

- Clean the leg pads and helmet with a damp, warm rag.
- Clean the catch glove and blocker with a damp, warm rag, wiping both the interior and exterior. Treat the catch glove and blocker with Lysol or a similar product to help reduce the smell and bacteria growth.
- Hand wash the chest/arm protector and hockey pants with cold water and a mild detergent. Do not submerge the equipment completely in water for this may lead to bacteria growth in areas that do not dry properly.

Q. What other resources are available?

A. A full resource list is under construction. Please check back at a later time.