

***Being a new goalie parent can be quite confusing and overwhelming as we learn about the new equipment, trainings and so much more. Below you will find what may be some useful information to help navigate the equipment waters and where you can purchase locally and how to help dress your goalie.***

**Mites:** Rogers Youth Hockey Association provides basic gear such as pads, gloves, blockers, sticks and helmets. Regular skates are acceptable at this level, and the optional protective gear is not required but anything to help protect your goalie is recommended (they should already be using a cup and possibly neck protection).

**Travel:** Players will need all their own gear. Goalie skates and the optional protection items are recommended.

### **Local places to purchase new equipment locally:**

Staubers Goalcrease Edina, dedicated to goalies and helpful staff: <https://www.goalcrease.com/>

Hat Trick Hockey in Albertville has a medium selection of goalie gear and a helpful staff:  
<http://hthmn.com/shop-albertville/>

Pure Hockey Edina and Maplewood have a large selection of goalie gear and Blaine has a small selection:  
<https://goalie.purehockey.com/>

Daves Sports in Maple Grove has a room in the basement dedicated to goalie gear: <http://www.daves-sportshop.com/>

### **Used Equipment:**

Play it Again Sports in multiple locations: <https://www.playitagainsports.com/home>

Sideline Swap: <https://sidelineswap.com/shop/hockey/goalie/l10924>

Craigslist: <https://minneapolis.craigslist.org/>

Some examples of required gear and optional protection.

Leg Pads



Blocker



Glove



Chest Protector



Helmet/Mask



Pants/Breezers



Neck Guard



Skates



Stick



Knee Pads



Jock/Jill



**Optional protective gear includes cut resistant socks, pants and tops with cut resistant inserts in vital areas. Some examples of these items can be found at:**

**Protective undergarments**

<https://base360.ca/hockey/>

<https://daredevilhockey.com/collections/all?page=1>

**Socks**

<https://goalie.purehockey.com/search.aspx?keyword=cut%20resistant%20socks>

Following you will find basics on dressing your goalie. These are simple guidelines and everyone will have different ways that their pads attached to their skates and legs. Every goalie will have their own way that they like their equipment to fit. This particular goalie likes to wear jock shorts with Velcro tabs to attach socks and then wear hockey socks over his knee guards to help keep the knee pads in place and to allow the leg to move smoothly within the pads.



Knee guards and goalie cup  
(optional cut resistant socks and  
pants with cut resistant areas)

Socks over knee guards. This is  
strictly a personal preference



Pants (breezers) and skates



When attaching the toe strap to the skate, there are many ways to do this. Some use Velcro straps like those shown, and some may use shoe lace style attachments. Again, this is a personal choice on how you attach them. This particular goalie has a piece of rubber hose on the front of their straps to keep the pad from riding tight on the skate. All personal preference (trial and error). There are lots of videos on YouTube as well.



Here you can see the leg pad completely attached to the skate. It is recommended to keep slack in the leather or plastic strap to allow the pad to pivot. The pad should be able to twist freely on the leg.



Here we have easily twisted the pad on the leg. You want it snug, but also loose enough for it to move freely on the leg so that they can do a proper butterfly. Make note that the slider pads go to the inside of the leg.

Below are 2 types of necks guards.  
Again a personal preference, and  
there are plenty of other options on  
the market as well.





Here we have tightened the pants and then used the extra lace to go through a loop on the chest protector to tie the two of them together. Thus keeping the entire area protected.



Here is our goalie dressed with their chest protector, neck guard, pants, jock cup, knee protectors, skates and leg pads.



Make sure helmet/mask that the skull plate on the back resides within the outer shell of the mask. If the skull plate is residing on the outside of the mask and there is a gap between them, the helmet is too small and should be replaced.



Here we have our fully dressed goalie.



**If you have any questions, please reach out to your head coach or other RYHA staff and they can help assist you in finding someone to answer your questions.**