

Goalkeeper Kit Checklist

Each kit will contain the following:

- 2 kickers
- 2 leg guards
- 1 abdominal (groin) protector 1 pair padded shorts
- 1 chest protector with arms
- 1 helmet
- 1 Left Hand Protector
- 1 Right Hand Protector

For first time goalies and managers responsible for getting their goalies kitted up you should allow at least 10 minutes and you should put on the equipment in the following order:

1. Abdominal (groin) protector – most goalies wear these over their hockey shorts.



2. Padded shorts



3. Kickers – if the kickers are more heavily padded on 1 side of the foot than the other then the most heavily padded side goes on the inside of the foot ie the big toe side. The straps at the rear should be tightened so that the kicker is a firm fit.



4. Leg guards – there is a LH and RH leg guard. When viewed from above the leg guards are L shaped. The short leg of the L should be on the inside of the leg and the curved section goes at the bottom over the kicker. The tongue of the kicker should fit inside the leg guard. The straps should be tightened so that the leg guards are a firm but comfortable fit.



5. Chest protector and arms



6. Left hand protector



7. Right Hand protector – the stick is threaded through the opening in the hand protector and gripped by the hand inside the hand protector.

8. Helmet – the straps should be adjusted so that the helmet is a firm but comfortable fit.

