

SCRA Goalie Equipment

Sizing Goalie Pads

To size the goalie pad, have the player put on her skates then pads, and tie the toe bridge and attach the Knee Velcro. Have the goalie go down onto her knees. Their knee should fit into the knee cup.

How to Put on Goalie Pads

1. Goalie pads should be put on so the raised ridge is on the outside.
2. Toe Bridge is what that skate lace is attached to. Tie a couple simple knots near the goalie pad. This will create some slack to allow the skate to contact the ice during butterfly push. Loop the string through the first hole of the skate, crossing under the skate, then loop around the back of the skate, cross under the boot again, bring the laces to the top of the skate and tie a knot on top of the skate.
3. Lift the pad to the knee and attach the Velcro knee strap. The Velcro knee strap and the toe bridge tie do most of the work of holding the pad in place.
4. Next, loop the boot strap through the middle of the skate. This can be snug, but it should not be super tight.
5. Tie the rest of the leather goalie pads. The straps near the skate should be snug less 2-3 holes, and the strap near the knee should be snug less 4-5 holes. This is done to ensure less stress on the knee, allows the goalie pads to stand up when butterfly, and allows for easier goalie movement. Ensure the straps do not drag on the ice by looping the leather straps back through the buckles.
6. There are normally a few nylon straps above the knee strap. These also must be loose to allow the butterfly pads to butterfly without putting stress on the player's knee.

The key is butterfly pads need to be loose to allow movement.

Keely, Blocker and Player Gloves

Players from Active Start to U10 definitely do not need a Keely. Regular player gloves are better for two reasons. First, Keelys can be heavy especially for 8 year olds. Second, most players' shots have not developed to where a Keely will be useful.

Chest Protector

For Active start-U10, out-player elbow and chest pads are acceptable as most shots have not developed yet. For U12, a goalie chest protector will be provided. The fit should fit snug on the player and the arm protection should go down to their wrists.

Skate grind

Since most players will rotate goal, a specific “goalie grind” is not necessary. Once a player specializes, players can try different grinds. This is totally player preference and depends a lot on your style. Some goalies like a 9/16 grind, a flatter grind, and other goalies like a 3/8 that has much more ‘bit’.

Goalie Stick

In a proper stance, the goalie stick should be held approximately 8-10 inches in front of skates. If the stick is the proper length, the blocker should be parallel with the goalie pad.

Video on putting on goalie equipment

<https://www.youtube.com/watch?v=r17uINxyqxU>

Ringette Keely



Old Goalie equipment



New Goalie Equipment

