

BAUER FITTING GUIDE

Goaltending Equipment—The Fit

Goaltending is a unique and challenging position, the most important position on the ice. Each goaltender has special needs because of the way they react or play different situations. In order to play at the top of your game, you must have confidence in your equipment to perform and protect. Equipment confidence is a state of mind, which greatly affects a goaltender's movements.

A goaltender without equipment confidence feels unsafe and hesitates before making a move. Aside from selecting the right model of equipment for the level of play, the fit of the equipment is paramount. Purchasing equipment too large or too small will only limit the product's ability to perform and protect. Equipment that does not fit properly will never break in properly.

Care And Maintenance

Once you have selected the proper fitting model of equipment that enhances your style and is suitable to your level of play, you should ensure proper care and maintenance. Drying your equipment after each use prevents mildew and excessive and premature wear. No product should be used if damaged. Any cuts or tears should be mended right away. Old or worn equipment should be replaced to ensure maximum performance and protection. Finally, do not treat the synthetic materials with silicone or other water repellents.

When buying your goal equipment, keep these points in mind. Although properly fitted equipment cannot make a goalie, it can help goalies reach their full potential.

GOAL PAD FITTING GUIDE

The key factor here is the overall length. The length can be divided into three sections:

A) The boot, B) instep to the knee, and C) knee to top or thigh rise. The proper length of the goal pad boot is determined by the goalie's skate size. The next key area is the instep to knee that determines the shin length. Finally, the knee to top or thigh rise is a personal measurement depending on how much pant and pad overlap the goaltender prefers. A general rule is 7" to 8".

Custom Pad Sizing



- A. Instep to knee: measure from instep to the front center of kneecap while leg is in slightly bent position.
- B. Thigh rise: measure from front center of kneecap up the thigh to desired height.
- C. Skate size: provide the skate size for proper boot fit.

A + B + C = estimated size of pad

If fitted properly, the goalie's knee should rest directly behind the center knee roll with the pad securely attached to the goal skate and properly strapped on the goaltender's leg. Generally, this will ensure that the pad breaks (bends) at the knee/shin and ankle as designed for optimal performance.

Consumers are advised to bring their skates and goal pants when going to purchase pads. This will provide for a true fit, as you do not play the game in street shoes, while replicating the actual feel of the pads. Therefore, there are no surprises when the goaltender goes on the ice for the first time.

Note: There may be slight differences between manufacturer's sizing.

CATCH GLOVE FITTING GUIDE

Although the trend at all levels is toward oversized gloves, the goalie's fingers should extend out to the end of the finger stalls of the inside palm to ensure a proper fit. However, any more than 1/4" from the tip of the goaltender's finger to the end of the finger stalls and the goaltender will not have the leverage needed to properly close and control the glove (pocket).

Aside from the lack of control, the glove will also have a tendency to "break back" or fold, which will make the glove difficult to use. The second key factor is that the heel of your hand should line up with the heel and cuff of the catcher. If not, the proper balance between the cuff and catching portion of the glove may be disturbed, making the glove too cumbersome while sacrificing protection.

BLOCKER FITTING GUIDE

The blocker should be fitted based on the hand size. The goalie's fingers should be no more than 1/4" from the end of the fingers in the palm. If the fingers are too long, chances are the hand tabs that tie down to the blocker are too large. This will cause the blocker to wobble, tilt, or rotate on the goaltender's hand, seriously affecting control while limiting coverage (blocking surface).