



# Hockey Equipment Buying Guide For Parents/Kids

One of the first things you are going to have to do when taking up hockey is getting the proper hockey equipment. Due to minor hockey rules children require all the equipment listed in this document.



# All Hockey Equipment Required League Play

- Hockey Equipment bag
- Jock (or jill for girls)
- Shin pads
- Hockey socks
- Hockey Pants
- Skates
- Shoulder Pads
- Elbow Pads
- Neck Guard
- Hockey Gloves
- Helmet with full cage
- Mouth Guard
- Jersey for practice
- Hockey stick

## Other recommended accessories

- Skate guards
- Water Bottle
- Stick tape
- Shin pad tape
- Pucks
- Stickhandling Ball

# Hockey Equipment

## Hockey Equipment Bag



*Most kids prefer a hockey bag with wheels. The Grit bags are extremely popular.*

The bag is used to carry all the items listed above. There are varied sizes available and also wheeled hockey bags and non-wheeled hockey bags.

### **Wheeled or Non-Wheeled**

From my experience most kids prefer wheeled hockey bags – more specifically the GRIT wheeled hockey bag towers. These tower bags have sections to organize the equipment.

Older kids tend to prefer the non-wheeled hockey bags. Non-wheeled hockey bags take up less room and are easier to pack.

### **Jock (or Jill)**



A jock protects the important parts (female hockey players use Jills). There are a number of different jock styles available, the old-style garter belt jock, and the newer style velcro shorts.

When it comes to a **garter style jock vs a velcro compression short most players use the Velcro**. Most players prefer the velcro short style jocks as well.

### **Shin Pads**

Shin pads will protect the legs from the top of the knees down to where the skates start. It is important to have proper fitting shin pads so there are no gaps between the skates and the shin pads.

### **Hockey Socks**

These go over the shin pads and then attach to the jock either via the new style velcro or the old-style garter belt. Most players also use clear hockey tape to help keep the socks up and hold the shin pads in place.



### **Hockey Pants**

Yes, they are called hockey pants, even though they look more like shorts. The Pants protect from the knees up to the belly. It is important to get proper fitting hockey pants, so they are not sagging or falling off, but also not too small that they leave a gap between the shin pads and bottom of the pants.

## Hockey Skates

**The most important part of hockey equipment** (growing into them, is not an option). A comfortable pair of skates is especially important. Also make sure that the skates are properly sharpened before going on the ice for the first time. We recommend buying skates at a shop and getting them properly fitted.

### Make sure skates are:

- The right size (width and length) they usually fit a size or 2 smaller than shoes
- Comfortable
- Heat molded to fit the child's foot (most shops do this before you leave)
- Sharpened



## Shoulder Pads



Shoulder pads protect the shoulders, biceps, chest, and upper part of the back. Some players prefer bulky shoulder pads while others prefer shoulder pads that barely protect anything (better mobility). For younger players I recommend shoulder pads that offer good protection, but make sure they are not too big that it restricts the child from moving.

## Elbow pads

Elbow pads protect the elbows, as well as a bit of the forearm and triceps. The elbow pads are for protection when the child falls, and from slashes and hooks from other players.



## Neck Guard



The neck guard protects the neck from the rare chance that a hockey stick or skate blade comes in contact with the throat.

## Helmet with full cage



A helmet is also particularly important. I recommend spending some extra money to get a helmet that offers good protection, and most of all make sure the helmet fits properly. A full cage is also required to protect the face.

## Mouth Guard

A mouth guard is to protect from dental damage and concussions. Mouth guards vary from about \$10 to a hundred dollars if you get them from the dentist. If you buy your mouth guard at the store you will need to boil it (follow the instructions) and then bite it so that it will fit your teeth.

## Jersey for practice

A team will supply the player with a jersey; however, it is nice for a player to have their own practice jersey.



## Hockey Stick

The hockey stick is another particularly important piece of equipment. A stick should be properly fitted with the right length, flex, and handedness.



**Typically, the dominant hand should be put on the top of the stick**, so if a child is right hand, they will shoot left, and if they are left-handed, they will shoot right.

The dominant hand goes on top because the top hand does most of the movements during stickhandling.

**For the length of the stick**, we recommend cutting the stick just below the chin while the child is on skates. This allows good movement of the stick and encourages the child to get a bit lower with their hockey stance.

## One by One or Starter Kit?

Buying every piece of equipment individually can be expensive, if you go this route, you are looking at spending \$300-\$700. The better the equipment you buy the more you are going to spend. **The good news is you can get hockey equipment starter kits at decent prices.**

The kit comes with gloves, shoulder pads, elbow pads, pants, shin pads, and a hockey bag. It is everything you need to start a child in hockey.

