

EQUIPMENT

BEGINNER (ROUGHLY U10)

LEARN TO SKATE PROGRAM

When children participate in a Learn to Skate Program at the local club, recommendation is that they wear a helmet (cycling helmet, hockey helmet, skiing helmet) to protect their head when they fall down. Furthermore, they should wear winter gloves or mittens to protect their hands from the cold and potential injury through a skate blade. Winter clothing such as lightly padded pants and a comfortable light winter jacket keep the body warm and will protect from bruising. For the Learn to Skate Program, a full set of hockey equipment is not yet needed. On the contrary, it is recommended, that children do not wear full hockey gear when first learning to skate. The rather bulky hockey gear hinders proper learning of skating and movements.

RECOMMENDED EQUIPMENT		
– Helmet, any kind	– Winter pants	– Skates, any kind
– Gloves, any kind	– Winter jacket	

LEARN TO PLAY PROGRAM

When children move on to the Learn to Play Program it is recommended to purchase a full set of hockey equipment, including a helmet with a cage to protect the players face from possible hits by sticks or pucks. Used or hand-me-down equipment is a great way of saving on hockey equipment costs. Good quality ice hockey equipment lasts easily the duration of 2–3 players use. Make sure to inspect the equipment properly to ascertain that it is still in good condition. The local shoemaker is able to repair loose seams or stitching or to add a patch where needed.

RECOMMENDED EQUIPMENT		
– Hockey helmet with cage	– Elbow pads	– Jersey
– Ice hockey gloves	– Shoulder pads	– Ice hockey socks
– Hockey pants	– Neck guard	– Stick
– Shin pads	– Ice hockey skates	

When children move on to play ice hockey in a team after the Learn to Play Program, usually at the ages of 8–10 years, they should play and try out all positions.

It is important, that the ice hockey equipment fits the child properly. Unfitting equipment hinders proper movement execution and performance, and does not protect the child adequately, and limits the enjoyment they should have on the ice.

EQUIPMENT

SELECTING THE CORRECT STICK FOR THE LEARN TO PLAY PROGRAM

Wearing shoes: Correct length stick raises to the chin of the player when the toes of the stick are on the ground. Wearing skates: Correct length stick raises to the chin when the front toe is placed on the floor/ice.

