



Basics for Beginners

An overview of basic hockey
equipment and rules

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Hockey League



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Equipment Basics

- Right protection
- Right fit
- Right price



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What Goes Where?



Order:

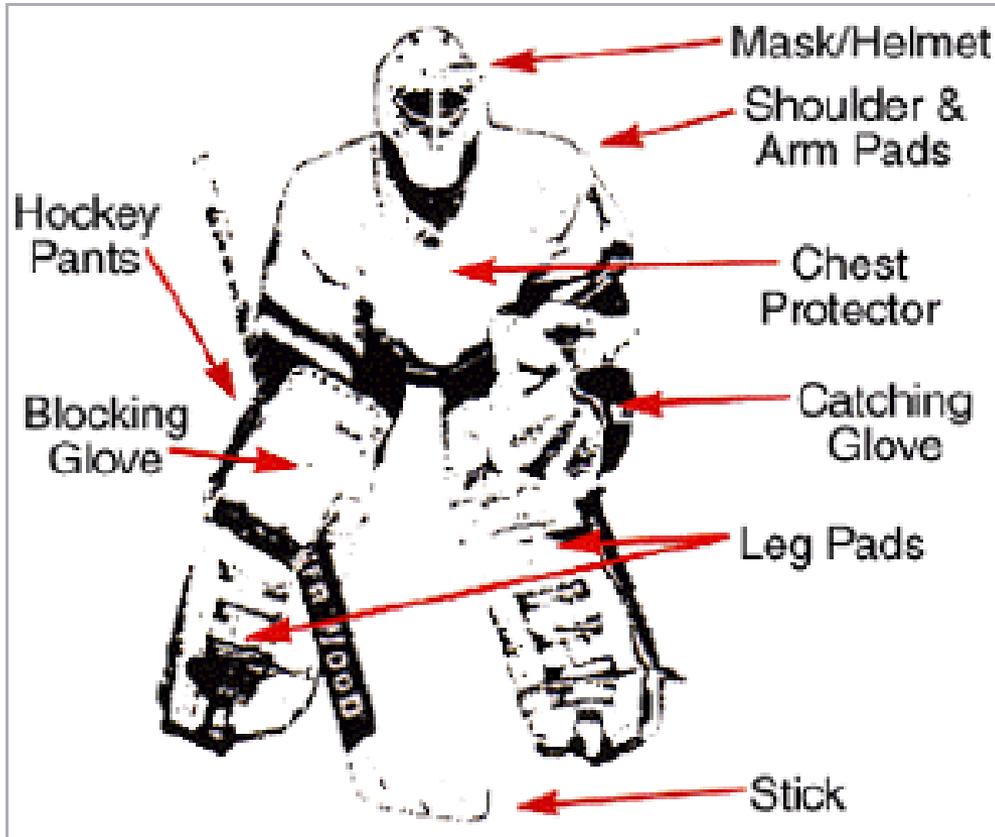
1. Shin pads
2. Socks
3. Garter belt
4. Pants
5. Skates
6. Shoulder pads
7. Elbow pads
8. Jersey
9. Helmet
10. Gloves

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What Goes Where?



Order:

1. Pants
2. Skates
3. Leg Pads
4. Chest Protector
5. Shoulder and arm pads
6. Jersey
7. Gloves
8. Hemlet

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Sticks

- ✓ The length of the stick should come up between your collar and your chin.
- ✓ You should be able to move your top hand along your mid-section when holding the stick in the proper hockey stance.
- ✓ Defenseman may want a longer stick for poke checking and offensive players may want a shorter stick to allow for close to the body stick handling.
- ✓ Your top hand should be at the end of the stick comfortably, your lower hand should be about one foot from your top hand.
- ✓ Your bottom hand should form a “V” on the top of the stick and be pointing up the shaft of the blade.
- ✓ Your blade should be flat on the ice, and you should be able to see the puck using your peripheral vision.

RIGHT OR LEFT???? Try both out. A common way to start is to ask: how do you shovel snow? If your left hand is on the bottom when you shovel, try a left handed curve.

Sticks

- ✓ Stick **flex** refers to how easy it is for you to force your stick to bow when pressure is applied by the bottom hand. A flex at 70 or below is usually correct for women players.
- ✓ The **lie** of a stick refers to the angle of the stick when held in proper hockey stance. The correct lie means that when standing in the correct hockey stance your blade should be flat on the ice.
- ✓ The **curve** on the blade of a stick will vary from player to player. Beginners should start with a gentle curve. The more "dish" (sharp curve on the toe of the stick) can cause your shot to go too high, start with the basics.

Shin Pads

- ✓ When sizing, wear loosely fitting skates in order to get the proper length of the shin pad.
- ✓ The cap of the shin pad should be centered on the kneecap.
- ✓ The bottom of the pad should fit where the foot and the leg meet at a 90-degree angle.
- ✓ If the pad is too short, it leaves an unprotected area above the skate that will be exposed. If the pad is too long, it will restrict movement and create discomfort for the player.
- ✓ Shin pads are sized in inches and come in both junior and senior sizes.
- ✓ Cracked pads should be replaced or properly repaired immediately.



Pants

- ✓ Fitting should be done with shin pads properly in place.
- ✓ Pant should slightly overlap the top of the shin pad.
- ✓ Pants are sized according to waist size.
- ✓ Pants must completely protect the front and side of the thigh, tail bone, hip and kidney areas throughout the entire range of motion.
- ✓ Women players should fit hips first, then check the length of the pant.



Skates

- ✓ Wear the same foot hosiery that they would in a game or practice (i.e. socks, barefoot, etc.).
- ✓ With the foot in an untied skate, push foot forward so that the toes touch the front of the skate. There should be one finger width space between your heel and the back of the boot.
- ✓ Before lacing up the skate, kick the heel back in order to ensure a snug fit. When completely laced, eyelets should be 1.5 - 2 inches apart.
- ✓ Laces should never be wrapped around the ankle as this inhibits blood flow.
- ✓ Blades should be completely dried after every use.
- ✓ Skate guards should be used during transport or when walking on non-ice surfaces.
- ✓ Never dry skates over direct heat, as this may crack and damage the composition of the skates.



Shoulder Pads



- ✓ Should protect the entire shoulder joint throughout a full range of motion.
- ✓ Arm pads should extend to just above the elbow to ensure full protection.
- ✓ Back pad should meet the top of the pants.
- ✓ For female players, a combination of shoulder and chest protector gives added protection to the chest area.
- ✓ When lifting arms, pads should not dig into the neck of the player as this may cause injury.
- ✓ Check pads and straps regularly for damage.

Elbow Pads

- ✓ When fitting, place the point of the elbow in the circular area on the inside of the elbow pad and fasten all straps properly.
- ✓ The top of the elbow pad should meet the bottom of the shoulder pad.
- ✓ The bottom of the pad should extend down the forearm and fit inside the cuff of the glove.
- ✓ Check straps regularly and have any defective pad or strap properly repaired or replaced immediately.



Gloves

- ✓ Should fit your hands snugly but not too tight.
- ✓ Glove should overlap the elbow pad through the entire range of motion.
- ✓ Padding on the back of the glove should absorb all shock. Check this by pressing on the back of the glove, you should not feel any pressure on the backside of the hand.
- ✓ Be sure that the palms of the gloves are always soft and without rips or tears.

Bauer Vapor XXX
Hockey Gloves



CCMTacks 892
Hockey Gloves

Easton
Synergy 900
Hockey Gloves



RBK 8K
Hockey Gloves

Helmet

- ✓ Should be snug and remain in place when chinstrap is properly fastened.
- ✓ Helmet should fit just above the eyebrows.
- ✓ Replace loose or missing screws immediately.
- ✓ Check inside and outside of helmet for cracks or deterioration and replace if necessary.



Face Mask

- ✓ When fitting, a proper measurement should be taken from the front of the helmet to the bottom of the player's chin. Chin should fit comfortably into cup of facemask.
- ✓ Facemasks come in both cage and polycarbonate visor styles and also in different types.
- ✓ All breaks or cracks should be replaced.
- ✓ Check that mask is compatible with helmet.
- ✓ Be sure to clean visor after every use. Never cut or alter facemask.



Goaltender Leg Pads

- ✓ Goal pads should always be fitted with goaltender skates on.
- ✓ Kneecap should be in the middle of the knee roll.
- ✓ When completely fastened, the pads should extend from the toe of the skate to four inches above the knee.
- ✓ Extra kneepads may be worn under the goal pads for added protection.
- ✓ Always dry and store pads in an upright position. Check straps regularly.



Goaltender Pants and Chest Protector

- ✓ Pants should fit the same as regular pants but should be loose enough to fit belly pad inside.
- ✓ Pants should be expected to be heavier than usual because of their extra padding.
- ✓ Belly pad should tuck in about two inches below the belly button.
- ✓ Upper body protection should cover collarbone, chest, abdomen, and should extend down arms to the wrist.



Blocker and Catcher

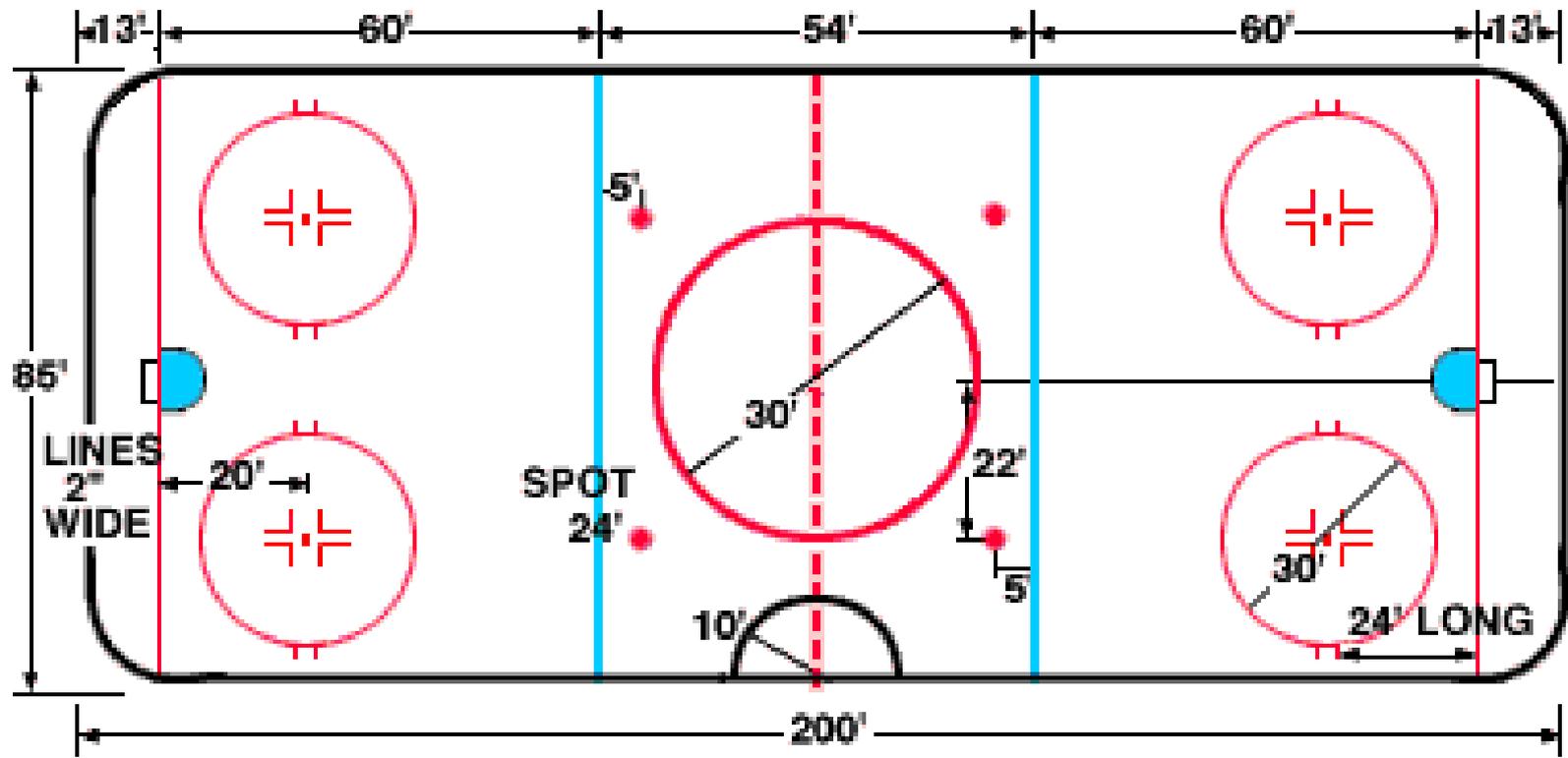
- ✓ Blocker and trapper should fit to the hand size of the player and should overlap arm pads.
- ✓ Never warp the blocker as this reduces its structural integrity.



On Ice Basics

- The Rink
- Terms
- Basic Rules

Rink Dimensions

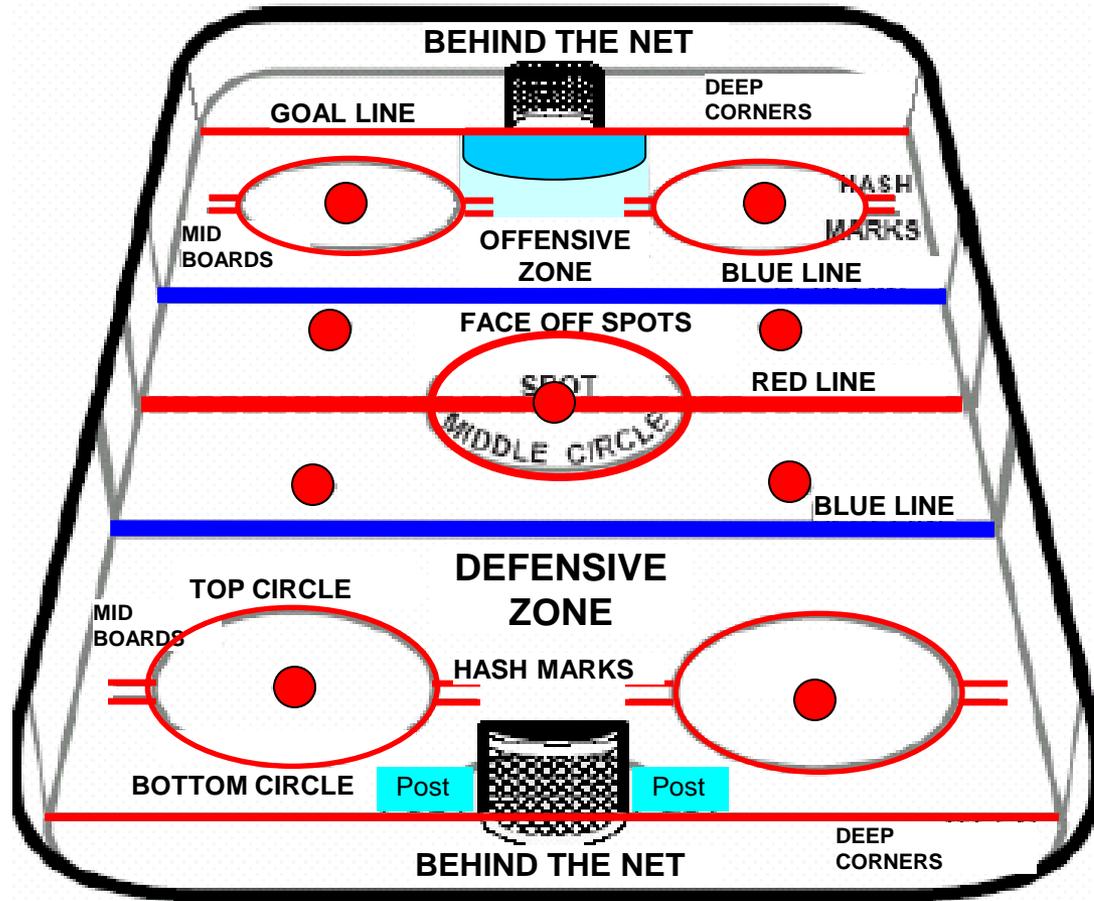


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Common Terms for On-Ice Play

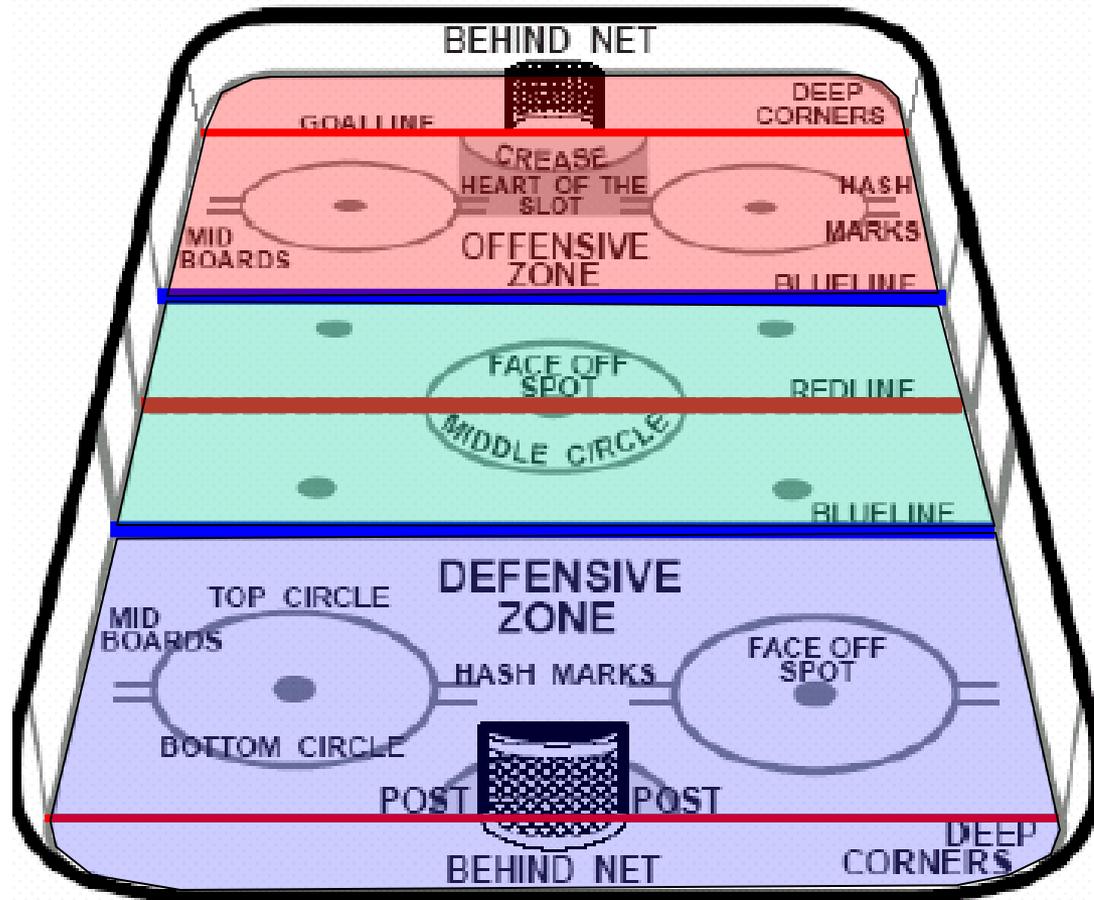


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Three Zones of Play

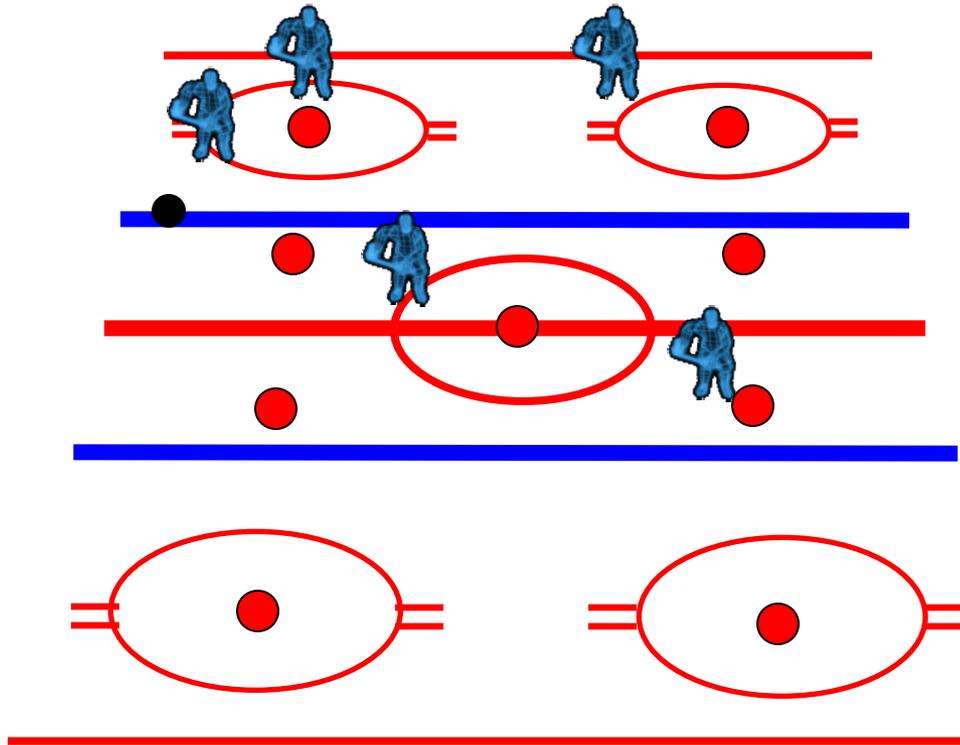


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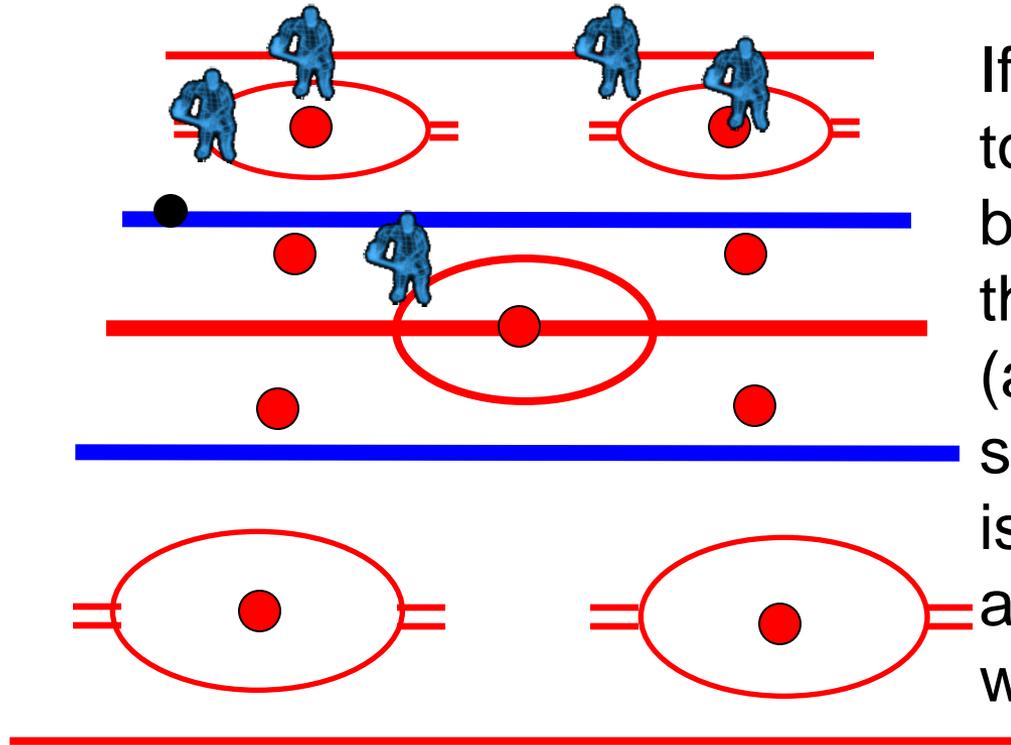
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Icing

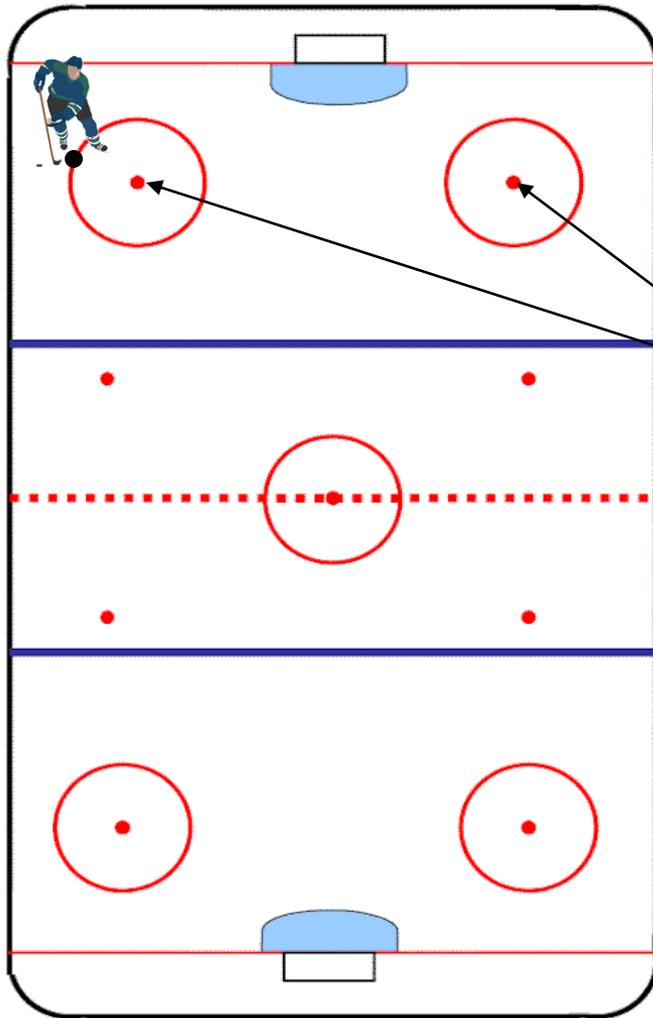


Icing is called when an offensive player shoots the puck from behind the red center line and the puck travels past the far goal line without being touched by any player, including the goalie

Icing



If a player is able to touch the puck before it crosses the goal line (and remains on sides) then icing is “waved off” and there is no whistle



Icing face offs are held back in the defensive zone of the team that iced the puck

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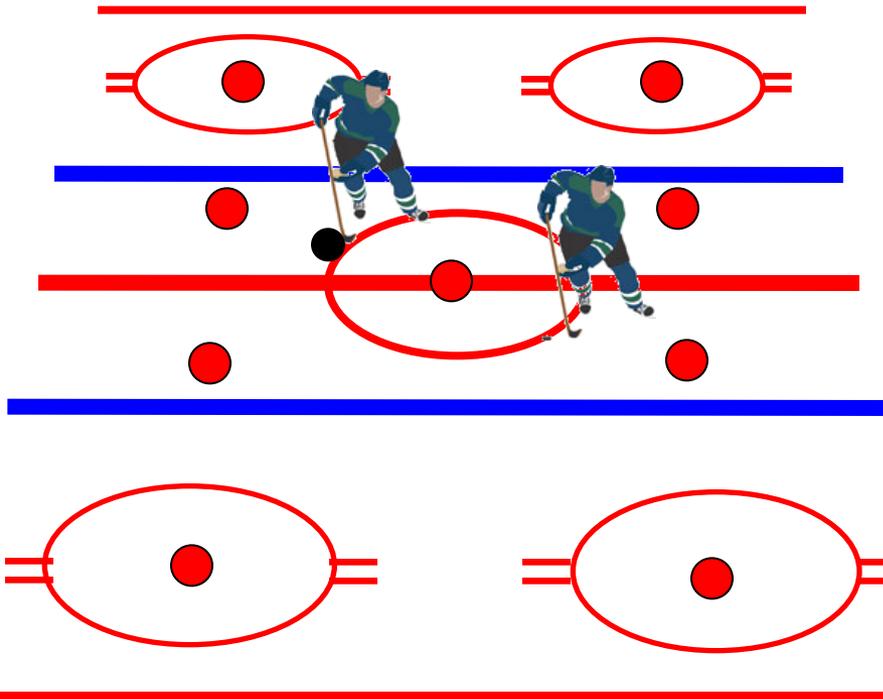
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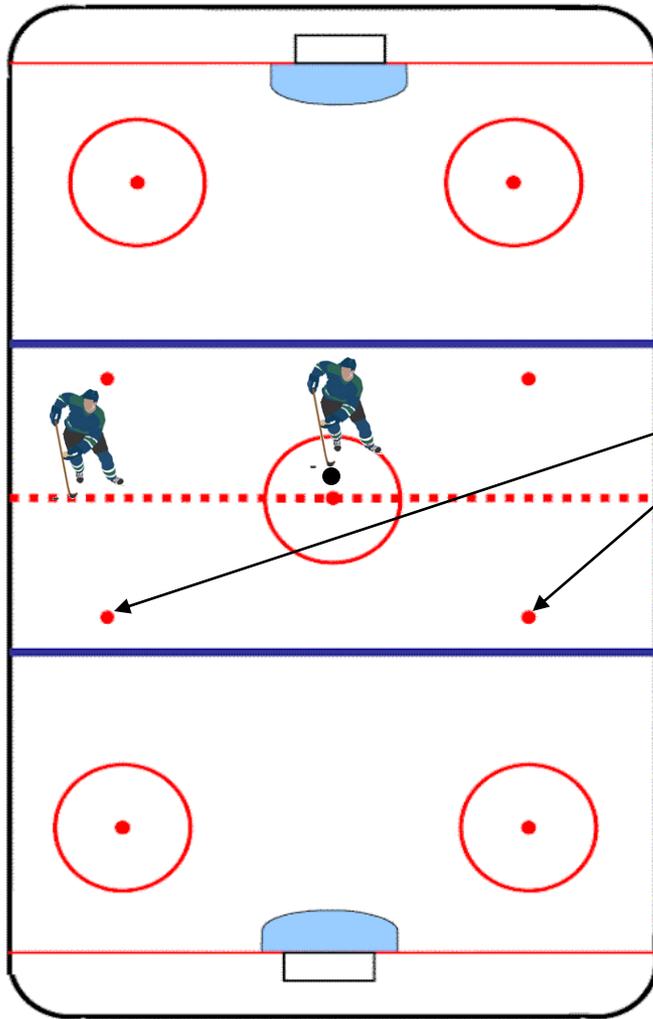
Off Sides

✓ An offensive player can NOT cross the blue line into the offensive zone before the puck crosses the line.

✓ If a player crosses the blue line before the puck, all players must exit the defensive zone before the team can cross the blue line again.

✓ If a player does not exit the zone and touches the puck before the team has left the offensive zone, a whistle is blown and a face off is held just outside the blue line.





Off sides face offs are held at the face off dots closest to the blue line where the infraction occurred

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