

## JUNIOR KIT GUIDANCE

FROM DIRECTOR OF JUNIOR HOCKEY TIM DAVENPORT

## PROTECTIVE EQUIPMENT:

PLEASE ENSURE KIDS ATTEND TRAINING/MATCHES ARMED WITH A MOUTHGUARD AND SHINPADS.
MOUTHGUARDS ARE MOST EFFECTIVE WHEN IN THE MOUTH, AND NOT IN STICKBAGS, POCKETS OR THE TOP OF SOCKS!





## COLD WEATHER:

AS WE APPROACH THE COLDEST PART OF THE SEASON IT IS CRUCIAL THAT OUR JUNIORS ARE APPROPRIATELY KITTED OUT TO COPE WITH THE LOW TEMPERATURES. BASELAYERS, COATS + BEANIES ARE ALL ENCOURAGED.

## GLOVES:

AFTER A MOUTHGUARD + SHINPADS, A PROTECTIVE GLOVE IS A HOCKEY PLAYER'S BEST FRIEND. IT WILL ENABLE PLAYERS TO HAVE CONFIDENCE IN GETTING LOW TO MAKE TACKLES WITHOUT FEAR OF A BALL OR STICK MAKING CONTACT WITH THE HAND.





JUNIORS WHO ARE PLAYING REGULAR INDOOR HOCKEY MAY WANT TO BUY A FULL HAND GLOVE AS WELL AS A MORE BASIC 'SHELL GLOVE' FOR OUTDOOR HOCKEY. GLOVES ARE ALWAYS WORN ON THE LEFT HAND. LINKS BELOW PROVIDE SOME EXAMPLES.

HTTPS://WWW.YIHOCKEY.COM/COLLECTIONS/PROTECTION/PRODUCTS/SHELL-MK2-GLOVE HTTPS://WWW.GRAYS-HOCKEY.COM/PRODUCTS/INTERNATIONAL-PRO-GLOVES