

GEAR GUIDE



LACOUVEE GOALTENDING
WWW.LACOUVEEGOALTENDING.COM



LACOUVEE GOALTENDING



@LACOUVEEGOALTENDING

ABOUT ME



HEY GOALIES!

My name is **Connor LaCouvee**. I'm a professional goalie with experience in the **NCAA, ECHL, AHL & Europe**.

Over the past few years I've been running goalie development programs both on and off the ice — and getting gear dialed in is a huge part of playing your best.

NCAA

ECHL

AHL

EUROPE

PLEASE READ

▲ I am NOT a licensed gear rep or sports manager.

▲ This is NOT medical advice.

▲ What works for me might not work for you.

▲ Follow this guide at your own risk.

GEAR SIZING & FITTING

This guide is your resource for making sure your goaltender's equipment is **perfectly fitted for peak performance.**

Properly sized gear isn't just about comfort — it allows for maximum mobility and protection, so your goalie can play with confidence and agility.

We'll walk through the correct sizing and fitting process for every piece of goalie gear — pads, skates, gloves, chest protector, helmet, and more — so your goalie is equipped for success.

SIZING VS FITTING

SIZING

DEFINITION

Choosing the correct gear size from the goalie's body measurements (height, weight, etc.).

GOAL

Full coverage and protection — not too small (limits protection) or too large (hinders mobility).

EXAMPLE

Measuring leg length for pads, or head circumference for a helmet.

FITTING

DEFINITION

Adjusting the gear so it sits comfortably and performs optimally.

GOAL

Maximize comfort, mobility, and function by fine-tuning how it rests on the body.

EXAMPLE

Tightening straps on pads, or adjusting laces and chest protector for full range of motion.

Sizing gets the gear right for protection. Fitting dials it in for comfort, mobility, and performance. You need both to play with confidence.

— PEAK PERFORMANCE

FIT FOR YOU

Every goalie is unique, and their gear should be too. Fitting equipment isn't just about size — it's about adjusting each piece to suit the body shape, style of play, and personal preference.

Pads might be the right size but still need adjusting so they sit perfectly on the leg, moving cleanly between standing and butterfly. Helmets and chest protectors should be snug but not restrictive — full protection while still letting you turn your head and move your arms. Even skates should be tailored to the foot for the right balance of comfort, support, and mobility.



WATCH THE GEAR OVERVIEW

YouTube tutorial

UNDERGEAR

Undergear is your foundation for comfort and performance. It should fit snugly without restricting movement, wick away moisture, and help regulate body temperature.

Well-fitted undergear prevents chafing and keeps your heavier equipment – pads, chest protector – sitting securely. That foundation lets you move freely and stay focused for the full game.



WATCH FITTING VIDEO
YouTube tutorial

JOCK / JILL

A well-fitted jock or jill is essential for safety and comfort in the crease. It should protect securely without shifting during play.

FIT

Snug but not too tight — full coverage and freedom of movement.

COMFORT

Padding and support feel good without irritation or restriction.

POSITIONING

Adjust the straps so it stays put all game for consistent protection.

**WATCH FITTING VIDEO**

YouTube tutorial

KNEE PADS & SOCKS

Properly fitted knee pads are essential for both protection and mobility – especially during butterfly saves and crease movement. They should sit centered on the knee and stay put as you drop and recover.

Goalie socks hold everything in place and add a layer of coverage, so make sure they're snug over the knee pads without bunching.



KNEE PADS VIDEO

YouTube tutorial



SOCKS VIDEO

YouTube
tutorial

GOALIE PANTS

With the right fit, goalie pants give you a balance of protection and freedom — so you can play powerfully and confidently.

FIT

Sit comfortably on the hips without sliding down. Full coverage, not bulky.

MOBILITY

Smooth, unrestricted movement — especially dropping into butterfly and moving laterally.

PROTECTION

Ample padding in the hips, thighs, and lower back for impact, while staying agile.



WATCH FITTING VIDEO

YouTube tutorial

SKATES

Well-fitted skates are crucial for comfort and performance. Start by measuring the player's foot length and width, accounting for any specific foot shape.

When trying them on, the toes should lightly touch the toe cap while standing – and pull back slightly as the knees bend. Check for heel lift: the heel should stay snug with no movement. Tighten the laces gradually for even pressure. Skates should feel snug, but not overly tight.



WATCH FITTING VIDEO

YouTube tutorial

PADS

Pads should sit snugly against the leg without excessive pressure or gaps. The knee should align comfortably with the knee cradle for natural movement and flexibility.

To size, measure leg length from the kneecap to the ankle while standing – that sets the pad size. Check the thigh rise: pads should cover the top of the skates with ample coverage but no loss of mobility. Adjust straps and buckles for a secure fit that still allows quick movements.



WATCH FITTING VIDEO

YouTube tutorial

NECKGUARD

The neck guard should sit comfortably against the neck with no gaps. It should cover the collarbone and sit high enough to protect the throat, while still allowing full head movement.

Measure the circumference of the neck just above the collarbone, then match it to the manufacturer's sizing chart.



WATCH FITTING VIDEO
YouTube tutorial

CHEST PROTECTOR

The chest pad should fit snugly without restricting movement. Shoulder caps should align with the shoulders for coverage without riding up, and the pad should protect the chest and ribs, extending down over the sternum and upper abdomen.

Check it by raising the arms and moving side to side — it should stay put without shifting. Adjust the straps for a secure fit that doesn't limit movement. Wear it over the neck guard and under the jersey for the best protection and comfort.



WATCH FITTING VIDEO

YouTube tutorial

HELMET

The helmet should fit snugly with no pressure points. The forehead should sit about one finger's width from the front of the helmet for protection against pucks and sticks, and it should sit level — no tilting forward or back, which hurts vision and balance.

Adjust the chin strap so the helmet stays secure through quick movements and saves, while still comfortable. Not too tight, but enough to stop any shifting in intense play.



WATCH FITTING VIDEO

YouTube tutorial

FIT GUIDE

GLOVE & BLOCKER

The glove should feel snug but not overly tight, allowing quick, precise movements. The thumb should sit comfortably for a natural grip, and the fingers should reach fully into the glove with no excess space for better control and closure.

The blocker should fit securely on the wrist and forearm — a solid shield against shots while keeping flexibility. It should allow natural hand positioning and easy wrist movement for making saves and directing the puck.

**WATCH FITTING VIDEO**

YouTube tutorial

STICK

Paddle size is the most critical part of fitting a goalie stick — it directly affects your stance and balance. Avoid going too tall: an oversized paddle hinders movement and reduces control.

To find the right size, drop into a butterfly. The blade should rest on the ice while your hands sit comfortably in front of your body. If the paddle is too long, it pushes the blocker up and back, throwing off your hand positioning and stance.



WATCH FITTING VIDEO

YouTube tutorial

CONCLUSION

Properly fitted gear is crucial for performance, comfort, and safety on the ice.

But remember: gear doesn't make the goalie — the goalie makes the gear. No amount of equipment replaces the dedication, skill, and mental fortitude it takes to excel in the crease. Well-fitted gear enhances performance, but your talent, decisions, and work ethic decide the rest.

Take the time to measure and fit each item accurately. Snug but not restrictive — natural movement with the protection you need. That's the edge.

THANK YOU

Awesome job making it this far. If this guide helped, tag me on social **@lacouveegoaltending** — I love seeing your setup.

VISIT THE WEBSITE

YOUTUBE

INSTAGRAM

FACEBOOK

TIKTOK



— GET IN TOUCH

CONTACT ME

SOCIAL MEDIA

@lacouveegoaltending

YOUTUBE

INSTAGRAM

FACEBOOK

TIKTOK

PHONE

+1 778 244 8347

WHATSAPP

+1 250 951 2806

EMAIL

lacouveegoaltending@gmail.com

WEBSITE

lacouveegoaltending.com

