

GOAL-KEEPER EQUIPMENT ASSEMBLY GUIDE

1. PUT ON BOX (GROIN PROTECTION)
2. PUT ON PADDED SHORTS (OVER BOX)
3. PUT ON OVER SHORTS (OR USE NORMAL SHORTS)
4. PUT ON KICKERS (FEET), CHECKING THEY ARE ON CORRECT FEET. FLAT SIDE SHOULD BE ON THE INSIDE OF THE FOOT).
5. PUT ON LEG PADS SO THEY REST ON THE TOP OF THE FEET. THE CURVED PART GOES ON THE INSIDE OF THE LEG. MAKE SURE THEY ARE TIGHT BECAUSE THEY CAN TWIST.
6. PUT ON CHEST GUARD
7. PUT ON SMOCK
8. PUT ON ELBOWS IF NOT ATTACHED TO CHEST GUARD
9. PUT ON NECK GUARD (VERY IMPORTANT)
10. PUT ON HELMET
11. PUT ON GLOVES
12. GRIP STICK IN THE RIGHT GLOVE THROUGH THE STRAPS INSIDE THE GLOVE SECURING THE GLOVE AND PREVENTING THE STICK FROM MOVING.



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