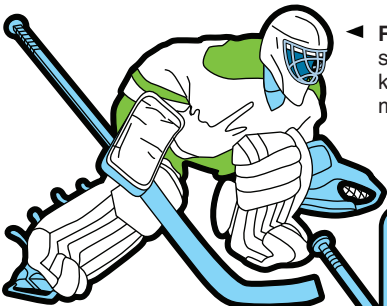
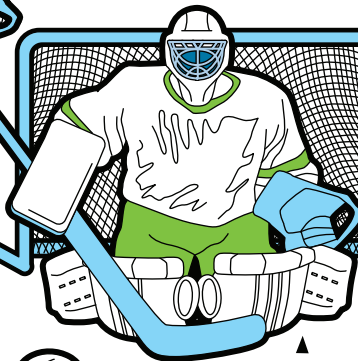


Making the save

A goalie needs quick reaction time and mental toughness to stop a fast-moving puck.



◀ **Ready position** Crouched stance to move left, right or kneel quickly; puck can move more than 100 mph (160 kph)

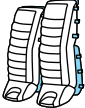


▲ **Butterfly**
Kneels to save low shot; feet out to cover net; stick covers space between legs


Protection

About 50 lb. (23 kg) of gear

Leg pads
Deflect puck, protect legs



Blocker
Glove for stick hand; directs puck



Catching glove
To catch or direct puck



Skate
Extra toe, arch protection



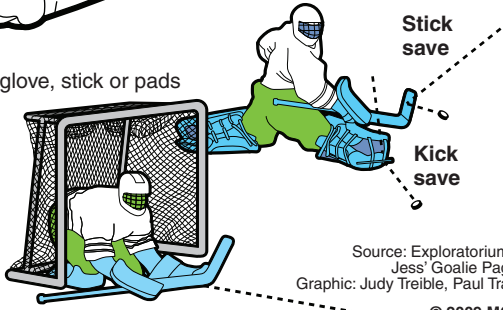
Poke check ▶
One knee on ice; thrusts stick to knock puck away



Other blocks

Deflects shot using glove, stick or pads

Smothering
Covers puck to prevent offensive player from gaining advantage



Stick save

Kick save