



EGG PROTECTORS

Ice Hockey Equipment

Compared to other sports, hockey is a sport that requires players to wear a lot of protective equipment. The diagram below shows you the different kinds of equipment that protect a hockey player's body.



helmet:

protects head and ears

shoulder pads:

protect shoulders, upper back, collar bones, and ribs

hockey gloves:

protect hands and wrists

hockey pants:

protect spine, tailbone, and thighs

shin guards:

protect lower legs

skates:

protect ankles and keep feet comfortable