

Sizing Goalkeeper Gloves

When sizing keeper gloves, it's important to note that goalie gloves are not intended to fit like other gloves and should be worn 1/4" to 1/2" longer than the length of your fingers. Larger gloves provide increased ball blocking ability and grip ensuring as big a hand as possible in front of the ball.

With gloves being longer than the fingers, fingersaves (protectors) are recommended. These are designed to be placed into goalie gloves reducing the risk of injury to fingers.

To determine glove size:

- Measure the circumference of the widest part of the palm. Use the palm measurement of your largest hand.
- Do not include the thumb.
- Round this number up to the next highest inch and then add 1" to the measurement.

Example: If your palm (excluding the thumb) measures 6 3/4", round that number up to 7". Add 1" to the measurement which gives you 8". So, a 6 3/4" palm would require a size 8 glove.



Caring for Your Goalkeeper Gloves

We all know that gloves are a crucial piece of equipment for keepers and can also be one of the most expensive. Whether you are purchasing a pair of high-end gloves with a titanium-injected palm or a pair of beginner's gloves with simple latex palm, the care that you provide will determine their life. Below are some tips to prolong glove life and keep the keepers keeping!

Washing Your Gloves

Always wash your gloves before the first use to remove chemical residue left on the glove in the manufacturing process. Then be sure to wash after every use.

1. Rinse gloves thoroughly in the sink using warm water.
2. Squeeze out excess dirt and place gloves in the sink with palms facing you. With water still running, rub your thumb along the foam palm pushing the dirt out of the glove. You should start to see the original color of the foam returning as you push the dirt out.
3. Use a mild detergent such as Reusch Invigorate Glove Wash or GloveGlu Glove Wash and using the same motion as in step 2, work the detergent into the glove. Continue to use the wash until the original color of the palm completely returns.
4. Rinse glove of any remaining dirt and suds. Now is also a good time to clean the Velcro wrist enclosure. Pick out any lint or dirt that will prevent the Velcro from holding itself closed during use.
5. Allow the gloves to sit at room temperature and away from direct light until they are as dry as you want them. Never dry your gloves in a dryer, on a radiator, with a hair dryer, or near any direct or high heat, including direct sunlight.

Storing Your Gloves

A glove bag is a good idea because it keeps the gloves separate from other objects in your bag such as cleats or a pump; anything that could come in contact with the palm and cause an abrasion.

Game Day

1. About two hours before kickoff, moisten the palms of your gloves. They should be damp, not drenched. The added moisture will add to the tackility and increase the life of the glove.
2. Make sure gloves are moistened again when play stops such as during halftime or between quarters.
3. Use GloveGlu or a tacking agent right before and during your game to maintain the appropriate level of tack.

Remember, your gloves will break down over time. It is normal for pieces of the palm to begin to wear away, even after one use. If playing 5 to 7 days a week, it may be in your best interest to have a practice pair of gloves and a game pair. At the end of your season, rotate your game gloves to practice gloves and replace the game gloves for the next season. As with all gear, follow all manufacturers' instructions to ensure the maximum life on this valuable piece of equipment.



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