



THE GOALKEEPER LAB: ELITE GEAR MAINTENANCE GUIDE

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CREDENTIALS: United Soccer Coaches Goalkeeping Level 3 Diploma | ISSPF Professional Certificate In Goalkeeper Coaching Science (Pro Youth Level)

THE FOUNDATION OF ELITE PERFORMANCE

Proper gear maintenance is not just about cleanliness; it is about preserving the biomechanical integrity and grip of your equipment. At **The Goalkeeper Lab**, we view your gear as a scientific tool. Neglected equipment leads to technical errors, reduced confidence, and premature wear. By following this science-based maintenance routine, you ensure that your gear performs at the professional youth level every time you step onto the pitch.

SECTION 2: GLOVE CARE — PRE-MATCH ACTIVATION

ACTIVATE YOUR LATEX BEFORE THE FIRST SAVE:

- **PRE-WASH NEW GLOVES:** New gloves often have factory residue or preservatives on the latex. before your first use, gently wash the palms with lukewarm water to "activate" the tackiness.
 - **DAMPEN BEFORE PLAY:** Latex is a natural material that performs best when moist. 15 minutes before kick-off, lightly dampen your palms with water. This creates a moisture barrier that improves grip and reduces abrasion from the ball and turf.
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SECTION 3: THE POST-SESSION GLOVE CLEANING ROUTINE

CLEAN GLOVES HAVE MORE FRICTION AND BETTER BALL SECURITY:

1. **WASH IMMEDIATELY:** Dirt, sweat, and turf rubber are abrasive. they eat away at the latex pores. wash your gloves as soon as possible after every session.
 2. **USE LUKEWARM WATER:** Never use hot water. Use lukewarm water and a dedicated goalkeeper glove wash. Avoid harsh household detergents as they strip the natural oils from the latex.
 3. **GENTLE MASSAGE:** Wear the gloves and gently massage the palms to work the dirt out. Do not use brushes or scrubbers; your fingers are the best tools for the job.
 4. **SQUEEZE, NEVER WRING:** Once clean, rinse until the water runs clear. Squeeze the gloves gently to remove water. **Never twist or wring** the gloves, as this tears the internal stitching and stretches the latex.
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SECTION 4: DRYING AND STORAGE

HEAT IS THE ENEMY OF LATEX:

- **AIR DRY ONLY:** Hang your gloves to dry naturally at room temperature.
 - **STAY AWAY FROM HEAT:** Never place gloves on a radiator, in a dryer, or in direct sunlight. Heat makes latex brittle and causes it to flake off.
 - **PALMS APART:** When storing, ensure the palms are not touching. If stored palm-to-palm, the latex can bond together and rip when you pull them apart.
 - **BREATHABLE STORAGE:** Do not leave damp gloves in a sealed plastic bag. Use a mesh glove bag to allow airflow and prevent bacteria growth.
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SECTION 5: BOOTS AND PADDED APPAREL

MAINTAINING YOUR PHYSICAL TOOLS:

- **BOOT CLEANING:** Remove mud immediately with a soft brush. If leather, apply a conditioner once a month to prevent cracking. Stuff wet boots with newspaper to absorb moisture from the inside.
 - **APPAREL CARE:** Wash padded shirts and pants in a cold, gentle cycle. Use a mesh laundry bag to protect the padding from getting tangled or torn in the machine. Always hang to dry; high heat in the dryer will degrade the impact-absorbing foam.
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SECTION 6: THE GOALKEEPER LAB PRO-TIPS

- **THE ROTATION SYSTEM:** If possible, rotate between two pairs of gloves. Use an older pair for training and save your highest-quality pair for match days.
- **KUCKLE-UP:** When pushing yourself up from the ground, use your fists (knuckles) rather than your open palms. This prevents unnecessary abrasion on the base of the latex palm.

**FOR MORE ELITE TRAINING INSIGHTS OR TO BOOK A SESSION, VISIT: WWW.THEGKLAB.COM
THE GOALKEEPER LAB — WHERE SCIENCE MEETS THE SAVE.**