

O - Swedish Players Train with Russian Coach

Key Points:

Circuit training with plyometrics, strength, agility, reaction time, speed, flexibility, endurance, balance, coordination.

Description:

Circuit Training:

- Wall ladder for abdominals.
- Mats and benches for dives and rolls,
- Weights, metal hockey stick and medicine balls for resistance.
- Russian box for skating power.
- Benches and racks for weight training.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727160049393>

https://youtu.be/k5bb6E_D9jg

