

O - U17 Off-Ice Training – RB

Key Points:

Room for off ice training where the players cooled down after games and did weight and bike circuits. Also have an outdoor facility and skating treadmills.

Description:

1. Free weights weight machines.
2. Training room with blood testing machines.
3. Exercise bikes.
4. Agility ladders, hurdles, ropes, mats, exercise balls.
5. Video projector for team meetings.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131109191129851>

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<https://youtu.be/wrDFpz4WsTY>

