

## O - Red Bull Training Room

### **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, hudles, ropes.
5. Video projector for team meetings.

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

