

O – Russian Coach Leads Training Circuit with Swedish Players – U20

Key Points:

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

Description:

Russian coach runs Swedish U20 players through a circuit with weights, plyometrics, the Russian Box, balance, abdominal and back exercises. It is a great training circuit for older players whose growth plates have hardened.

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.

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