



volleyball

The 2270 m² multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

Training Areas

- 4 Parquet floor training courts
- 1 Taraflex center court
- 1 Taraflex training court
- 2 Beach Volleyball courts
- 2000 m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track
- Stair climbing areas with various heights

Volleyball Specific Equipment

- Volleyball net sets – Gared (USA volleyball approved)

- Mikasa MVA200 balls-official match ball
- Ball carts - Mikasa
- Block training apparatus
- Pass training basket
- Podiums for spike and block training
- Vertimax vertical jump and speed training device

Volleyball Specific Tests and Training Opportunities

- Block touch, attack height and other jump tests with OPTOJUMP
- Arm swing velocity and motion analyses with 2D & 3D video analyses systems
- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET Exercise Testing
- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000

quick info

Gloria Sports Arena is a modern sports complex with indoor, outdoor and aquatic sports facilities. It is built on 105 000 m² (10.5 hectare area) in Belek-Antalya-Turkey, where over 50 different sports disciplines and camps will be hosted. Facilities are equipped and built by using the most modern technological developments in sports.

Gloria Sports Arena is situated in Belek-Antalya-Turkey and is 30 minutes away from Antalya International Airport. Gloria Sports Arena is connected with Gloria Hotels & Resorts (Gloria Golf Resort, Gloria Verde Resort, Gloria Serenity Resort) in 5 km distance. (Free shuttle available)

Gloria Sports Arena offers professional service for individual athletes, teams and groups:

National Teams, Clubs, Sport Groups, Amateur Athletes, Professional Athletes, All Season Training Camps, Summer School Camps, Tournaments, Events, Congresses, Conventions and Conferences



- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- HYDROWORX for post injury training and conditioning
- Anaerobic power test with MONARK ergometer
- Footscan test for foot pathologies
- Anthropometric tests
- Volleyball specific test protocols for all age groups

Recovery Opportunities

- Whole body cryotherapy -110°C Icelab (3-chamber)– Zimmer MedizineSysteme
- Hydroworx – Underwater Treadmill
- Steam Bath & Sauna, Cave Sauna
- Pre-Post Activity Massage

Medical Utilities

- Color Doppler Ultrasound for diagnosis of musculoskeletal system pathologies
- 3 therapy rooms fully equipped with Zimmer MedizineSysteme's newest line of all physical therapy products including high energy laser
- Isomed 2000 isokinetic system and Technobody Prokin for strength, proprioception and balance exercises
- Medically approved Technogym Selection Med series equipment
- Additional 3 manual physical therapy tables
- Platelet Rich Plasma and other specific injections



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