



VICTORY STARTS
HERE!

I N D O O R S P O R T S
INDOOR SPORTS

GSA has 6800m² indoor sports facilities.
Multipurpose sports hall with telescopic tribunes can be divided into four fields.
The complex also has various multifunctional sports studios.

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INDOOR SPORTS BASKETBALL



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 Neoshock parquet courts from Connors/ USA with FIBA approved Ceiling Hung Posts – GARED (USA)
- 1 Center Court with FIBA approved Portable Basketball System
- 2000m² 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

Basketball Specific Equipment

- Spalding and Molten training and match balls & Ball Carts
- Individual scoreboards for each court - BODET
- Vertimax vertical jump and speed training device

Basketball Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO₂max tests) HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- Anaerobic power test with MONARK ergometer
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 2D & 3D motion analyses with high speed video analyses systems
- Footscan test for foot pathologies
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Basketball specific test protocols for all age groups