



# GSC SPORTS CENTER – ANTALYA

## SOCCER



### SOCCER

Two football fields: One stadium field with a spectator's capacity of 1.800 people and one training field. Two more football training fields are also available at the GSC Football Center, 5 minutes away from GSC with free shuttle service. Football fields are built according to FIFA standards.

#### Training Areas

- 105 x 65 m stadium field with a spectator's capacity of 1.800 people
- 100 x 65 m training field
- 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

#### Soccer Specific Equipment

- Training goals
- Mini goals
- Match balls
- Free kick sets
- Training equipment (cones, slalom sets, hurdles, agility ladders, sprint sleds etc.)
- Vertimax vertical jump and speed training device

#### Soccer Specific Tests and Training Opportunities

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





# GSC SPORTS CENTER – ANTALYA

## SOCCER



### 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

### 3ADIM SPORT TRAVEL & TOURS

Fener Mh. Özgülkent Sitesi C Blok 1944 Sk. 14/1A Antalya TURKEY  
Mobile & Whatsapp: +905327846840 & +905422419702

[www.3adim.com](http://www.3adim.com) [info@3adim.com](mailto:info@3adim.com)

<https://www.facebook.com/3adimSportTravel> <https://www.instagram.com/3adimtravel> <https://twitter.com/Travel3adim>

**BUILT FOR ATHLETES, BUILT FOR TRAINING  
ALL-IN-ONE TRAINING FACILITIES.**