

Andrey Zinukhov from Ukraine joined the BEC Certificated Training Center in Odense, Denmark .



“It has been the first time for me in Odense. The training center is in a very good location. The apartment I lived in was only 5 minutes away from the sport hall and 10 minutes away from the city centre. When I still had energy after the trainings, I usually went for a walk to look around a bit in the neighbourhood.

During my stay in Denmark, I was trying to focus only on badminton and I was trying to bring my maximum performance to each training. There were a lot of sparring partners, like Steffen Rasmussen, Patrick Bjerregaard, Jacub Bitman, Lukas Zevl and many other players from Denmark. When you practise with good players, you always have to make sure you are doing your best, in order to be a good sparring partner to them as well.

The practices were always hard and very well structured. The most effective training sessions to me were the multishuttle practices. We had these kinds of exercises two times a week, on Wednesdays and Fridays.

They were always about 45 minute to one hour of hard work for each player on full court, with very short breaks only. You get very tired by the end, really tough sessions, but also very effective. I really enjoyed every training in Odense, I feel my game improved a lot and now I am much better in focusing during the practices and during my matches also.

I am really happy that Badminton Europe has provided me the scholarship and made it possible for me to practice with great coaches and high level sparring partners. I hope I will be able to apply for another scholarship in the future to one of Badminton Europe's Certificated Training Centers."