

Katerina Tomalova from Czech Republic used her Scholarship to train at the Certificated Training Center in Odense, Denmark for 2 weeks in November 2013.



“It was not my first time to practice in the training center of Odense. I chose to come here again because I had been very satisfied when being there last year. I have spent two excellent weeks in highly professional environment with two great coaches: Lennart Engler and Jacob Toft, and many good Danish and international players like Sara Thygesen, Camilla Martens, Zuzana Pavelkova, Alzbeta Basova, Laura Vana, Airi Mikkela, Maiken Sørensen. We had practices twice a day in the sporthall during the weekdays, and two times a week we had fitness trainings on top of it. Off-court exercises like running were also a part of our weekly program. The weekend practices were mostly focusing on the technical skills.

Morning practices always started at 8 o'clock by warming up and stretching and then we started on-court. We had power trainings on Mondays and Wednesdays, where we started playing from front court with heavy training racquet, after that we continued the practice with normal racquet. Afterwards we played two against one or one against one exercises, focused on front court. At the end of the training session we had running exercises.

Training sessions on Tuesday and Thursday morning were focusing on footwork. We played various half-court games followed by different exercises focusing on fast on-court movement. We were improving our technique at the end of these trainings. Friday program was multi-feeding. The afternoon training sessions were always following the morning technique exercises, this gave us a great chance to put new elements into our game. We usually played training matches on Tuesdays and Thursdays.

Just as the first time, all my expectations were fulfilled and I left Denmark with very good feeling, because I felt I could do my maximum during my stay.

Now I feel much more confident while playing on front court and I feel my footwork also got much faster.

I'm really glad that Badminton Europe gave me the opportunity to practice in Odense, in order to improve my game." said Katarina Tomalova.