

Belgian Men's double Freek Golinski and Matijs Dierickx used their scholarship to train at the Certificated Training center in Odense, Denmark from 13-26 July 2014.



Here you can read about their stay:

„After a long journey to Odense we arrived just on time to see the final of the World Cup with all the other players. After the final we were taken to our small, cosy apartment, which had everything that we needed to cook for ourselves everyday and we shared it with 2 other players from Denmark.

On Monday we started our first week of training in Odense. There were a lot of players from different countries and a very good atmosphere. We practised 2 times a day and started every training with some games on half court. Losing was not an option because then you had to do some punishment.



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In the first week the main focus was physical work on court and control at the net. We did a lot of 2vs1 endurance exercises full court and played some deceptive shots and some stress situations at the net. We also went three times to the National Junior team (U19) to practice with them and to play some matches. There we mainly focused on defence and made a lot of 3vs2 and 2vs1 exercises. We ended our first week with a very hard multi shuttle session (720shuttles) on Sunday.

At the start of the second week, there were a lot more doubles players at the academy and this gave us the opportunity to do a lot of 3vs3, 3vs2 and to play some matches. Sometimes we tested the new scoring system best of 5 to 11 because we were going to be using that system when we played the Brazil GP 2 weeks later. It was not easy, but after a while we got used to it.

The main focus the 2nd week was more about speed exercises and game situations. We did a lot of 40seconds work, 20 seconds rest single box. Here it was important to stay sharp and keep the level and pace high.

On Wednesday afternoon we went to play 18 holes of golf to relax a bit. It was nice because in Belgium we can't play golf without a license.

The end of our 2nd week we did some footwork, service situations and technical stuff. After our last practise on Friday evening, it was time to pack our bags and to go home.

These 2 weeks were a very positive experience for us. The training facilities were very good in Odense and we will definitely try to come back in the future. We want to thank Lennart Engler for the 2 weeks of training. We also want to thank Badminton Europe for the Scholarship they gave us. Now we are ready to go to Brazil GP and to play the World Championships in Copenhagen."

Freek Golinski and Matijs Dierickx