

Alzbeta Basova was practicing in Odense



Alzbeta Basova about her stay in Odense, Denmark:

“After the European Championships in Kazan, Russia, I was almost sure that me and my mixed double partner Jakub Bitman will qualify for the World Championships in Copenhagen, Denmark. Therefore I started to think about some good training set-up with good sparring partners. Last year thanks to BE money support I spend two weeks in Badminton Europe’s certificated training center in Odense, Denmark and I was very satisfied, so I decided to try the same opportunity again. We were practicing twice a day, every day except Sunday. Every practice last for two hours and twice a week we did extra weights training. During all week we had an opportunity to join a small gym in the hall or physio.



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There were many players in the same period so same as the last year, training sessions were divided into groups – men’s singles, ladies singles and doubles players. During the summer many players from different countries joined us so we practiced with people from Belgium, Finland, Brazil etc.

In these two weeks, trainings were focused on speed, racket skills and also on tactical elements. Every morning session started with individual warming up and small games with special rules or games such as quarter court, half court or others. Because the summer preparation was coming to an end we did explosive footwork twice a week, the intervals were shorter but we had more repetitions.

We were working on flat game, we spent lot of time with attack and defense in front court and middle court. Some of trainings focused on power, these times we were playing with heavy rackets. Twice a week during the afternoon sessions we had the opportunity to play matches. The most challenging trainings were on Sundays when we did the multi-feeding for 50 minutes at high intensity with short breaks.

I would like to thank Badminton Europe for giving me the opportunity for a high-quality preparation for the World Championships, and to coach Lennart and also all players in Odense, who created a really friendly atmosphere in the sporthall!”

Article by Alzbeta Basova