

Aimee Moran visited the Certificated Training Center of Ireland

The opportunity for me to have training in a Badminton Europe CTC centre for two weeks was one I could not pass up. The centre I attended was based in Dublin, Ireland organised by Dan Magee. The coaches there were Irwansyah and Stewart. When I arrived everyone was very welcoming and pleasant towards me and made me feel included.



I found the training to be very beneficial and I took a lot from the two weeks in Dublin. There were a variety of sessions over the two week period and they were organised well. The on court sessions targeted tactical and technical areas of the game for each individual including, attack/defence work, match play and shot practice. All of these sessions helped me work on my speed in my game, my accuracy and my determination to work hard during each exercise. There were also gym sessions scheduled twice a week with a strength and conditioning coach so each player had their own focus and programme and were given individual attention when required. Finally there were 3 physical sessions which were set to make you reach your limits and push your mental strength. The on court physical tested your footwork with speed which is more realistic to a game.



Badminton Europe
Brøndbytoften 14
2605 Brøndby, Denmark
info@eurobadminton.dk
www.badmintoneurope.com

The off court physical consisted of two running sessions, the first being 400m sprints and the second being a beach run. I found these sessions extremely difficult however they were very good for improving my fitness levels. We were also given a rest day on Sundays for a chance to allow our body's to recover for the following week.

During every session, the feedback and coaching was top quality. Coaches were not afraid to pause play to allow you to alter your weaknesses to try and improve what you were doing. They were also very encouraging when you were doing something good to motivate you to keep going. They also emphasised the importance of rest and recovery with stretching between training sessions.

The facilities were great and very convenient. The accommodation was in the next building across from the hall so just a short 2 minute walk. The hall had 4 courts with 3 hover courts which made it very nice to train in.

Overall, I really enjoyed my experience of training in Ireland and would not think twice about going there again. The training was of high quality and coaches were brilliant.

Article by Aimee Moran