

I'm very happy for the opportunity, to train in Dublin with great players and great coaches, thanks Badminton Europe and Badminton Ireland for receiving me.

I liked so much the trainings in Dublin. I learned a lot, about training, exercises, new opinions and this is very important for me, because I don't have trainings in Portugal like this.

The trainings were very good, the coach Irwan is a very good coach and a great person. He makes the training with quality and discipline. The trainings were hard but this is important for us. We are players and we want to be the best players, so we have to train hard with quality.



I had already trained with him in last year and I liked it very much. So I wanted to train with him again. It is good, because Irwan was all the time behind the back court, giving us motivation and help and it's very important. Normally I train 2 times a day, morning session with racket and afternoon session: physical like running track, gym, footwork. Sometimes I trained with the junior players in Ireland.

We had a lot exercises 2 vs 1, 1 vs 1, attack defence, those exercises are important because is like in matches, and we need to do more of those exercises. The doubles trainings was very good, defence training, with Sam, Chloe, Joshua and Quilles.

I really like to train in Dublin as it was very easy to access to hall, the people there was very nice, and coaches too. Of course Dublin is beautiful and very nice with a lot of activities and is good to relax after the trainings and see new things.

I recommend it to everyone who like to train hard, I will be back but maybe stay longer. Perhaps one month.

*Article and photos by Ricardo Silva*