

Martina Repiská about her experiences in Odense



Thanks to BE I was given a scholarship for two weeks. During this period I practiced hard every day in CTC Odense between 22nd of June and 6th of July. From my previous experiences I knew what to expect in all training sessions.

The first morning practice always started at 8 o'clock and lasted two hours. In the afternoon we had a second session where we were divided in two groups, most of the time girls and boys separately. The trainings were focussed on changing speed of footwork on the court, safe strokes in backcourt and defence. Every day we did different exercises where all the mentioned topics were included.

We have done a 45-minute multi-shuttle programme 3 times per week. It contains 3 sets of different exercises and each exercise is repeated 4 times. The interval for one exercise is 90sec which makes it physically, and also mentally hard.

Structure of the programme:

1. **Safe strokes.** If the lift which is coming from the feeder is higher the player has to take a chance and play an attacking stroke.

- 2. Changing speed.** The feeder is feeding to four corners. It is important for the player who is working to slow a little bit down after each stroke and then immediately speed up after seeing where the next shuttle is coming
- 3. Defence.** The feeder is feeding fast shuttles totally out to the corners and turning the player all around. Player's focus is to be down in legs and reach all the shuttles.

It was also very important to have a proper feeding and therefore the feeder played a very important role. We always had to be demanding and give each other feedback. Usually there were 4 players sharing one court while 2 were working at the same time (changing after each exercise/90sec) and 2 were feeding and collecting the shuttles. The player that was resting was supposed to give feedback and make a video of the other one who was working.

During other days we did 2/1 or 1/1 exercises with the same focus. When doing the safe strokes exercise it was important to jump out and attack (smash/stick smash). When doing changing speed exercise it was important to have the right timing of pre-jump.

We also played some 2/1 „double-quarter“ exercises focussed on controlling the flat game.

Twice a week we played some matches (2-3 rounds). I had a chance to play against players from different countries like Sweden, Norway, Slovenia, France, Scotland, Mauritius and of course against some good Danish players as well. Sometimes we played matches with several rules.

I went to the gym 2-3 times per week and did some weight-lifting and stabilization.

In general, I enjoyed every single training session. I think we did a good work every day. It was hard both, physically and mentally. There was a great atmosphere before, during and after practice and music was never missing. I liked small warm-up games that we played at the beginning of almost every practice.

I also experienced some social life in Odense during these two weeks. I lived in a house with other players and besides having a rest between practices we enjoyed playing cards, cooking together or just chilling and talking in the garden with music.

Finally, I would like to say big thanks to coaches Lennart and Jonas that gave me a lot of feedback and thanks to them all trainings were very well-organized all the time. I've learnt many new things and now I know what I need to improve and which things I need to focus on in future.