

Training camp in Ireland



From 18th-31st of July we were given the opportunity to train in Ireland for 2 whole weeks. The new atmosphere, new coaches and new players was very refreshing after always training with the same people in Estonia for many years. We did a lot of multishuttle training and exercises which lasted longer than at home. The sessions were tiring mentally and physically but really good for us. It doesn't happen often that we can train with our own peer group so we found that to be very positive. Playing against different locals and others from various nations really improved our skills physically and badminton-wise. The coaches, having another point of view of our skills, pointed out our flaws and how to perfect them.



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On the very first week we were coached by Daniel Magee and on the second week by Irwansyah Irwansyah. We usually skipped weightlifting training, replacing it with jogging or just resting. Our goal was to focus more on the tactical and technical side of badminton rather than physical.

Between trainings we had long breaks to restore our energy for the next session. We used that limited time to cook for ourselves and to have some powernaps. We were thankful that there was even a kitchen there but cooking was very limited for us without an oven. The accommodation was lovely without any complaints whatsoever. We had a triple room next to the training hall which was very nice because that way reaching the hall itself didn't cause any confusion and was easy to go to. We also had two whole days for ourselves that we used to discover the centre of Dublin. Irish people are very easy to get along with and always ready to lend a helping hand. Overall the camp was extremely fun and we got many happy memories from it that we wouldn't change for the world.