

Morgan Lidman in Odense



Just like last summer, I spent a couple of weeks at the academy in Odense, Denmark. Since it was the second time I was going there I knew what to expect. The sessions are highly intensive and high-paced with a lot of focus multiple, big and small, details of the game. The main reason I chose to return to Odense was because of the high standard of every session, whether it's the more physical sessions or the technical ones, which can be hard to find and produce at home at such a consistently.

The toughest part of the training was the multi-shuttle sessions, no doubt. Because besides needing a strong physique to be able to do the exercises with good quality you need to be strong mentally and really push yourself. But as the days went by it got easier and easier to get through.

But the training wouldn't be the have the quality it has without the head-coach Lennart. He always gets the best out of the players even when they're extremely exhausted and fatigued. Sometimes he gets a bit angry and annoyed if players don't deliver what he expects from them but he does it for the players own sake and always with a good reason.