

## Martina Repiská in Odense



Thanks to Badminton Europe I was given a second scholarship which brought me once again to CTC in Odense, Denmark. I find it as a very good place for hard trainings where I find myself developing most as a player. I already got used to the life and everything is familiar to me since I started to coming here more often. I feel comfortable to practice with people that I have known for a couple of years. As usual during the summer, we were divided in two and sometimes even three groups and we practiced at different times during the day. We always had 2 training sessions of 1 hour and 45 minutes on court (or 2 hours) every day. The



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main focus was defense and we went through many different exercises. We did a lot of 2 against 1 exercises where two players usually stand one in front and one in back and are in offense and play mostly attacking strokes and the player who is alone is in defense position and has several things to focus on. Very important was pre-jump and right timing. For my development I focused a lot on being more down in legs and doing proper footwork (more specifically taking longer steps and keep distance between my feet). I have learnt some new techniques where diving was also included.

In the afternoons, we had game plan practices where we played matches with different rules or 1 against 1 full court exercises with several topics.

Saturday mornings were technical trainings. I did backcourt strokes where I focused on using and finding balance between my left hand, stomach and right knee up after playing each stroke. I did a lot of smashes and I found out that the more I use stomach and the more I take higher my right knee up, the more powerful the smash is.

I also went to the gym 2-3 times per week and did exercises with weights, stabilization and biking.

One Friday afternoon there was an international quarter court tournament that I will never forget about. I thought it would just be like playing for fun but it turned out to be a serious competition with amazing spirit and big trophies for winners. Afterwards, many of us went together for a dinner.

I have had a good opportunity to practice with some new players from different countries. I used the time between trainings to eat, chill and regenerate before the next session. I also spent some time with others, like watching movies, cooking together or going to the swimming pool when the weather was nice.

Once again, I am fully satisfied with everything in Odense. I would like to say thanks to the coaches Lennart and Jonas who led all the practices very well and were giving me a feedback.