

Nika Arih in Odense



A lot of Slovenian players have already experienced living and training in Odense, Denmark. Most of them were really satisfied with all of the things this training centre had to offer, so I decided to try it myself this year.

I arrived to Odense on 27th of July with a Slovenian national team and our coach. For two weeks we lived in a big house with few players from other countries.

We had trainings two times a day everyday except for Saturday which was our only day off. The main focus at the morning trainings was defence. We did a whole lot of different exercises on court and also off court. Sometimes coaches surprised us with



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some multi sessions which were the toughest multis i have ever had.

In the afternoons we had game plans for singles and also for doubles. After some very useful advices the main coach Lennart Engler had given us, we played some matches and tried to rehearse all of the things we were focused on before.

Two times we had technical training and the oppurtunity to practise strokes that are causing us problems.

I also went to the gym which was in the other hall, where me and my double partner also had practice with Danish national team. That really was an amazing experience.

Other than trainings, i really enjoyed my stay in Denmark. The atmosphere was really good and i met a lot of nice people.

To sum it all up, these two weeks of trainings in Odense were a great experiece for me and i learned a lot from it. I am really thankful for getting the chance to go there and it will absolutely be one of my first choices where to train next year.