

Miha Ivanič back in Odense

First i would like to thank badminton europe for the scholarship which enabled me to go to odense again. I have been here last summer and decided to come again, but this year with our national junior team i stayed here for two weeks. We were staying in a big house, where we cooked and had a lot of fun in our free time. As expected the trainings were on a really high level and the atmosphere was great. But still it was tough, both mentally and physically. We practiced two times a day, except Saturday which was completely free.



Since the start of the season was close we were mostly focusing on game-like exercises, defence and matches. But of course lennart didn't forget about physical practice. 3 times a week we had a multi session which was the hardest part for me, but lennart really knows how to push players to their limits and bring the best out of them. I really enjoy staying in odense and practicing with high level players, because i have to bring the best out of me in every practice and i think i improve a little every time i come here. i would like to thank badminton europe again and of course both coaches lennart and jonas.