

Katerina Tomalova

## Trainings in Ireland

This summer I spend two weeks in Irish National Training centre in Dublin where I was practising with a national team. I had this great opportunity thanks to Badminton Europe's scholarship programme.



I was practising in Dublin from 11<sup>th</sup> to 26<sup>th</sup> of August and these two weeks were full of high-quality training in great training environment



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and also fun. We had two training sessions per day from Monday to Friday. Our morning sessions were on-court trainings and took two hours. Trainings used to start at 8 o'clock (first week) or at 9 o'clock (second week). I (as a WS player) was usually practising in a group of three – we did a lot of two against one exercises and also multishuttles. I was happy that I had a possibility to practice and play against different Irish players with different game styles.

As regards afternoon training sessions we had badminton training again or we did physical training – running or gym.

I also had an opportunity to play a lot of sparring matches, so I could try new things, which I learned during practice, in a real game.

Irish nation training centre is located in Marino College campus where both a training hall and an accommodation are situated, so my apartment was right next to the training venue. I stayed in apartment together with a few Irish players who were really nice.

There is a bus stop right in front of the campus so I also had a chance to visit Dublin city centre during weekend when we didn't have any training session.

This was my first time in Irish national training centre and I am really happy that I had such a great opportunity to practice in Dublin in highly professional environment with many great players and coaches. Both coaches Daniel Magee (first week) and Tom Causer (second week) were really helpful and gave me a lot of tips and advices. I hope I will have a possibility to practice in Ireland again.