



Badminton Europe
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Thanks to Badminton Europe and Badminton Netherlands I had a great opportunity to practice for two weeks in the Dutch Olympic Training Centre in Papendal, Arnhem. I joined group of Dutch singles players led by their national coach Jonas Lydich. Kent Madsen leads group of doubles players. We practiced from Monday to Friday twice a day - we had six badminton training sessions and four physical (3x gym/weight training, 1x running) per week plus he had two optional sessions focused on technical skills.

As regards on-court trainings we did a lot of different exercises. Main focus was on fast transition (from offence to defense and vice versa) and fast lifts/making pressure. Most of the time I practiced together with Gayle Mahulette and Soraya de Visch Eijbergen, which was really great for me because during my normal trainings I never meet such a good players.

Short high-intensity intervals (40s or 90s) were typical for our training sessions. We also played some sparing matches on Wednesday afternoon. Even though I wasn't winning these sparing matches, I think I learned a lot! Footwork was also important part of our training sessions. Both coaches also gave me a lot of information and ideas about footwork, technic and tactics, which I can use for trainings when I am back in the Czech Republic.

Weight trainings were also really interesting for me and I am glad that I saw different kinds of trainings so I have a lot of new ideas for my own physical trainings. Atmosphere during both badminton and weight trainings was great, motivational and everybody was really nice and helpful.

I am really thankful that I had a possibility to stay for two weeks in highly professional conditions and improve my game!

Katerina Tomalova



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