

Thanks to Badminton Europe, Badminton Netherlands and Moldavian Badminton Federation I had a great opportunity to practice for one week in the Dutch Olympic Training Centre in Papendal, Arnhem.

I joined group of Dutch singles players by their national coach Jonas Lydych and Kent Madsen. We practiced from Monday to Friday twice a day. We had five badminton training sessions and four physical (3x gym/weight training, 1x running).

Court trainings we did a lot of different exercises. Main focus was on fast transition (from offence to defense) and fast lifts/making pressure.

I had very good sparring group with players Joran Kweekkel, Nick Fransman, Mark Caljow asw. Both coaches as I know Kent Madsen for many years started with me in my age 13 in Horsens (Denmark) also gave me a lot of information and ideas about footwork, technique and tactics, which I can use for trainings when I am back in the Czech Republic to my club BK DELTACAR Benátky n/J.

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 in highly professional conditions and improve my game and hope I can return back to Netherlands.



Cristian Savin (center) with the coaches and players at the Dutch Olympic Training Centre

*by Cristian Savin*