

## **Badminton Europe Certificated Training Centre (CTC) Scholarship**

Once again this year, I had a chance to come with my XD and WD partner (Jakub Bitman and Michaela Fuchsova) to Dublin, Ireland for training period with the Irish National Team. It was a great opportunity to practice with very good players, so I did not hesitate at all. I was in Ireland already few times, so I have known what to expect.

The head coach of Irish National Team is John Quinn who is also former coach of my favorite player Gail Emms. Since John left with Nhat to Canada, we had an opportunity to practise with Tan Bin Shen, who helped the team before Irish Open.

The practises were two times a day, most of it on court training. Twice a week there is also a gym session. Because it was a training period prior to the tournament, sessions were not extremely hard and we had a chance to play a lot of sparing matches. That was really good chance for us to play against Magees duo, currently ranked nr. 41 in the world. But they were not the only players there. Many others are also high-level players so it was a good chance to play against many different playing styles. Because there is no national center in Czech republic and also most of the players focus on singles, these matches were really good chance to improve.

The main focus of this weeks training was cooperation with our partners. We did lot of 3v2 exercises, also counter attack and defence. We also did couple of multifeeding sessions, obviously most of it were netskills and flatgame. Sessions focused on Individual technique



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were also included and personal approach from the coach was very helpful.

CTC in Dublin is not only good because of the training set-up but also all the players are very friendly, like to joke around, but non of these means that their training focus drops. Thank you guys for this!