

## BEC Certificated Training Centre (CTC) Scholarship Report

### Personal Details

First name, surname	Jakub Bitman
Date of birth	22.7.1988
Place of birth	Prague
Current residence (town / country)	Prague
Professional occupation or studies	Badminton player/coach
Personal website	@jakubbitman
Height	184cm
Playing hand	Right
Type of Racket	Victor Jetspeed S12
Sponsors	Victor
Discipline(s)	XD,MD
Partner (s)	Alžběta Bášová, Matěj Hubáček
Current World Ranking	66
Highest World Ranking ( + date)	55 (15.6.2017)

### Home club

Started at	TJ Sokol Radotín
Age started playing Badminton	7yrs
Present club	Sokol Radotín Meteor Praha
Badminton Coach	-
Personal	
Other Staff	
Physiotherapist	Petra Mastalkova, Jan Spacek
Mental Trainer	
Nutritionist	
Physical Trainer	Tereza Horakova
How much training do you have in a week? (Where, how often, with whom)	8-12sessions, gym, on court, physio,...

## Some questions

How did you start playing badminton? (When, where, who, which club?)	My mom brought me to the hall as she is a badminton coach
Who inspired you to play and in what way? (Describe the person slightly more)	My mom
What is your style of play? (Inspired by whom?)	Attacking
What has been the highlight in your badminton career? (Best result, favourite tournament)	Several WCH appearances, 5th EG Baku 2015,
What are your ambitions in badminton? (Short term and long term)	ECH, EG medal
What hobbies next to Badminton do you have?	guitar, movie, MTB

## BEC Certificated Training Centre / Training

Location of hall (town / country)	Dublin, Ireland
Duration of stay	5.-21.11.2018
Responsible person	Daniel Magee
Coaches	John Quinn
Other Staff	
Physiotherapist	
Mental Trainer	
Nutritionist	
Physical Trainer	
Sparing partners	Irish national team
Practice times (morning/afternoon/duration)	9-11 17-19
How much training do you have in a week? (Where, how often, with whom)	2session/day On court, gym
Most effective training session	Matches
Catering/meals	
Facilities (availability, cost, state)	Gym

## Amenities

Location of accommodation (town / distance to hall)	Organized by ourselves
Transport (to/from hall, etc.)	Organized by ourselves
Facilities (... , cost, state)	Organized by ourselves
Laundry/Washing	Organized by ourselves
Catering/meals	Organized by ourselves

Other	
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### Training diary – Week \_\_\_\_\_ 5th-11th November

<b>Monday</b> - Duration of training	
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> <li>- Mental</li> </ul>	
<ul style="list-style-type: none"> <li>- Readiness for training (1 not ready -5 most ready)</li> </ul>	
<ul style="list-style-type: none"> <li>- Training focus (subject):</li> <li>- technical</li> <li>- tactical</li> </ul>	
<ul style="list-style-type: none"> <li>- Comments</li> </ul>	
<b>Tuesday</b> - Duration of training	120mins + 75mins
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> <li>- Mental</li> </ul>	warm up, 3v3 matches Matches, Technique/individual skills  Gym - crossfit exc.
<ul style="list-style-type: none"> <li>- Readiness for training (1 not ready -5 most ready)</li> </ul>	4 4
<ul style="list-style-type: none"> <li>- Training focus (subject):</li> <li>- technical</li> <li>- tactical</li> </ul>	Tactical Full body strenght/dynamics
<ul style="list-style-type: none"> <li>- Comments</li> </ul>	
<b>Wednesday</b> - Duration of training	120mins + 120mins
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> <li>- Mental</li> </ul>	2v1 halfcourt defence, flat game, Technique - individual skills  Matches

- Readiness for training (1 not ready -5most ready)	4 3
- Training focus (subject): - technical - tactical	Quick racket action, quick hands  Tactical matches
- Comments	
<b>Thursday-</b> Duration of training	120mins + 90mins
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	3v2 defence, Matches
- Readiness for training (1 not ready -5most ready)	4 2
- Training focus (subject): - technical - tactical	Defence, speed, quickness
- Comments	Elbow pain, forced to stop training earlier
<b>Friday-</b> Duration of training	120min +75min
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Service, midcourt control, soft game Splitstep and block  Track n field - running
- Readiness for training (1 not ready -5most ready)	2 3
- Training focus (subject): - technical - tactical	Technical Speed endurance, mobility
- Comments	Elbow pain, easier training
<b>Saturday-</b> Duration of training	Day off
- Duration of (in min): - Tournament - Training in the hall - Power - Condition	

- Mental	
- Readiness for training (1 not ready -5 most ready)	
- Training focus (subject): - technical - tactical	
- Comments	
<b>Sunday- Duration of training</b>	75min
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Gym training- legs
- Readiness for training (1 not ready -5 most ready)	3
- Training focus (subject): - technical - tactical	Mobility, dynamics
- Comments	
<b>Conclusion of the week</b> - 3 positive things  - 3 negative things	+ sparing, new challenges, good coach - injury, not enough speed,
<b>Monday- Duration of training</b>	120min + 90min
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Matches, midcourt control, net game  3v1, 3v2 defence
- Readiness for training (1 not ready -5 most ready)	4 4
- Training focus (subject): - technical - tactical	Tactical, Racket control, net game, defence

- Comments	
<b>Tuesday</b> - Duration of training	120min + 75mins
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Matches  Gym - speed, mobility, core
- Readiness for training (1 not ready -5 most ready)	3 4
- Training focus (subject): - technical - tactical	Tactical matches before the tournaments
- Comments	
<b>Wednesday</b> - Duration of training	120min + 100min
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Matches, minigames  Match, technique, individual skills
- Readiness for training (1 not ready -5 most ready)	4 3
- Training focus (subject): - technical - tactical	Matches with restrictions Simple shot technique
- Comments	
<b>Thursday</b> - Duration of training	---
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Tournament - IRISH OPEN

- Readiness for training (1 not ready -5 most ready)	
- Training focus (subject): - technical - tactical	
- Comments	
<b>Friday</b> - Duration of training	Tournament - IRISH OPEN
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	
- Readiness for training (1 not ready -5 most ready)	
- Training focus (subject): - technical - tactical	
- Comments	
<b>Saturday</b> - Duration of training	75min
- Duration of (in min): - Tournament - Training in the hall - Power - Condition - Mental	Gym training - full body strenght
- Readiness for training (1 not ready -5 most ready)	3
- Training focus (subject): - technical - tactical	Strenght
- Comments	

<b>Sunday</b> - Duration of training	75min
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> <li>- Mental</li> </ul>	Gym training - mobility, inner muscles, running,
<ul style="list-style-type: none"> <li>- Readiness for training (1 not ready -5 most ready)</li> </ul>	2
<ul style="list-style-type: none"> <li>- Training focus (subject):</li> <li>- technical</li> <li>- tactical</li> </ul>	Mobility, dynamics
<ul style="list-style-type: none"> <li>- Comments</li> </ul>	
Conclusion of the week <ul style="list-style-type: none"> <li>- 3 positive things</li> <li>- 3 negative things</li> </ul>	+ sparring, get used to the pace of work - ups and downs during the tournament
<b>Monday</b> - Duration of training	120 mins + 90mins
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> <li>- Mental</li> </ul>	3v2 defence/offence Match  Matches
<ul style="list-style-type: none"> <li>- Readiness for training (1 not ready -5 most ready)</li> </ul>	2 4
<ul style="list-style-type: none"> <li>- Training focus (subject):</li> <li>- technical</li> <li>- tactical</li> </ul>	Defence in pair, counter attack, focus on flat game Match
<ul style="list-style-type: none"> <li>- Comments</li> </ul>	
<b>Tuesday</b> - Duration of training	80mins +80mins
<ul style="list-style-type: none"> <li>- Duration of (in min):</li> <li>- Tournament</li> <li>- Training in the hall</li> <li>- Power</li> <li>- Condition</li> </ul>	Minigames, Match  Athletics, core strength



- Mental	
- Readiness for training (1 not ready -5 most ready)	2 2
- Training focus (subject): - technical - tactical	Tactical matches Mobility, speed, core strenght
- Comments	

### Conclusion of the stay at the CTC

What was the highlight in your stay at the CTC?	Match trainings with Team Ireland, the chance to practice in much higher pace then I get to in Czech is just perfect
What did you expect from your stay at the CTC? Was it met?	100%. Always a coach on the training, always a chance to have your own time on training
Can you recommend this CTC to other players? To whom and why?	Definitely yes. Whoever wants to meet nice people and get a good training
What did you like about your stay at the CTC?	Everything.
What could be improved at the CTC?	I really cant think of anything.
Do you feel you have improved? If yes, what did you improve?	Yes. flat game, ability to work in higher pace
If you would apply for another scholarship. To which CTC would you like to go? For which duration? And what would you change?	I really like the stay here in Dublin.
What would you change about the BEC CTC programme?	-
What other programs of BEC interests you?	-
Are you part of any other programme of BEC? (Olympic programme, etc.)	-
Do you have any ideas how Badminton Europe could support young players like you?	I think this is a good oportunity, bring people from non-badminton countries to places with top level players
Any other comments?	

**Please send it no later than 1 week after the end of the training period to Tania Teoh at [tania.teoh@badmintoneurope.com](mailto:tania.teoh@badmintoneurope.com)**



**BADMINTON  
EUROPE**

Badminton Europe  
Brøndbytoften 14  
2605 Brøndby, Denmark  
[info@badmintoneurope.com](mailto:info@badmintoneurope.com)  
[www.badmintoneurope.com](http://www.badmintoneurope.com)