

## **BEC Certificated Training Centre (CTC) Scholarship Report**

Once again, my XD partner and I were given the opportunity to practice with the Irish National Team in their training center based in the capital of Ireland, Dublin. After little troubles last year with my appendix I was hoping that everything will go fine without any kind of troubles.

I arrived in Dublin on the 5th of November, in the late afternoon and went straight to our accommodation. Training started the next day in the morning. I met the head coach of the center, John Quinn. As he was about to leave to Canada for the Worlds Juniors, Badminton Ireland hired former top Malaysian player Tan Bin Shen. This was a perfect chance to step on court with such a high level player.

Overall the level of the training met my expectations, as every time in the past I was in Dublin. We focused mostly on 3v2 exercises and the flat game. This way the pair working on the same side of the court was pushed by the other three in higher pace than it would have been in 2v2. The other important part of our trainings were matches. After first couple of days, during which I was struggling with my game I got in the game and felt much better. All the players were working 100% and during the time they were feeders they were trying to push the others to work even harder.

Twice a week we also had the chance to have a condition training in the National Sport Campus. High quality and perfectly equipped gym was perfect for functional training.

All in all, we had trainings twice a day during the work-days and the courts were available also during the weekend for individual skills. If I ever get the opportunity to come to Dublin again I will never hesitate to take this chance and come to meet all the lovely people there.

Many thanks to Badminton Europe for giving me this chance.