

BEC Certificated Training Centre (CTC) Scholarship Report

Firstly I have to thanks for taking me in this event. It was very nice to be there!

I spent time here with Alžběta Bášová and Jakub Bitman.

It was my third stay in this center and I have to say (like years ago) – It was Amazing!

We arrived in Dublin on the 5th of November, first practise we had on thuesday morning. For five days we had a national coach of Ireland, his name is John Quinn. He needed to leave Dublin, because he was in Candana with other players. Than we had a practise with Dan Magee and with Malaysian player Tan Bin Shen. It was very nice feeling being on the court with someone like Tan. And for me is very nice feeling being on court with Chloe Magee and Sam Magee. It's pleaser !

We had practise two times per day and we had a gym too. Soo besides badminton, I learned new things in the gym. I think that this centre helped me with lots of things, specifically in badminton technique and move on curt. We started with 15mins individual warming up, followed by 15mins of mini-games, English doubles or something like this. We focused for a game on 3v2 or 2v2 and the flat game. Sometimes I had a multifeeding focused on move in front of flat or for doubles defence. I saw lots of new exercises and ways how can be better. I learnd lots of new exercises for defence nad for attack. During the days we played lots of matches, It was good because we played agains better player than us, soo we had to work on 150%. After every practise we a had a chance doing a technique, often we practised



Badminton Europe
Brøndbytoften 14
2605 Brøndby, Denmark
info@badmintoneurope.com
www.badmintoneurope.com

technique on flat or serve/resive.

Im younger than others player in national centre, lots of time I spend just only for watching how the players practise. It's nice to looking how train the best player and of course try do the same.

Im thinking that i learnd lots of things. I'm looking forward to using them in my training.

Thanks to Badminotn centre of Ireland for amazing practise and time which we spent together.

And Many thanks to Badminton Europe for being in this centre!

Misa