

### European Centralized Training Camp

Day 1 – Friday, 10th Nov 2017	Time	Content
<b>Session 1 – Speed work 09:00 to 12:00</b>		
Lisburn Racquets Club	09:00 – 09:45	Warm - up
		Shadow
		Knock up
	09:45 - 10:30	Singles speed work
		Multi shuttle
	<b>10:30 – 10:40</b>	<b>BREAK</b>
	10:40 – 11:00	On court fun games
	11:00 – 11:45	Doubles speed work
		Multi shuttle
	11:45 – 12:00	Cool down
<b>12:00</b>		<b>LUNCH</b>
<b>Session 2 – Consistency 14:00 to 17:00</b>		
Lisburn Racquets Club	13:45 – 14:00	Warm – up individual off court
	14:00 – 14:15	Warm – up on court speed
	14:15 – 14:30	On court fun games
	14:30 – 15:30	1 vs 1
	15:30 – 15:40	BREAK
	15:40 – 16:30	2 vs 1
	16:30 – 16:45	Games
	16:45 – 17:00	Cool down
<b>Session 3 – Match analysis 19:00 to 20:30</b>		
Crown Plaza Hotel	19:00 – 20:30	Off court match analysis
<b>End of Day 1</b>		

Day 2 - Saturday, 11th Nov 2017	Time	Content
<b>Session 4 – On court match analysis 09:00 to 12:00</b>		
Lisburn Racquets Club	09:00 – 09:30	Warm - up
		Movement/Stretching
		Knock up
	09:30 – 09:40	Groups
	09:40 – 11:00	Games
	11:00 – 11:15	Feedback on exercises
	11:15 – 11:45	Doubles
	11:45 – 12:00	Cool down
	<b>12:00</b>	<b>LUNCH</b>
<b>Session 5 – Consistency 13:30 to 16:00</b>		
Lisburn Racquets Club	13:30 – 14:00	Warm
	14:00 – 15:15	Partner work/communication
	15:15 – 15:30	Feedback
	15:30 – 15:45	On court fun games
	15:30 – 15:45	Cool down
<b>End of Day 2</b>		
<b>Session 6 - 19:00 to 22:00</b> Dinner & social gathering in Lisburn Racquets Club		

*\*All players & coaches will head back to Crowne Plaza Hotel to freshen up and return to Lisburn Racquets Club for the evening social gathering at the hall.*

*TRANSPORT FOR 2017 BEC PARA-BADMINTON PARTICIPANTS IS PROVIDED for  
Session 6*

Day 3 - Sunday, 12th Nov 2017	Time	Content
<b>Session 7 – Playing Environments 09:00 to 12:00</b>		
Lisburn Racquets Club	09:15 – 09:45	Warm - up
		Movement/Stretching
		Knock up
	09:45 – 11:00	Games with conditions
	11:00 – 11:30	Team Games
	11:30 – 11:45	Cool down
	11:45 – 12:00	Closing remarks
	<b>12:00</b>	<b>LUNCH</b>
<b>End of Day 3</b>		