

2024 European Junior Championships

REPORT

2024-12-06

2024 European Junior Championships was held on November 30 – December 05, in Ibiza, Spain. 6 players from Lithuania participated in the event. 3 boys and 3 girls.

The goal for the players was to represent Lithuania, get experience and fight for the top spots in Europe.

We had one seeded player from Lithuania – VILTE PAULAUSKAITE (WS), seeded 6th.

Preparation for the European Championships:

1. Daily practices in the clubs
2. National team camps
3. International elite and junior tournaments to get ranking points and experience, also to see the level of the opponents.

Team Lithuania players and their results in the tournament:

MS Domas Paksys – 9/16 place. Good efforts in Domas game, solid level technically and mentally. Playing with high level consistency. Need to keep building the physical and tactical abilities. Attitude and communication with coaches and team members very positive, tries to be a leader in the team. The only minus for Domas is that he didn't wear an official clothing (shorts and T-shirt) in this last game of the tournament.

WS Vilte Paulauskaite. 5/8 place. High efforts in difficult situations on court. Managed to make a few comebacks in the tournament when was losing and had tough situations. Last year in junior badminton, so now need to keep building all the aspects of the game, especially physical and tactical areas and get more experience in elite badminton. Good team member, good communication between Vilte and other team members and coaches. Trying to be a leader of the team.

MD Rokas Lesinskas and Nojus Tenikaitis – 17/32 place. Good experience for boys to participate in European championships in which they will be able to participate after two years. Boys showed huge improvements in doubles after Nojus came to practice in Kaunas. Now the communication and team spirit in their double is much better than it used to be. Need to improve the game speed (racket speed and movement speed) and get more experience to play against stronger and faster opponents, to be able to play with good tactical decisions and confidence in higher speed. Good communication between other team members and coaches

WD Monika Sukackaite and Taja Leonovic – 33/64 place. Girls was playing quite new double, didn't have many tournaments and experience playing together. Playing against Austrians looked too nervous and couldn't show their best game on court. Need to improve the double skills and consistency – both technical and tactical and also keep building the physical abilities.

Both good team members, good communication between team members and coaches, supporting everyone after they lost.

MX Rokas Lesinskas and Vilte Paulauskaite – 33/64 place. Rokas and Vilte got strong opponents from France in the first round and didn't play very well in this match. Also like in all doubles, the main thing Lithuanians are lacking – speed in racket and movement skills. They can play quite good and solid in slower pace but when opponents are playing really fast badminton they are missing the speed a little bit and gets confused with the decisions and shot quality. In general tried their best. Need to keep working on the speed aspect as well on the shot quality and consistency when playing in higher speed.

Coach Nitesh Yadav came to support Domas and was good team member, supporting all the players on court and off the court.

Team Lithuania living conditions:

We had really good living conditions. Hotel was really clean, big rooms and close to the sea where we could go for a walks in the morning. Also there was a gym which was very good for morning mobility sessions and activation. There was plenty of restaurants and shops very close to the hotel. Hall was 3km from the hotel, so we were using UBER most of the times to travel to the hall. Traveling all together it was much cheaper, so it was quite good option for all the team.

In general for me as a coach it was really nice to be with team and to see the improvements that Lithuanian badminton did in recent years. It should be a big boost for all the players to see and to feel and they are quite close to the best players in Europe. Players need more experience, also to understand that all players who are at the top are practicing really hard and they need to do a bit more extra work by themselves and keep working hard day by day.