

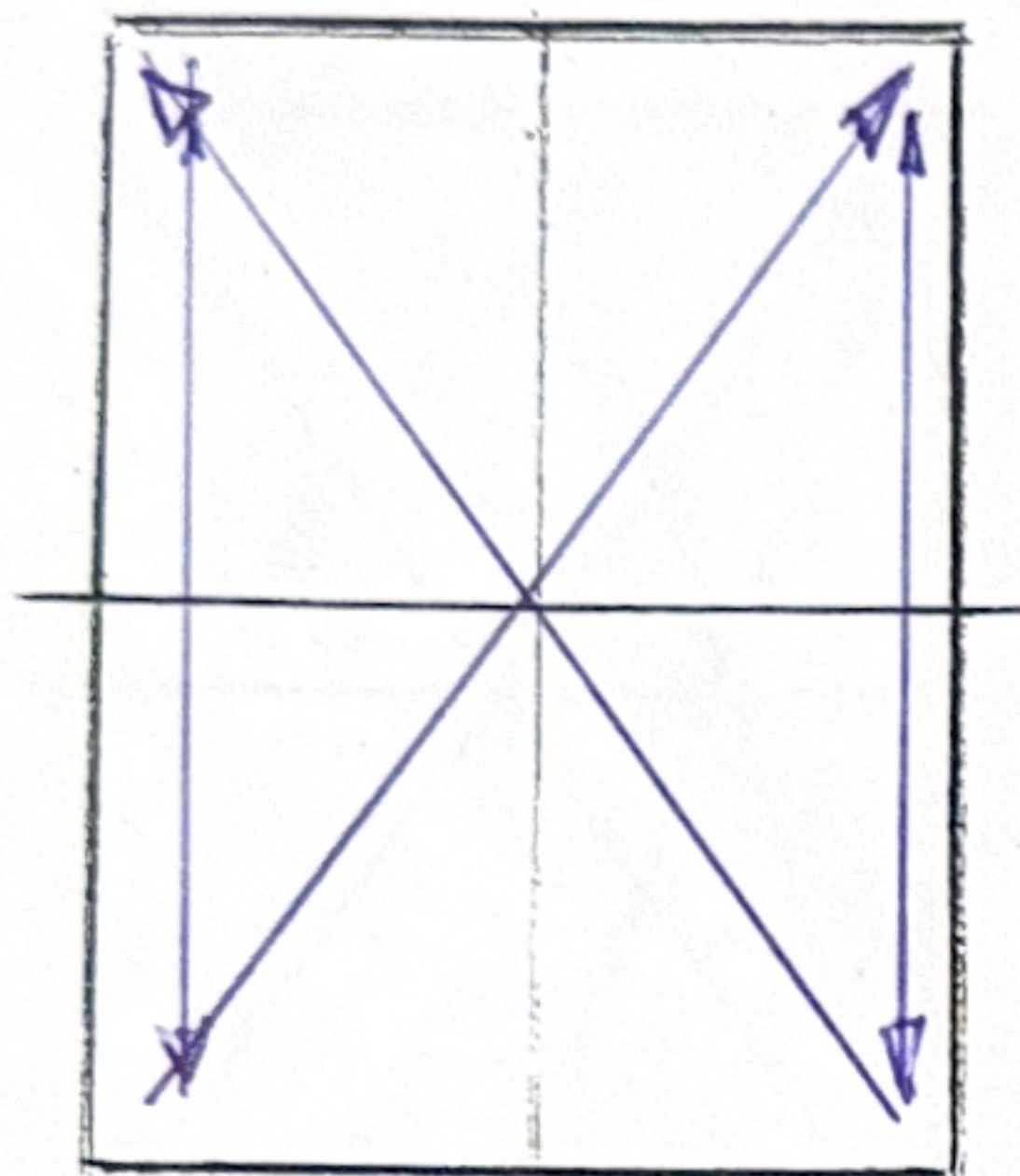
25.01.2026 SUNDAY 1530-18.00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP → THERABANDS PHYSICAL-SKIPPING ROPES

7 EXERCISES X 100 TIMES EACH

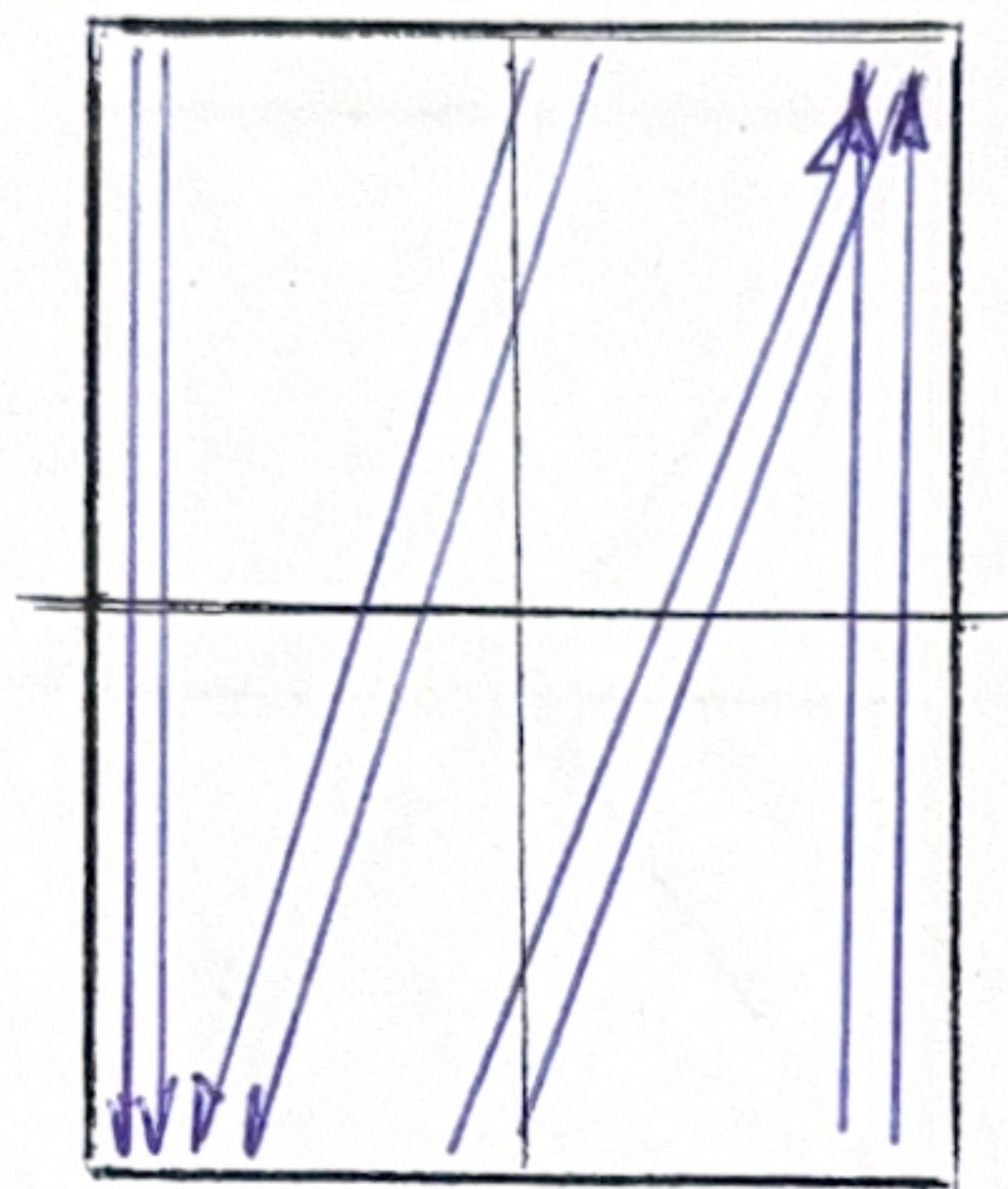
15'



BH + DOWN FH
5' THE LINE 5'
5'

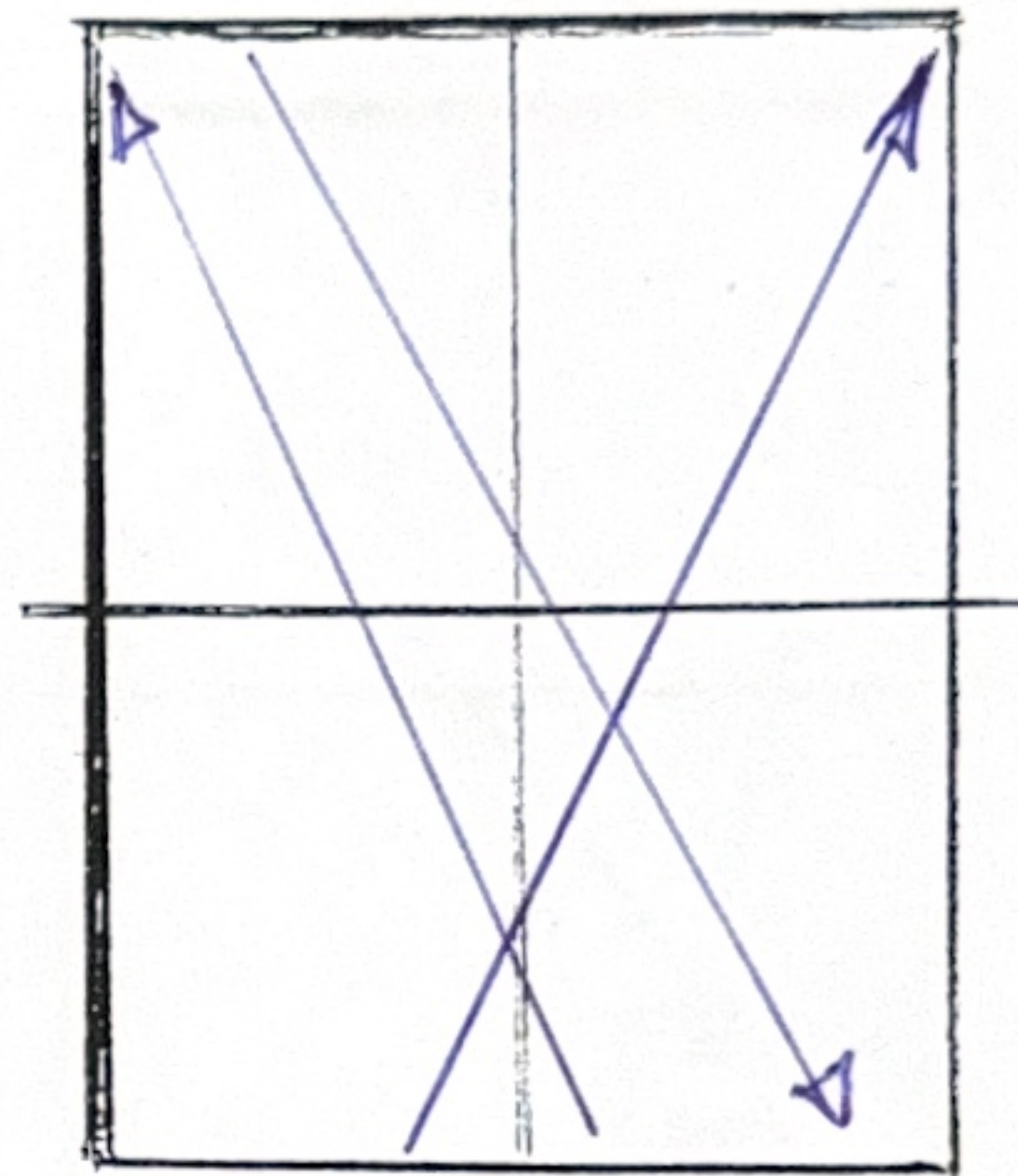
1,2
FHS

3,4
FHS



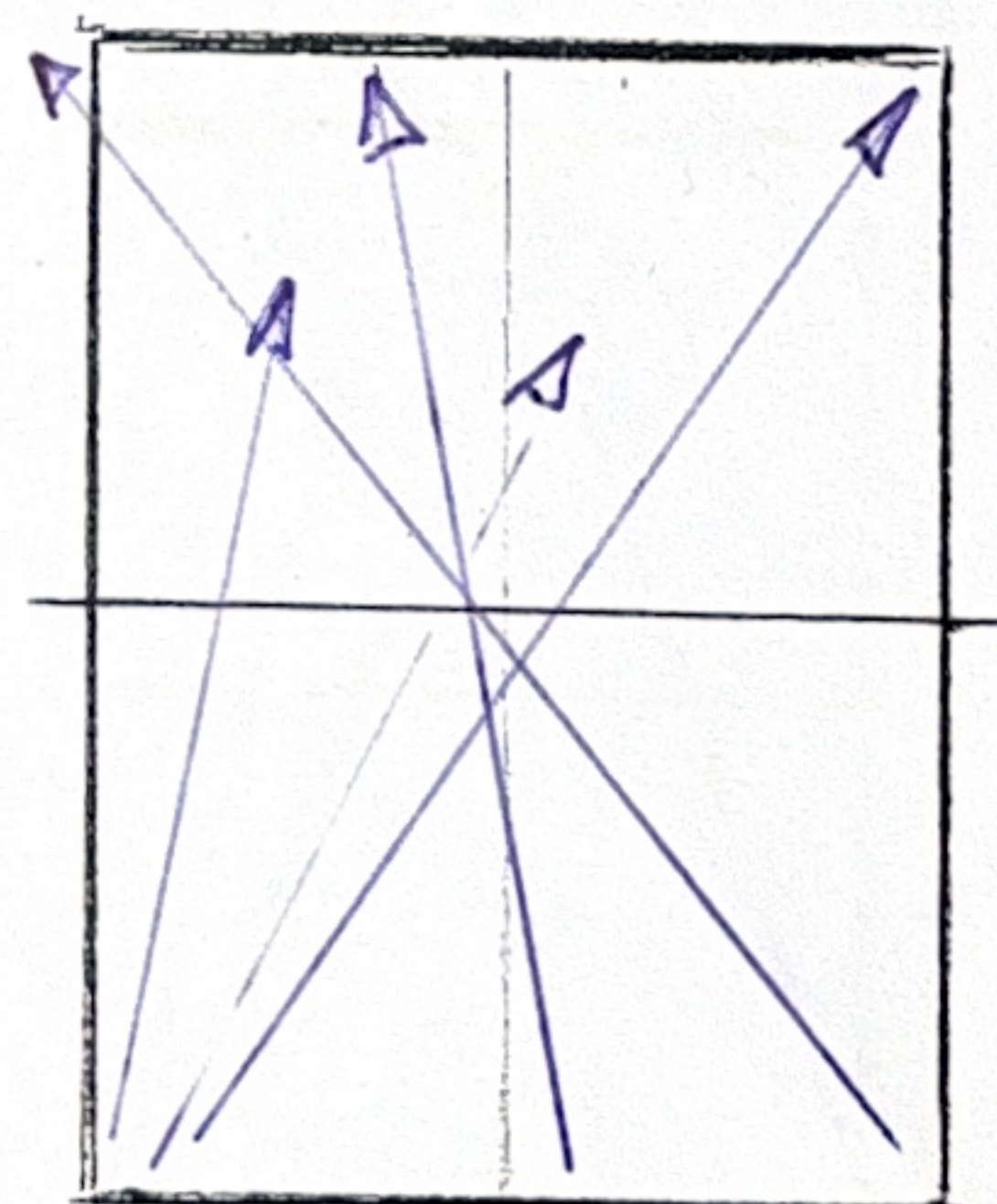
FHS FHS
2,4 1,3
10 - TOGETHER

2,4,6,8 2x10' 1,3,5,7
FH BLOCK BH BLOCK



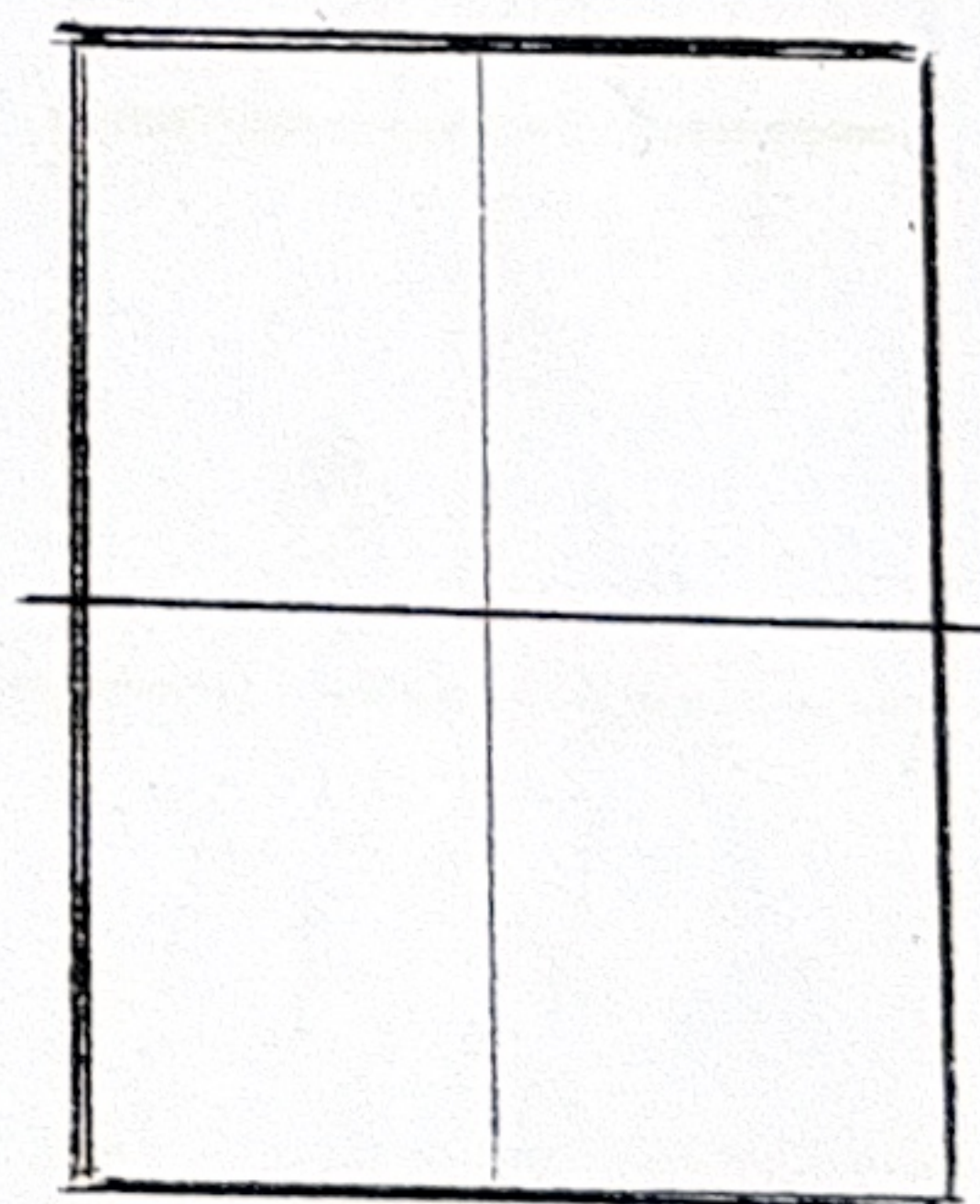
FHS
AFTER 8TH BALL
FREE FH 10 FH

2x8'



SERVICE FHS FHS
BHS 3 2
1

2x8'



INDIVIDUAL
TACTICAL EXERCISE
FROM SERVICE

SHORT
SHORT

Flick to BH
+ POINT FREE
10' - BY TWO MISTAKES

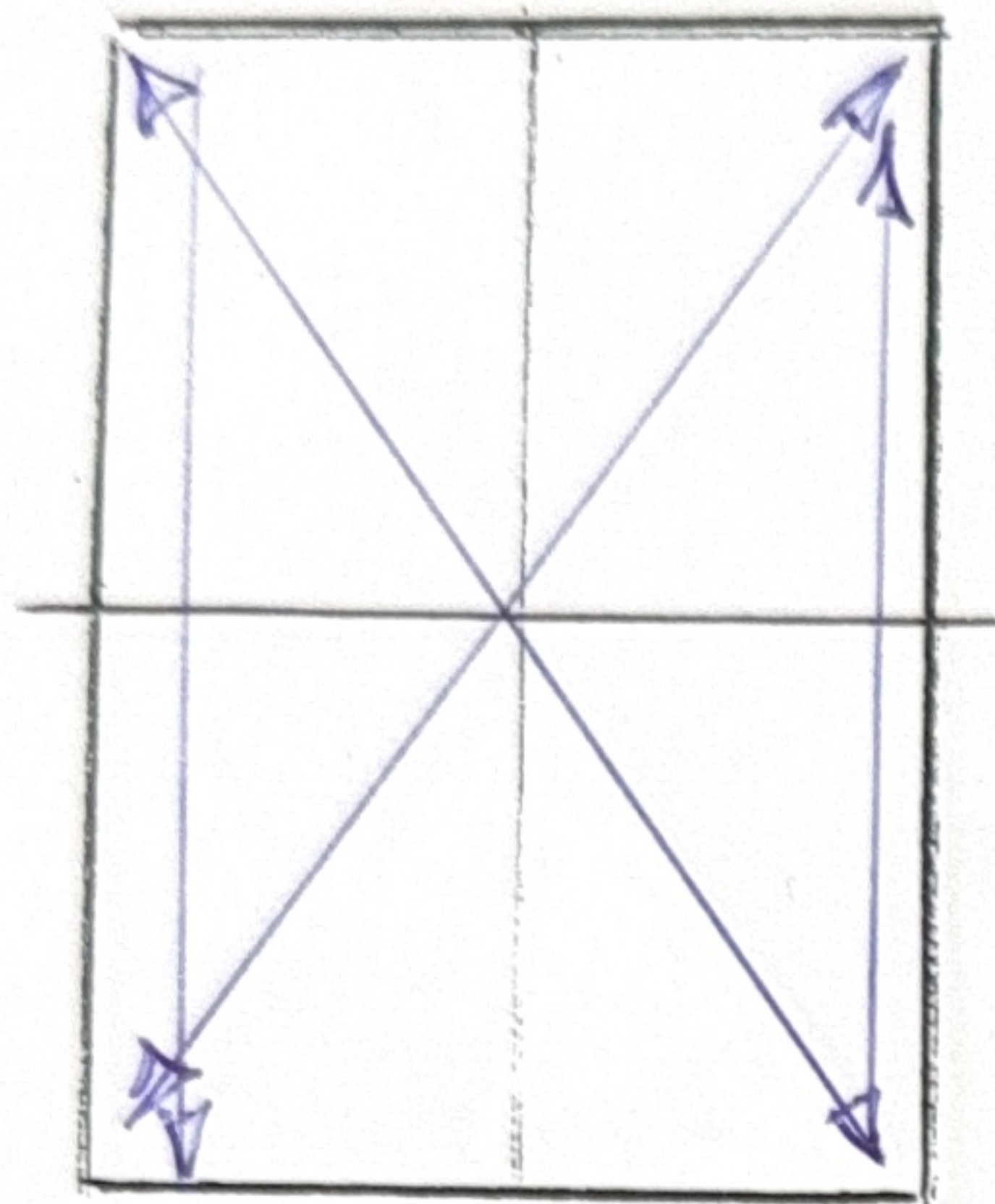
27.01.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. FOOTWORK SIDESTEP + CROSSEWER STEP

2. PLACEMENT 3 CONSISTENCY

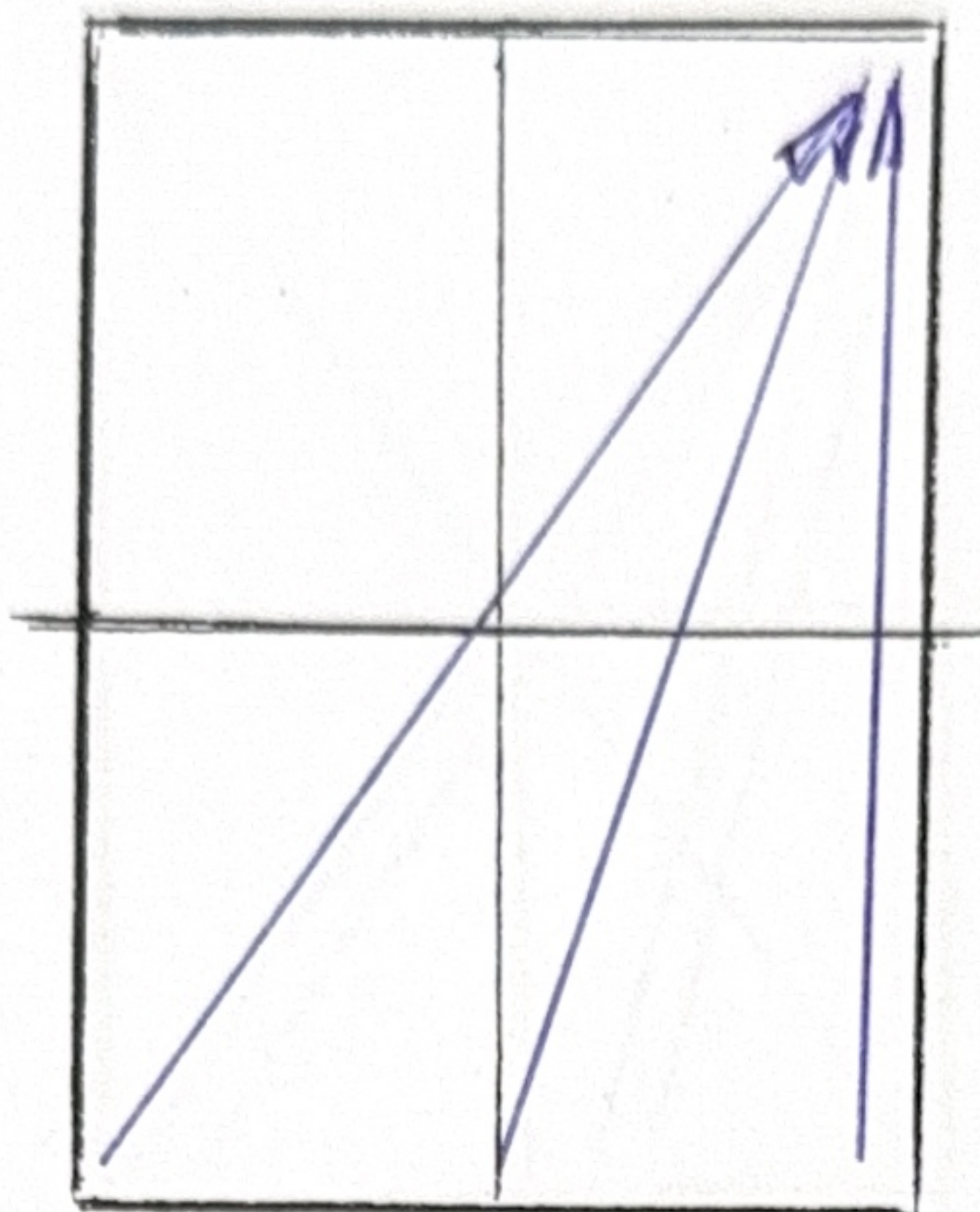
WARMING-UP - THERABANDS, PHYSICAL-SLIPPING ROPES

15'



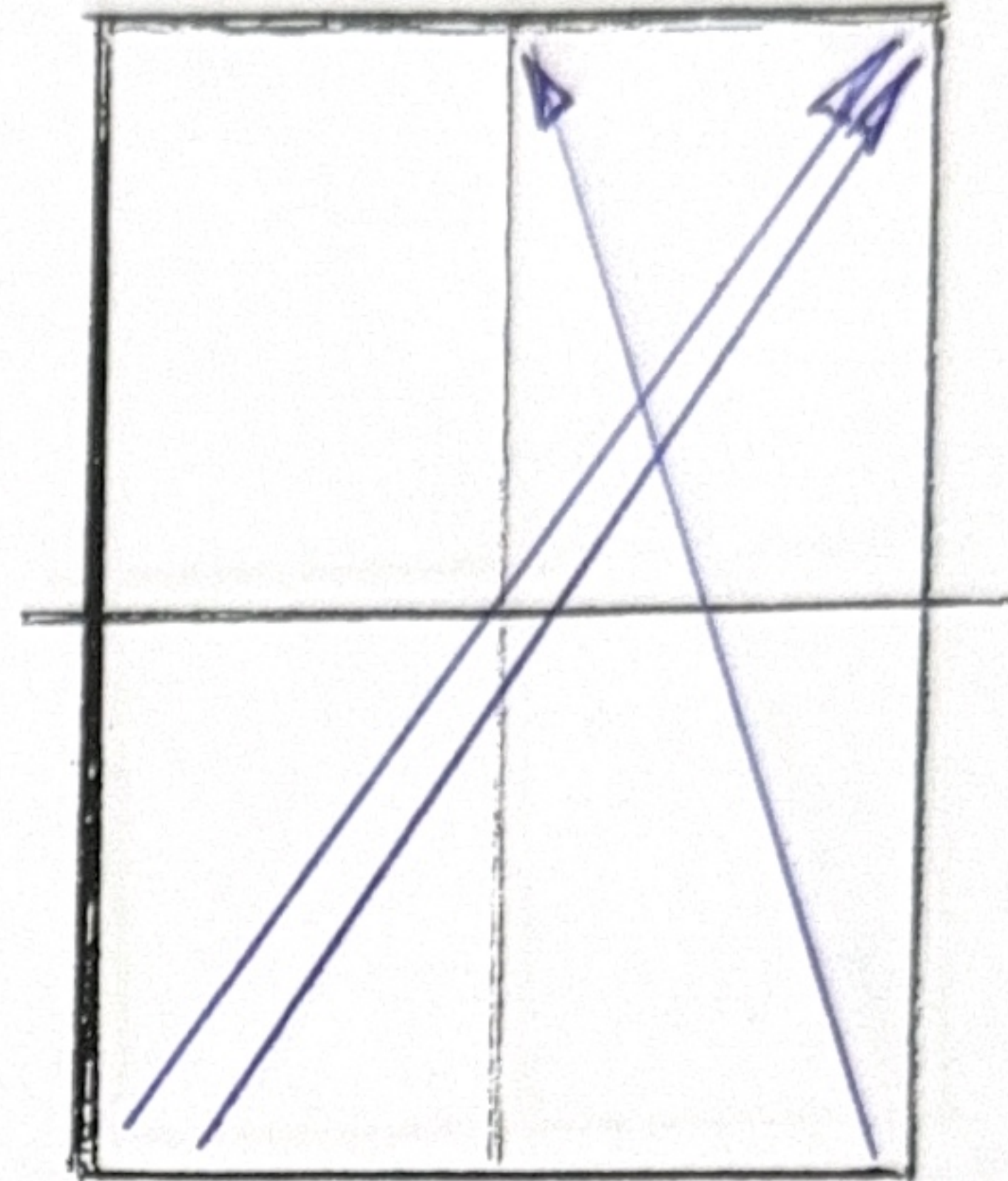
BH 5'
DOWN THE LINE
5'
FU 5'

2x10'



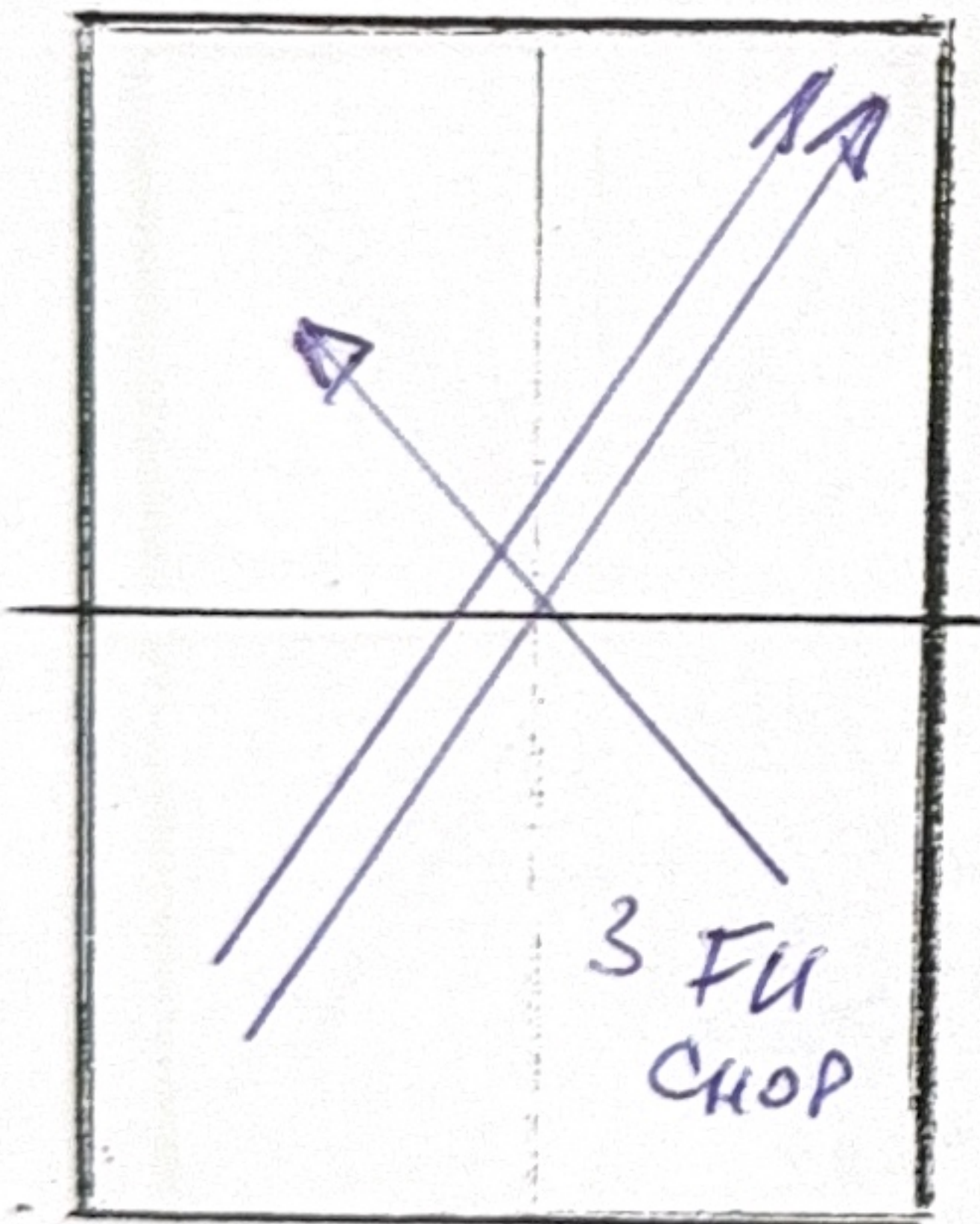
FUS 3
FUS 2
FUS 1

2x10'



BH 1
FUS 2
FUS 3

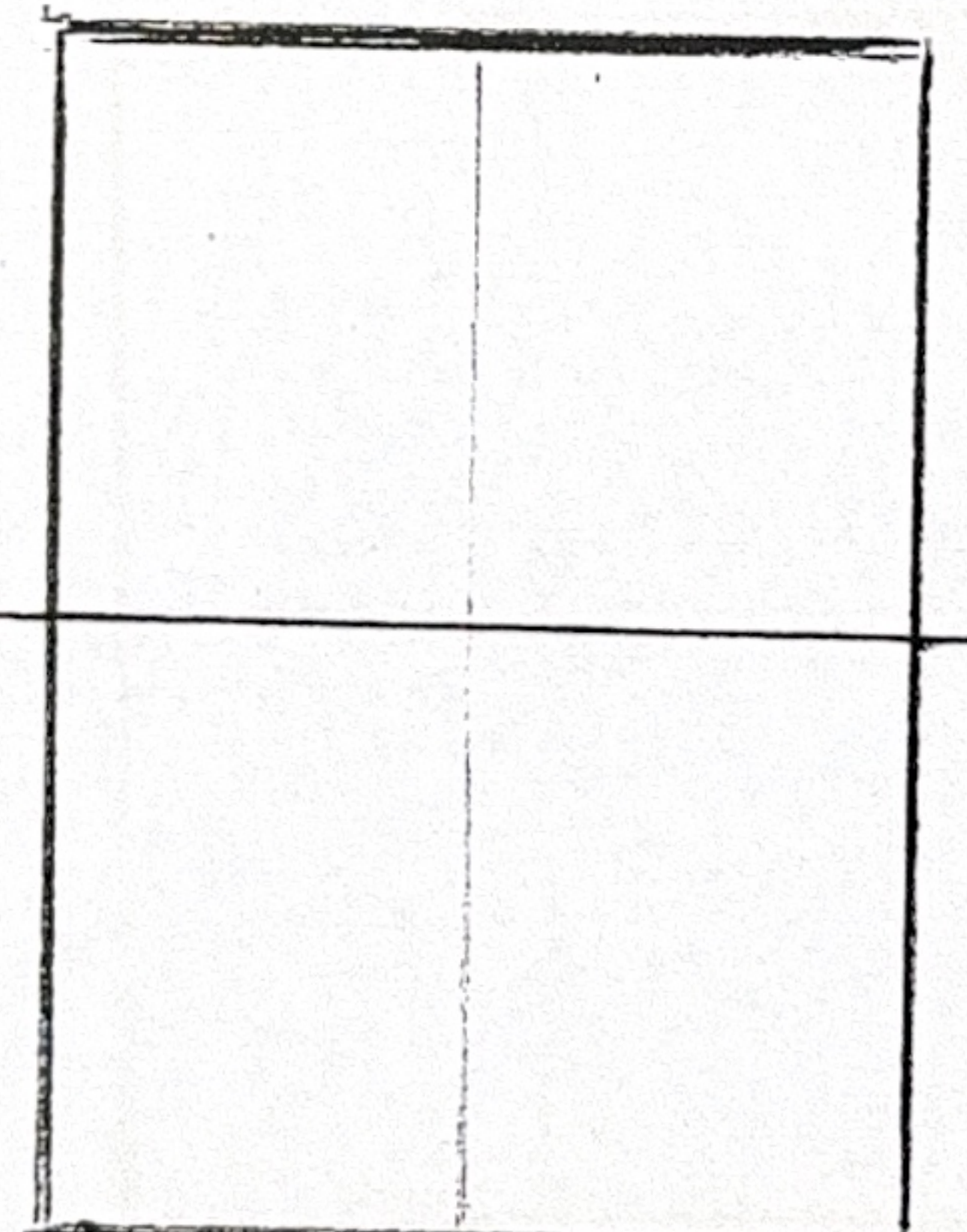
2x6'



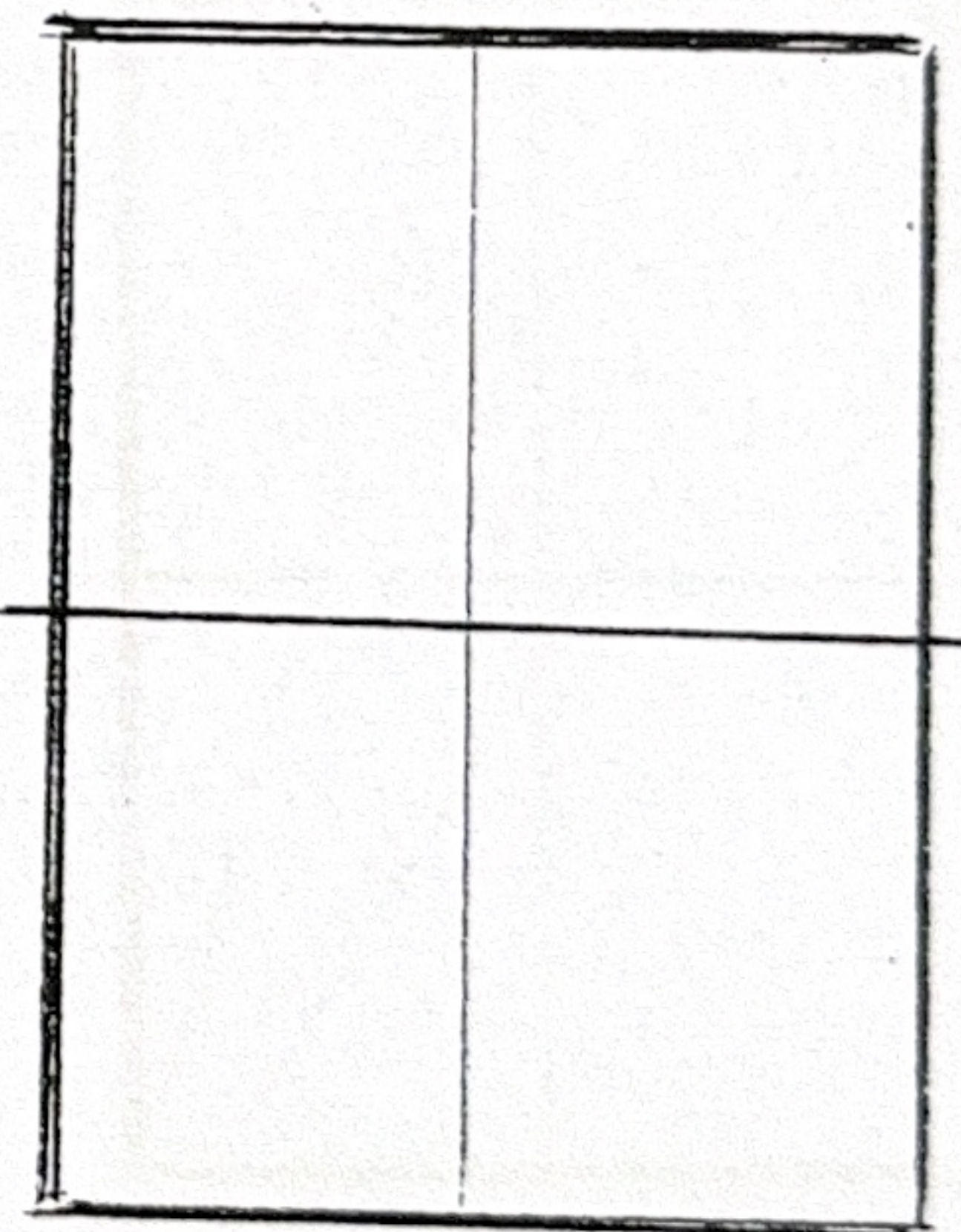
3 FU
CHOP

1 BH CHOP
2 FH CHOP

2x7'



CHOP - ONE SET
ONLY WITH FU



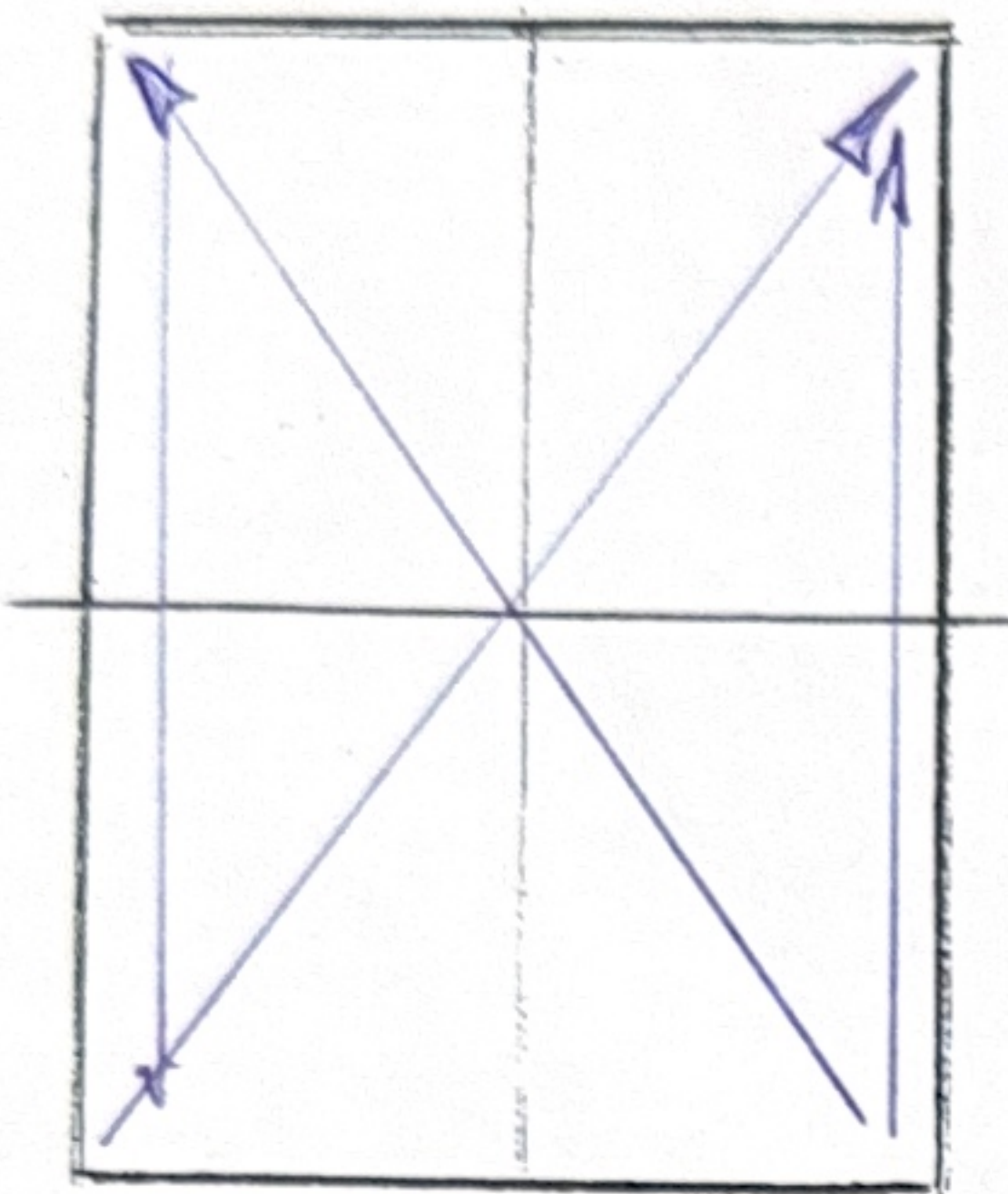
INDIVIDUAL
EXERCISE FROM
SERVICE

31.01.2026 SATURDAY 15.30-17.30 ELITE SQUAD

1. TECHNIQUE 2. POWER 3. FOOTWORK.

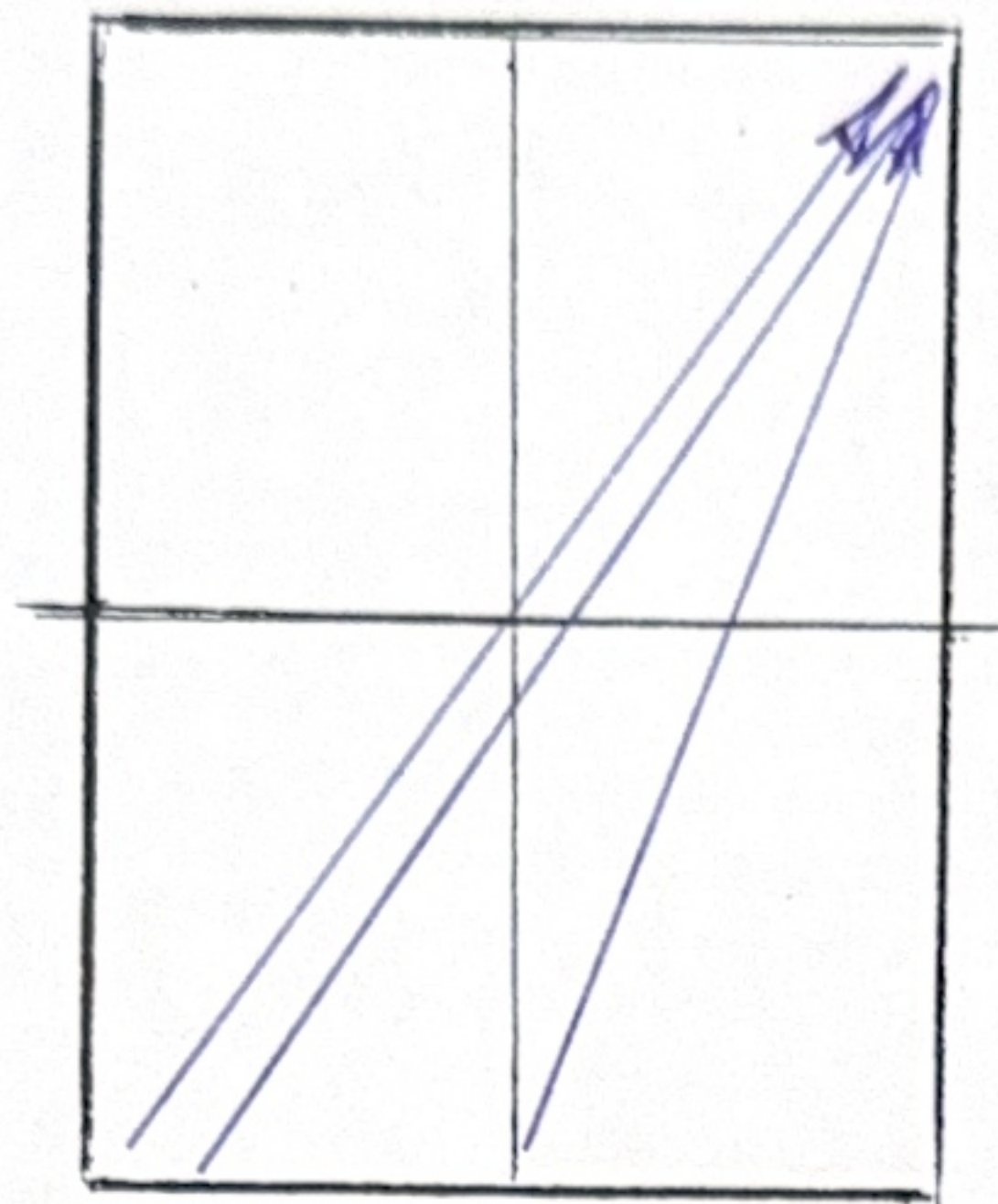
WARMING-UP- THERABANDS PHYSICAL- PYROMETRIC

15'



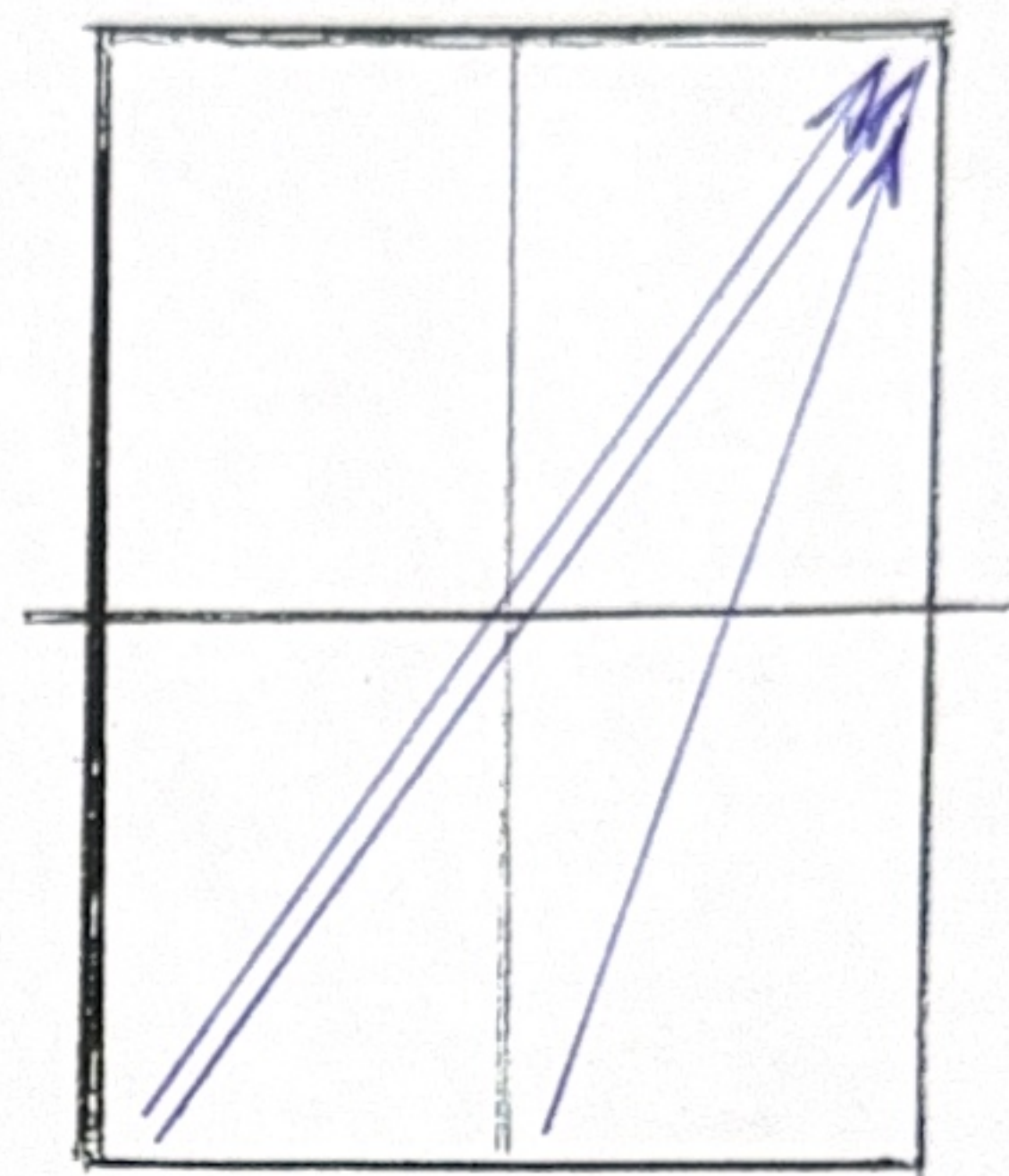
BH DOWN THE FH
5' LINE 5'

2x10'



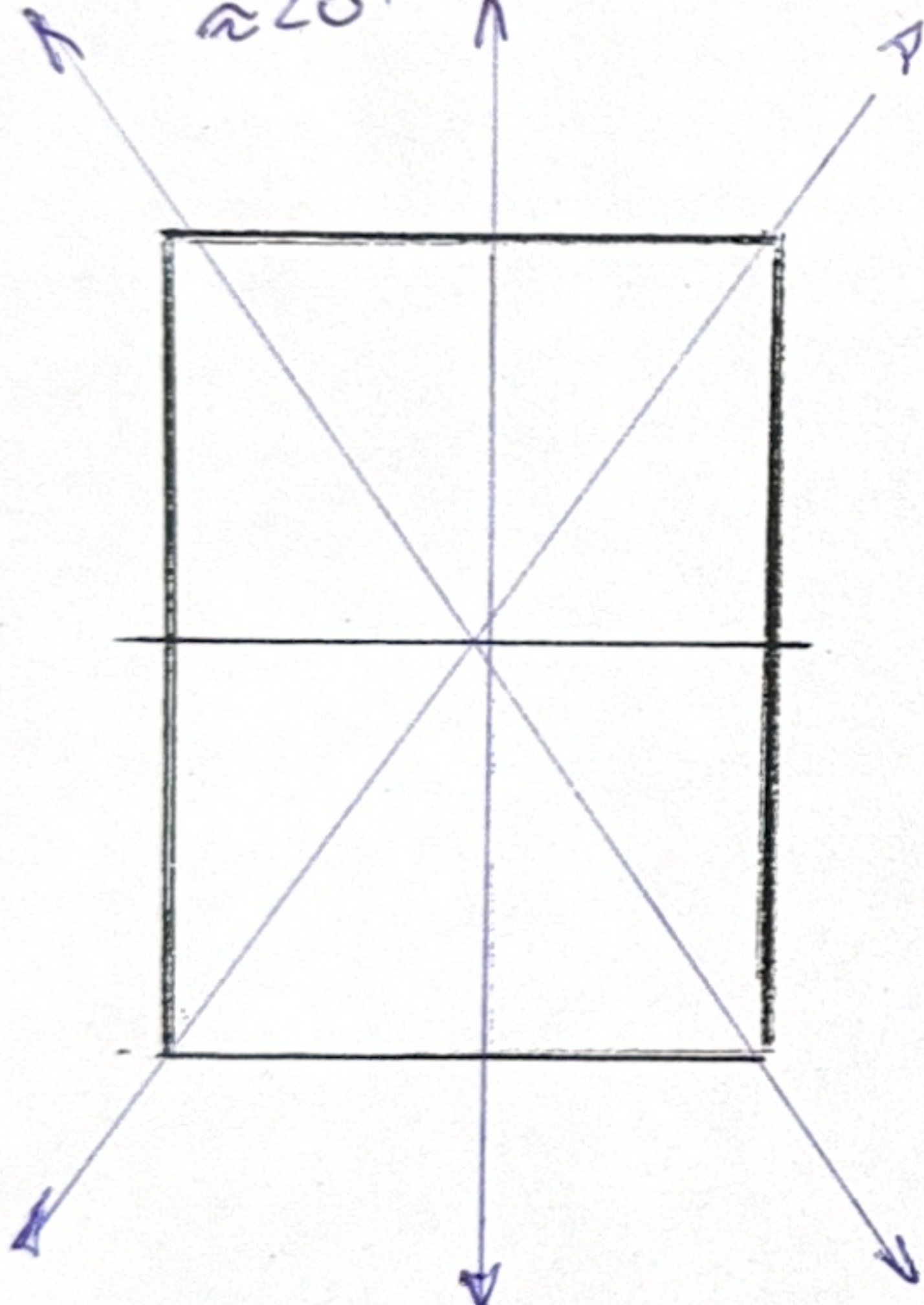
BH1 FHS
FH2 3-POWER

2x10'

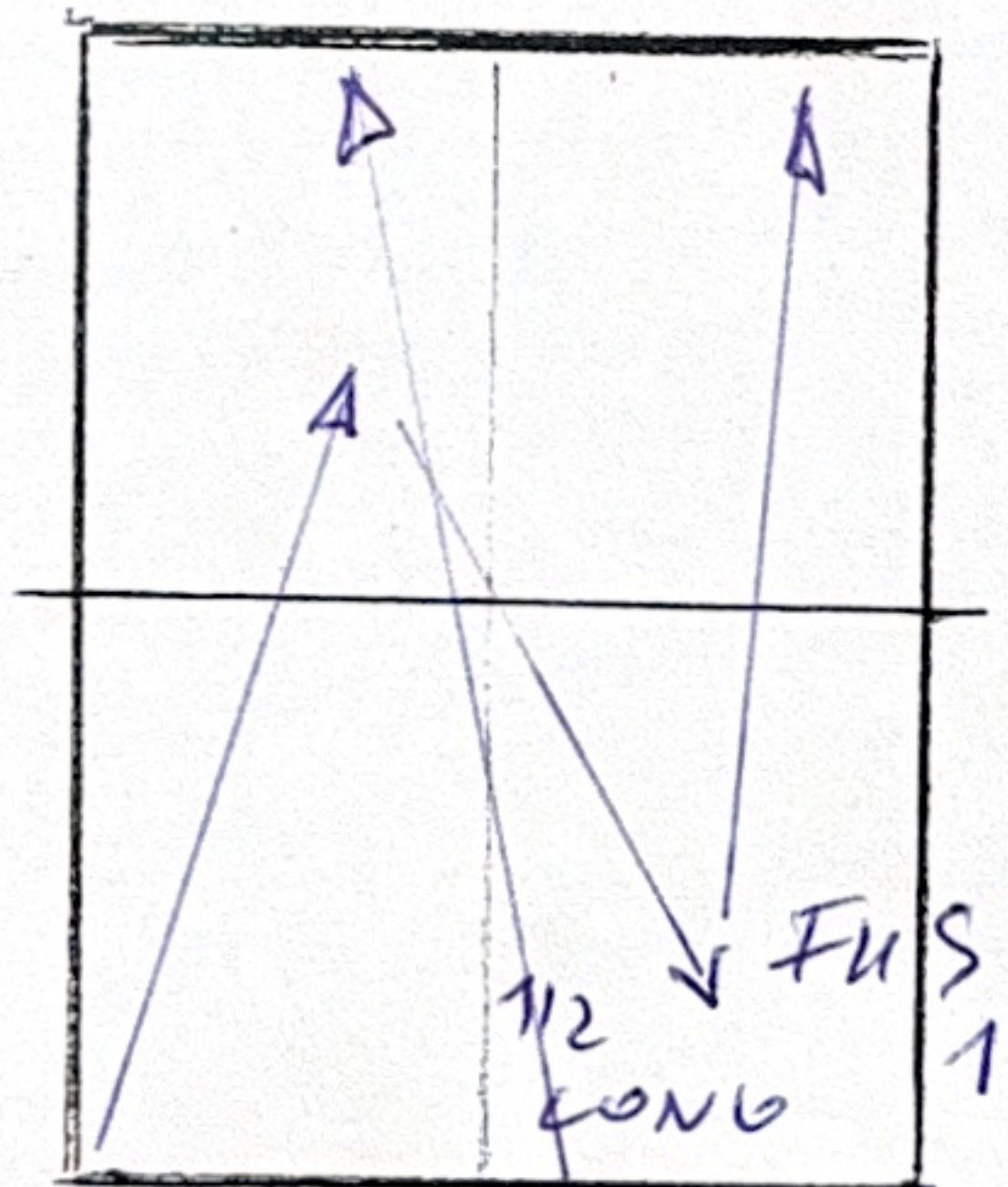


1 BUS FHS 3.
2. BUS-POWER

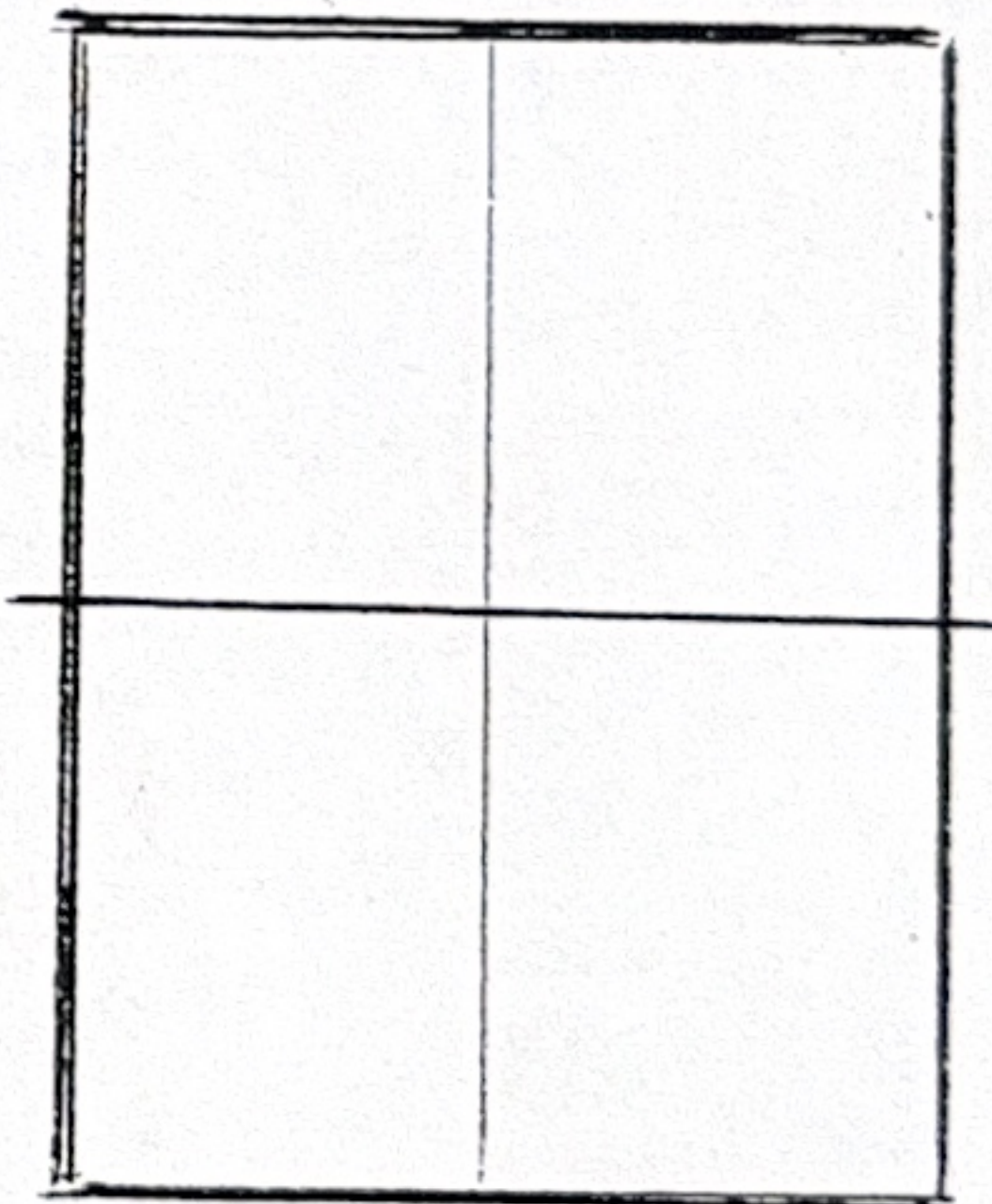
~20'



2x8'



SERVICE FHS
2-POWER



SPIN TO SPIN
MIDDLE DISTANCE

ONE SET FH TO FH
MIDDLE TO MIDDLE
FH FROM BH.