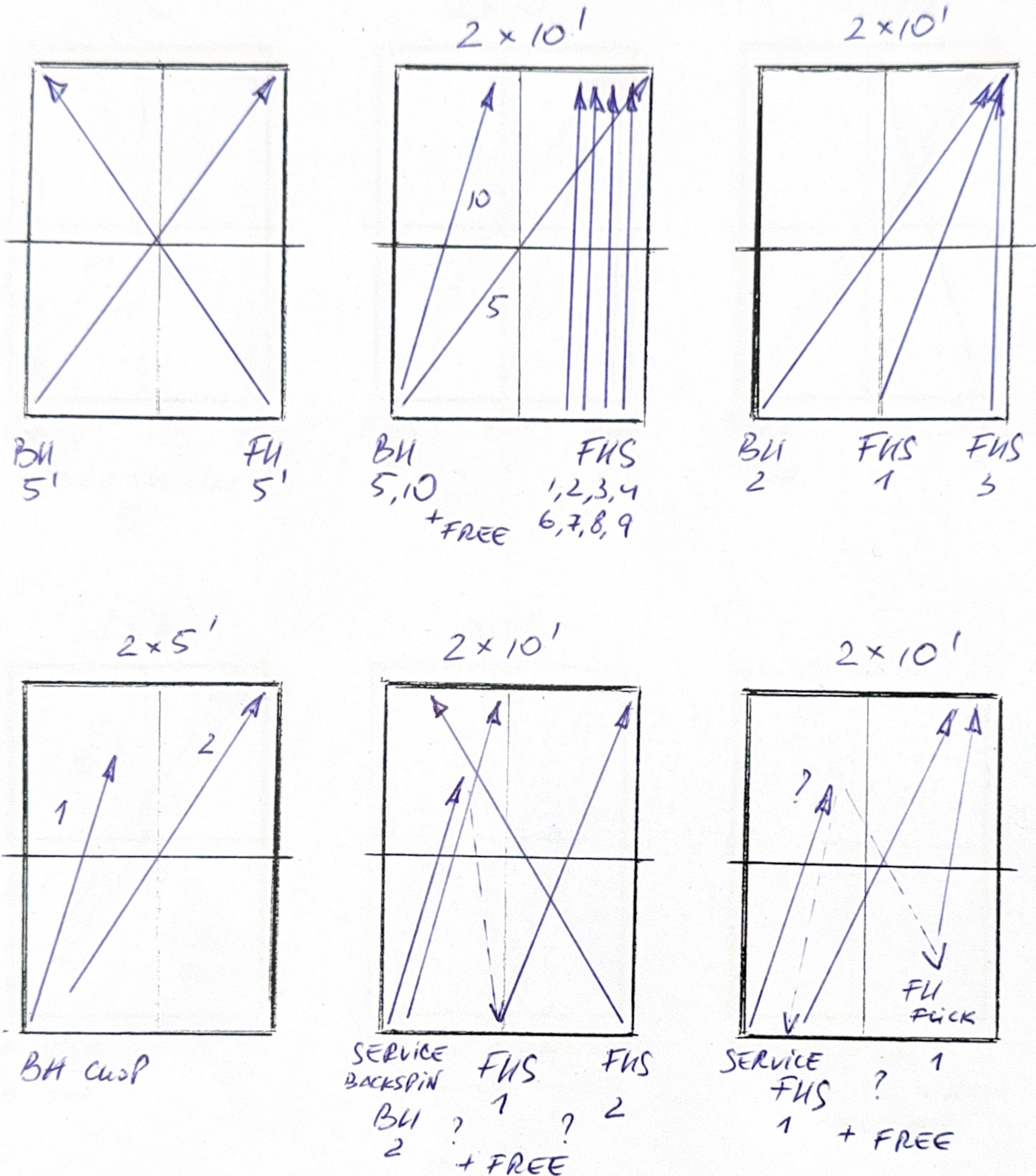


25.01.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. CONSISTENCY 3. PLACEMENT

PHYSICAL → SKIPPING ROPES



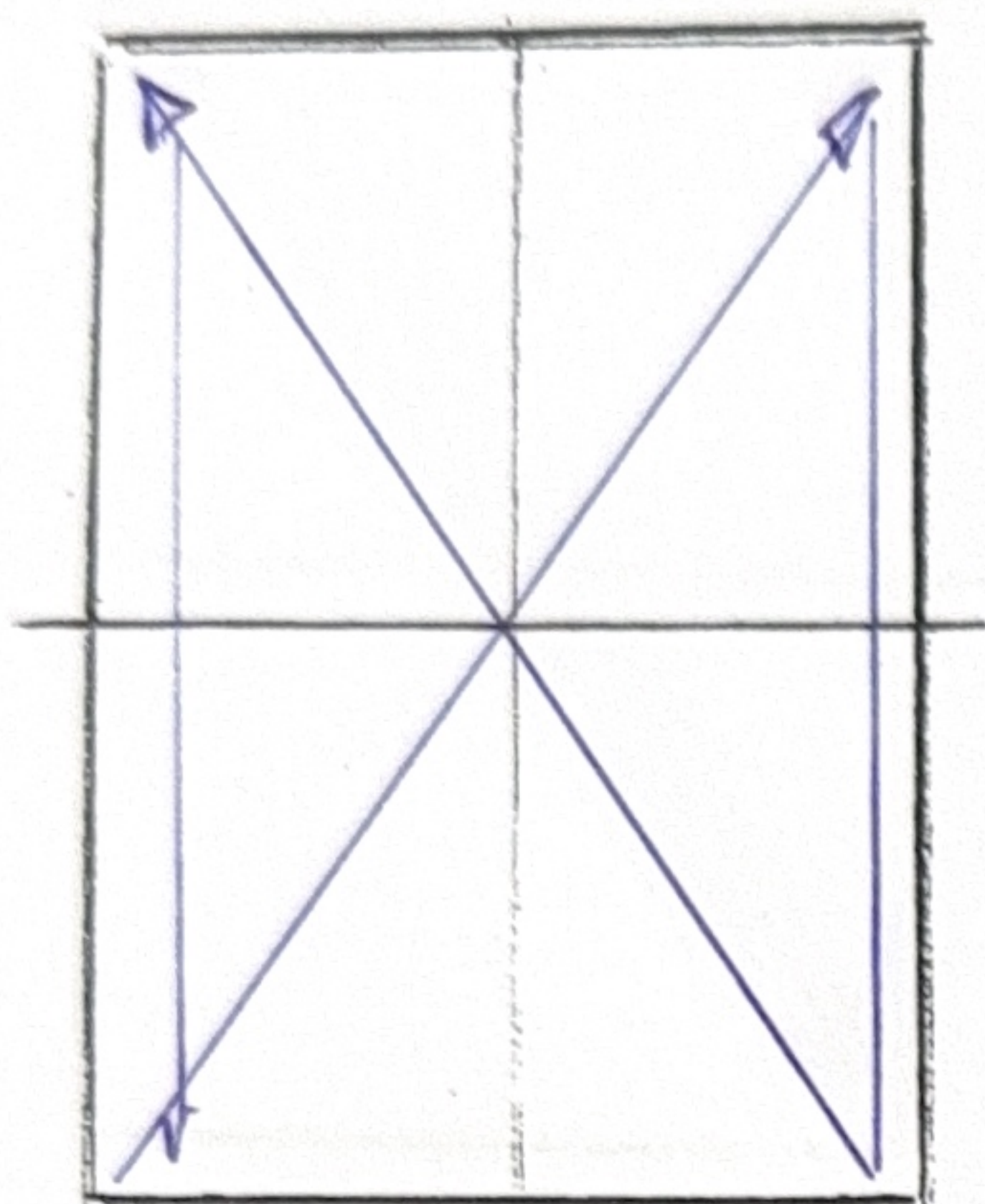


28.01.2026 WEDNESDAY 1730-1900 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK SIDESTEP + CROSSOVER

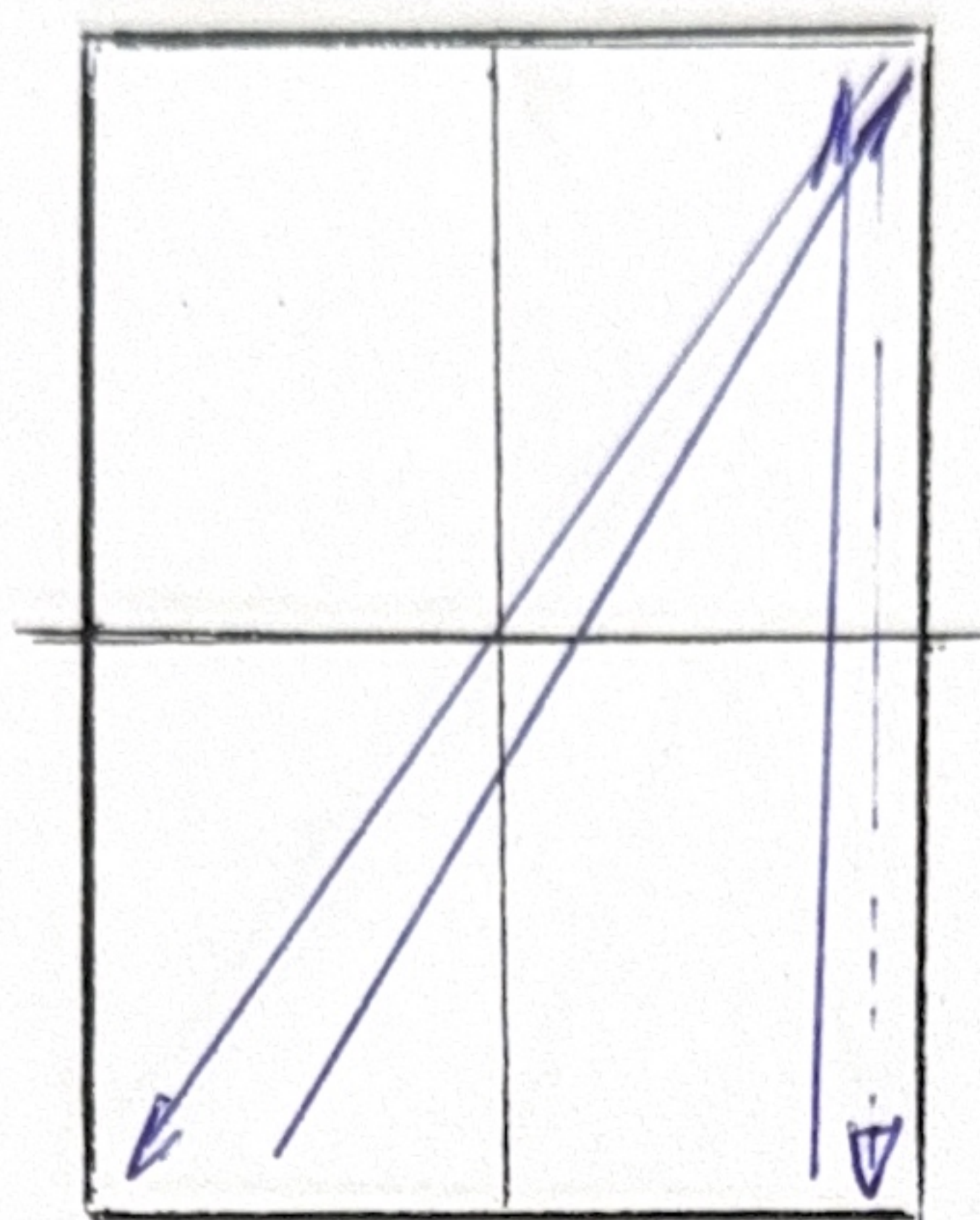
3. CONSISTENCY

15'



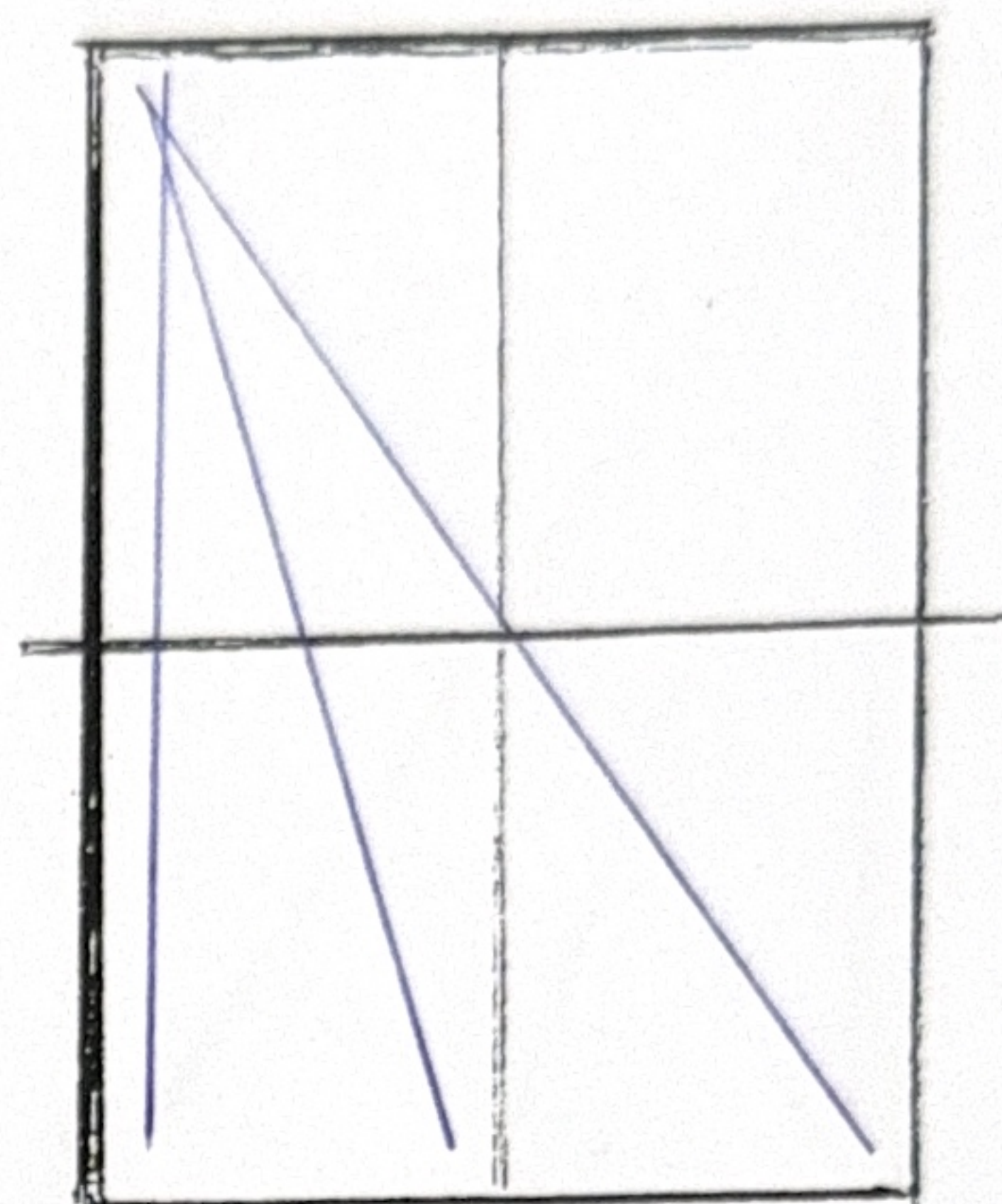
BH DOWN THE FH  
5' LINE 5'

2x8'



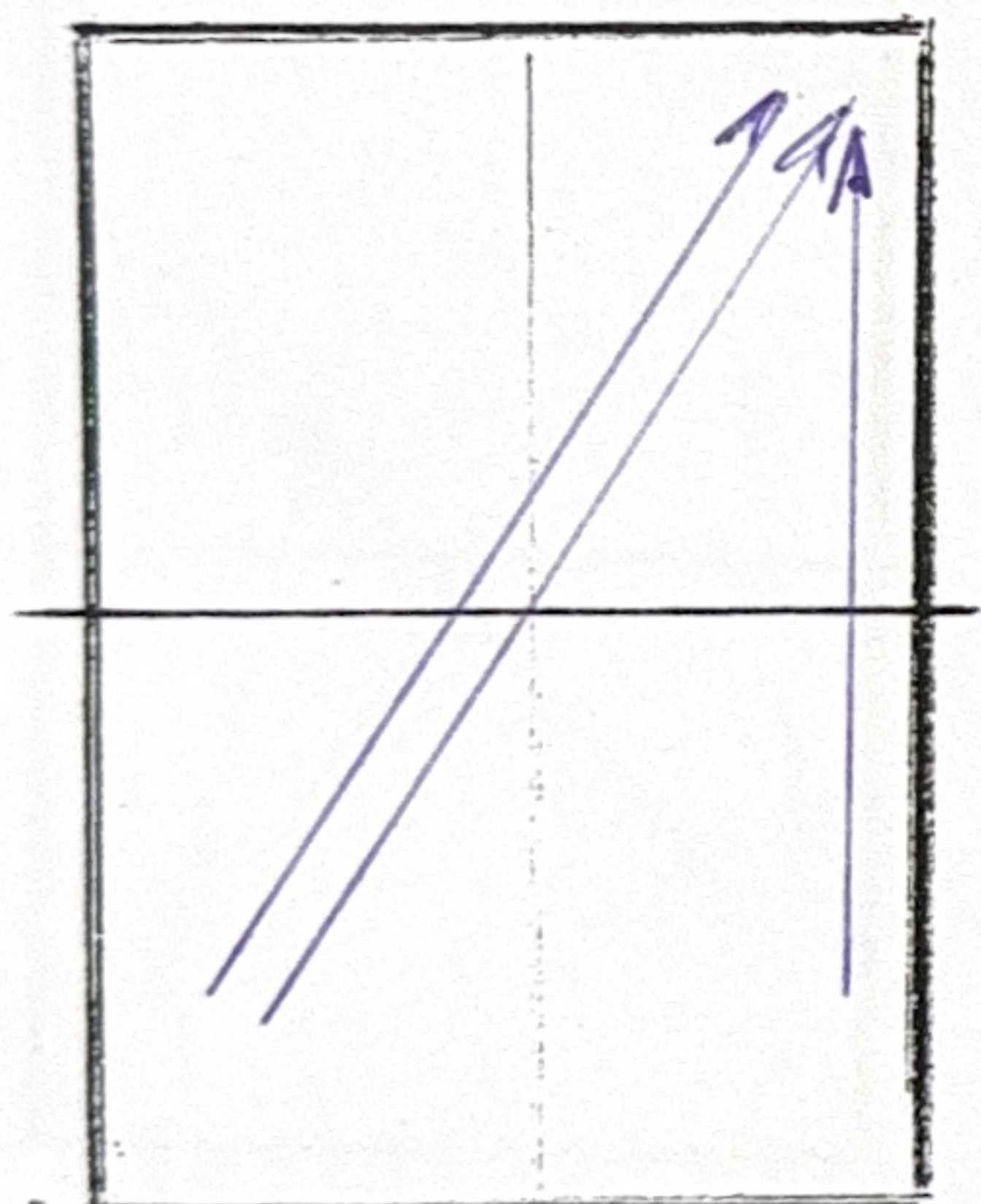
BH TO BH FHS  
RANDOMLY TO FH

2x10'



BH OR FHS  
FHS 3 FHS 2 FHS 1

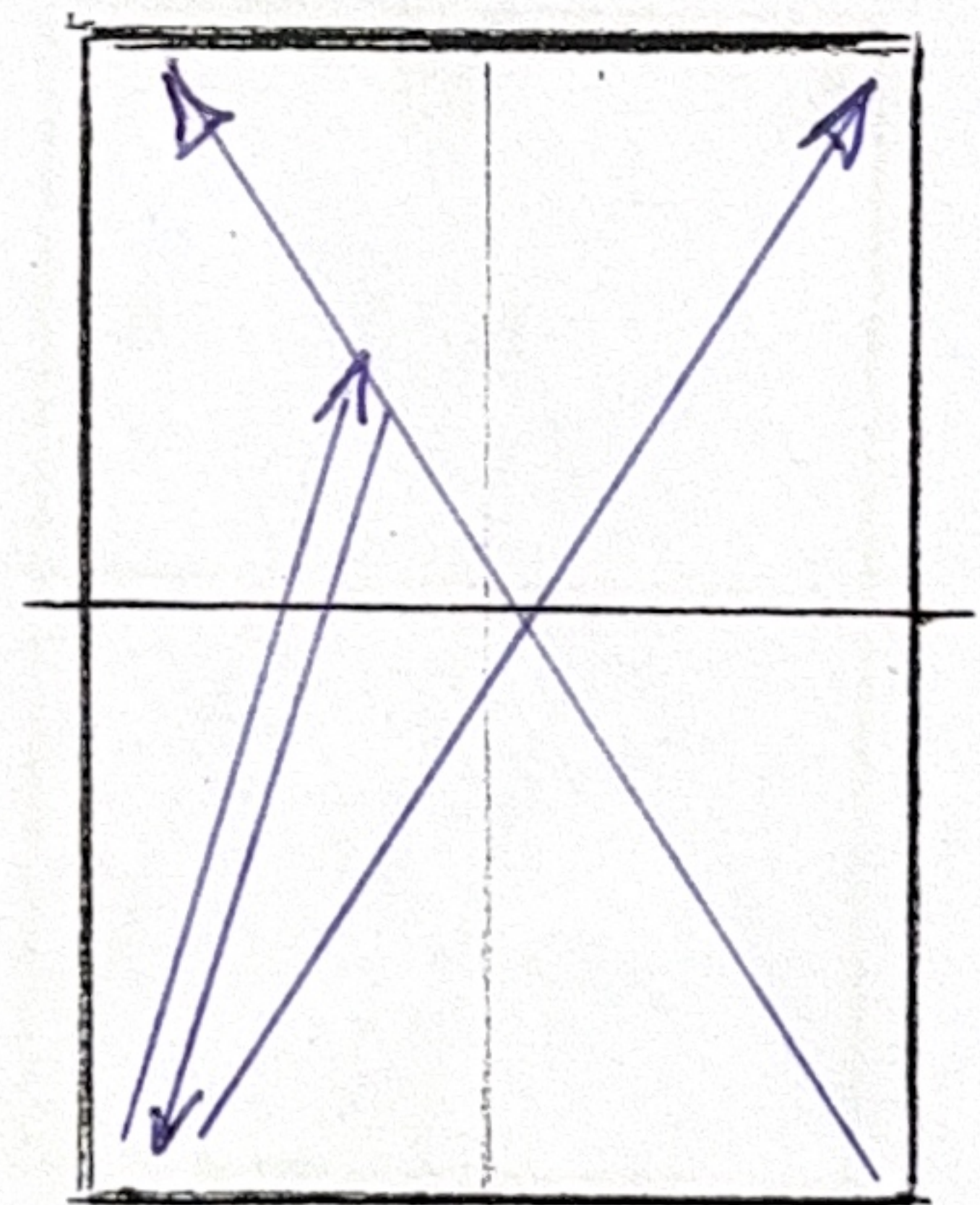
2x5'



1 BH chop  
2 FH chop

FH chop  
3

2x10'



SERVICE  
BH OR FHS  
1

FHS  
2



31.01.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

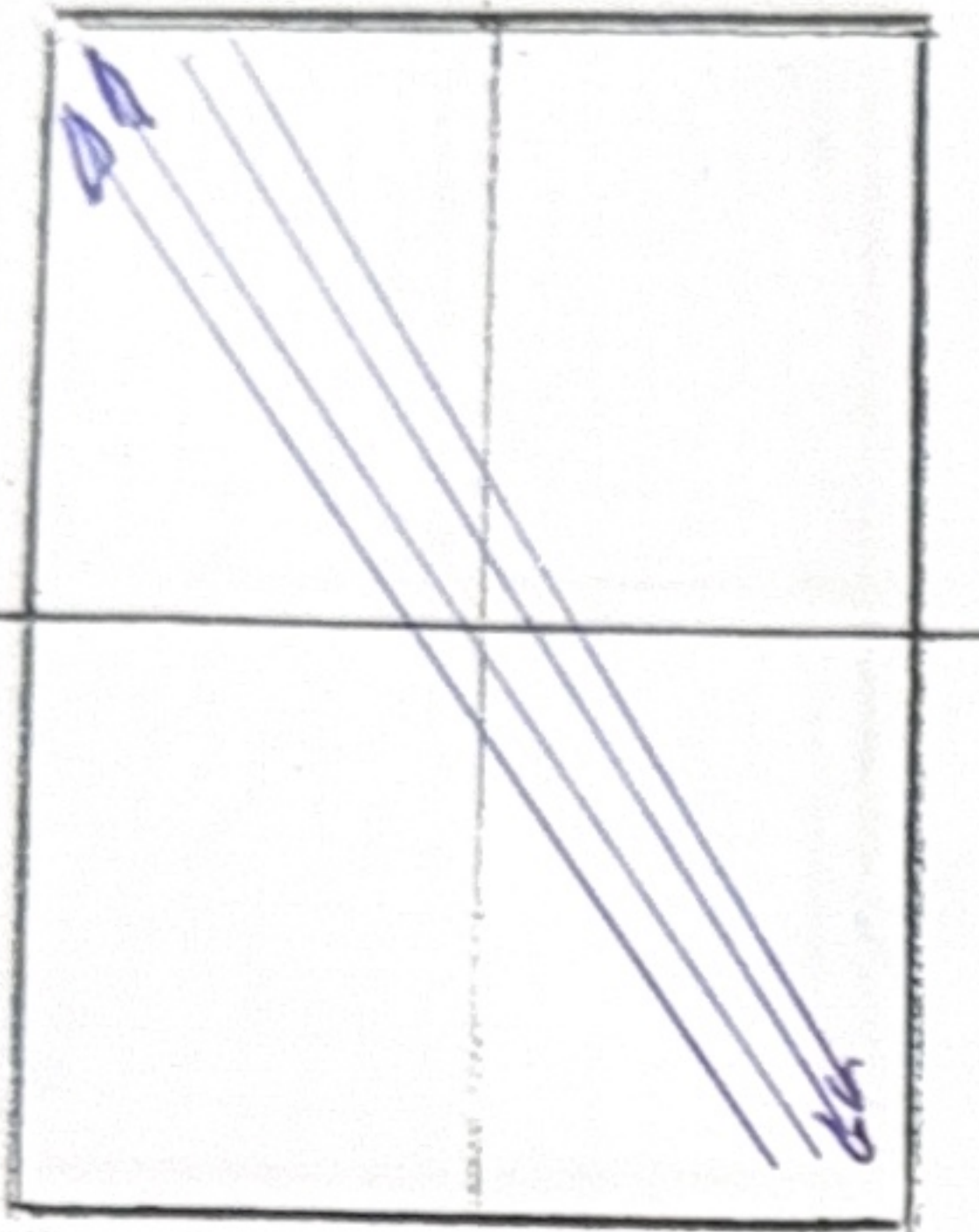
1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

PHYSICAL - SWAPPING ROPES 7 EX X 100 TIMES EACH.

WARMING UP - 2' MIN FH + 2' - BH

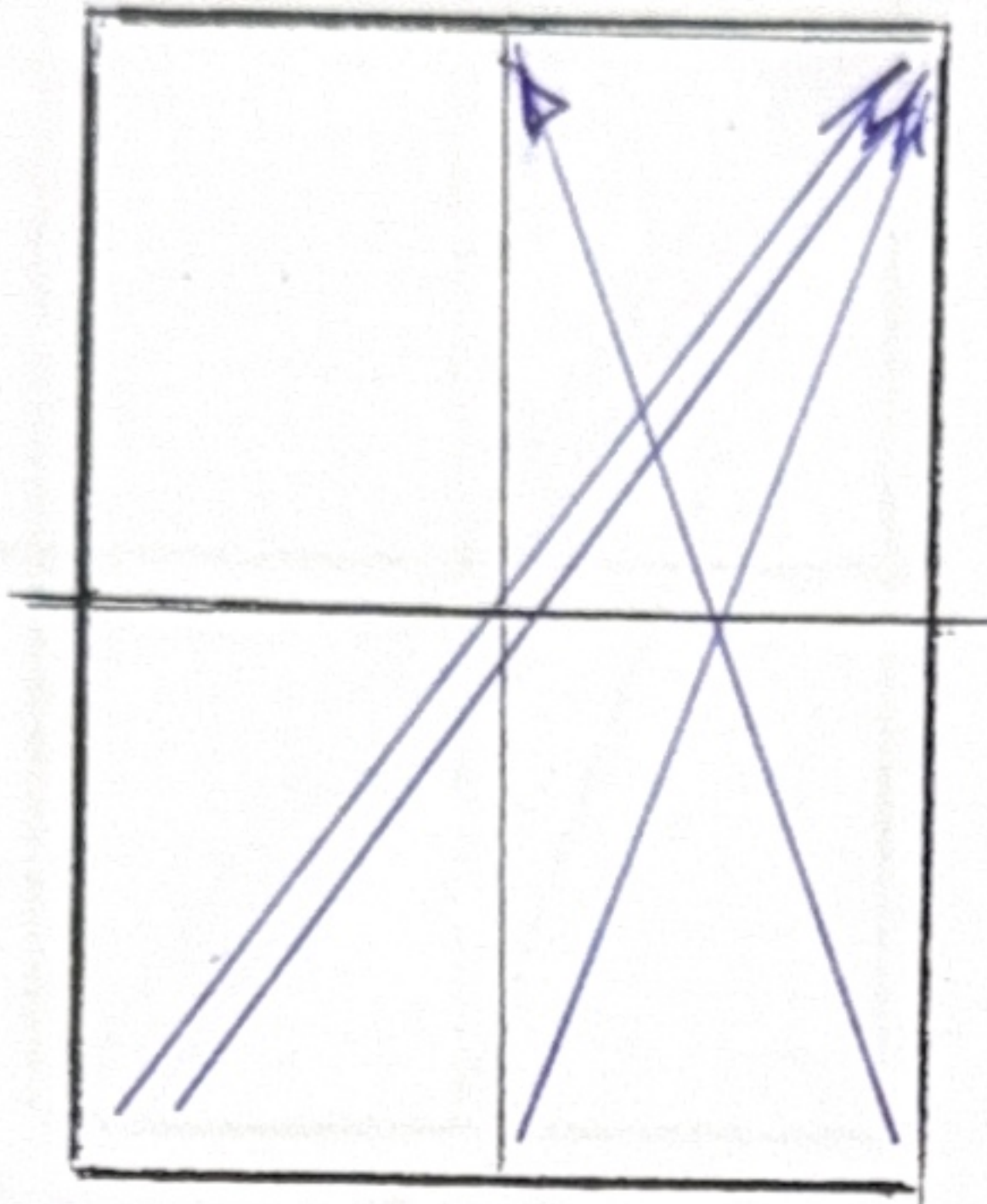
10' - TOGETHER

FUS 3,4



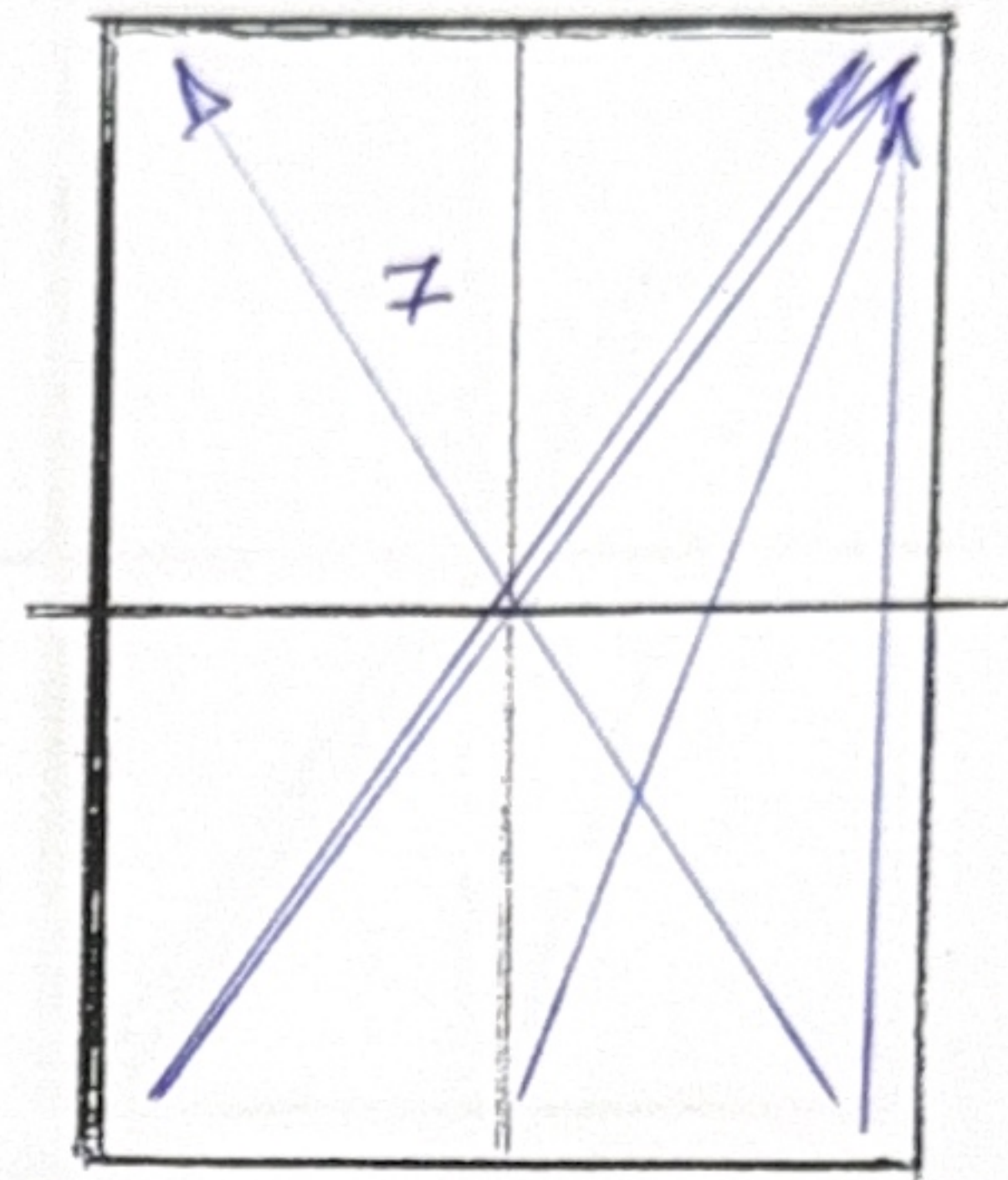
FUS  
1,2

2 x 10'



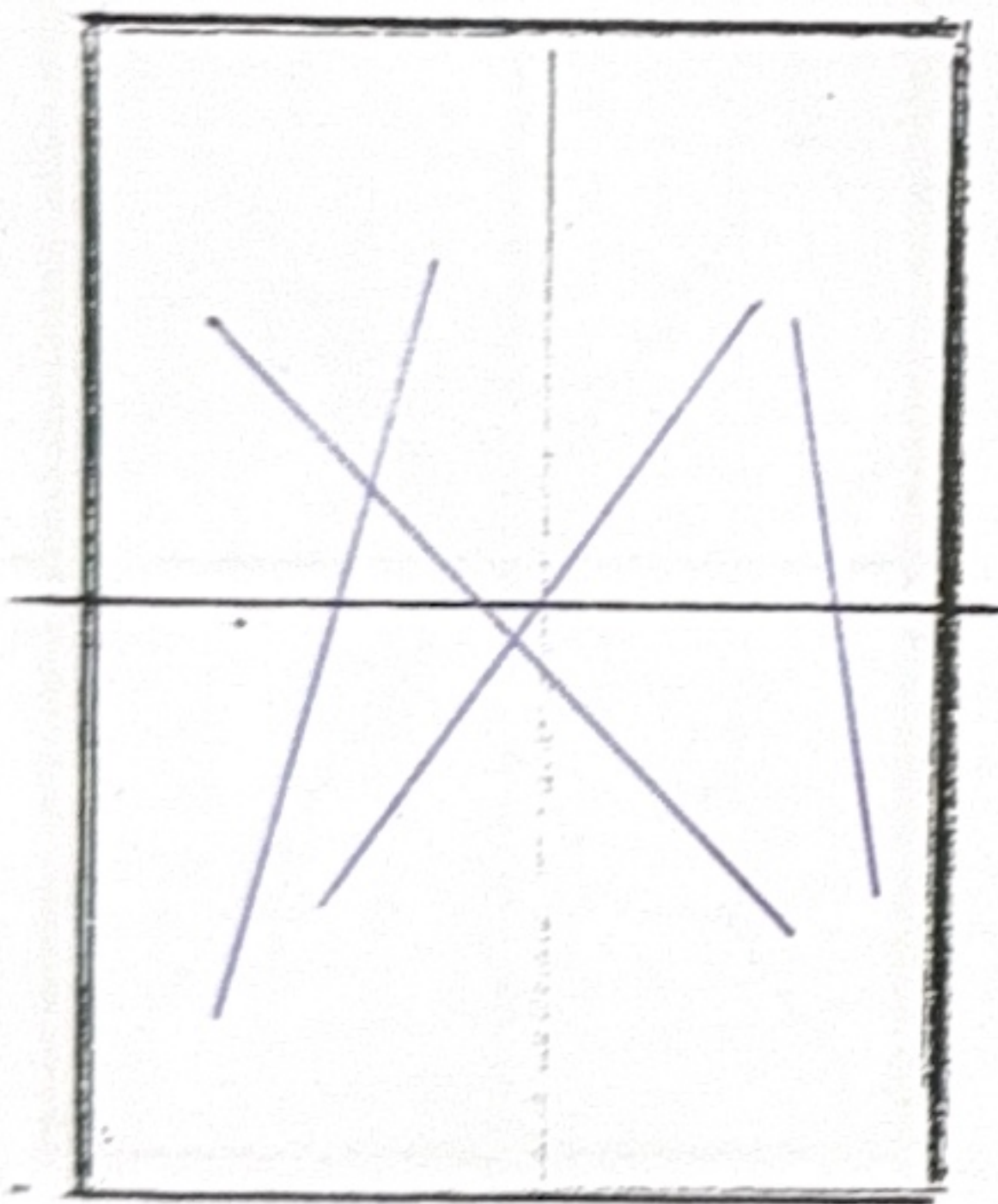
BH 1,2  
4,5 FUS 3  
FUS 6

2 x 10'



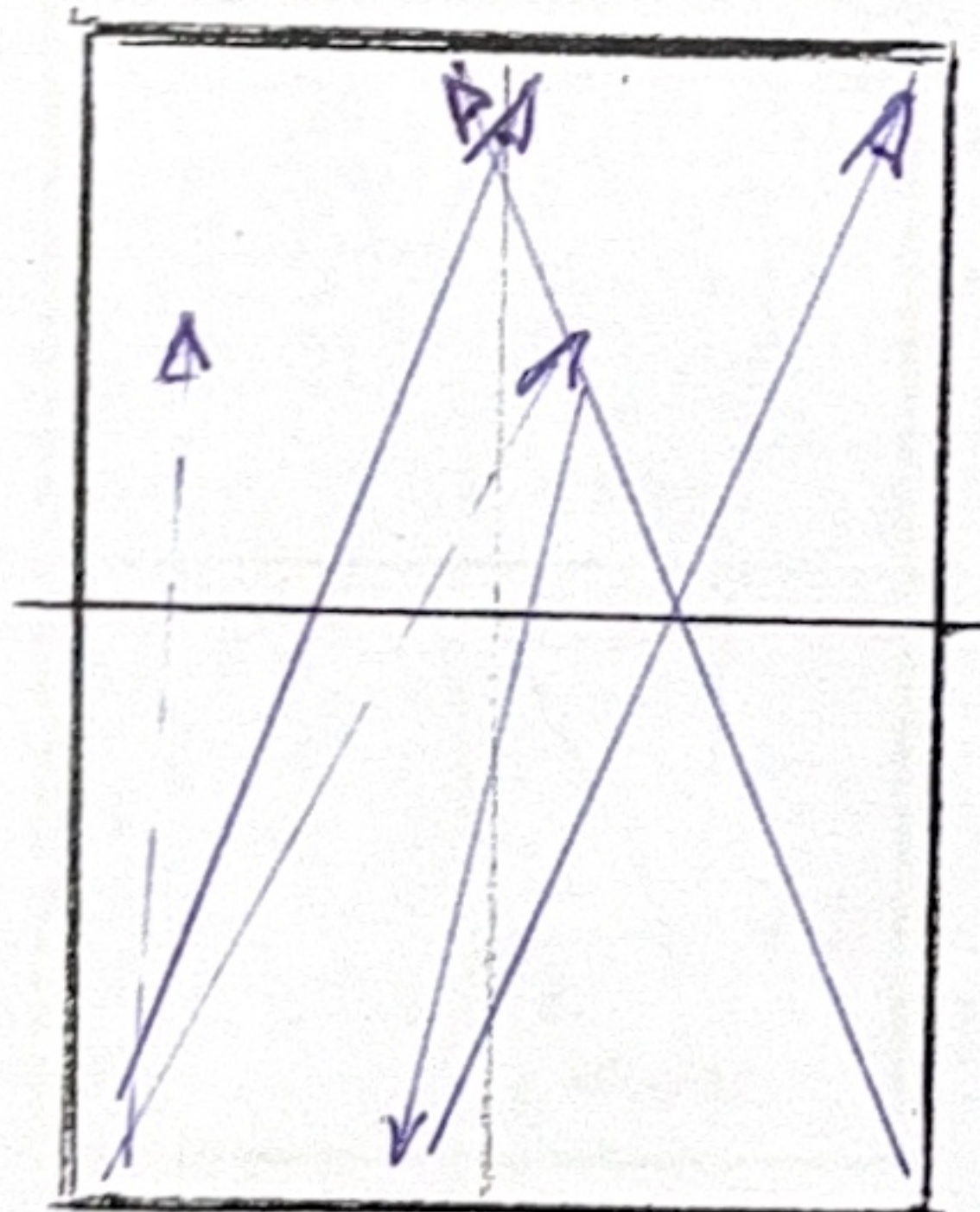
BH 1,3,5  
FUS 4  
FUS 2,7  
FUS 6

2' 6' 7'



CHOP  
ALL TABLE FREE  
ONE SET

2 x 8'



SERVICE FUS FUS  
BH ? 1 ? 2  
2 ? 1 ? 2



UP AND DOWN  
≤ 20'