

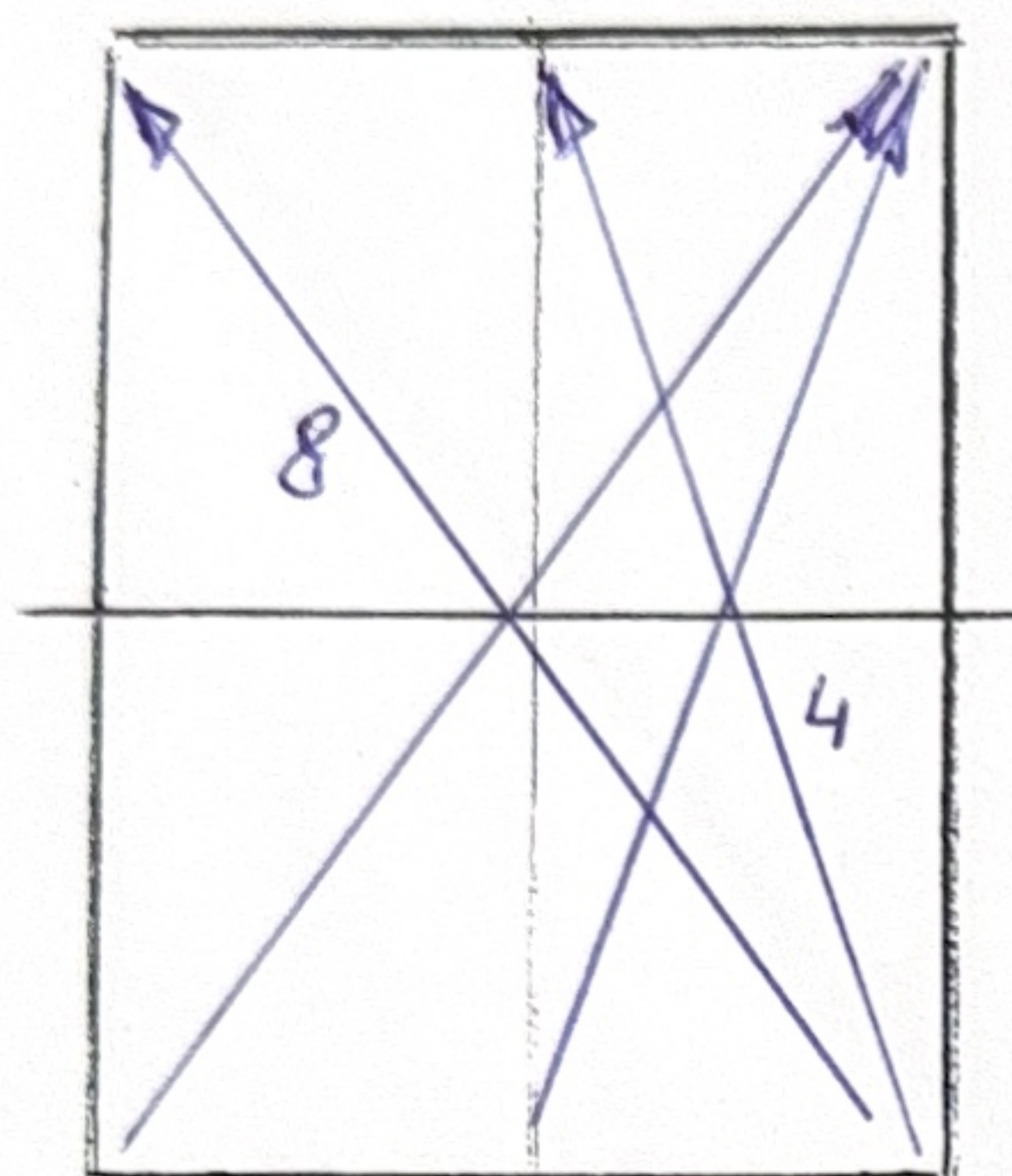
25.01.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK SIDE TO SIDE

PHYSICAL: 1. THERABANDS 2. SKIPPING ROPES

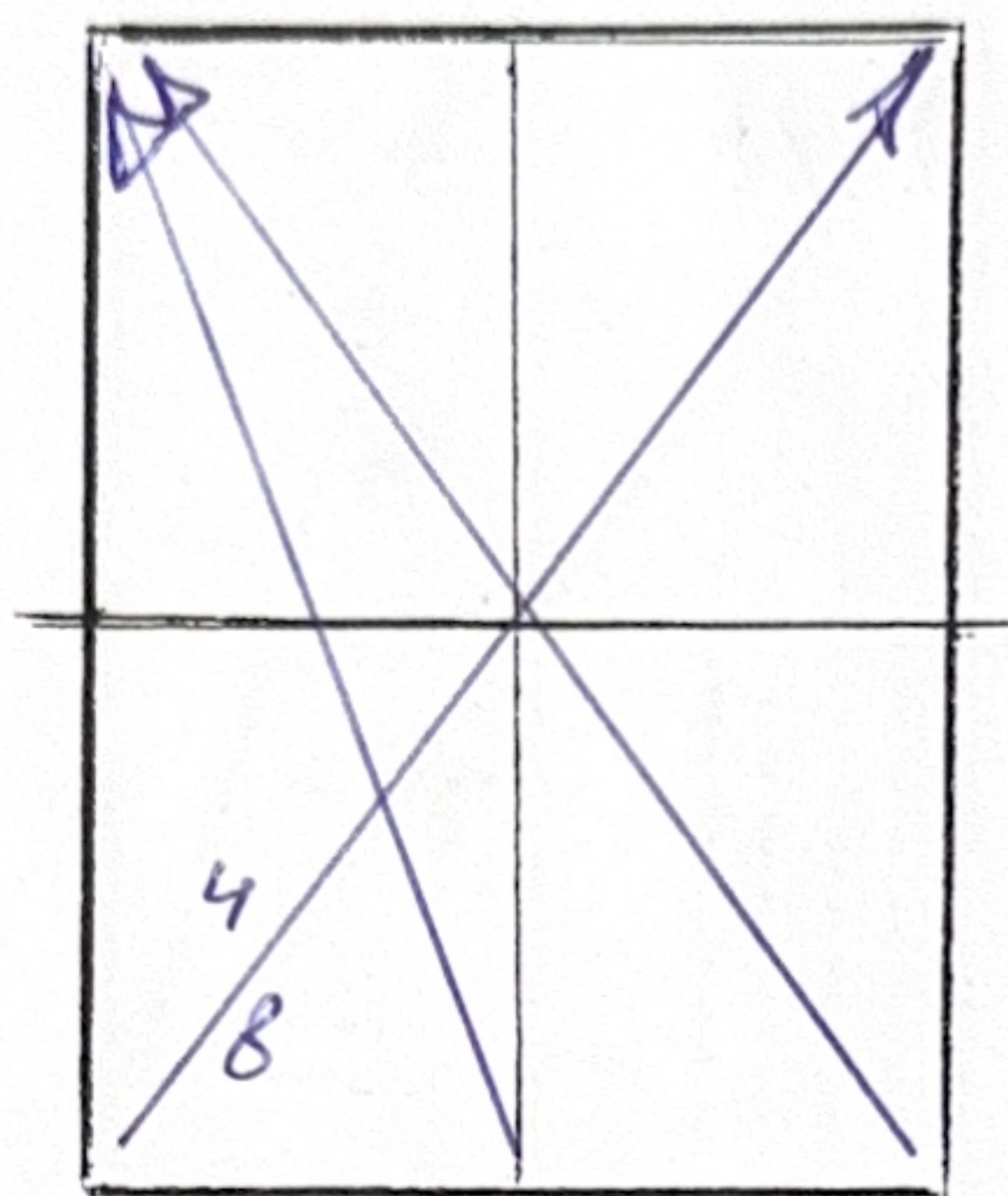
WARMING-UP ON TABLES 15' (FH 5' + BH 5' + DOWNLINE 5')

2x10'



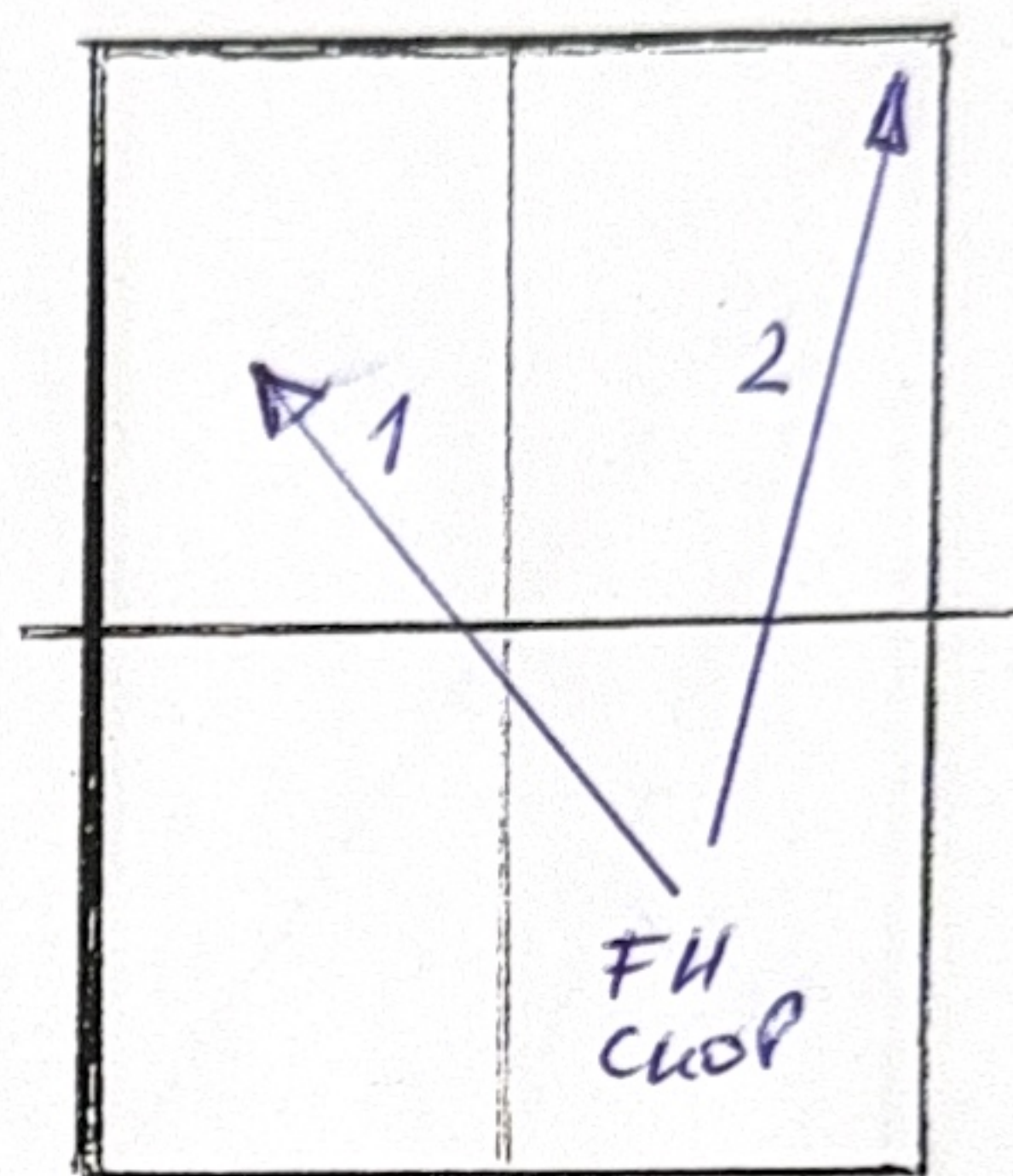
BH 1,3 5,7
FHS 2,6
FHS 4,8
AFTER FREE
FH TO FH

2x10'



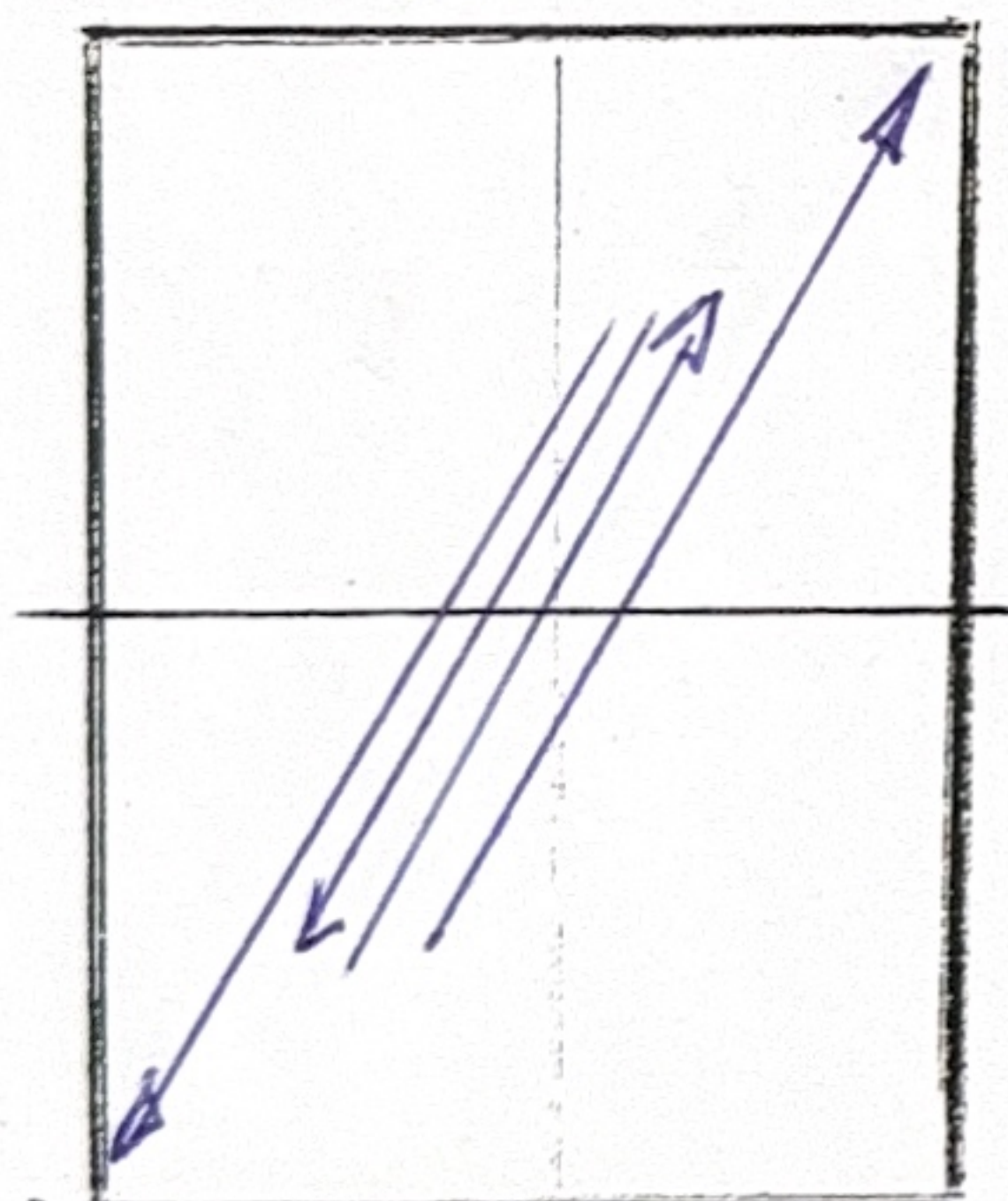
4,8
FHS 2,6
FHS 1,3
AFTER FREE
BH TO BH

2x5'



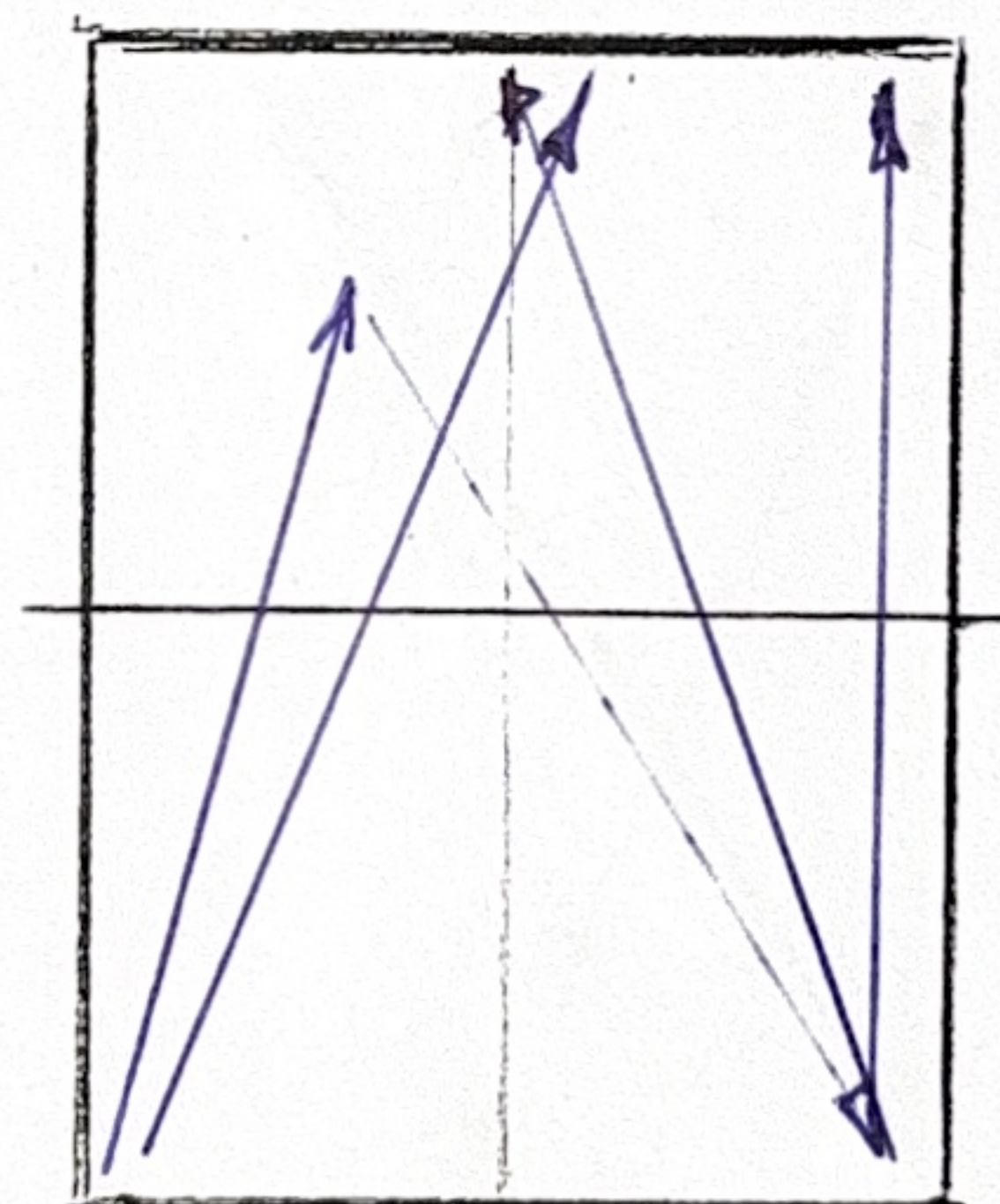
FH
CHOP

8'



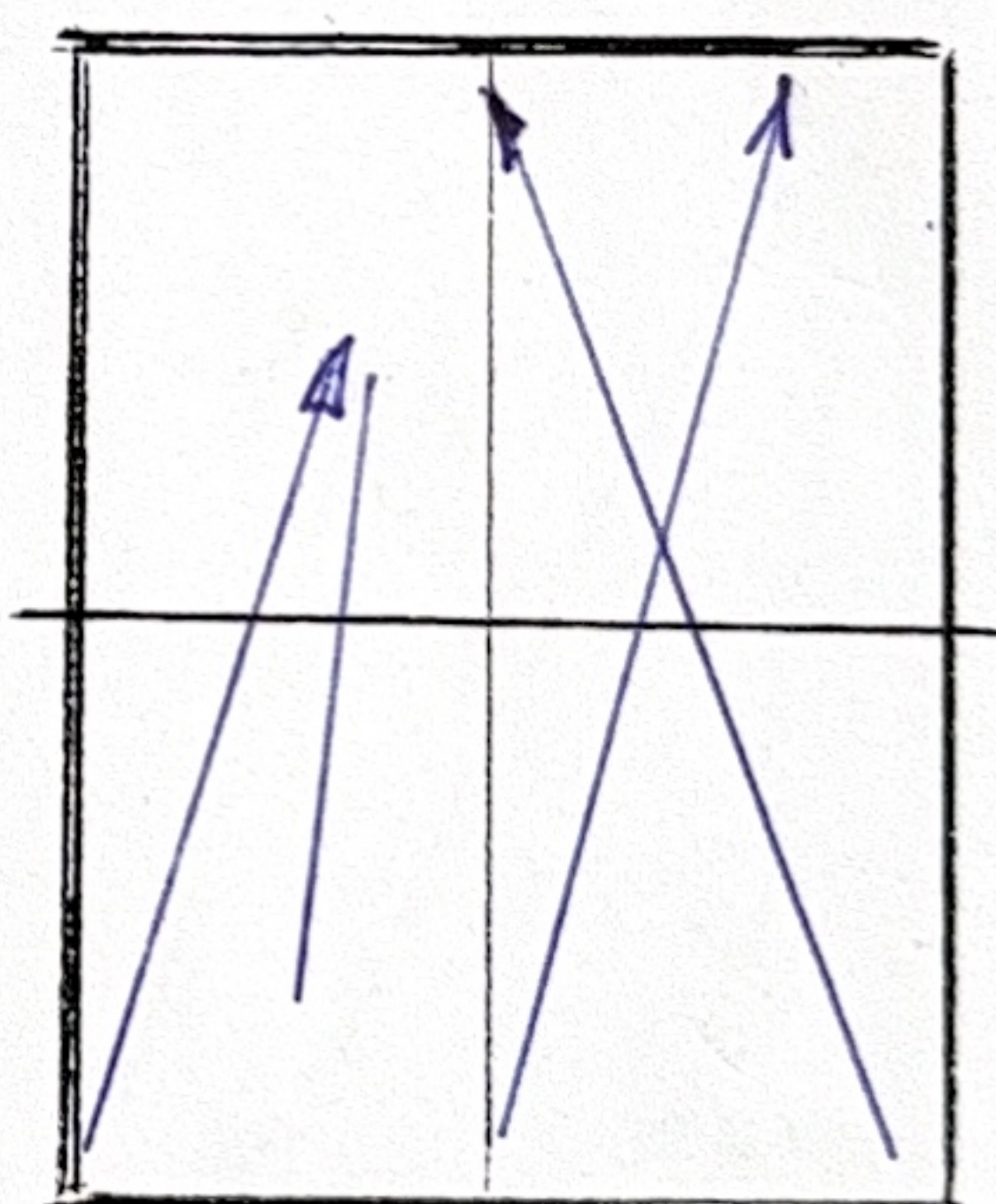
BH chop
SHORT-LONG
TOGETHER

2x10'



SERVICE BIS
BH 2
FUS 1
FUS 2

2x10'



INDIVIDUAL
FROM SERVICE

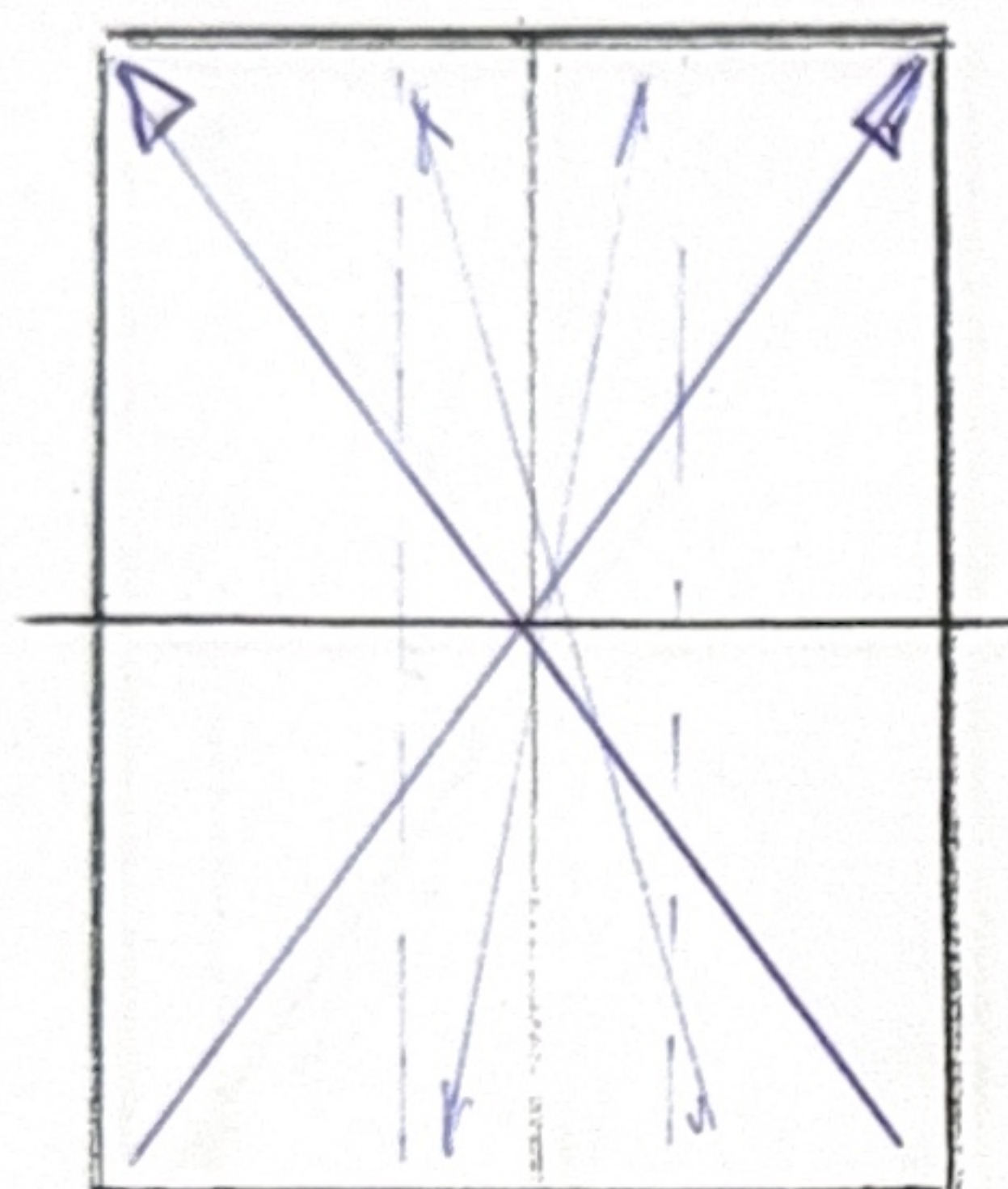
27.01.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. FOOTWORK SIDESTEP + CROSSOVER

2. PLACEMENT 3. CONSISTENCY

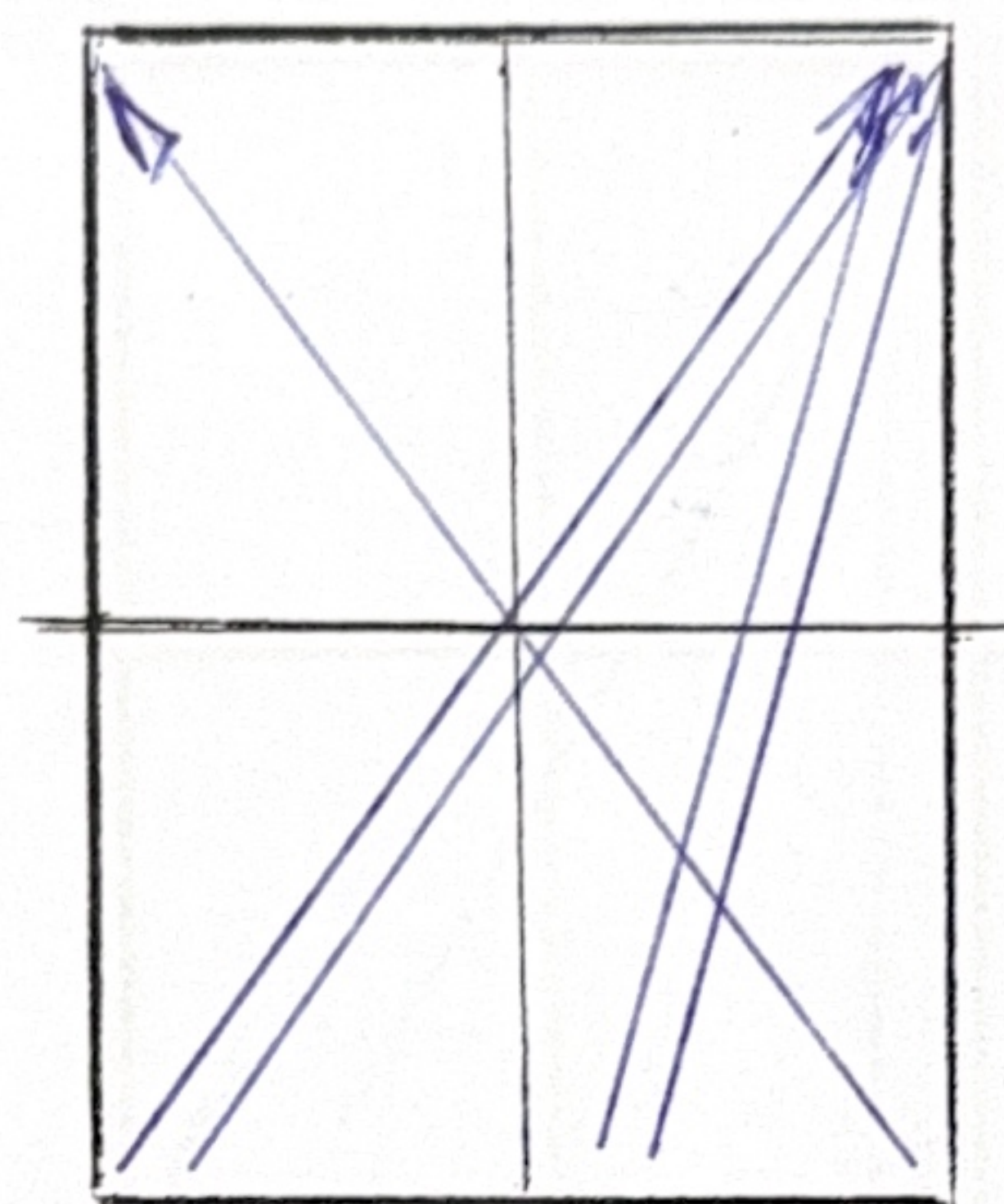
WARMING-UP - FEEDBACK BANDS, PHYSICAL - SHIPPING ROPES

15'



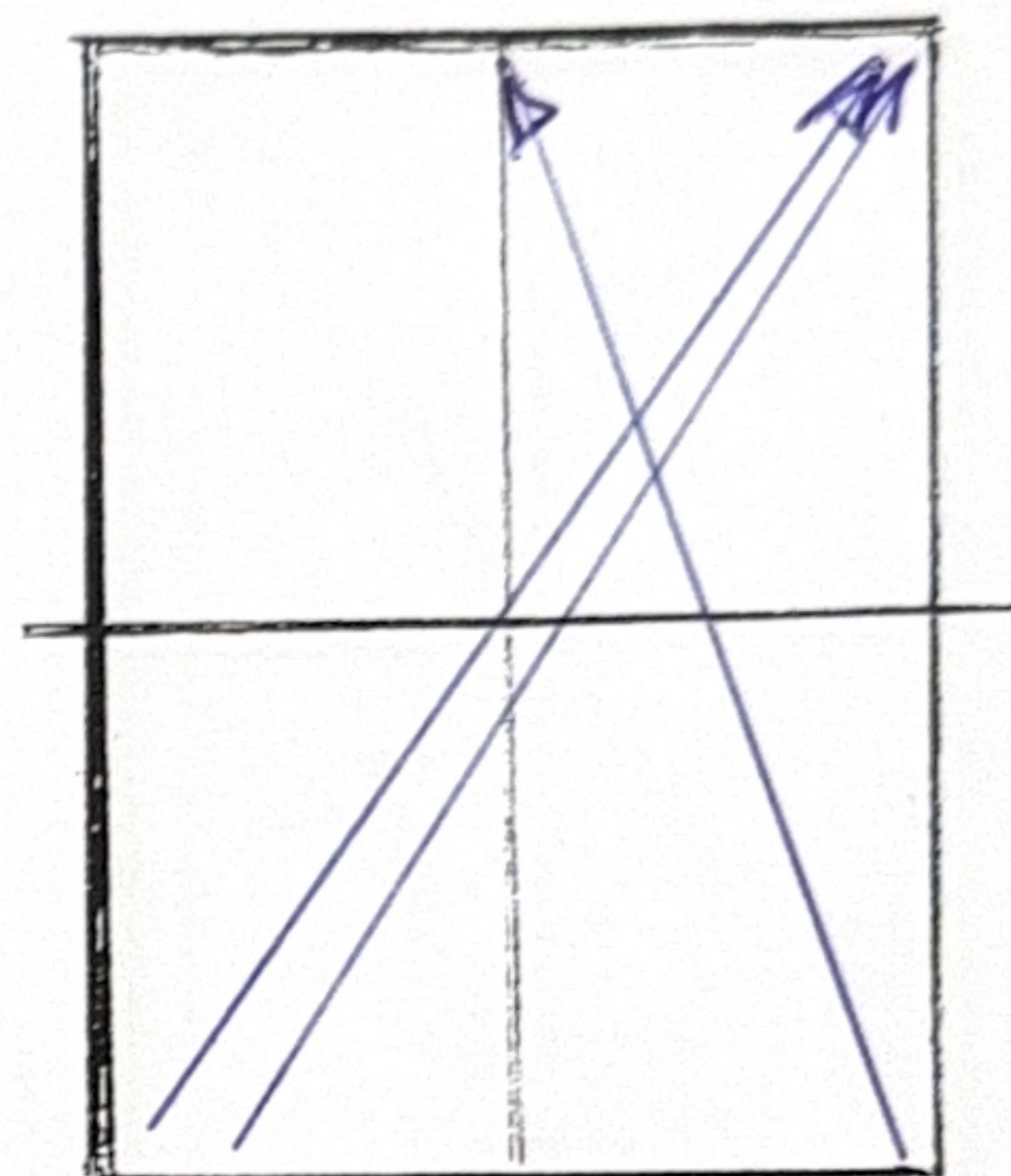
BH 5'
MIDDLE TO
MIDDLE 5'
FH
5'

2x10'



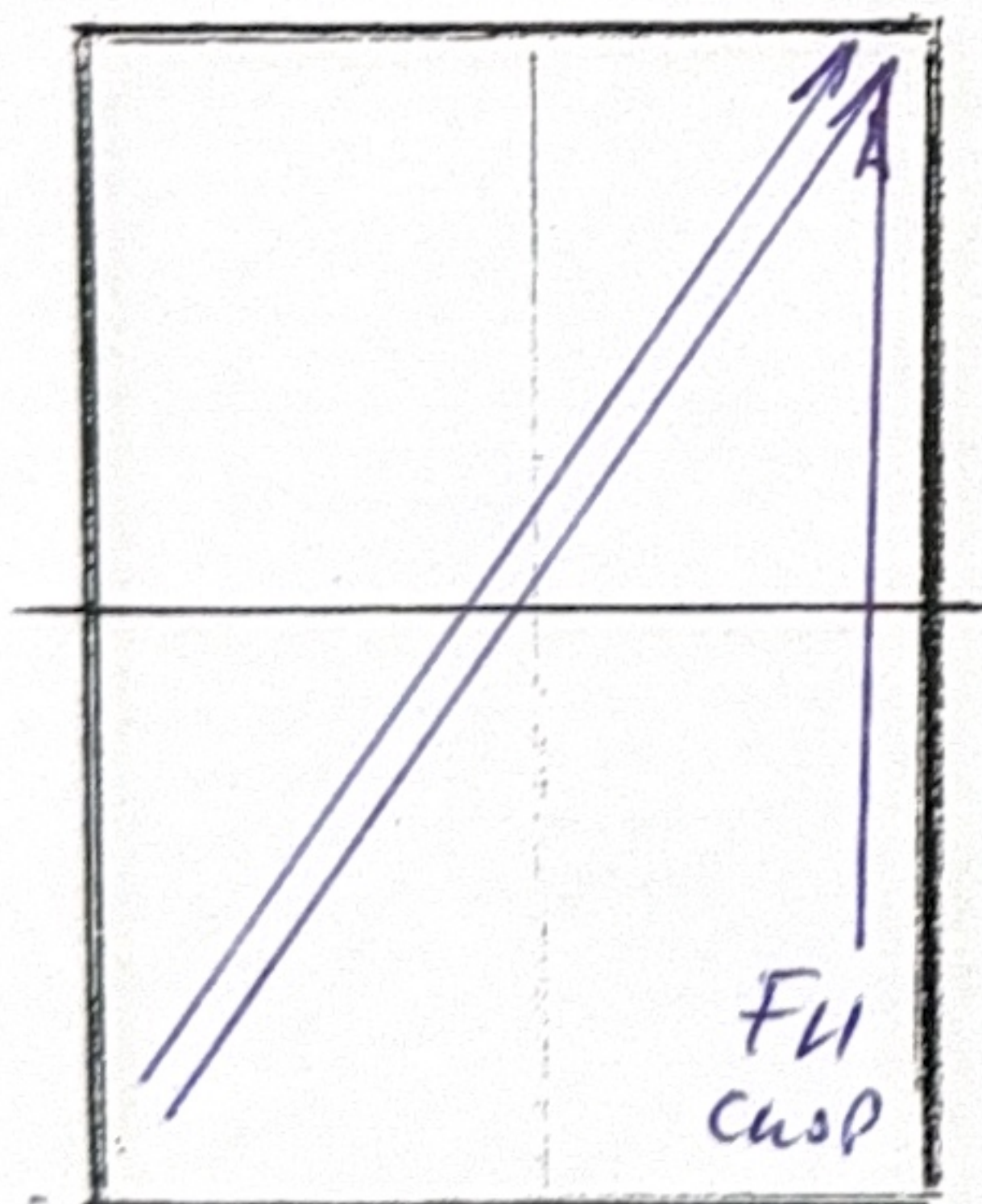
FUS FUS FUS
1,2 3,4 9
5,6 7,8
AFTER 9TH BALL
FREE FH TO FH

2x10'



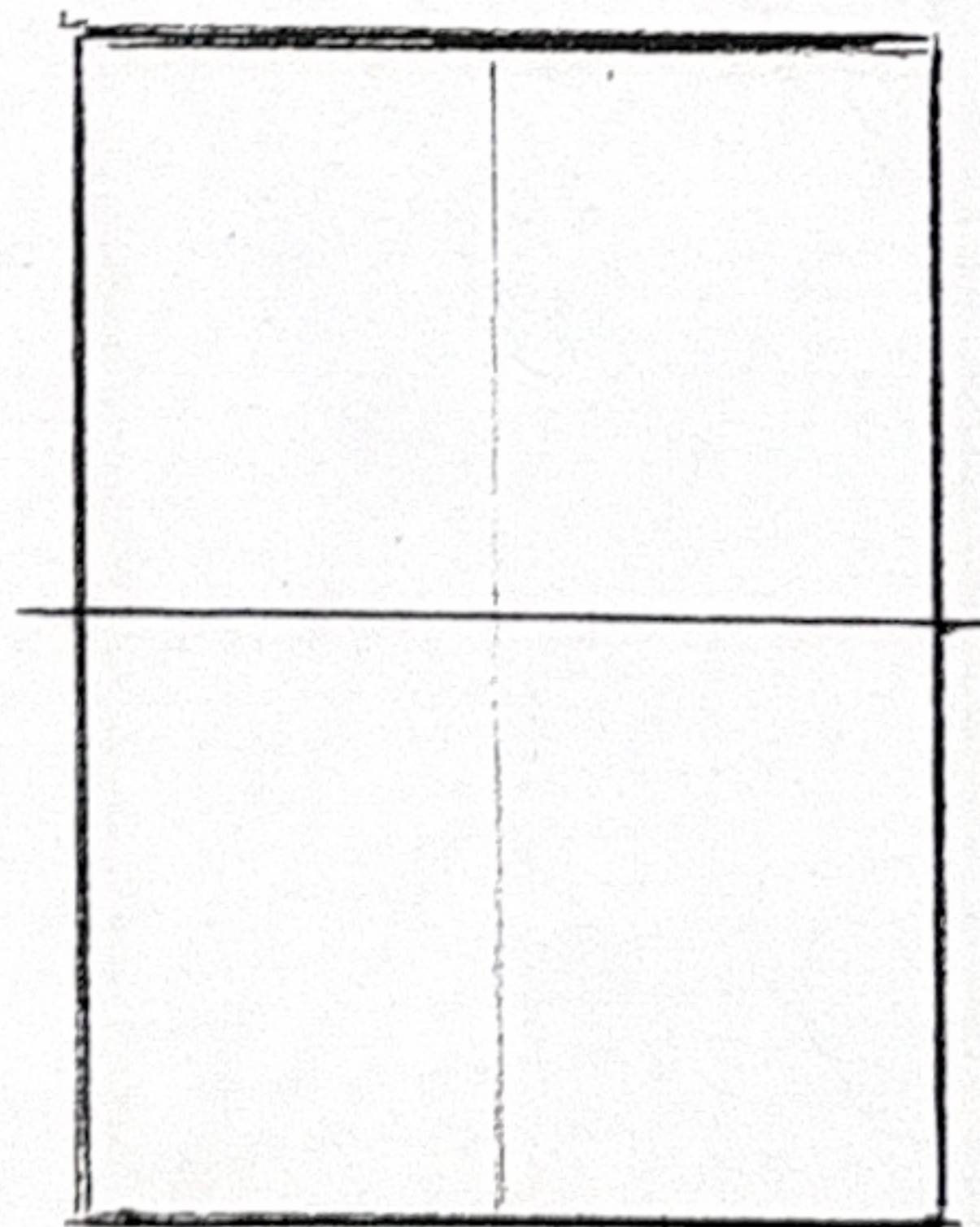
BH 1 FUS
FUS 2 3

2x5'



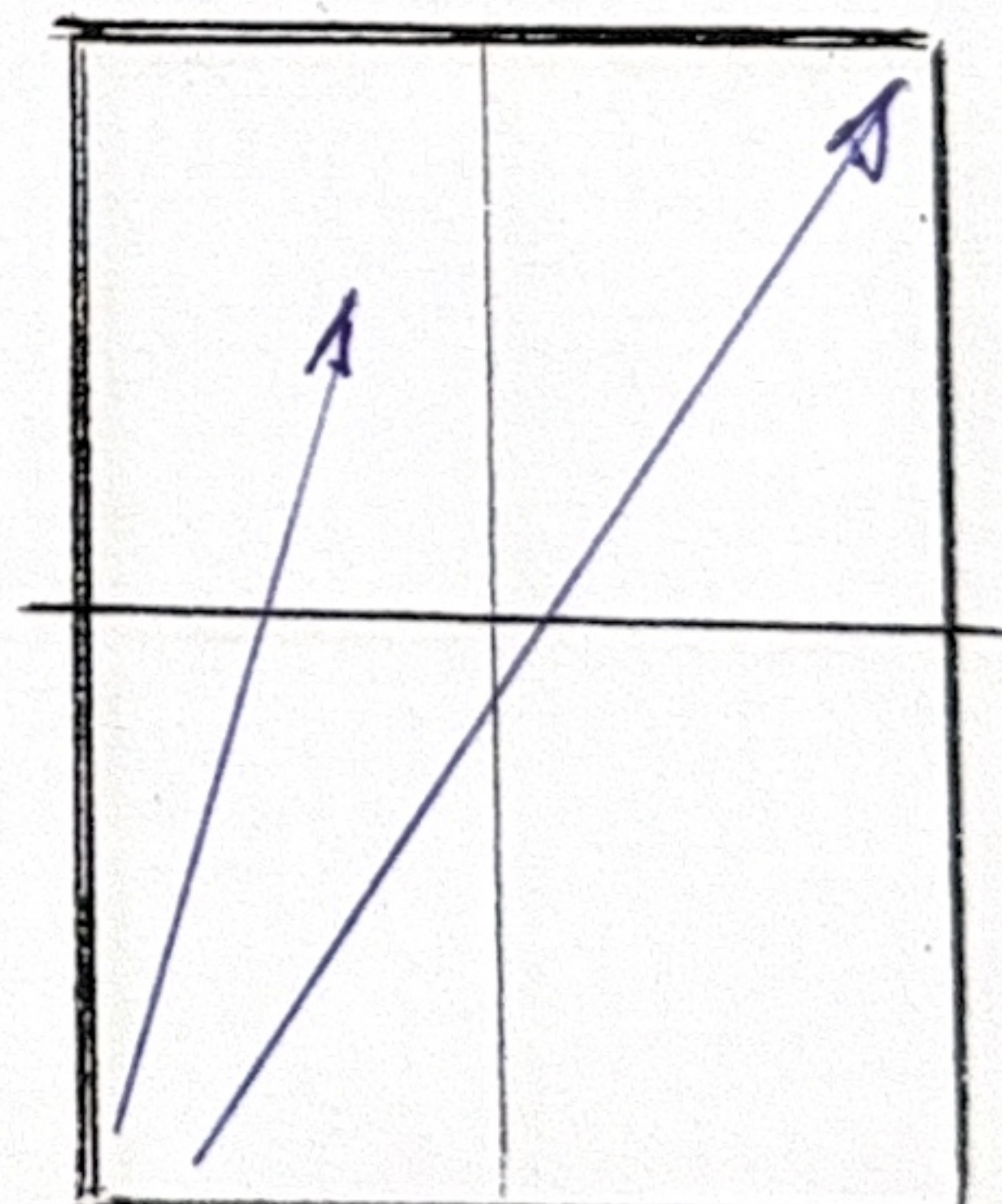
BH chop (Push) 3
FH chop (Push)
1,2

~6'-7'



CHOP ONE SET
ONLY WITH FH
(NOT ALLOWED PLAY)
BH

10' - TOGETHER



SERVICE SHORT TO FH
OR LONG TO BH
BY 2 MISTAKES