

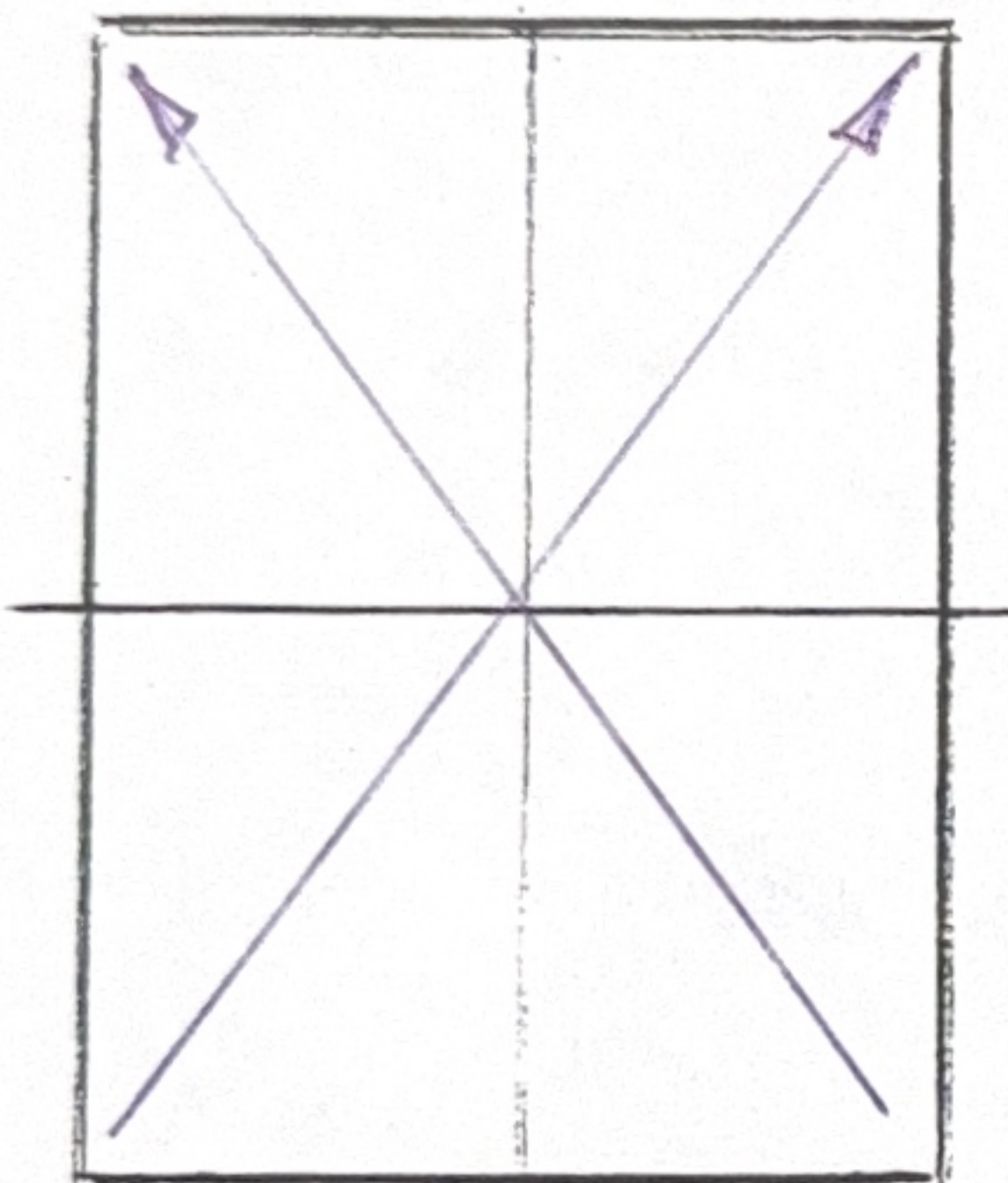
1.02.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK

SIDE STEP + CROSSOVER 4. 3TH BALL ATTACK + FREE POINT

PHYSICAL — SKIPPING ROPES / WARMING-UP-THERABANDS

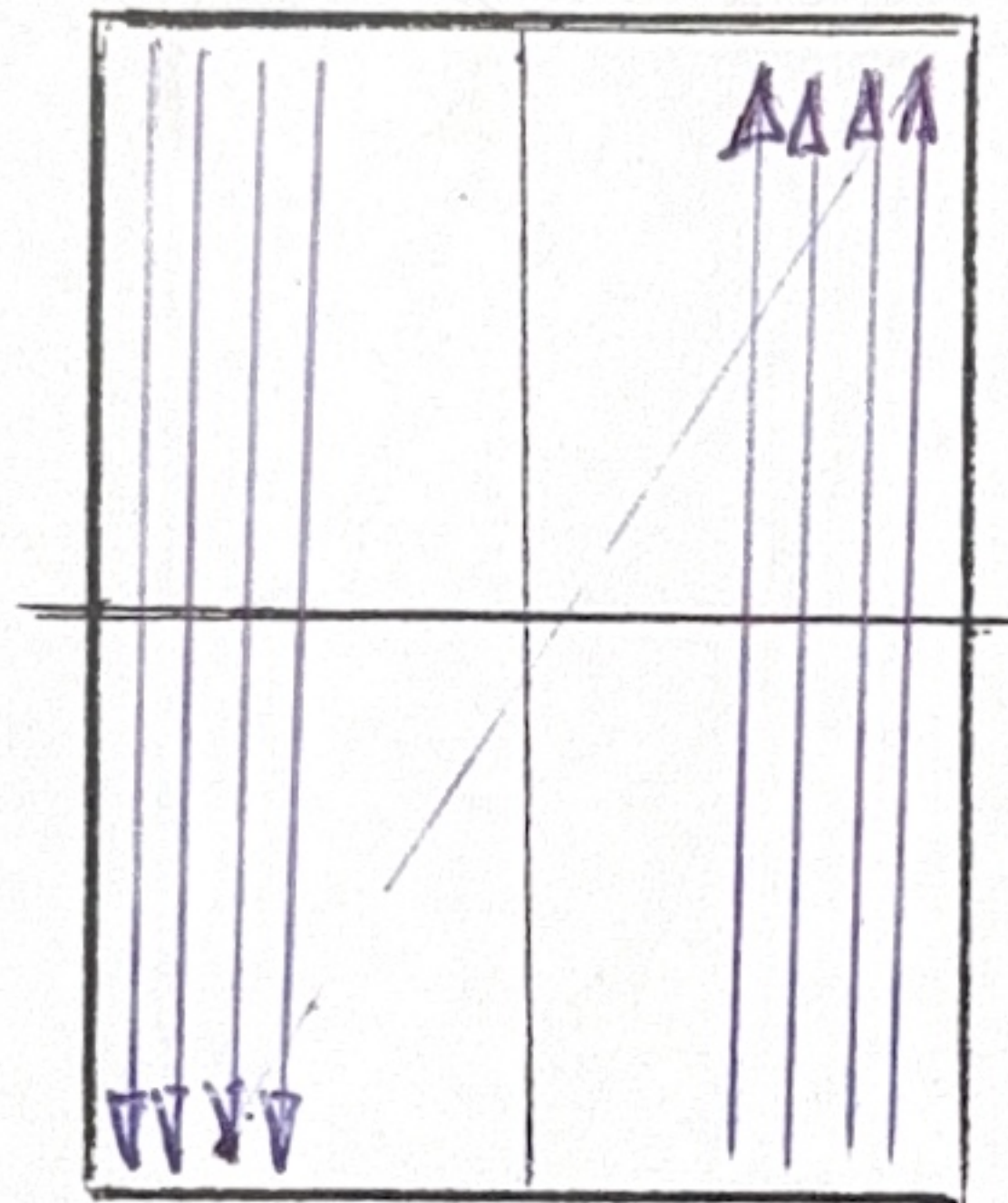
10'



BH
5'

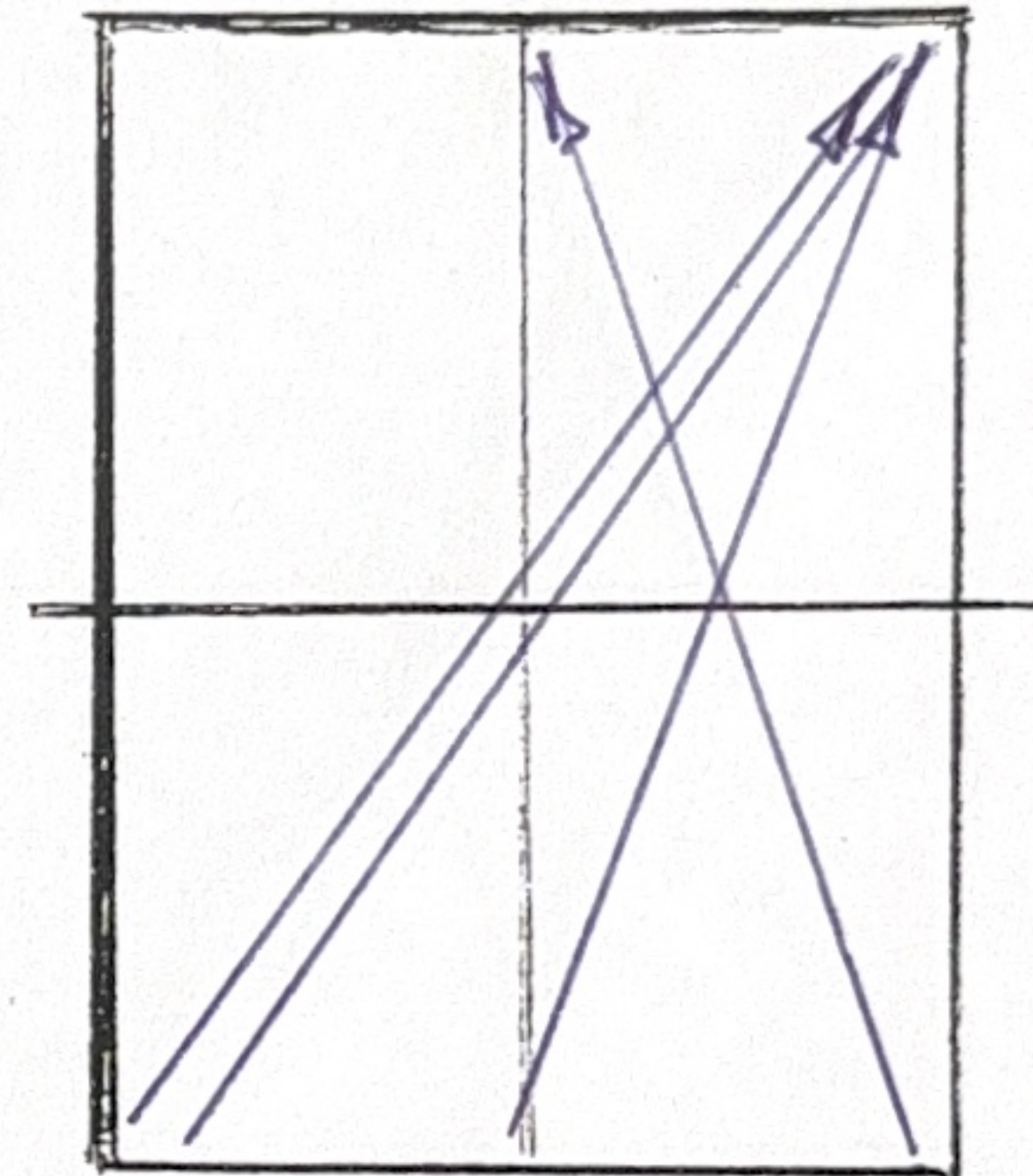
FHS
5'

10'
FHS 1-4



AFTER 2 ROUNDS FHS
POINT FREE 1-4

2 x 10'

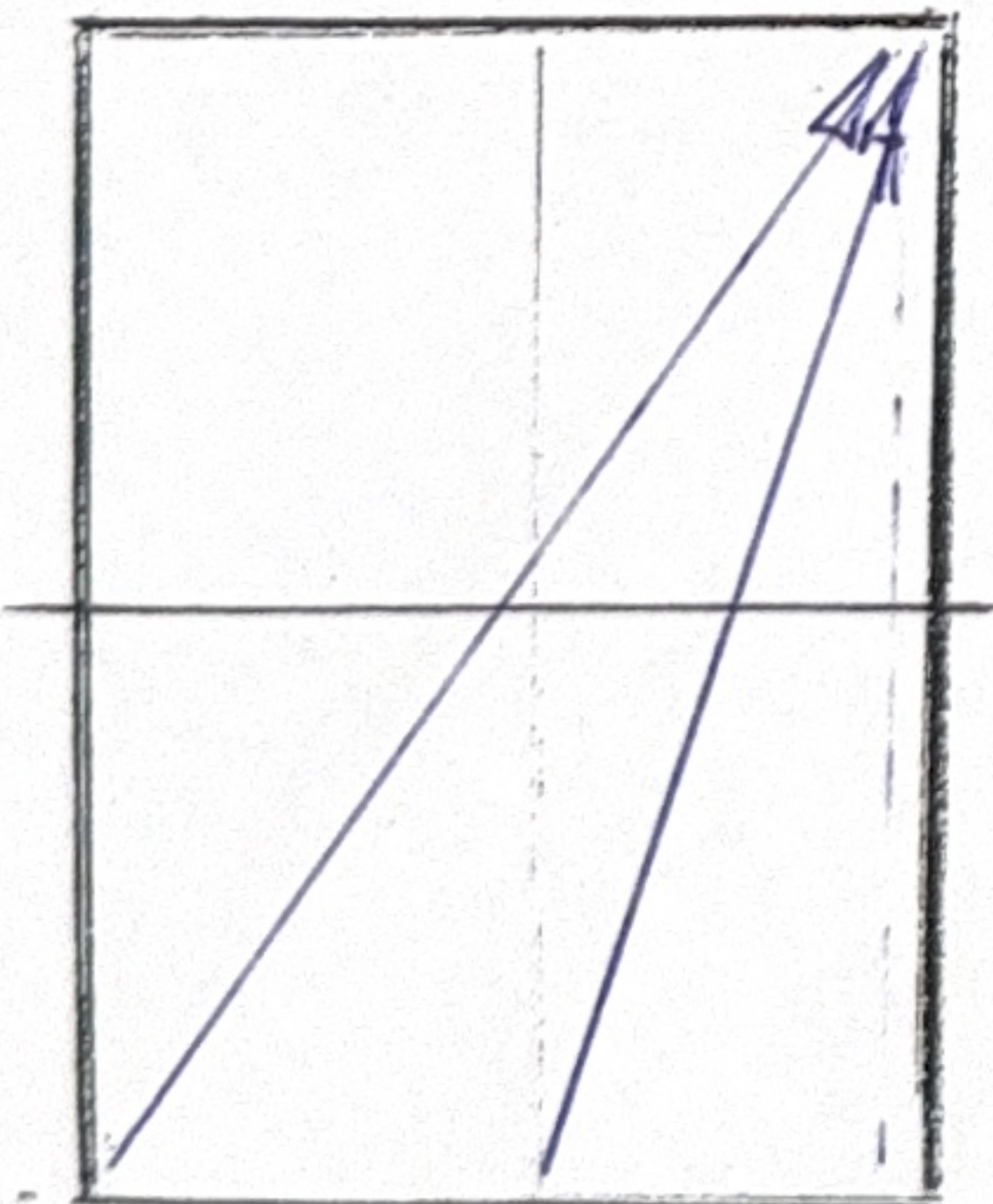


BH2
FHS3

FHS
1

FHS
4

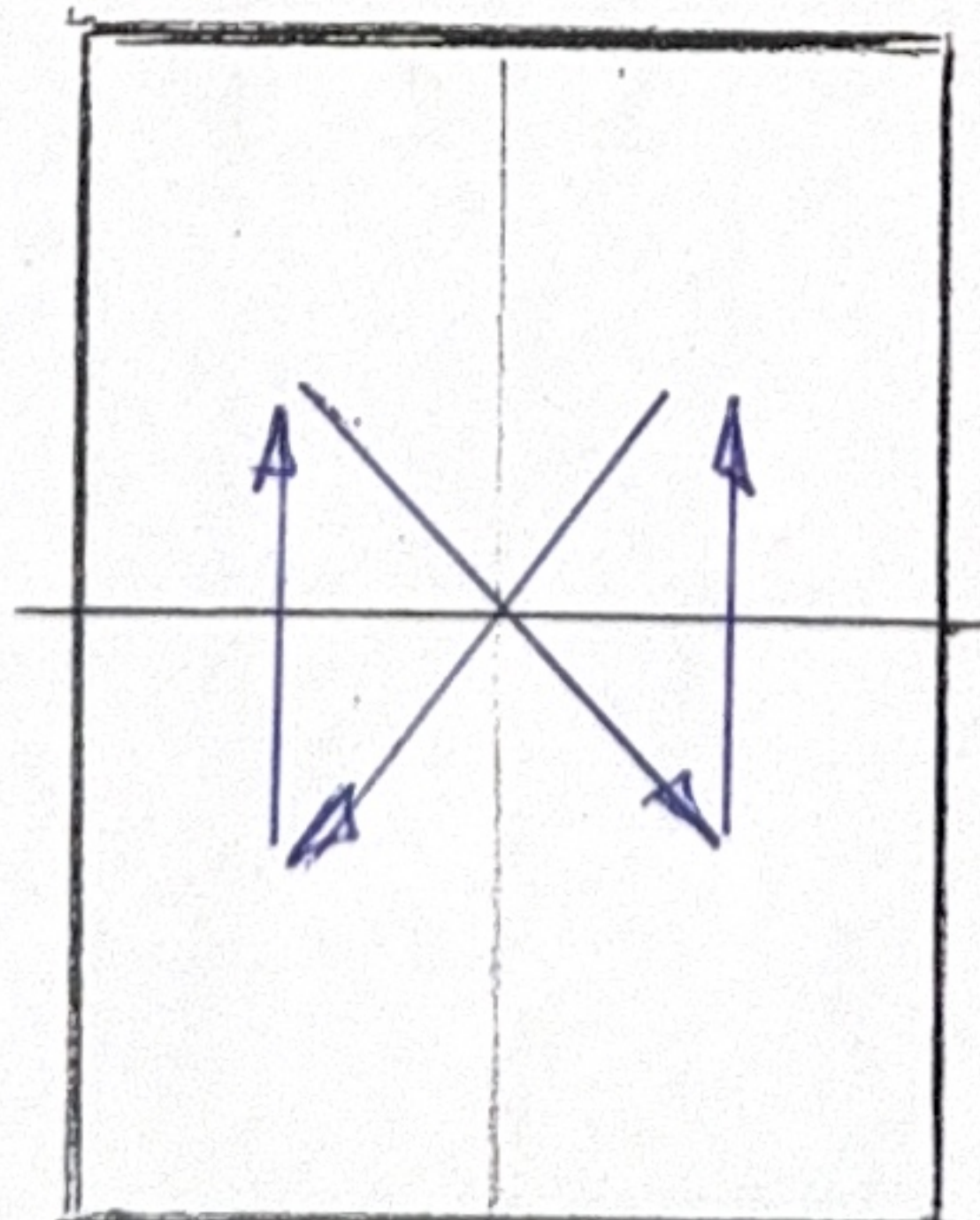
2 x 10'



BH
1

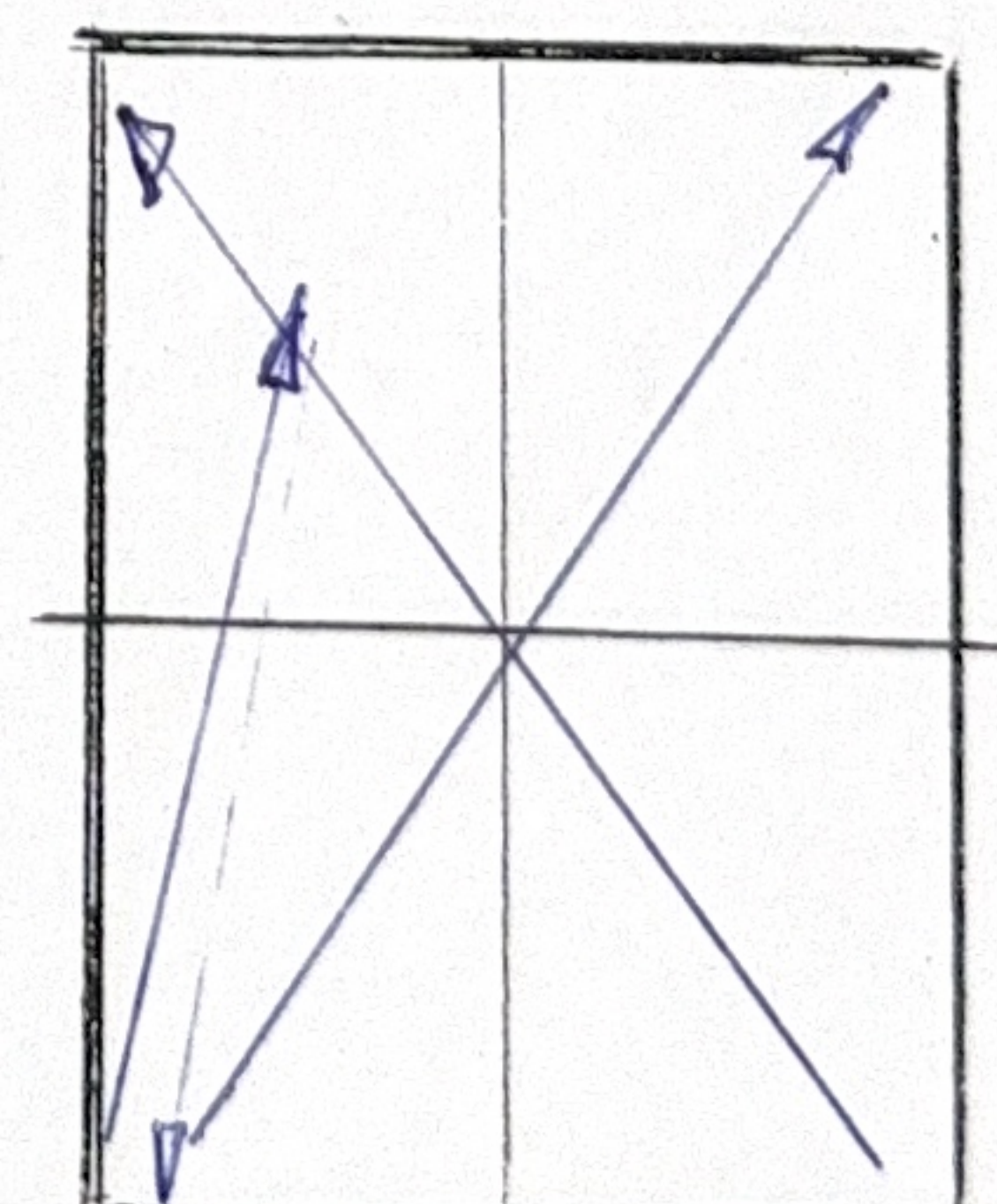
FHS
2 ? 2

2 x 5'



SHORT / SHORT
CWP

2 x 8'



SERVICE
BH OR FHS
1

FHS
2

* UP AND DOWN ONE SET / MUST WIN OWN SERVE / 20'

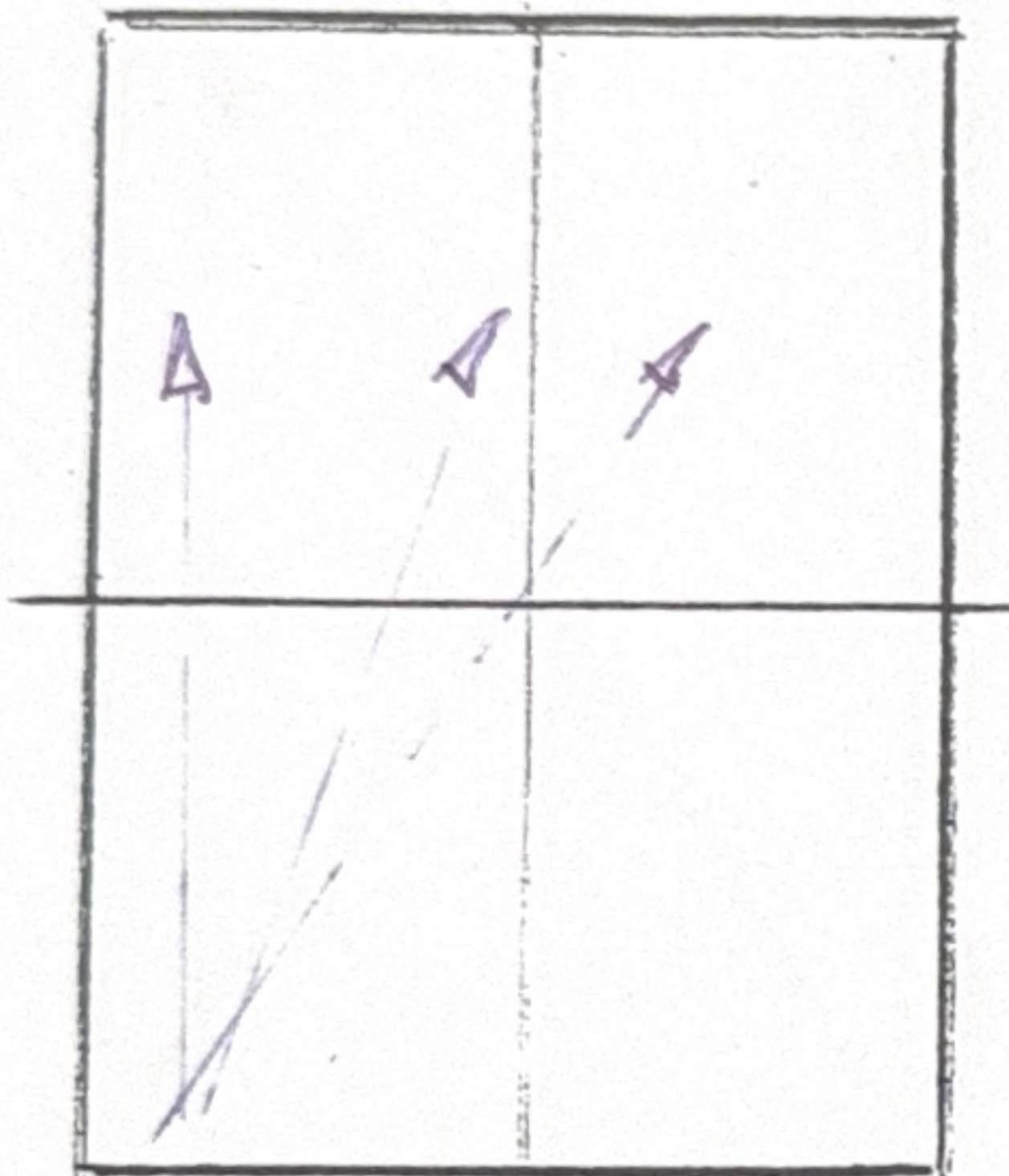
2.02.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

SERVE + RECEIVE + MULTIBALLS

ATTACKING STROKES AGAINST DIFFERENT SPINS

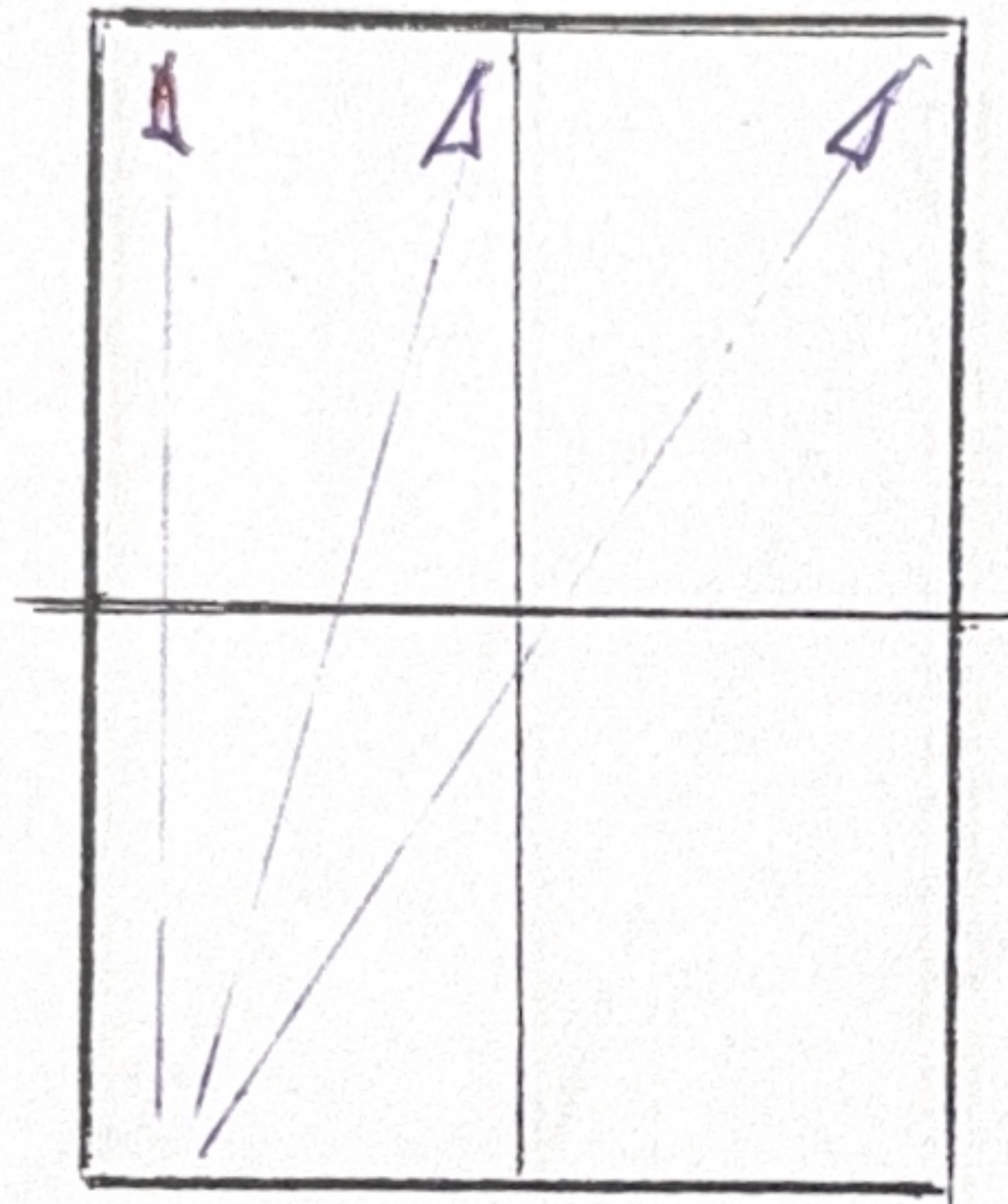
THERABANDS + PHYSICAL - SKIPPING ROPES

2x10'



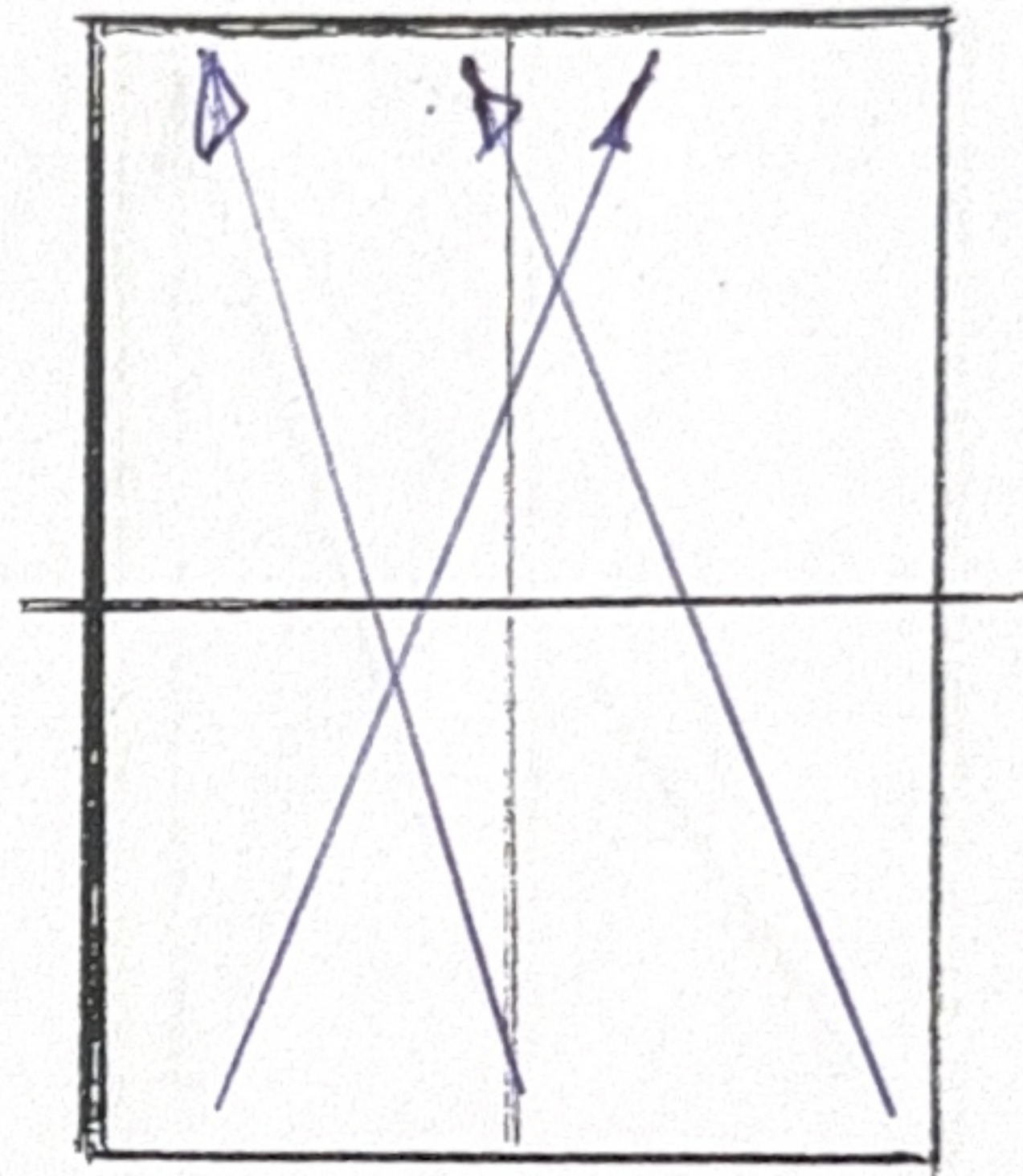
SERVE SHORT
DIFFERENT SPINS
— 4 — PLACEMENT

2x10'



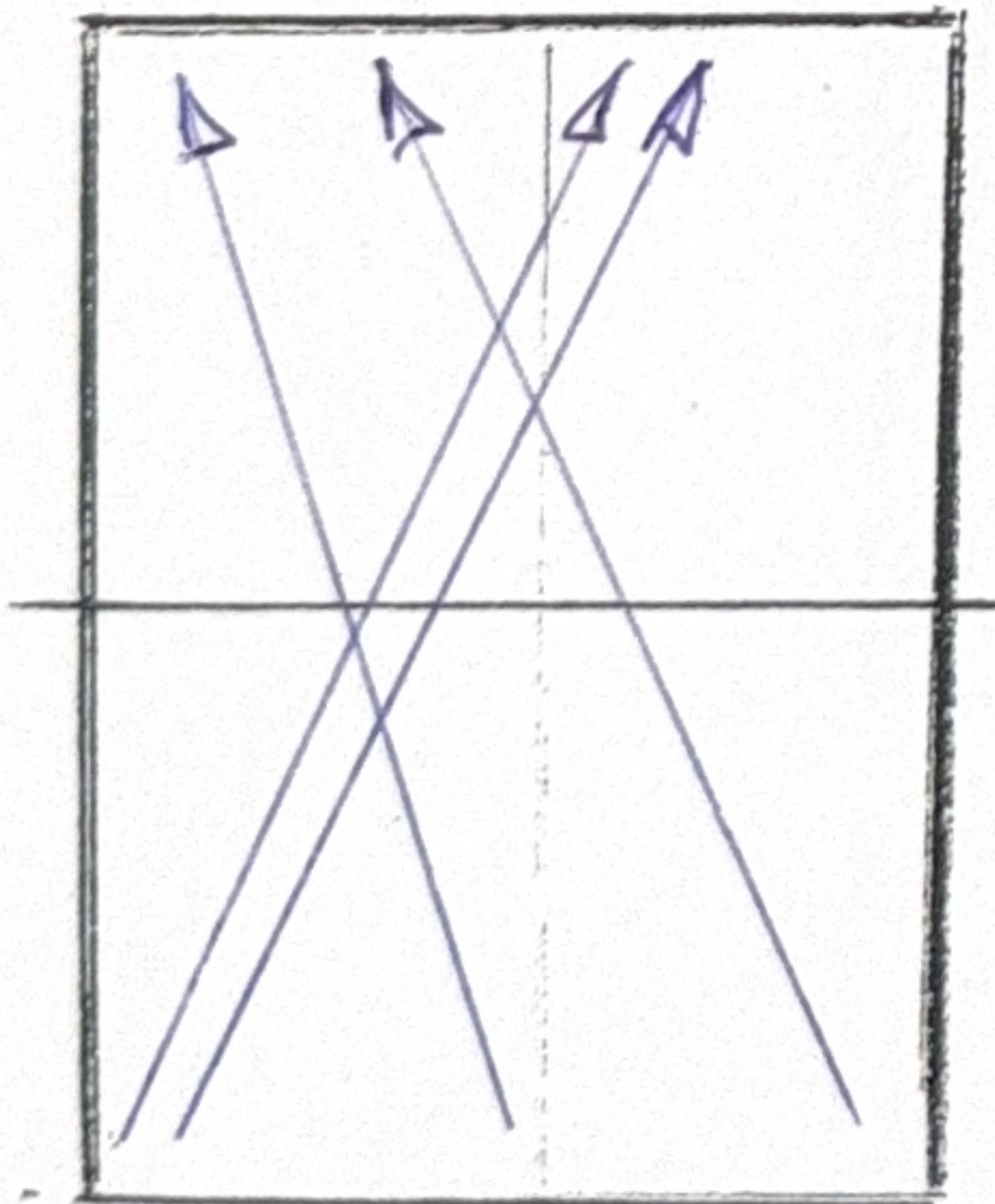
SERVE LONG
DIFFERENT SPINS
— 4 — PLACEMENT

15'



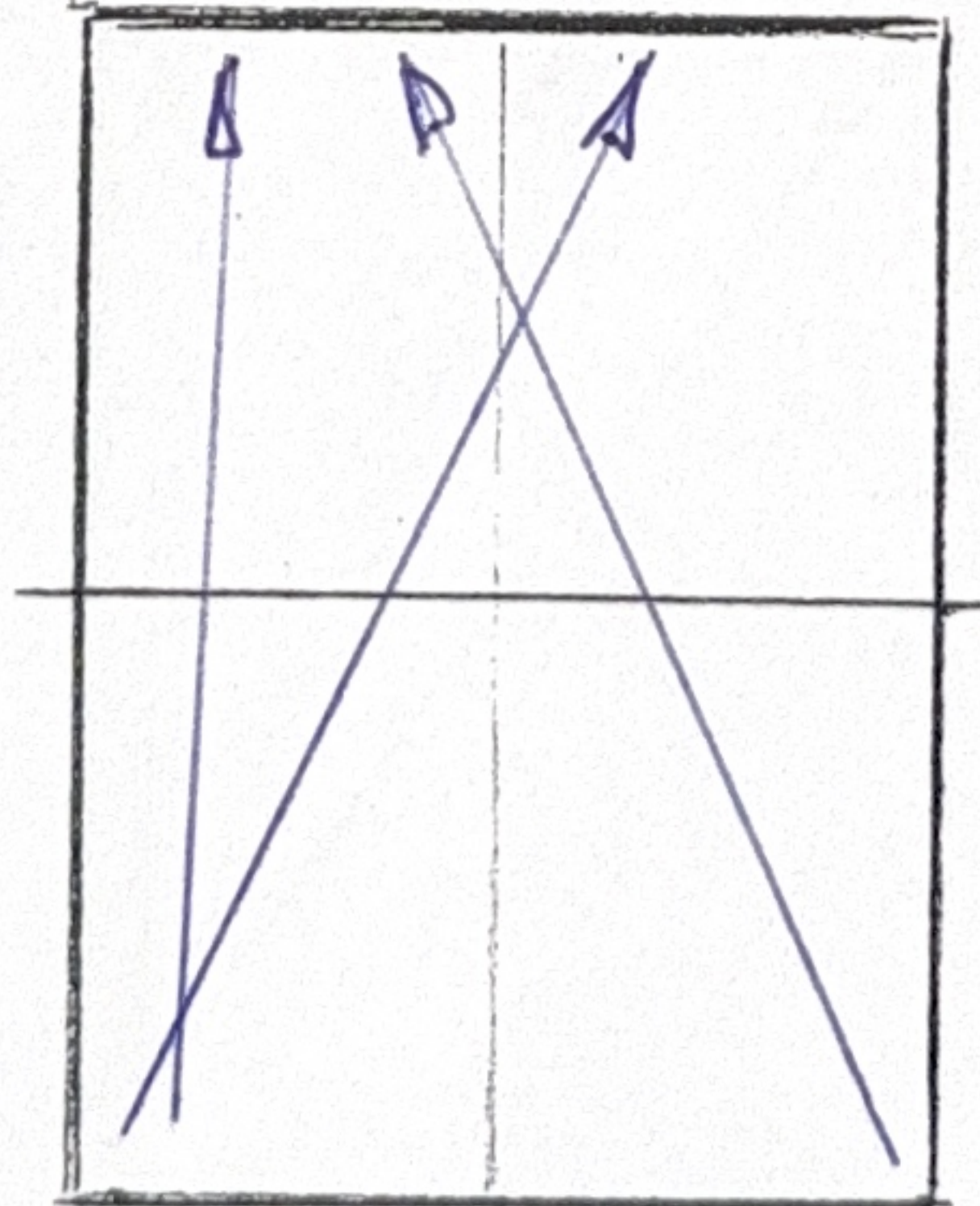
BH FHS FHS
3 1 2 TOPSPIN
TOPSPIN BACKSPIN

15'



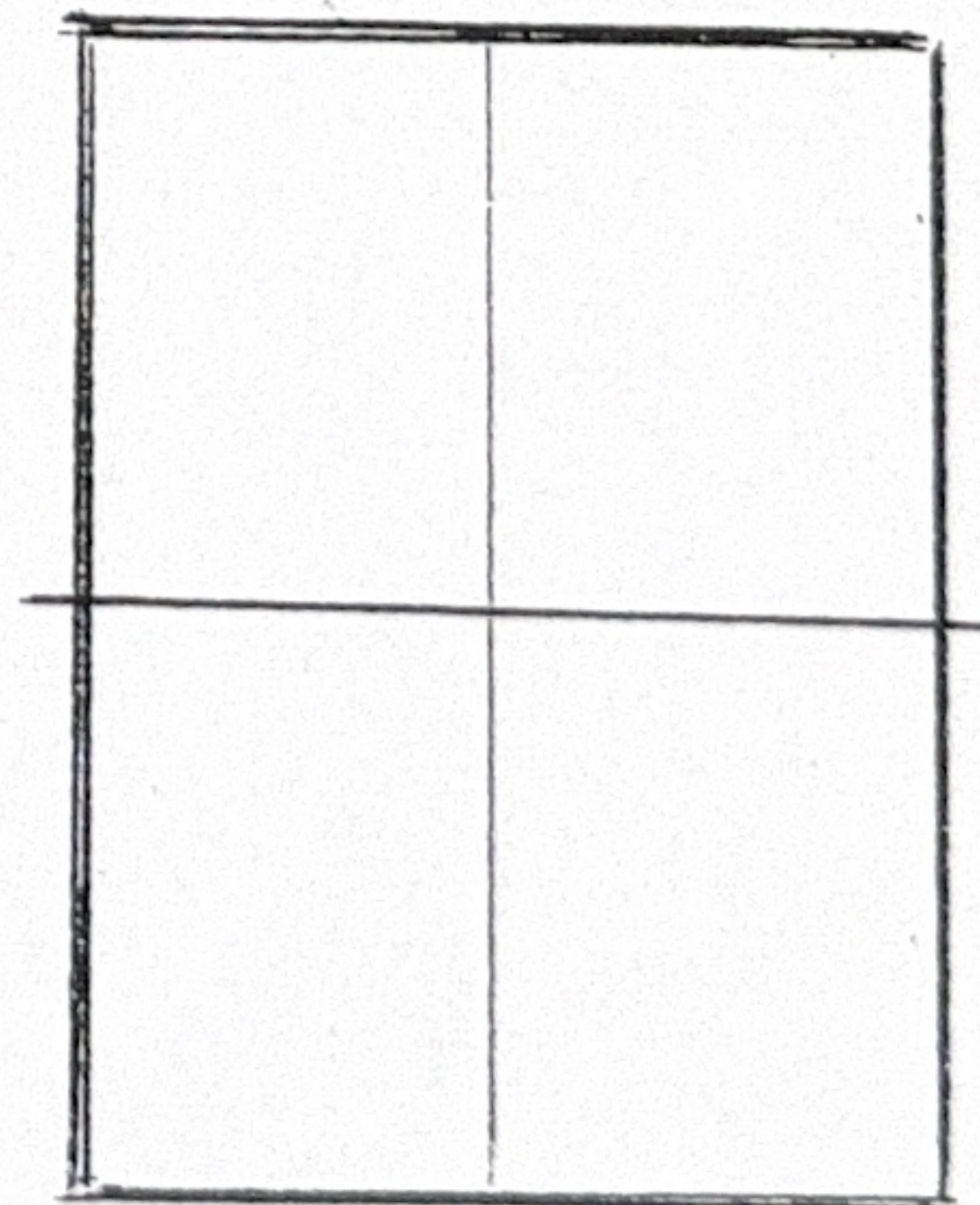
BH FHS FHS
2,4 1 3
BACKSPIN

15'



BHS 1 FHS
BHS 2 3

15'



INDIVIDUAL

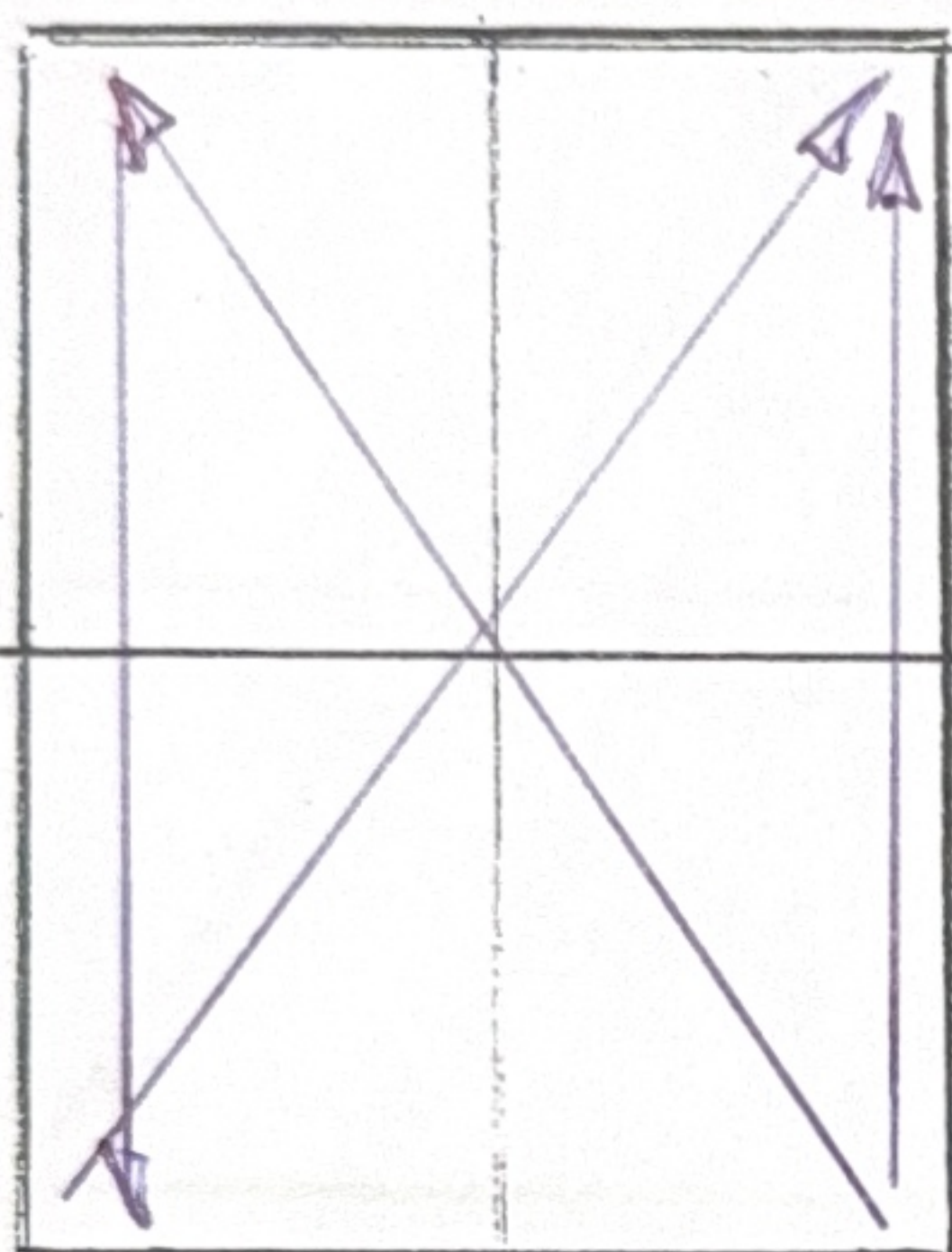
3.02.2026 TUESDAY 17.00-19.00 INTERMEDIATE

1. TECHNIQUE 2. SPEED OF ATTACKING STROKES

3. PLACEMENT 4. UP AND DOWN WITH CONDITIONS

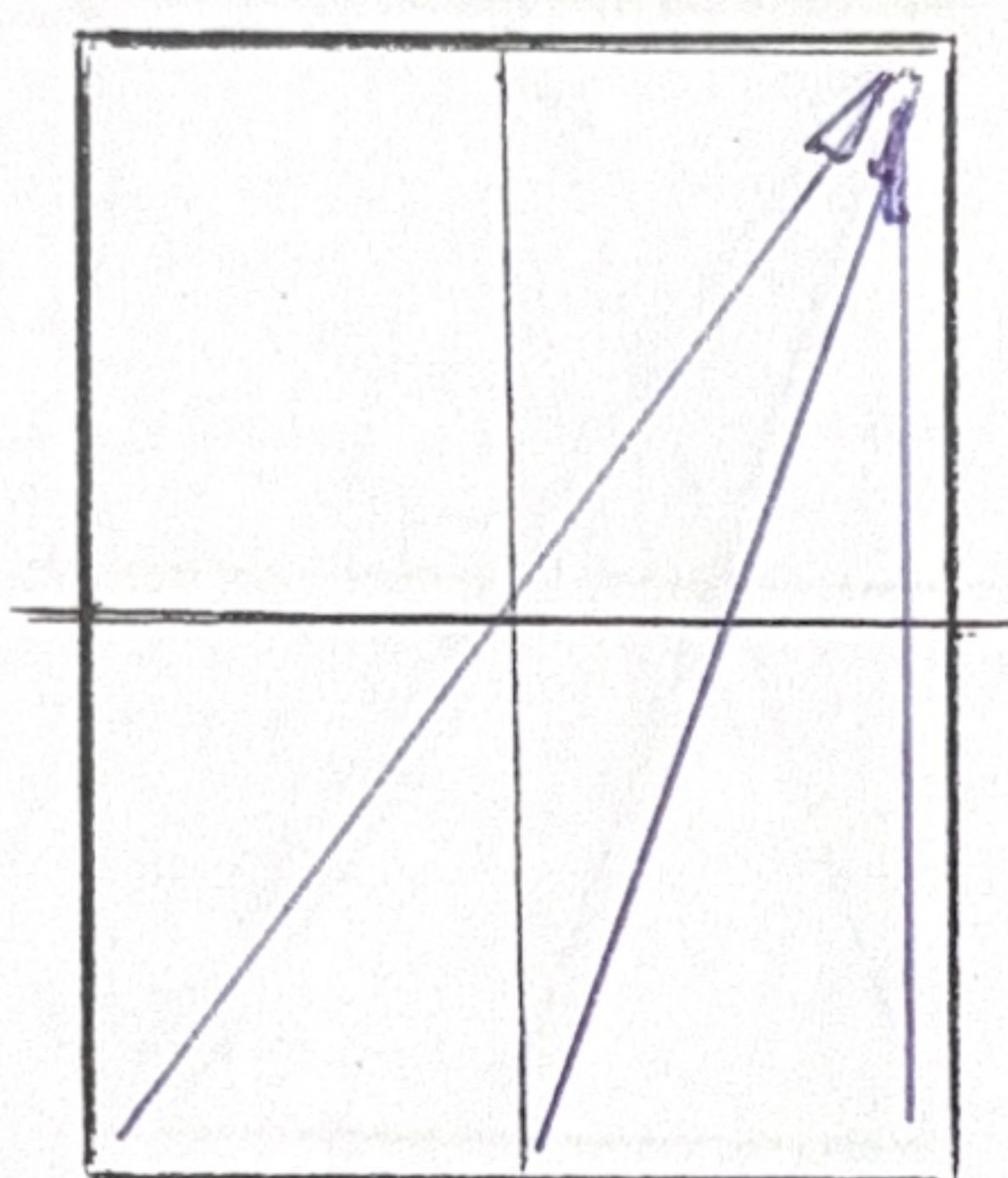
PHYSICAL - LADDER $\approx 20'$ - SPEED + AGILITY

15'



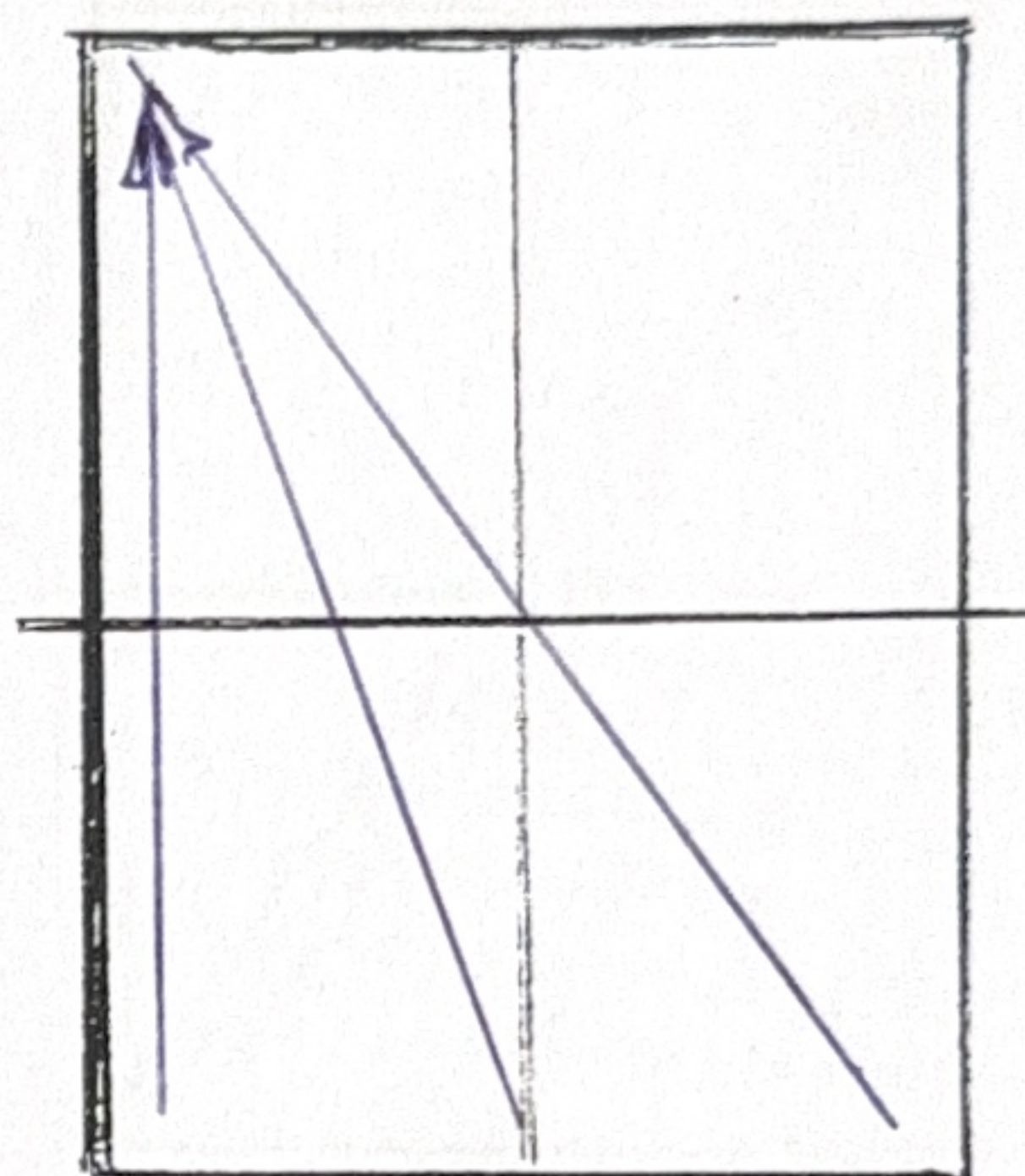
BU DOWN THE FH
SI LINE SI

2x8'



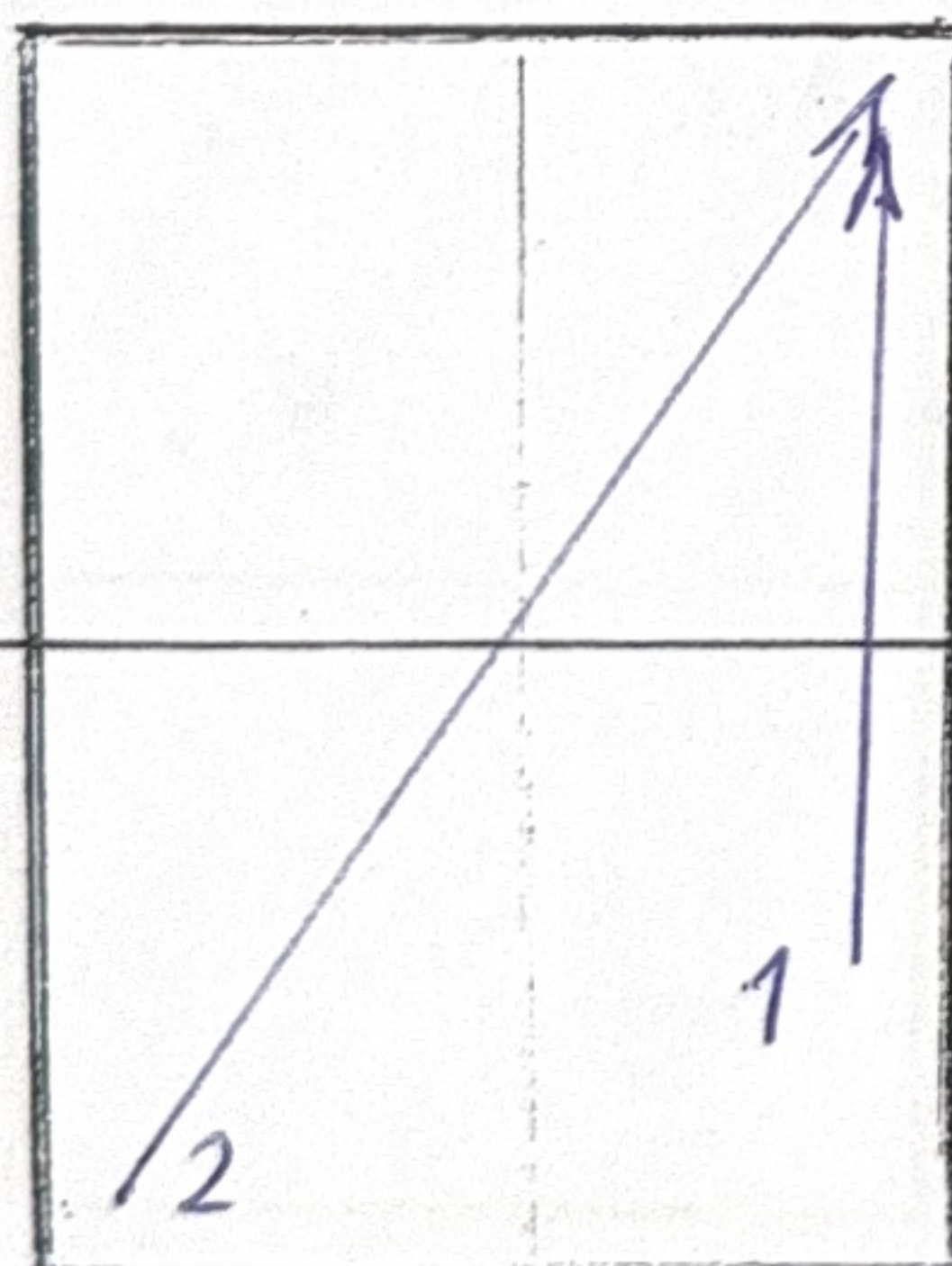
BU FUS FUS
1 2 3

2x8'



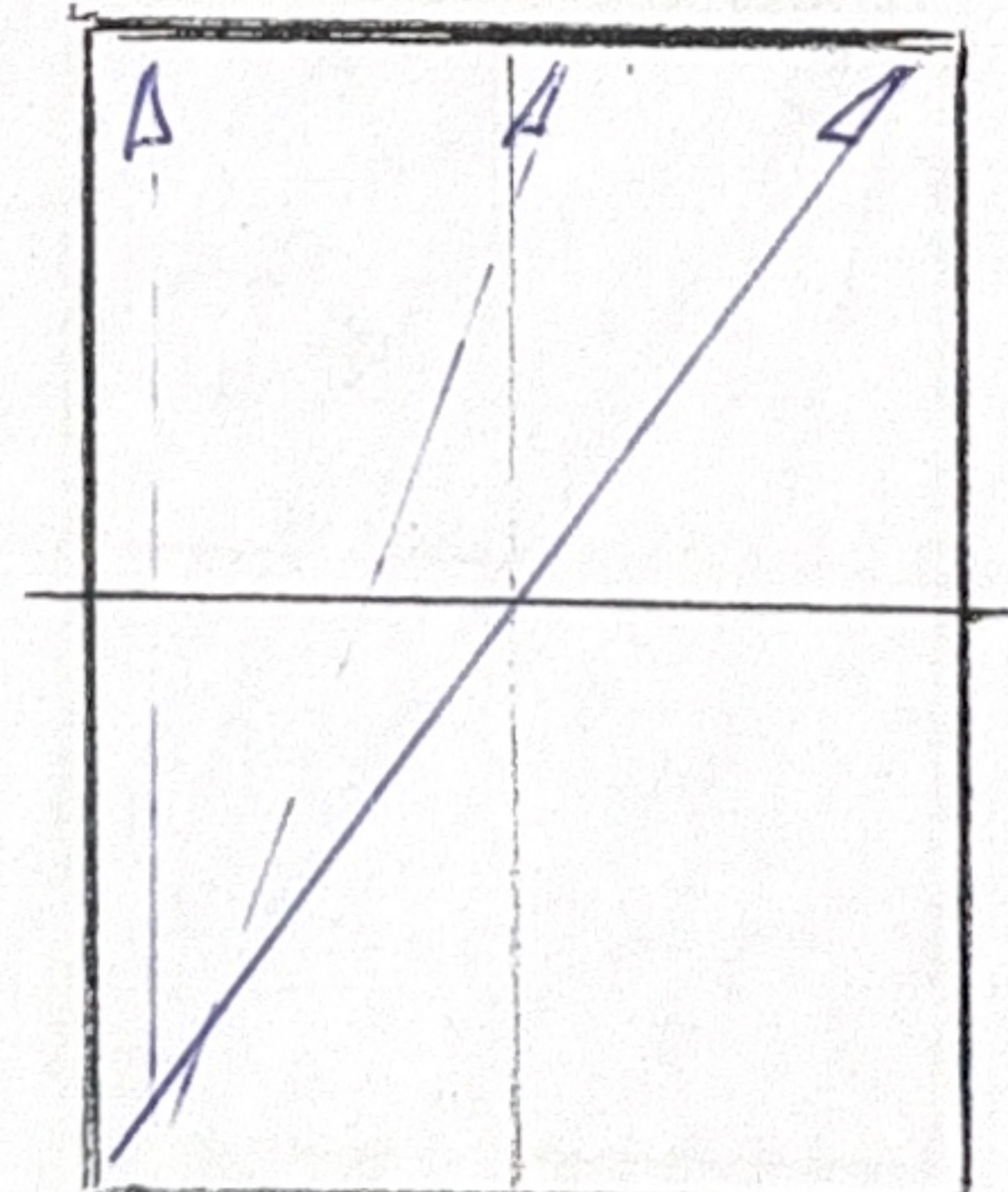
BU FUS FUS
3 2 1

2x5'



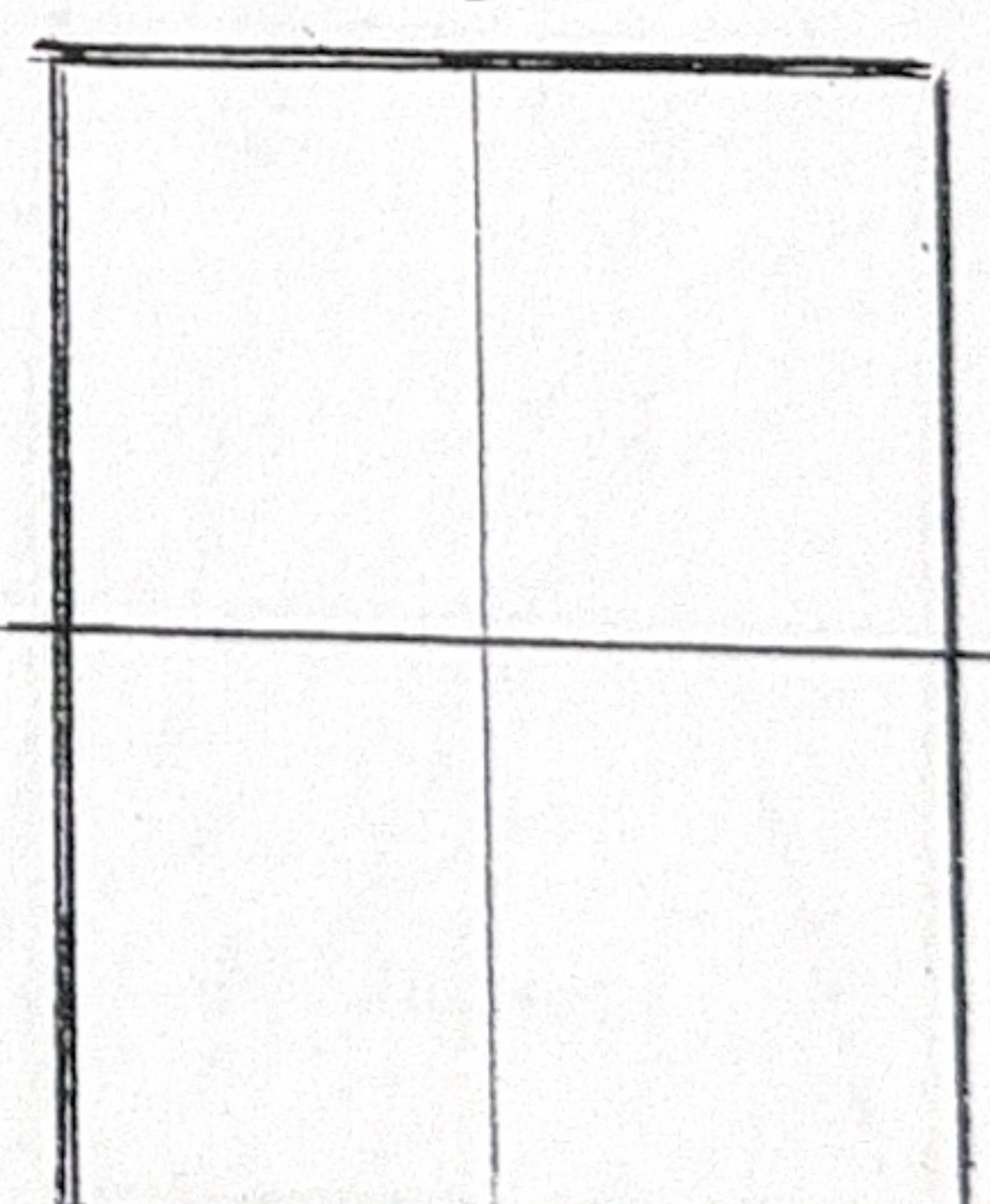
CHOP FAST LONG
SHORT

2x8'



SERVICE FAST LONG
+ FREE

$\approx 20'$



UP AND DOWN
SERVICE FAST-LONG
ONLY