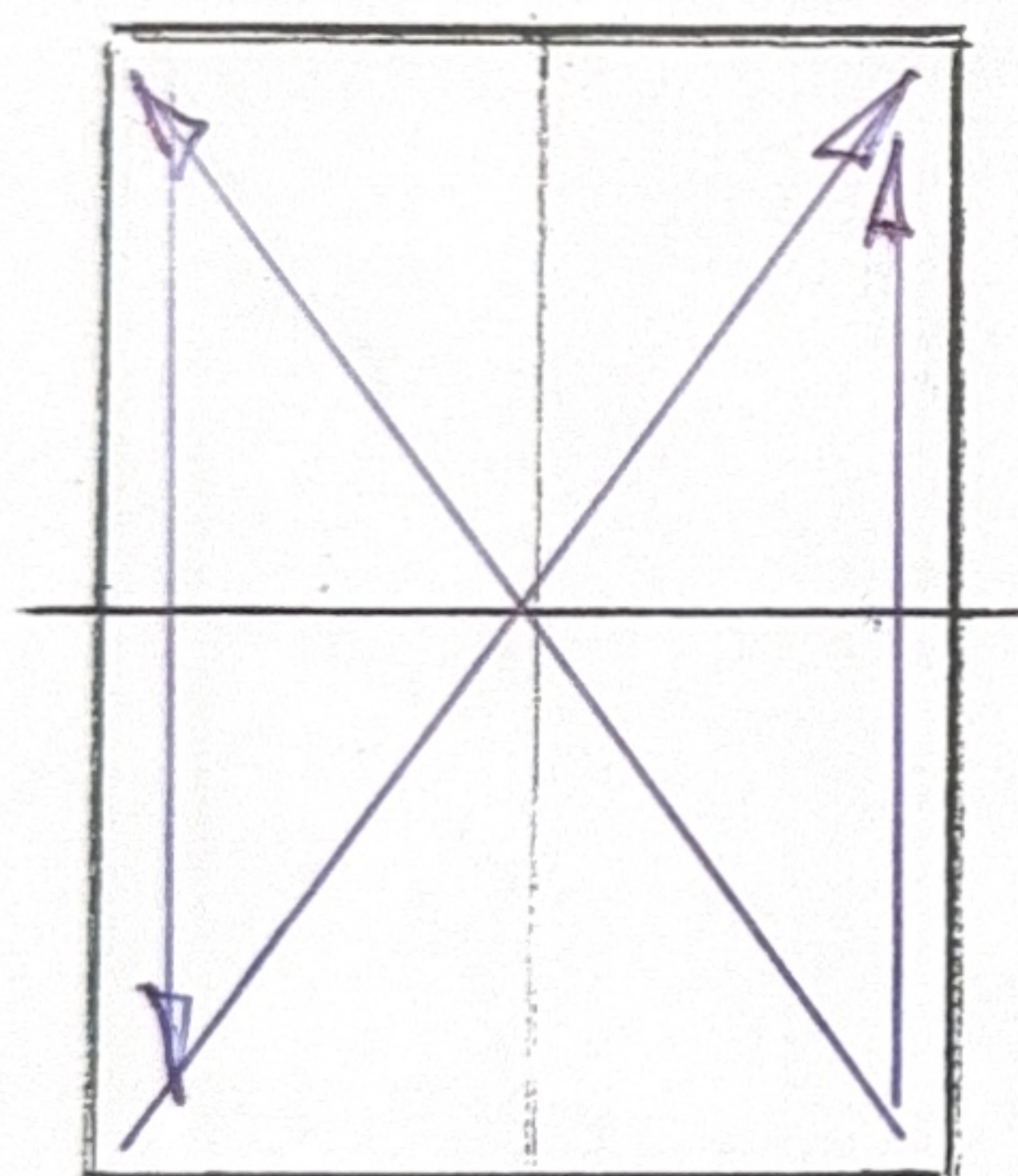


1.02.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK 3. 3TH BALL ATTACK +

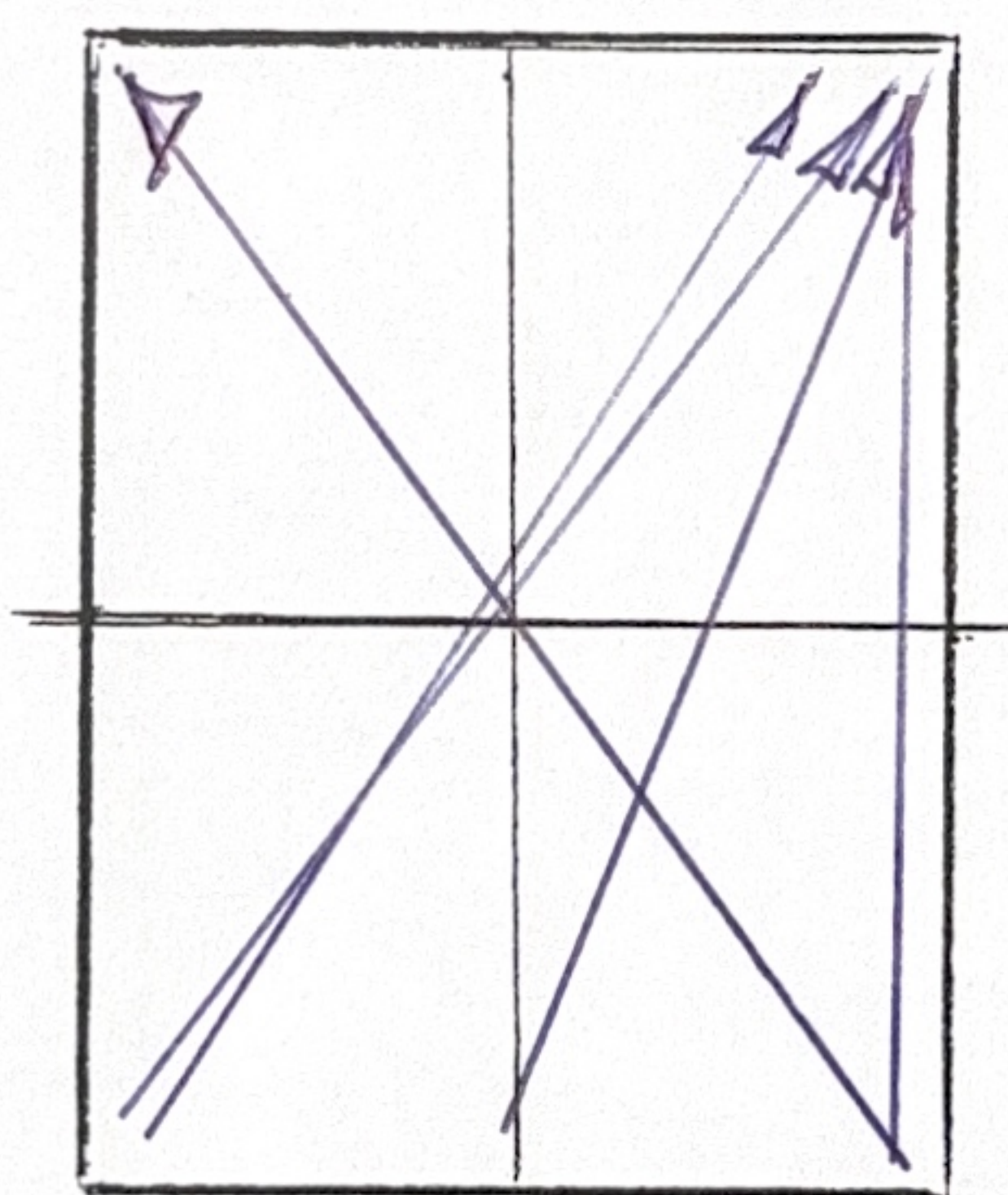
FREE GAME PHYSICAL - SKIPPING ROPES

15'



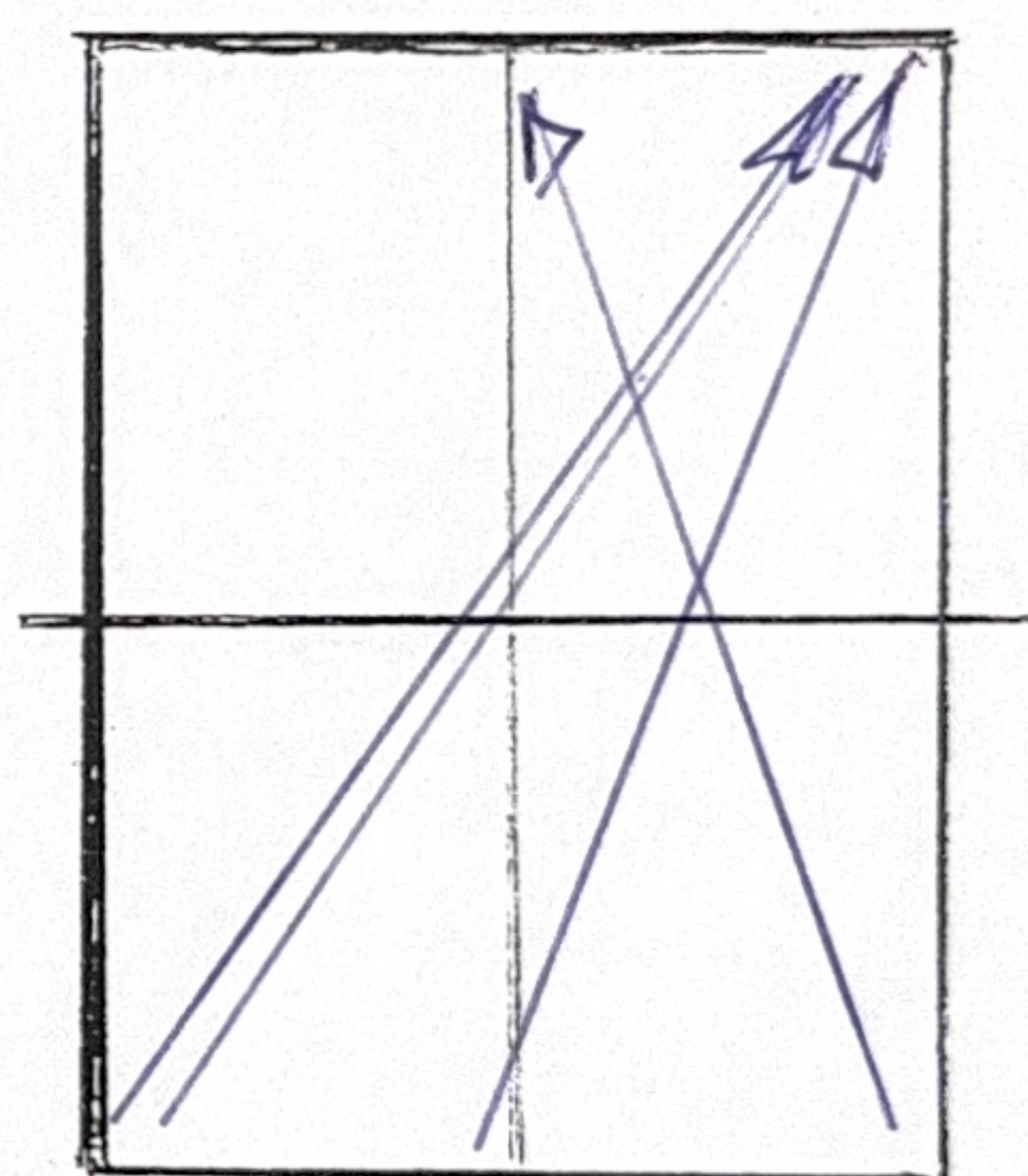
BH + DOWN FH
5' THE LINE 5'

2x10'



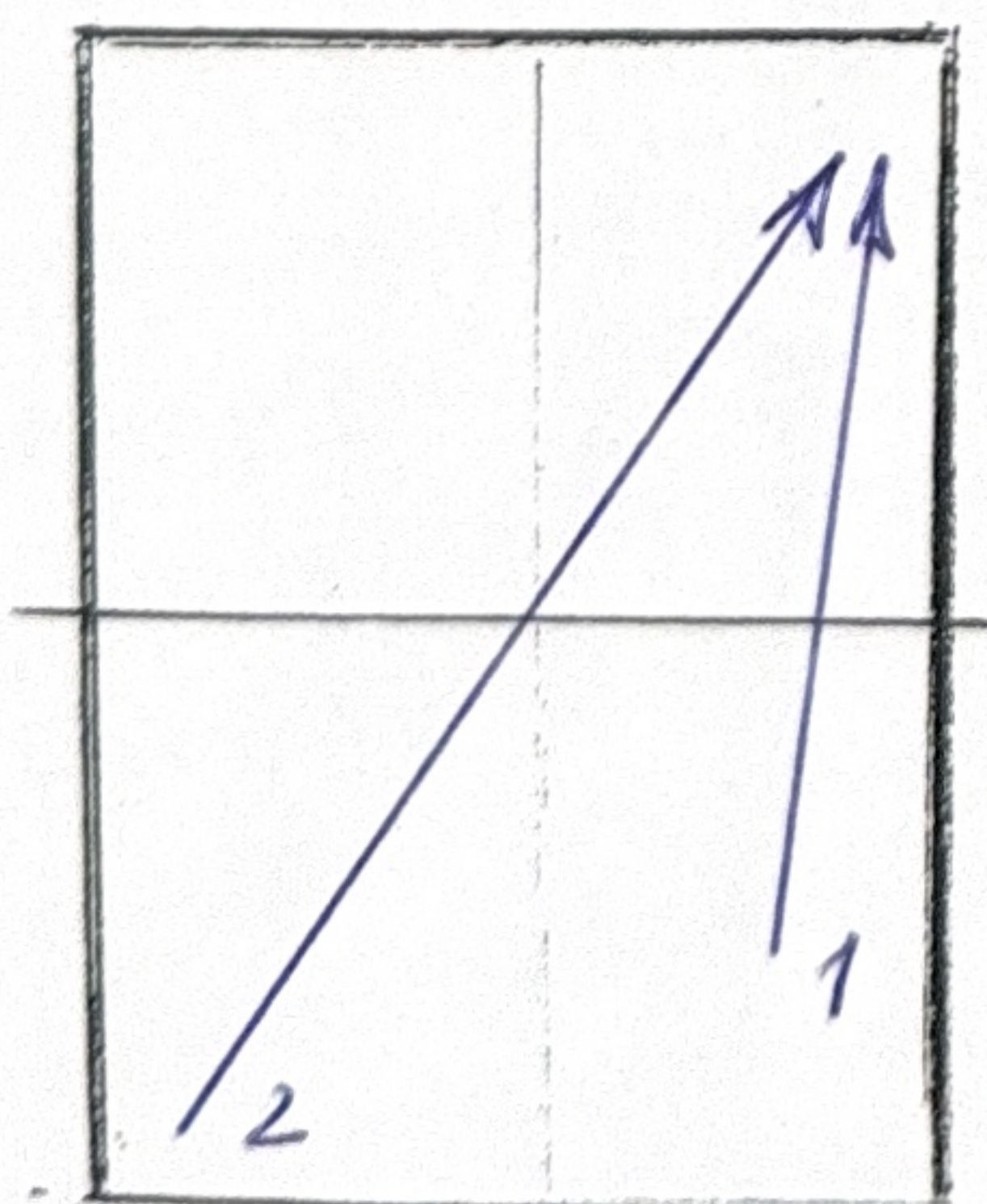
BH 1,3,5
FHS 6
FHS 4
FHS 2,7

2x10'



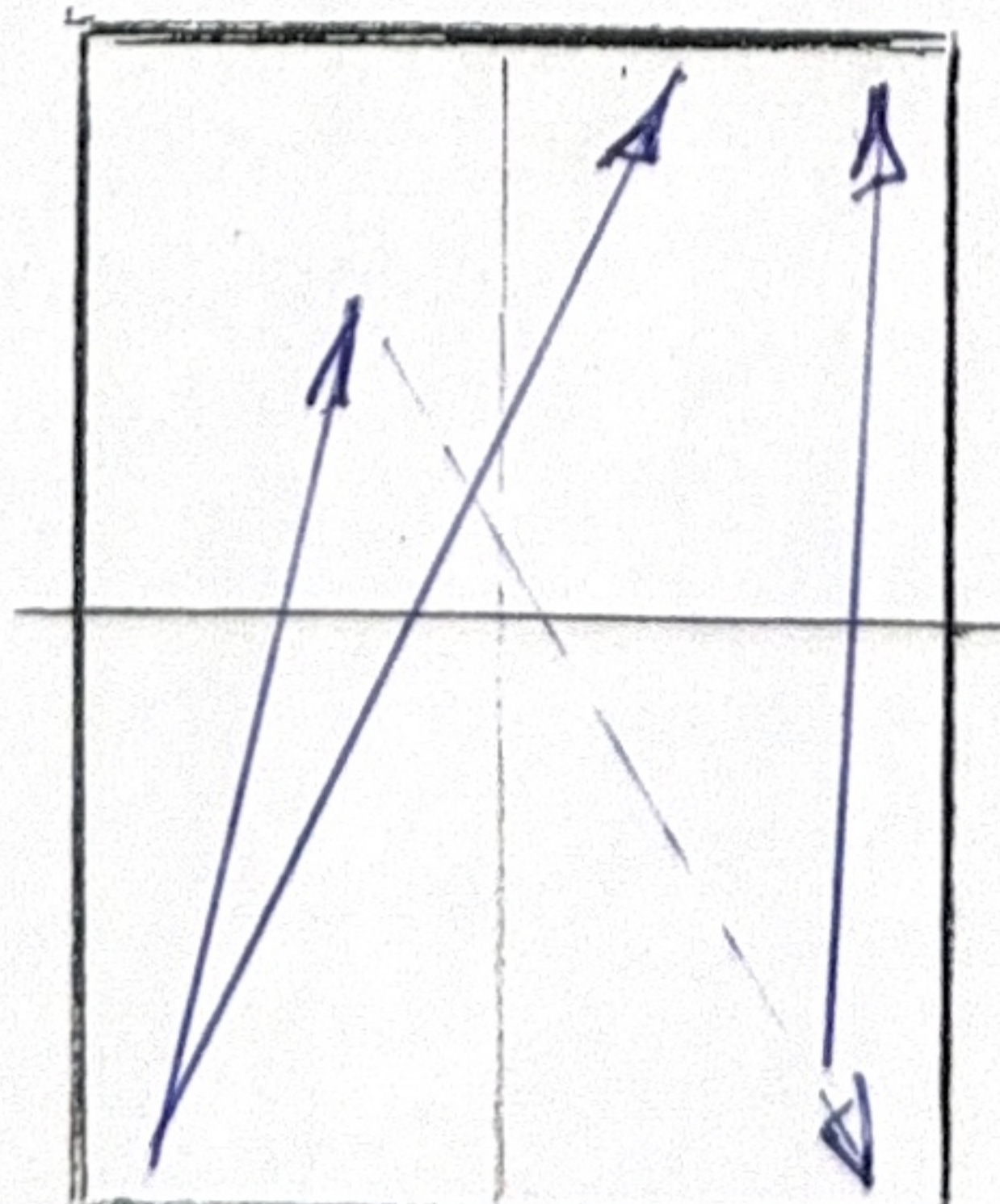
BH 2 FS
FHS 3 1
FHS 4

2x5'



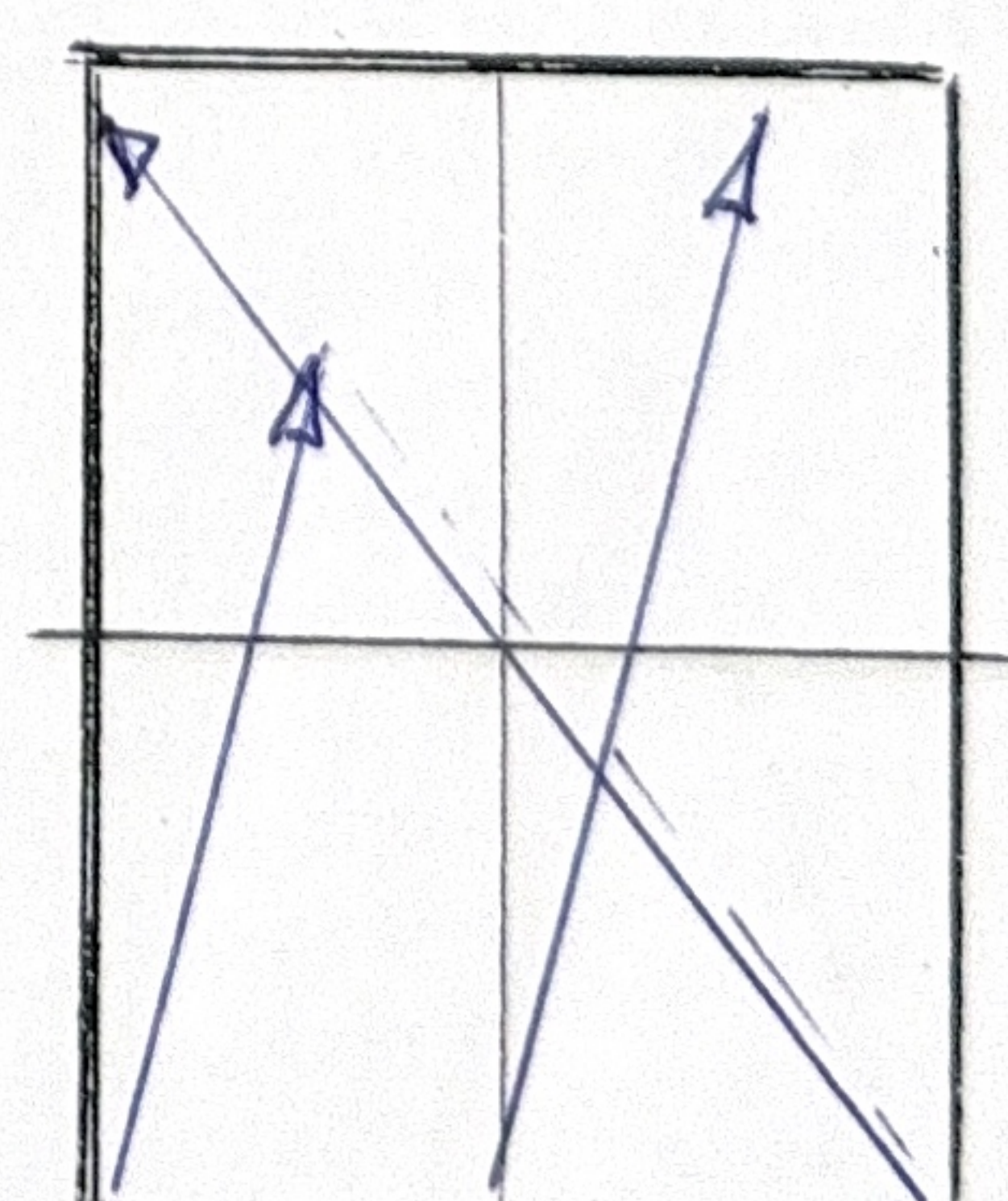
BH CHOP FH
CHOP

2x8'



SERVICE BH 2 + FREE
FHS 1

2x8'



SERVICE FHS 2
+ FREE
FHS 1

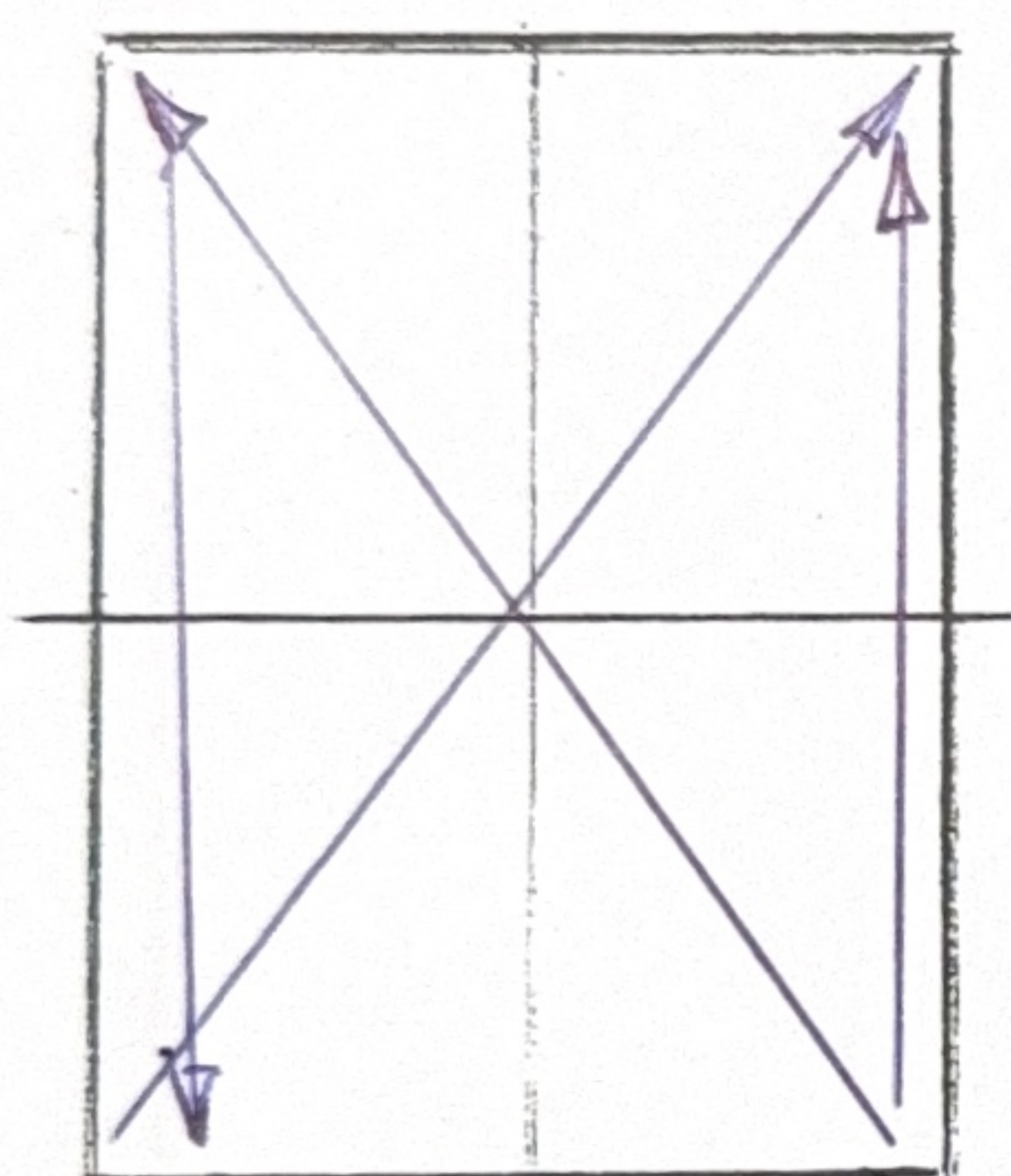
* IF WILL HAVE TIME UP AND DOWN - ONE SET ~20'

4.02.2026 WEDNESDAY 1730-1900 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. SPEED OF ATTACKING

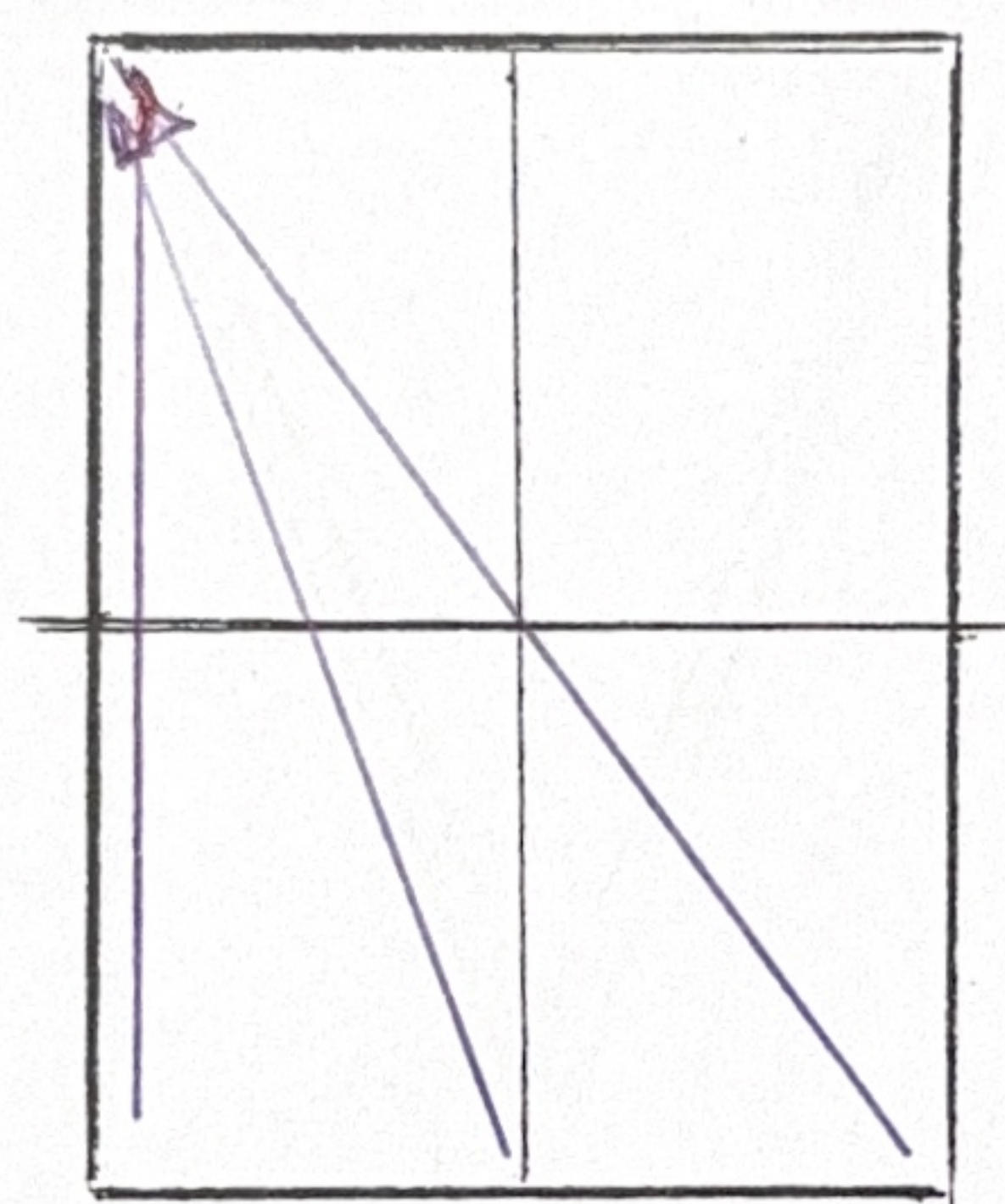
STROKES 4. 3TH BALL ATTACK AFTER LONG-FAST SERVICE

15'



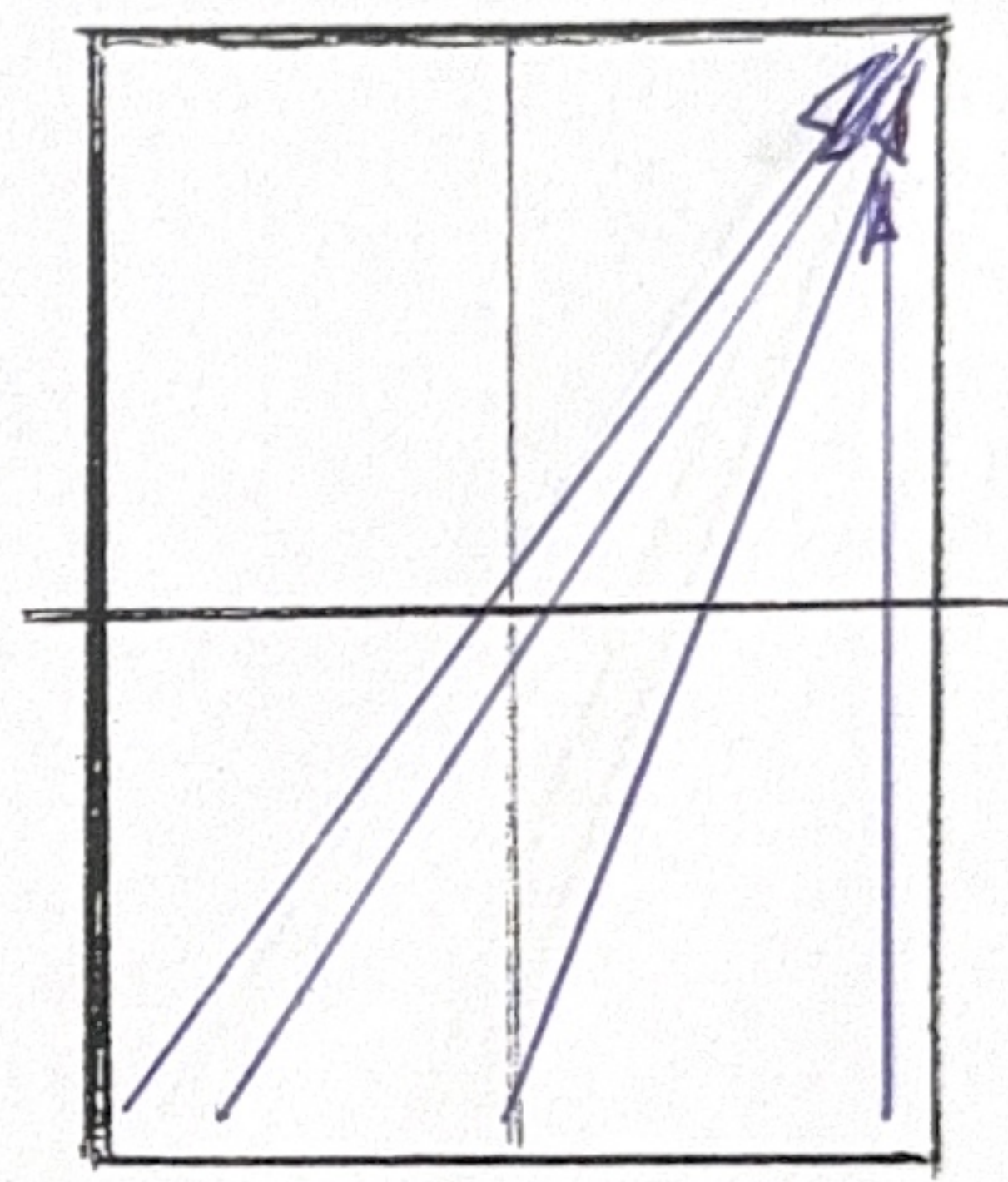
BH 5' DOWN FH 5' THE LINE 5'

2x8'



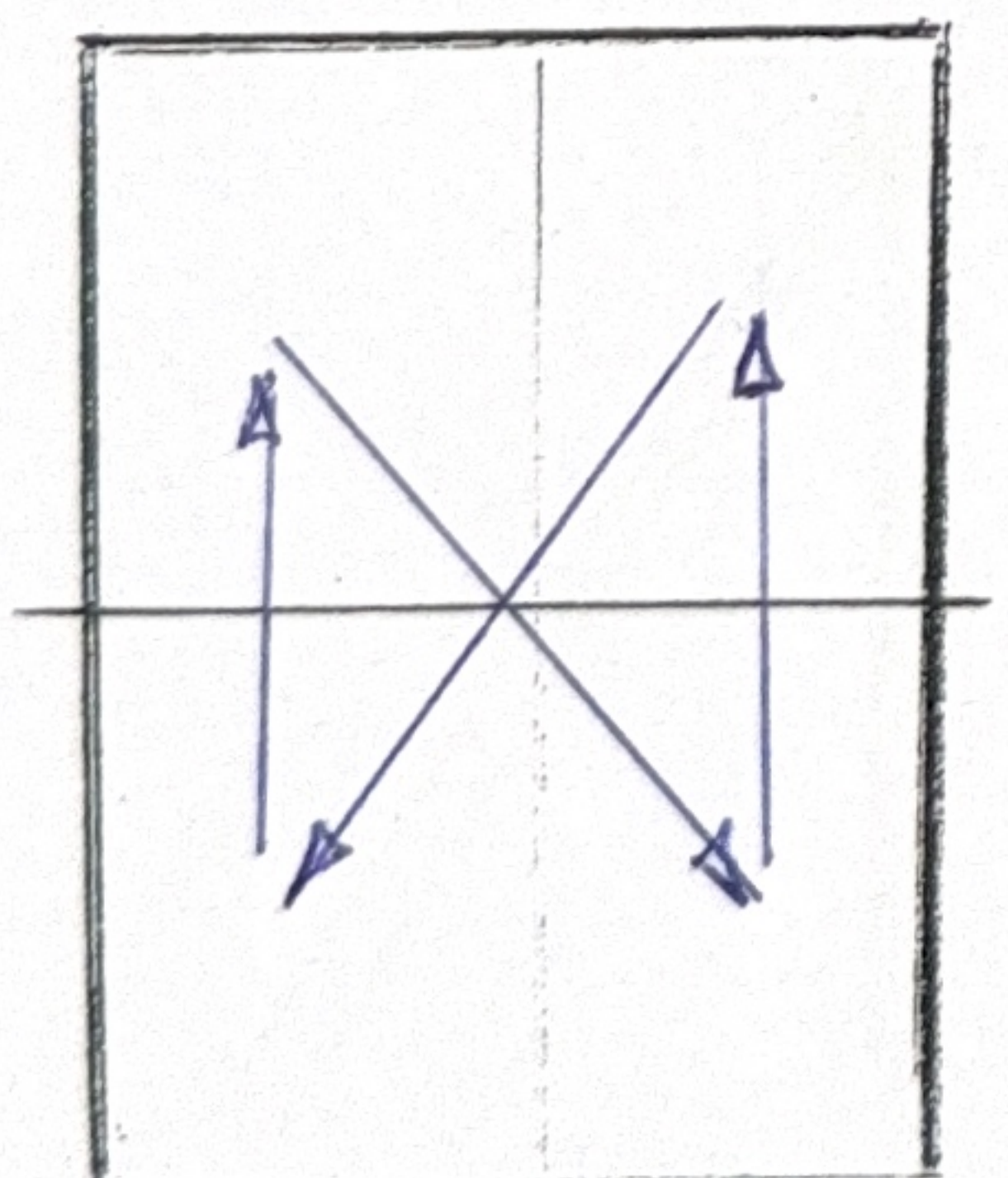
BH 3 FH 2 FH 1

2x8'



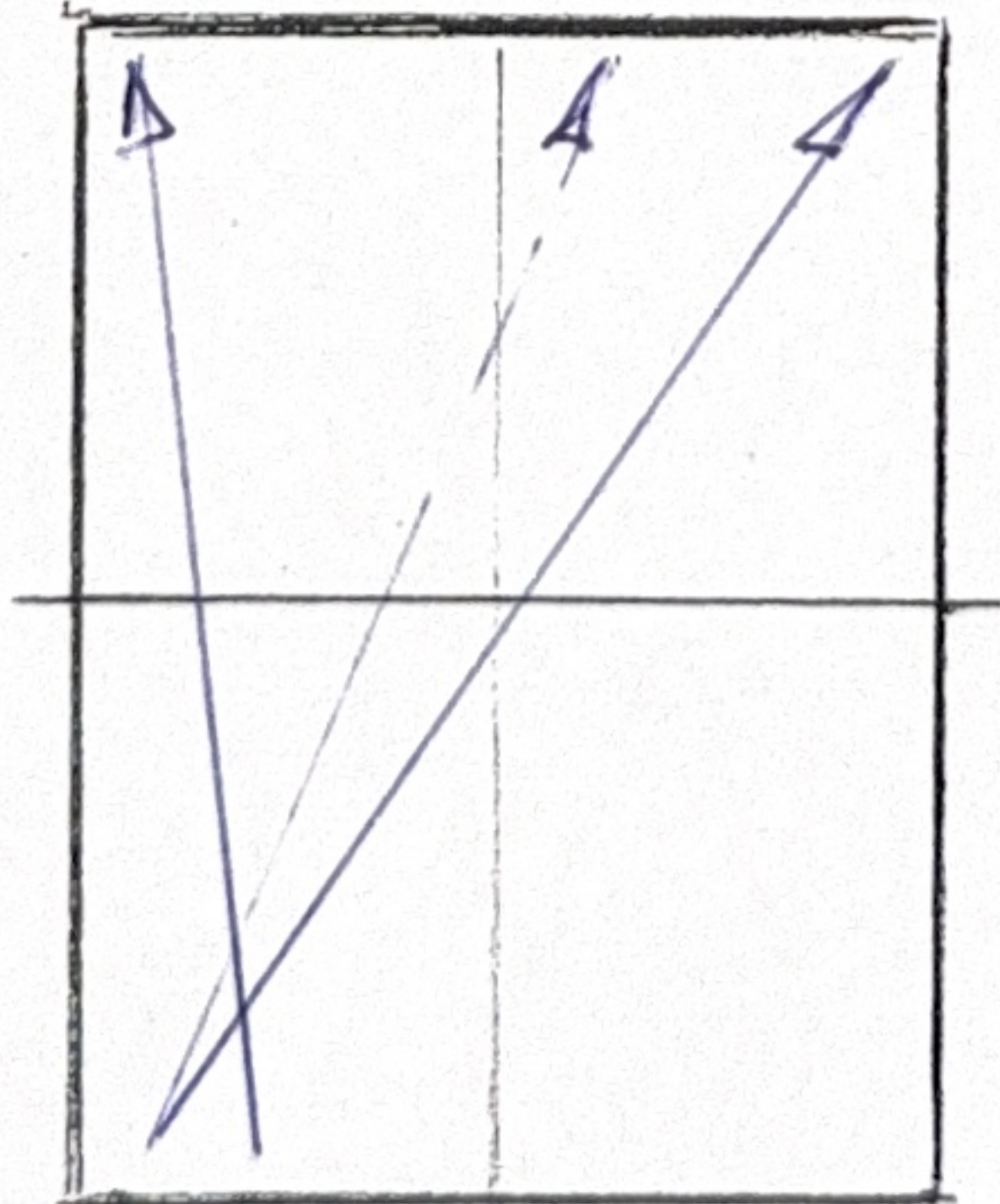
BH 1 FH 2 FH 4
BH 3

2x5'



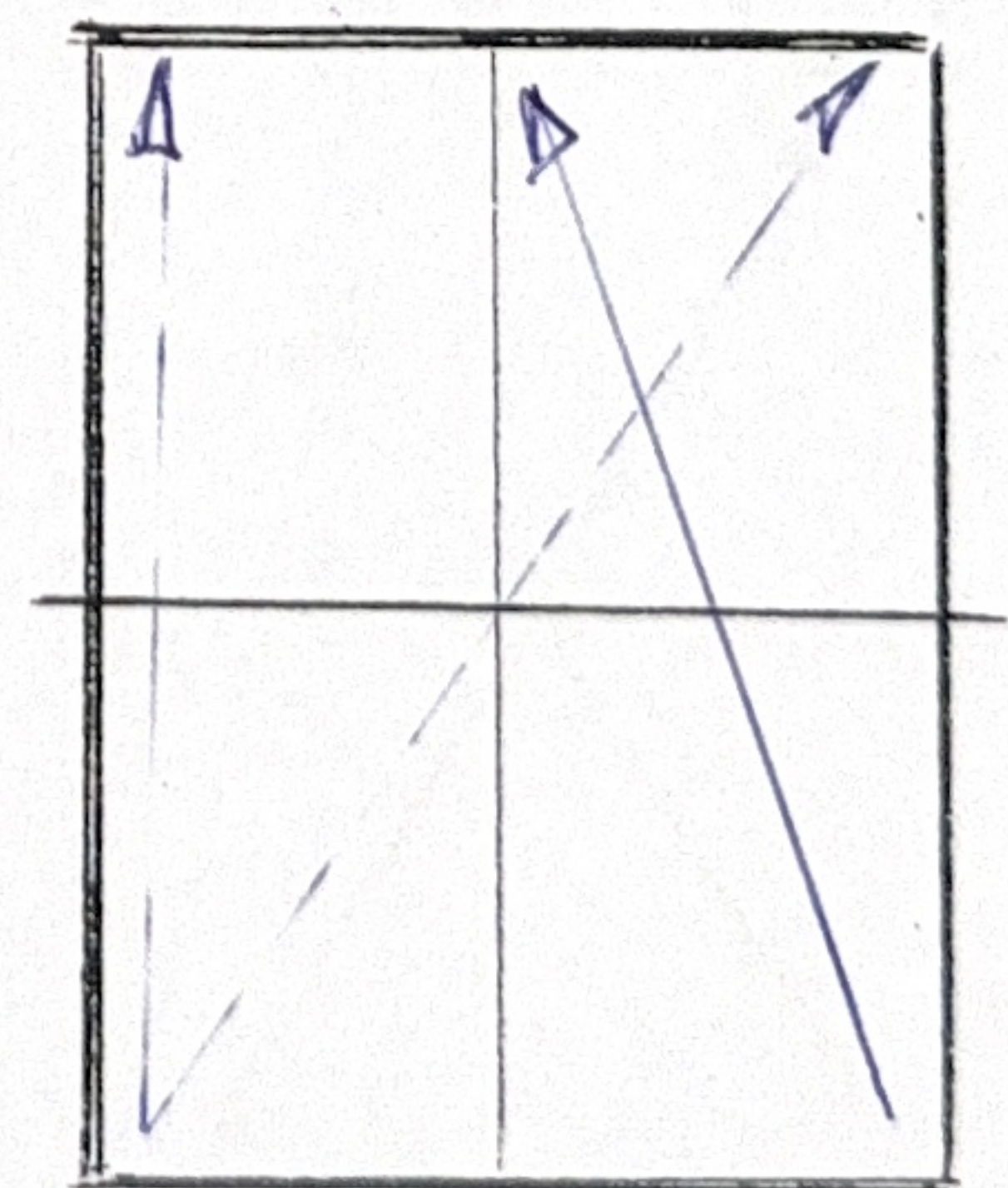
CHOP SHORT/SHORT
FIGURE 8

2x8'



SERVICE PASS-LONG
FH 1 + FREE

2x8'



SERVICE LONG TO FH
FH OR LONG TO BH 1
AFTER FH LOOP TO THE
MIDDLE + FREE

* UP AND DOWN ONE SET / SERVICE ONLY PASS-LONG/

~ 20'

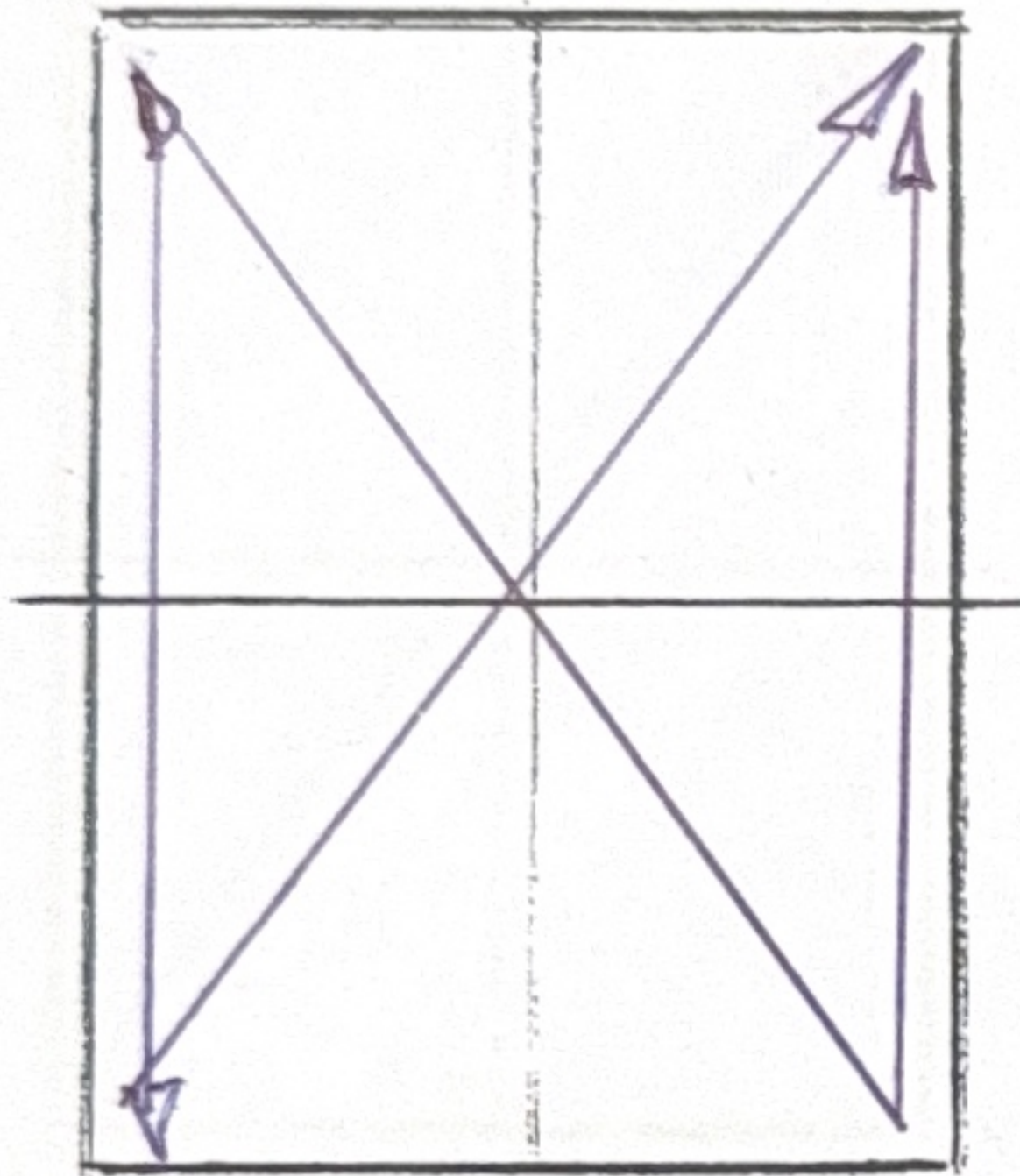
07.02.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. IMPROVEMENT OF FH TOPSPINS (COOPS)

CONSISTENCY + QUALITY / AGAINST BLOCK + AFTER

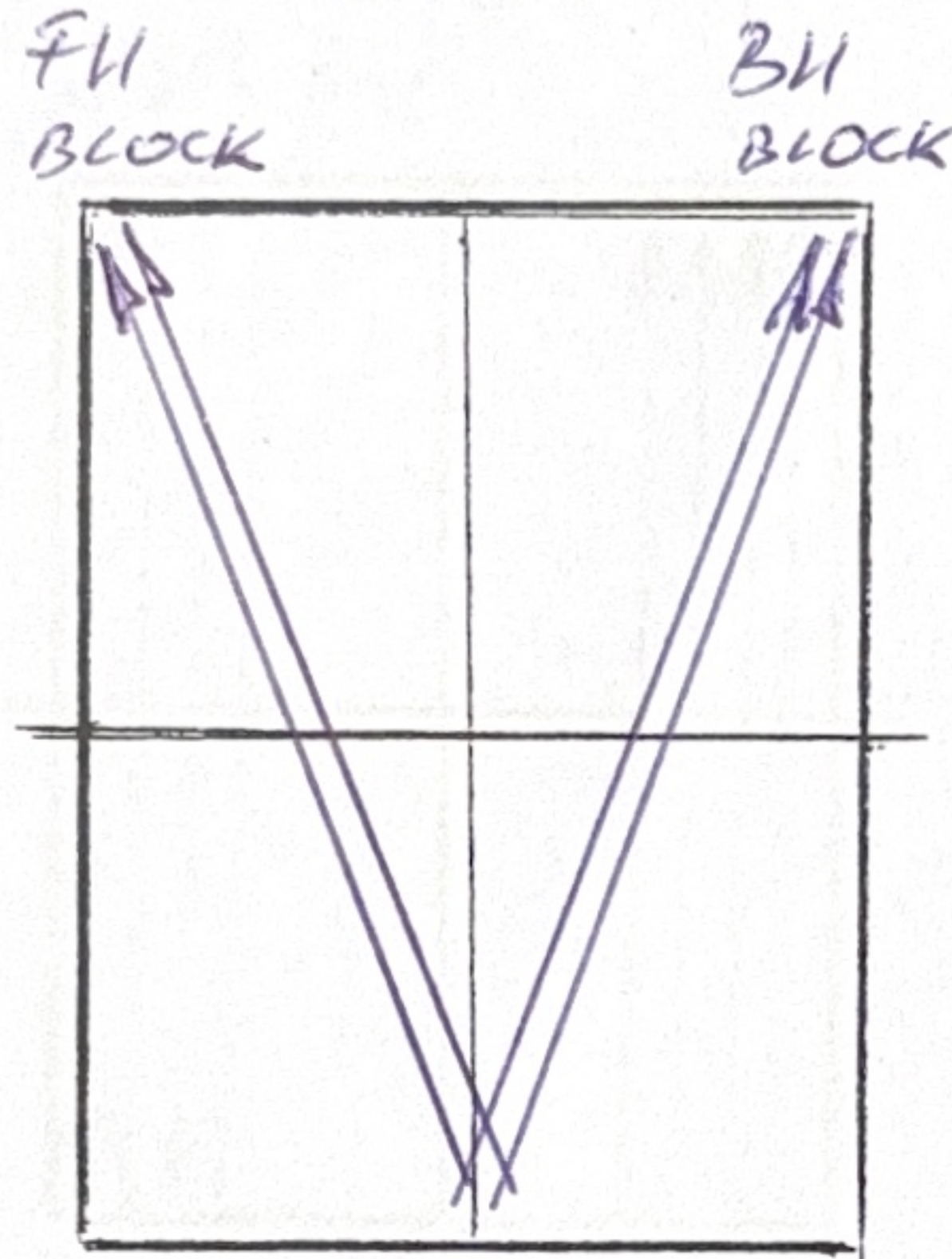
BACKSPIN SERVICE + PHYSICAL - SKIPPING ROPES

15'



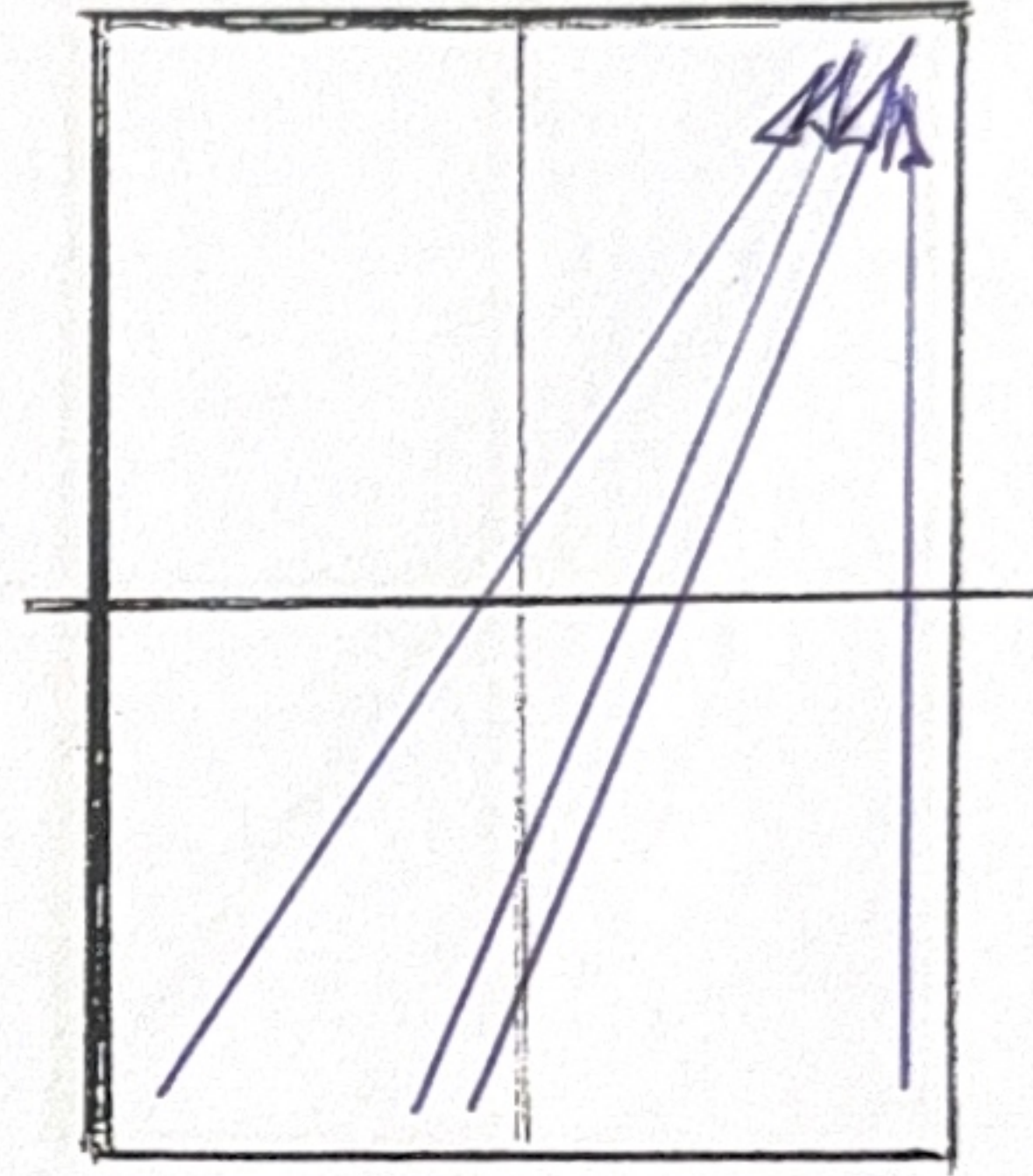
BH DOWN THE FH
5' LINE 5' 5'

2x10'



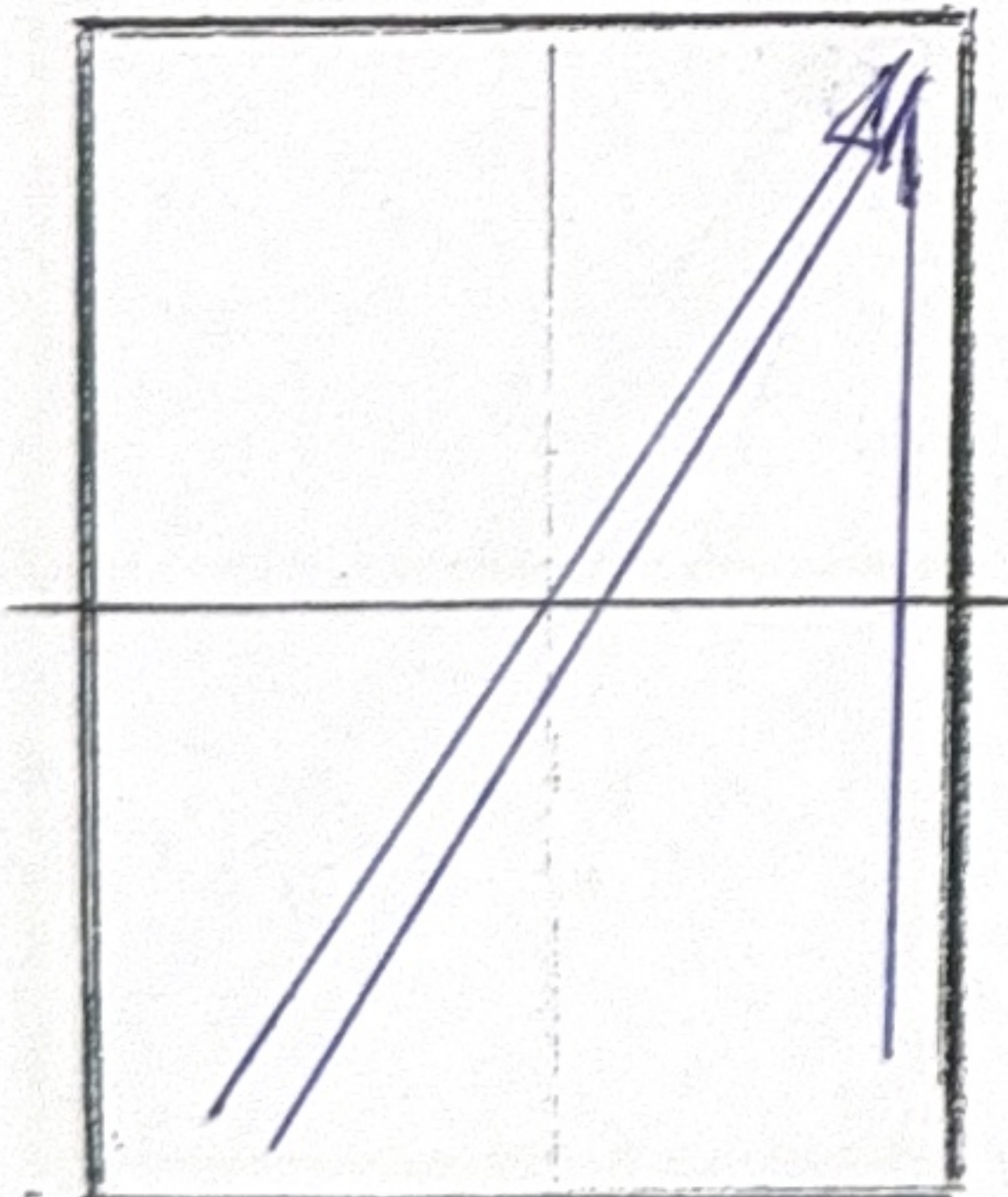
FHS
1-8 + FREE

2x10'



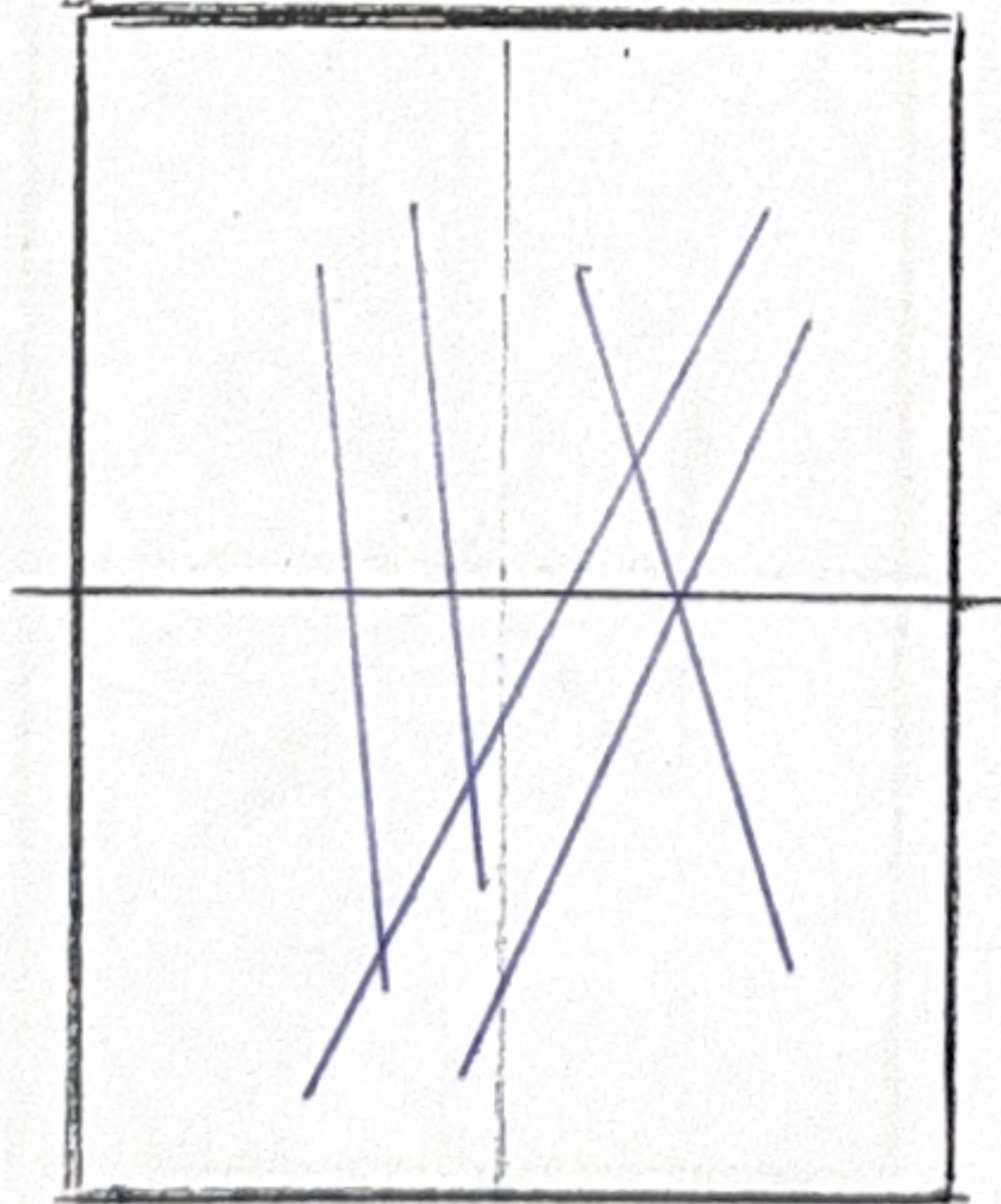
BH 3 FHS 1,2 FHS 4

2x5'



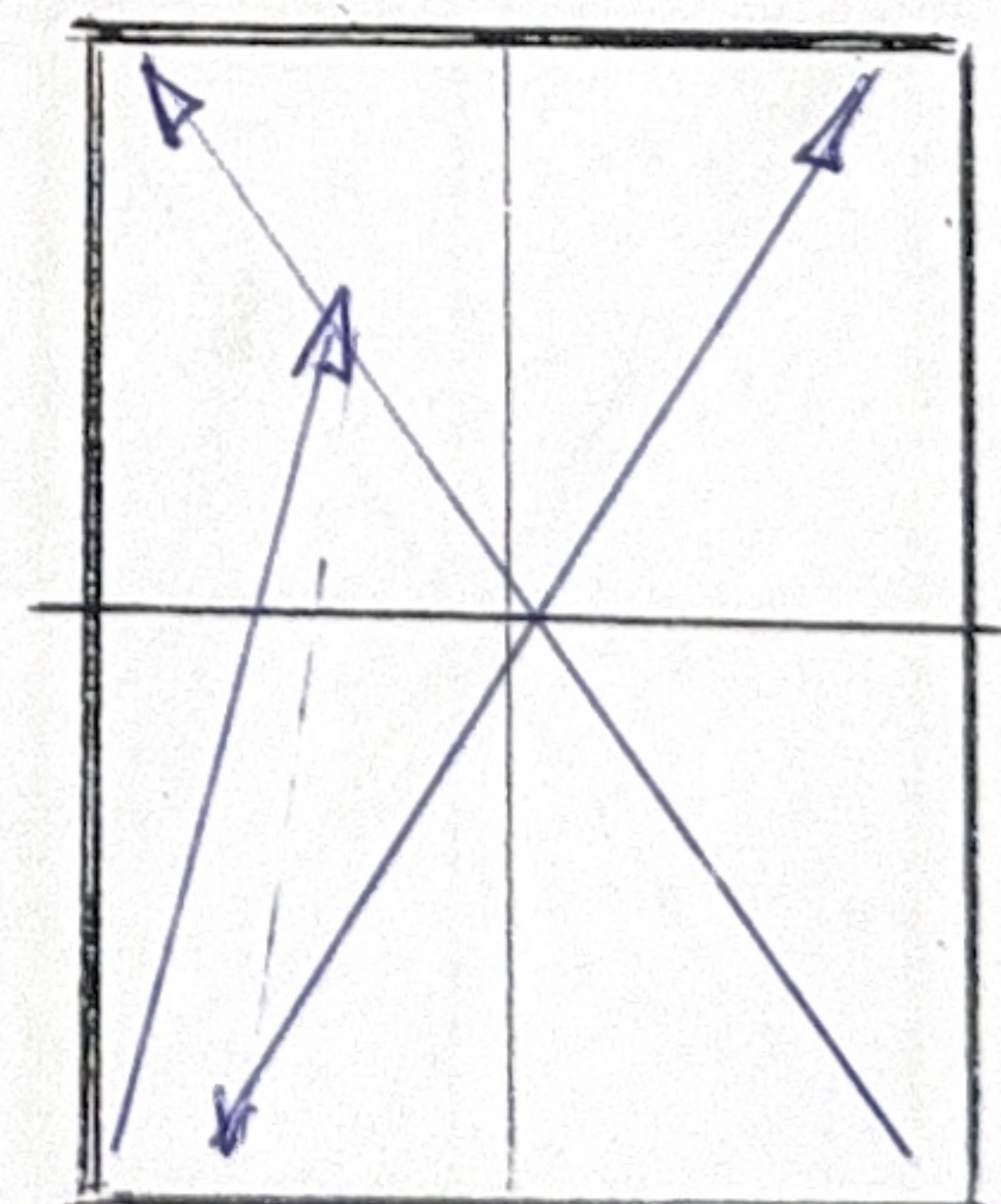
BH CHOP 1 FH CHOP 2
FH CHOP 3

≈ 6'-7'



ONE SET CHOP
ALL TABLE

2x8'



SERVICE FHS 1 FHS 2

X UP AND DOWN ONE SET ≈ 20'