

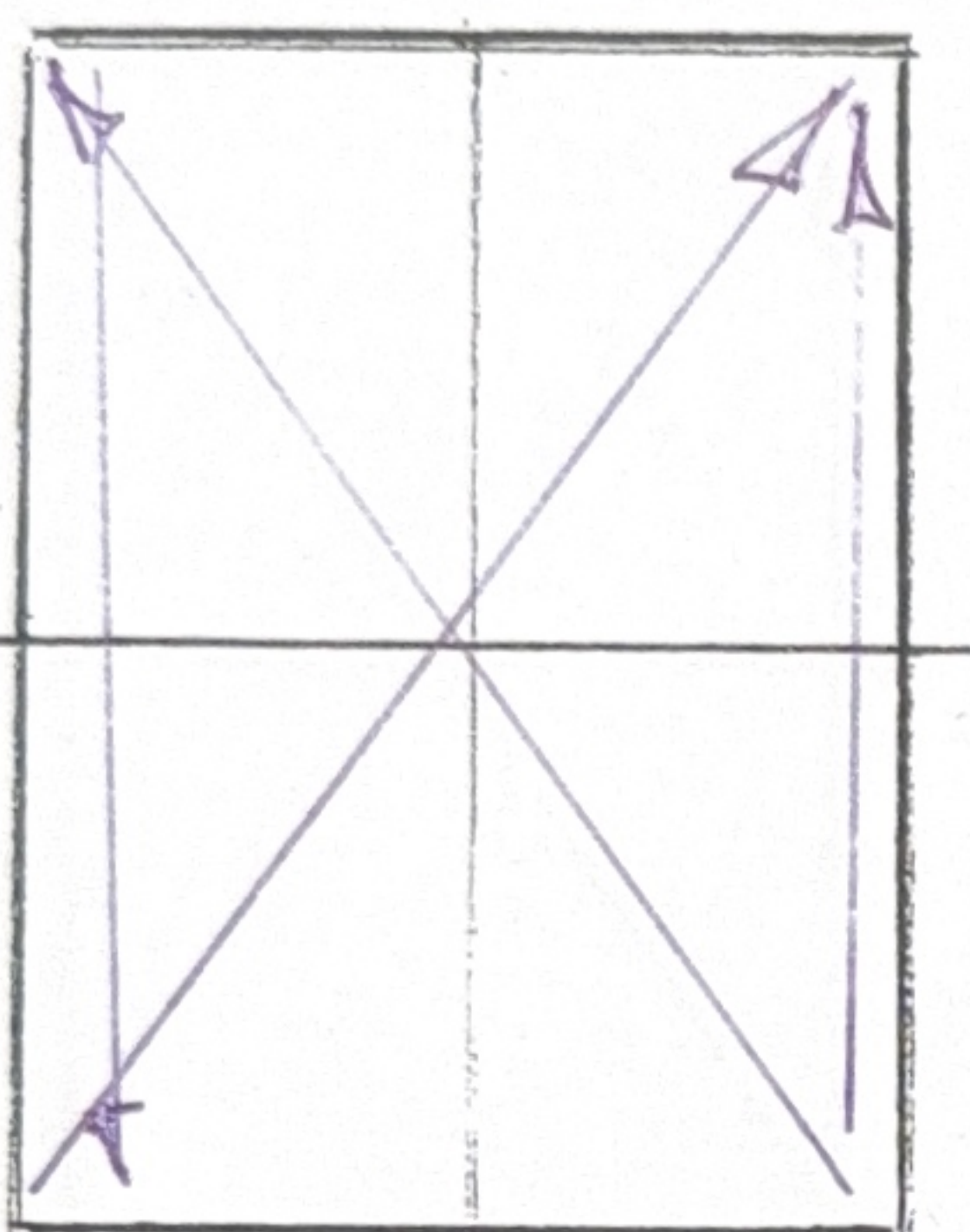
102.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK IN-OUT, SIDESTEP+PIVOT

3. PLACEMENT 4. 3TH BALL ATTACK

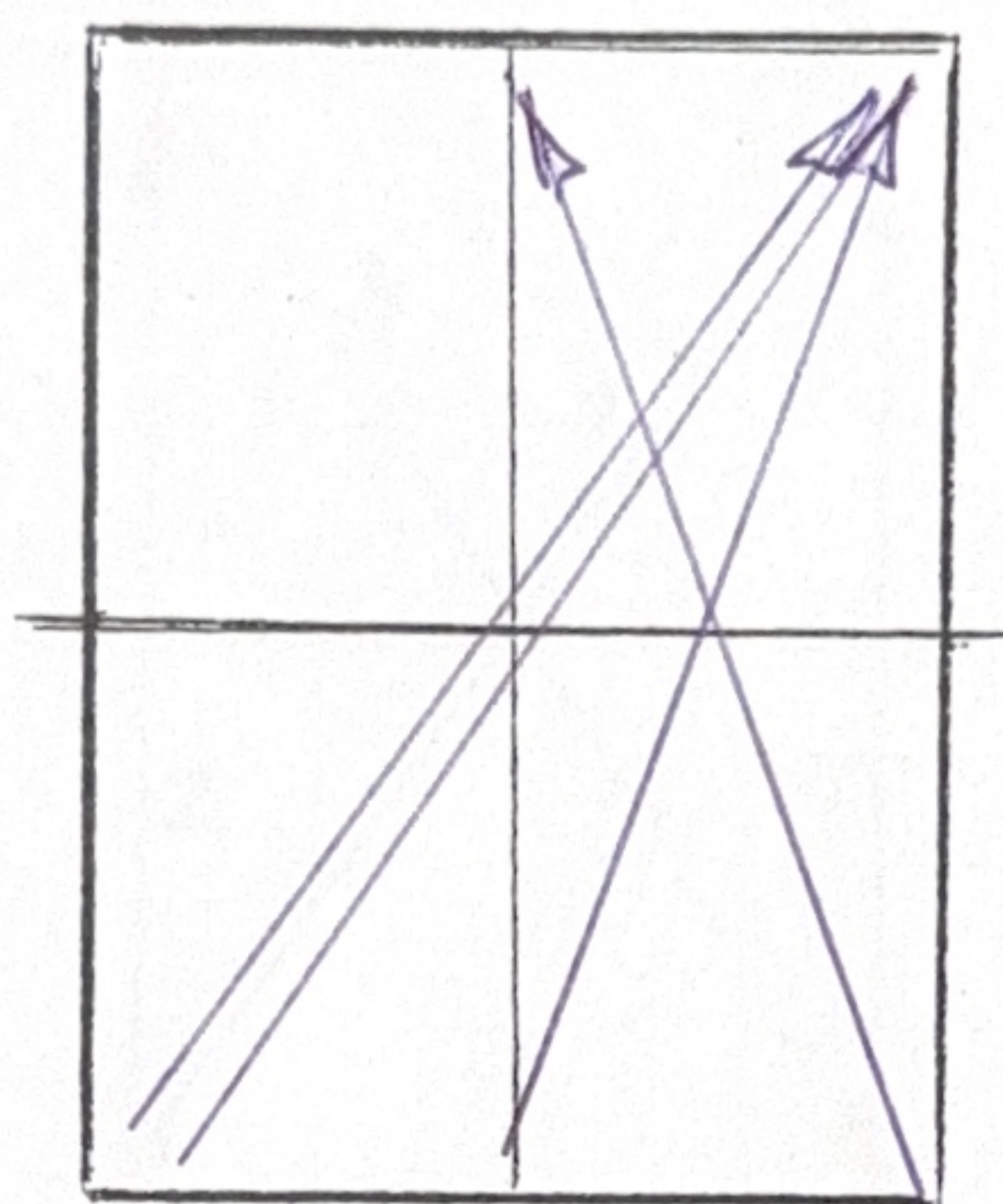
WARMING-UP- THERABANDS PHYSICAL- SLIPPING ROPES

15'



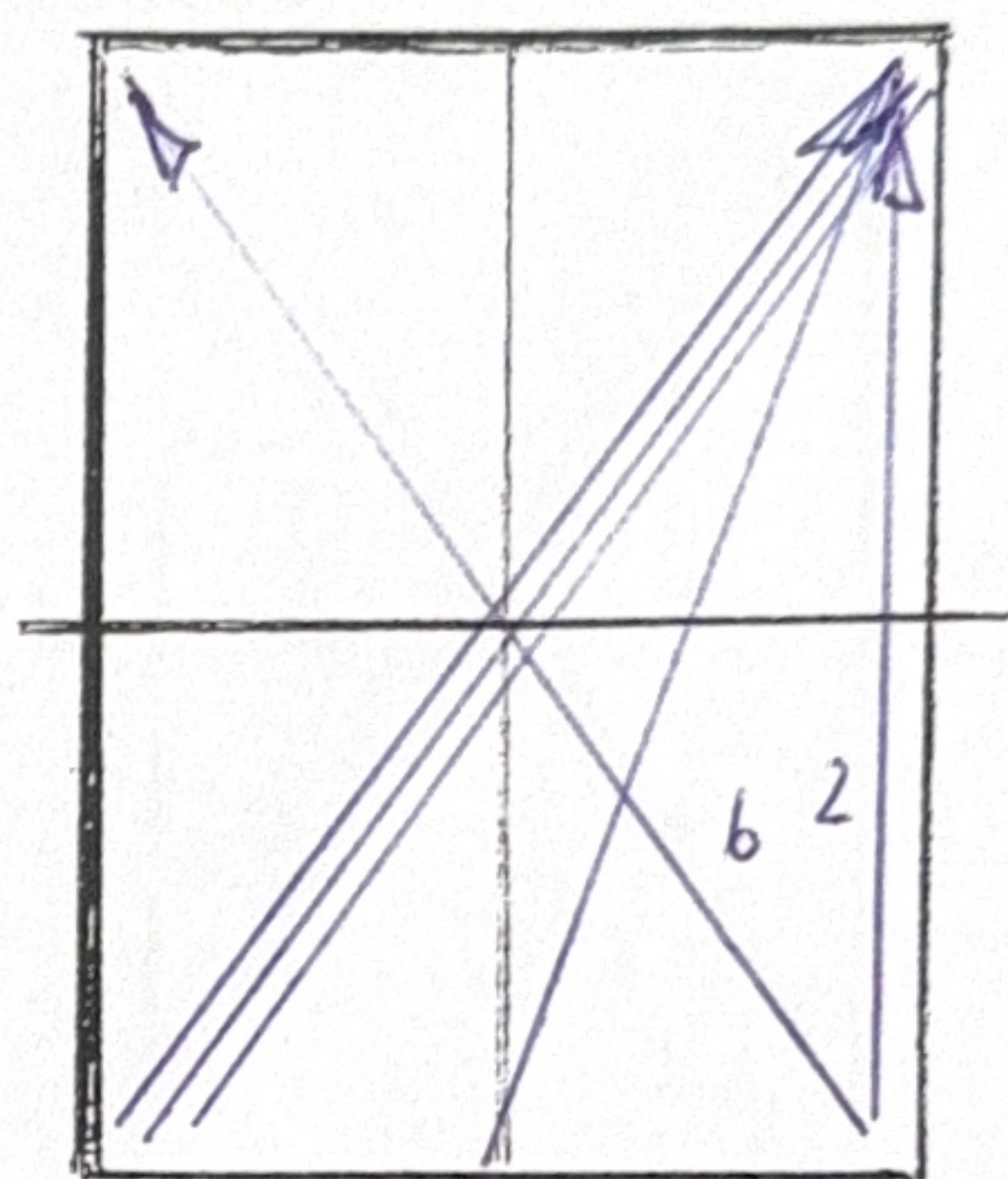
BH DOWN THE FH
5' LINE 5' 5'

2x8'



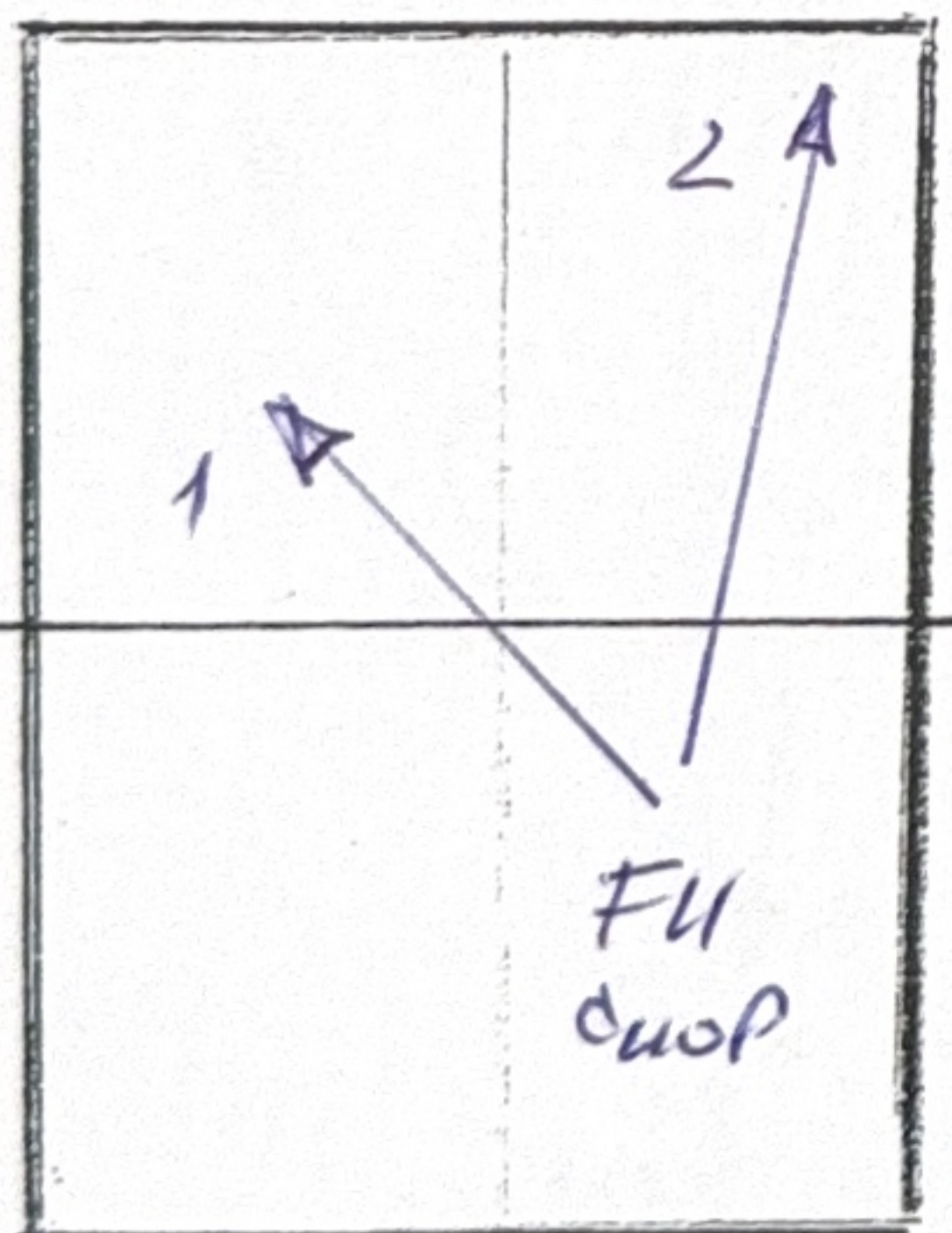
BH2 FUS FUS
FUS3 1 4

2x8'

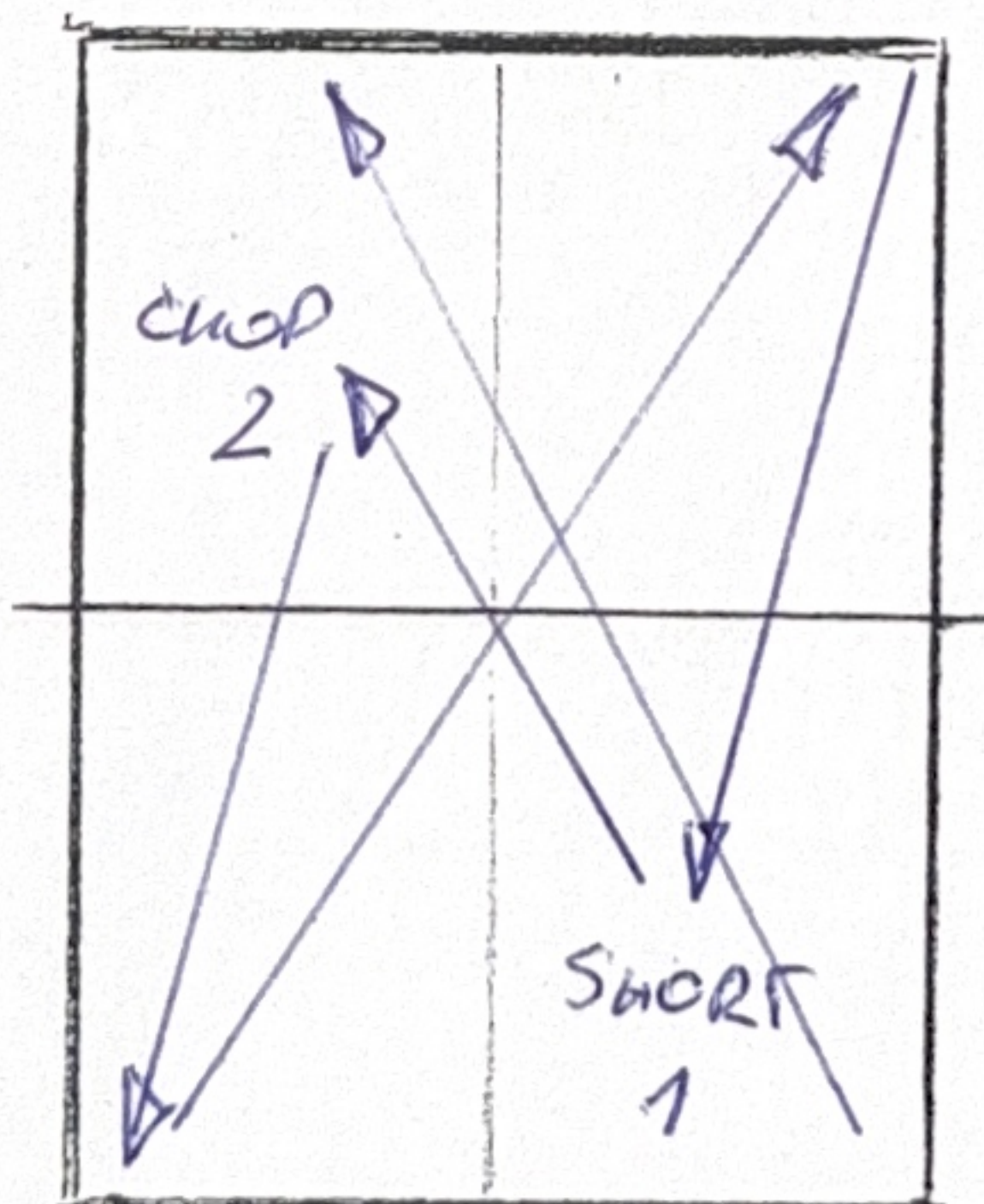


BH1 FH FUS
BH3 4 2,6
FUS5 AFTER FREE
FH TO FH

2x5'

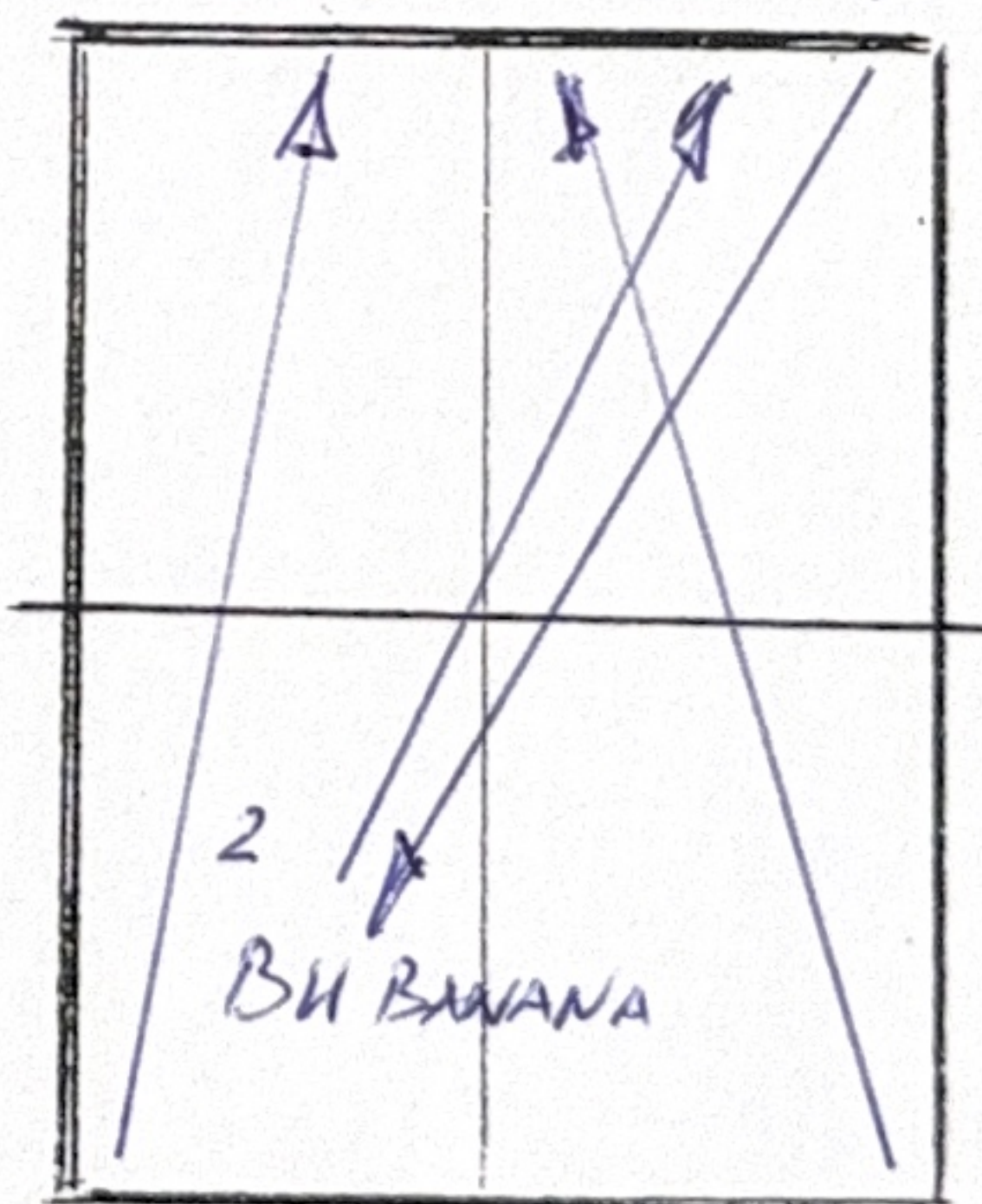


SERVICE



SERVICE
RECEIVE
FUS OR BH3
3 FUS
4

' SERVICE



BH 3 FUS
3 4

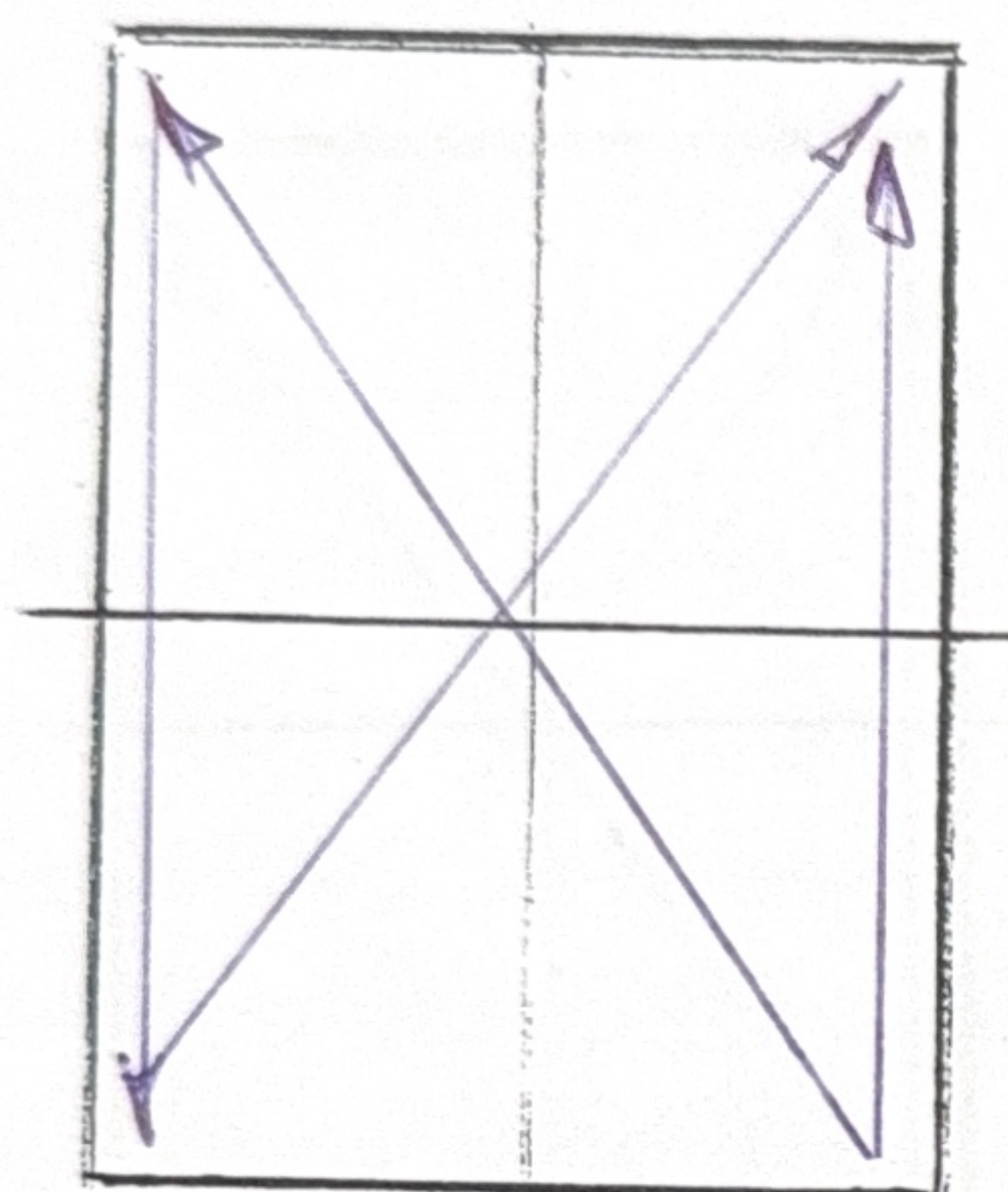
3.02.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. TECHNIQUE 2. SPEED 3. IMPROVEMENT OF

FH COUNTERSPIN

WARMING-UP - THERABANDS

15'

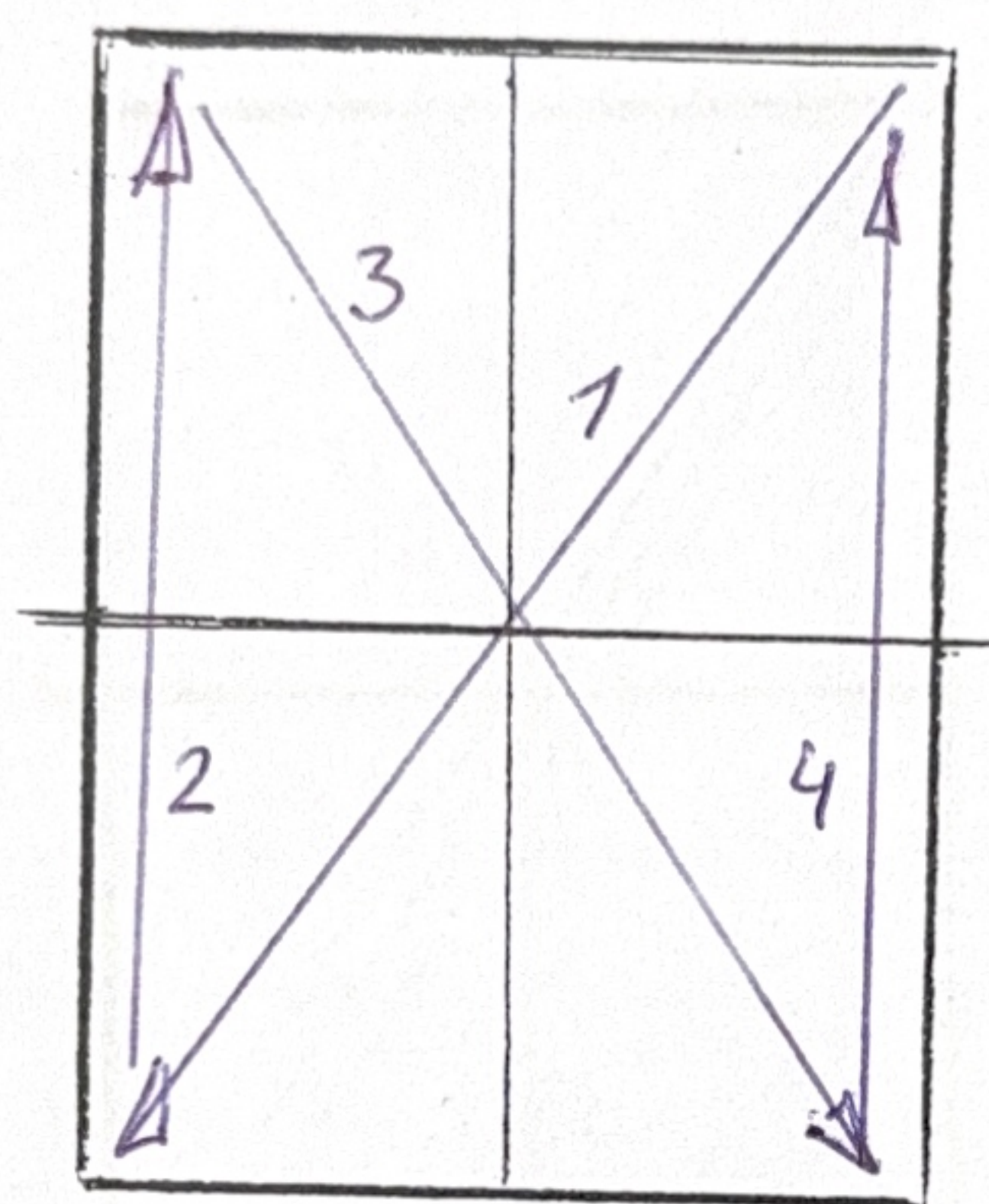


BH DOWN THE FH
SI LINE SI SI

2x8'

FHS3

BH1

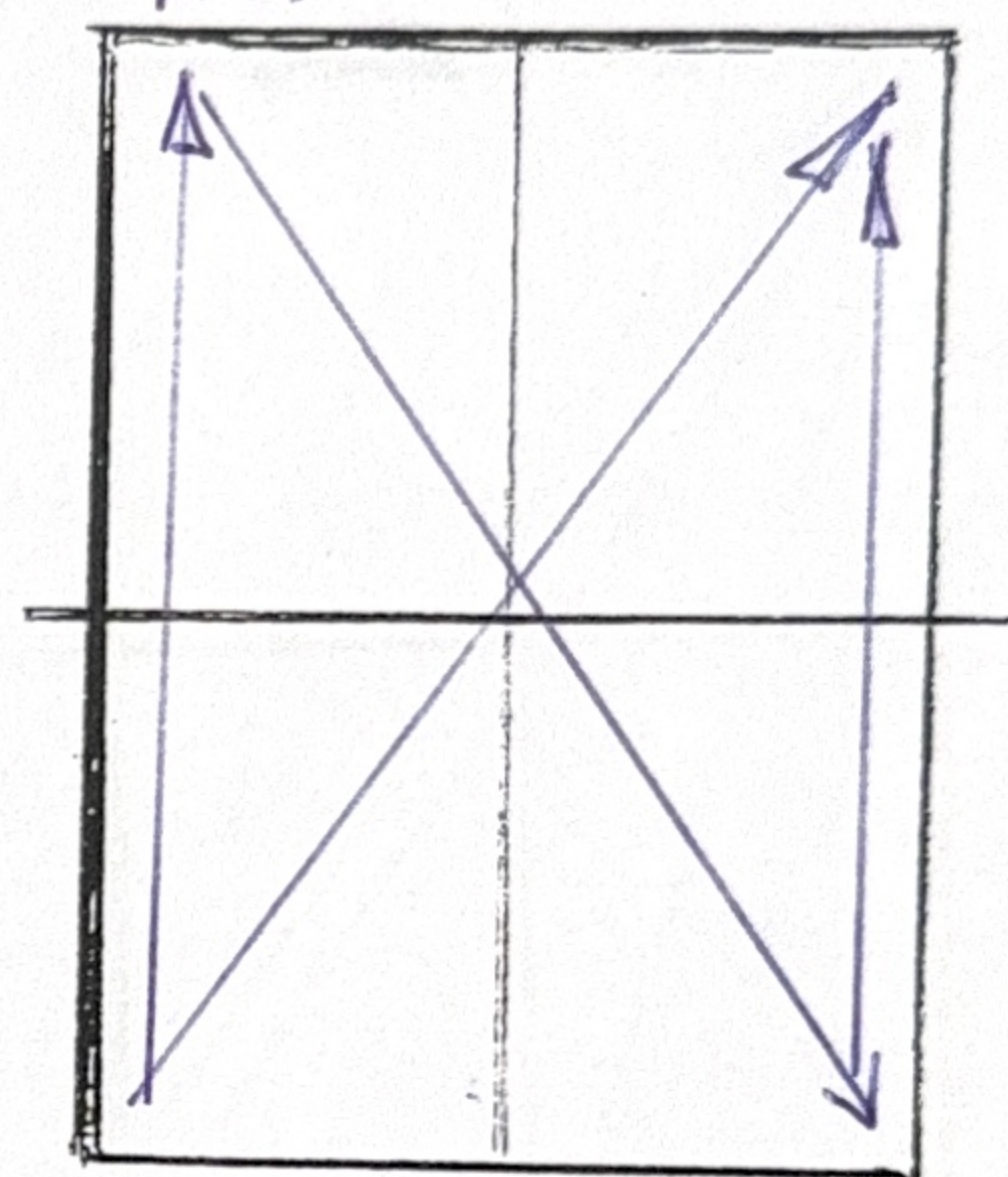


BH
2

FH
COUNTER
SPIN

2x8'

FHS3



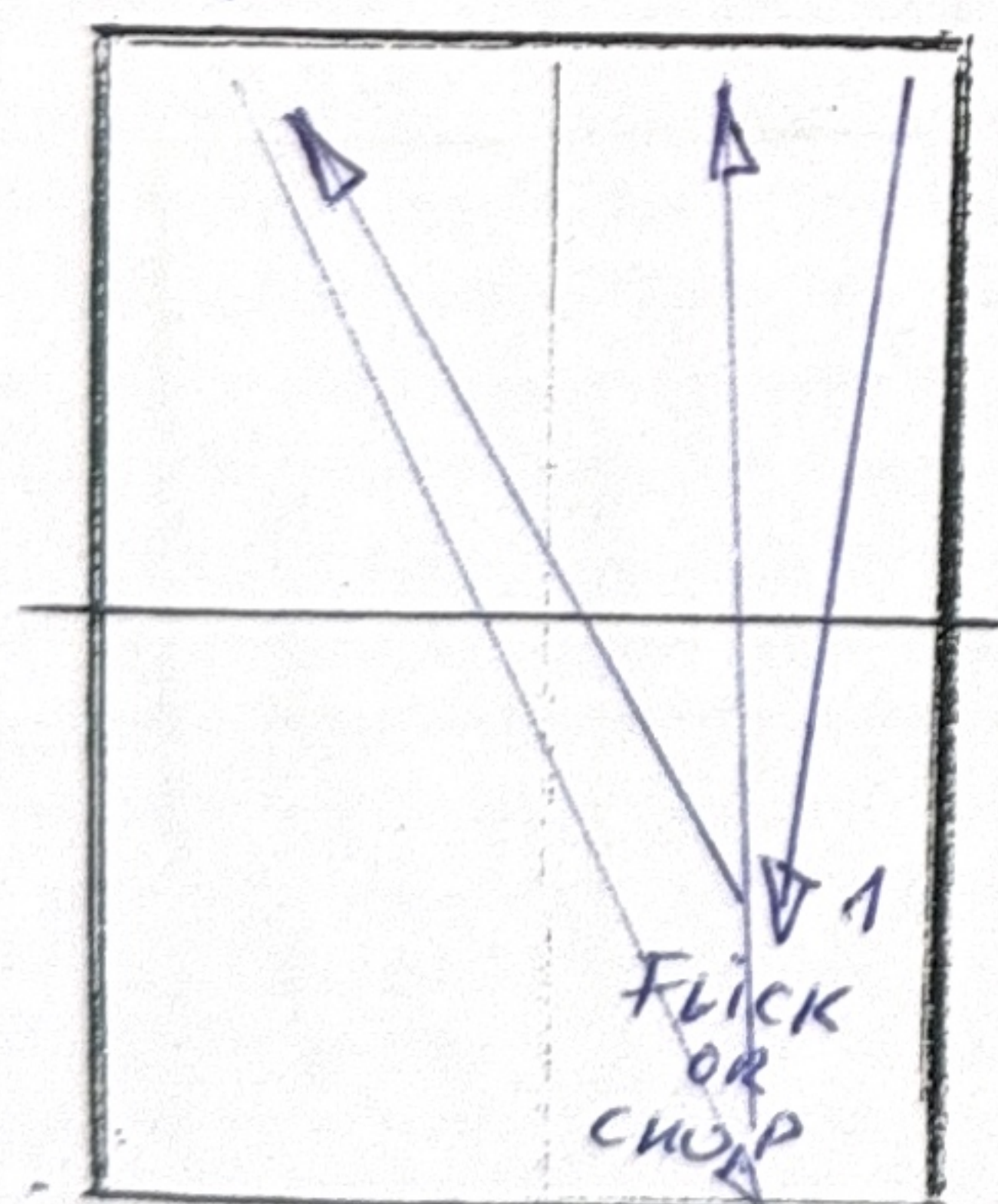
BH
1,2

FH 4
COUNTER
SPIN

2x8'

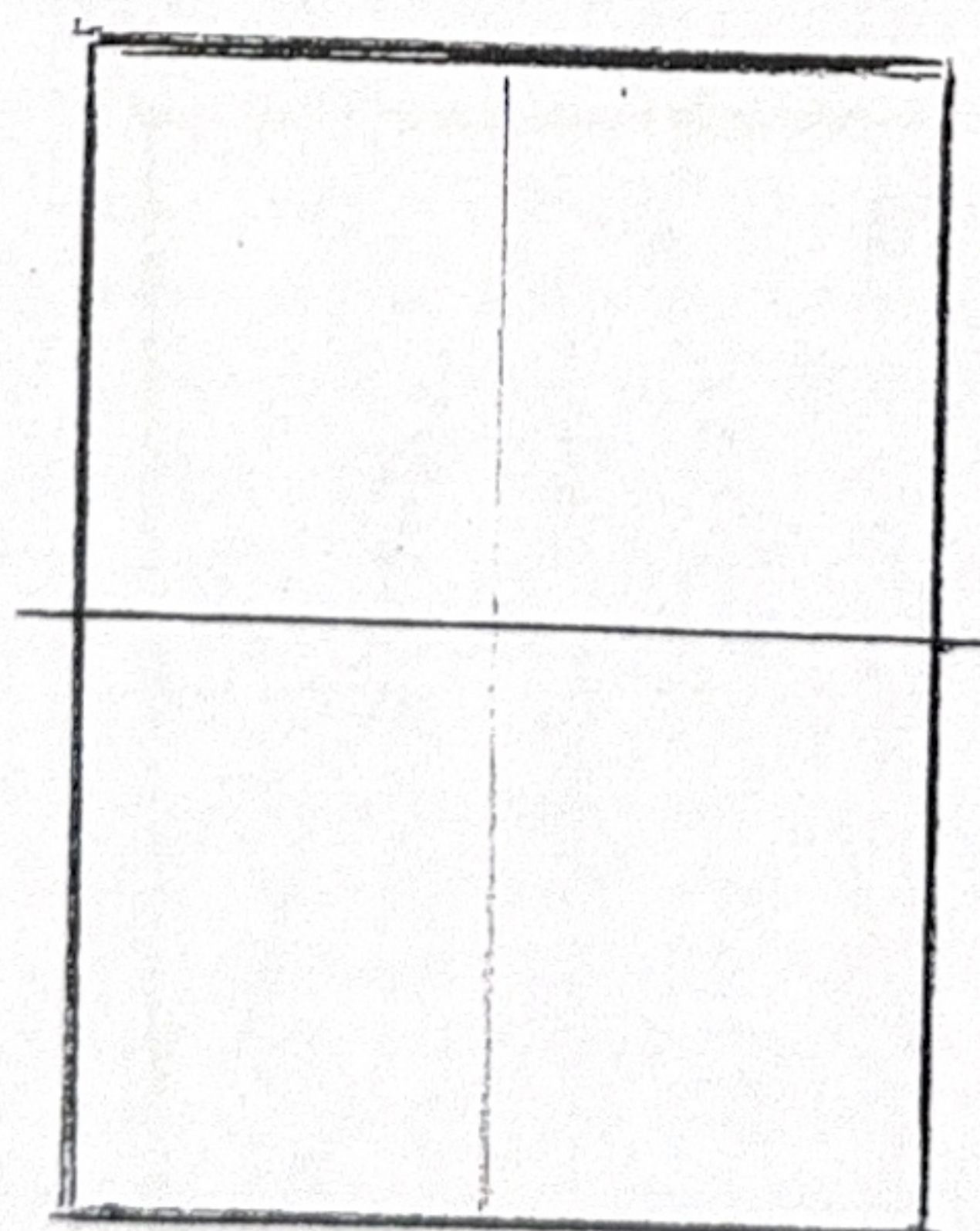
FHS2

SERVICE

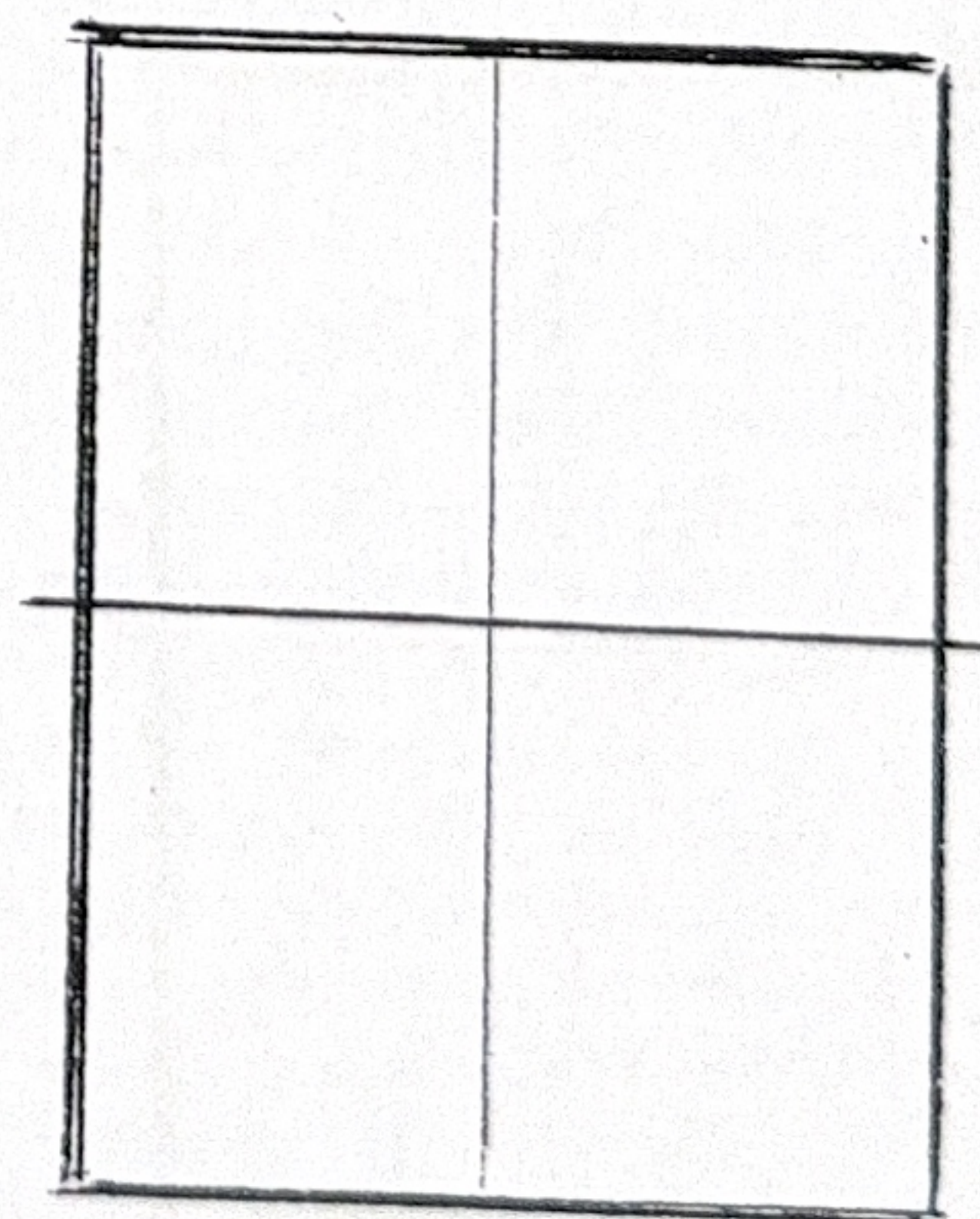


FH 3
COUNTER
SPIN

2x8'



INDIVIDUAL
EXERCISE FROM
SERVICE



BEST OF 3
IF 1:1 (10:10)
≈ 20'

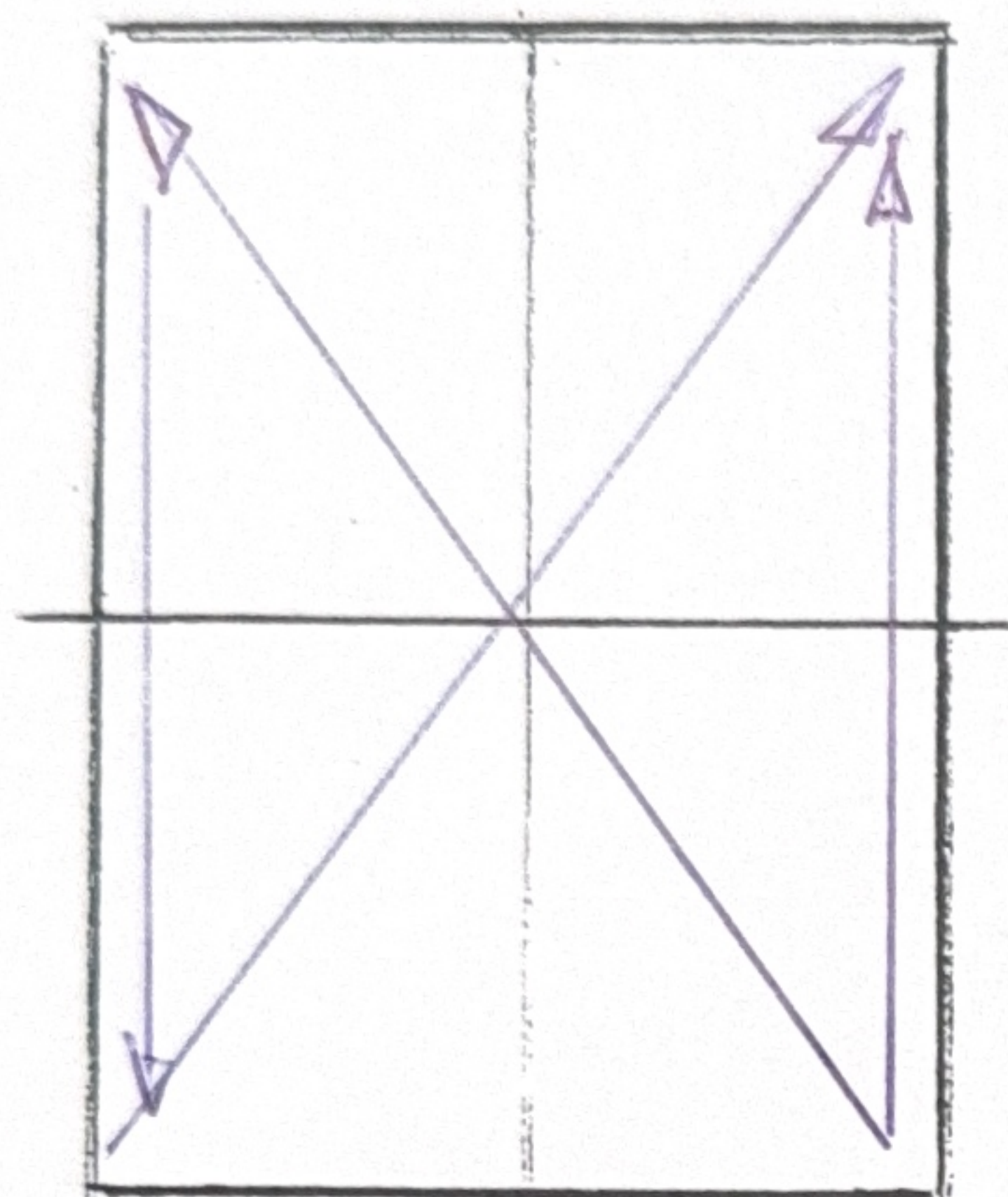
7.02.2026 SATURDAY 15.30 - 18.00 ELITE SQUAD

1. TECHNIQUE 2. POWER 3. PLACEMENT

WARMING UP - THERABANDS

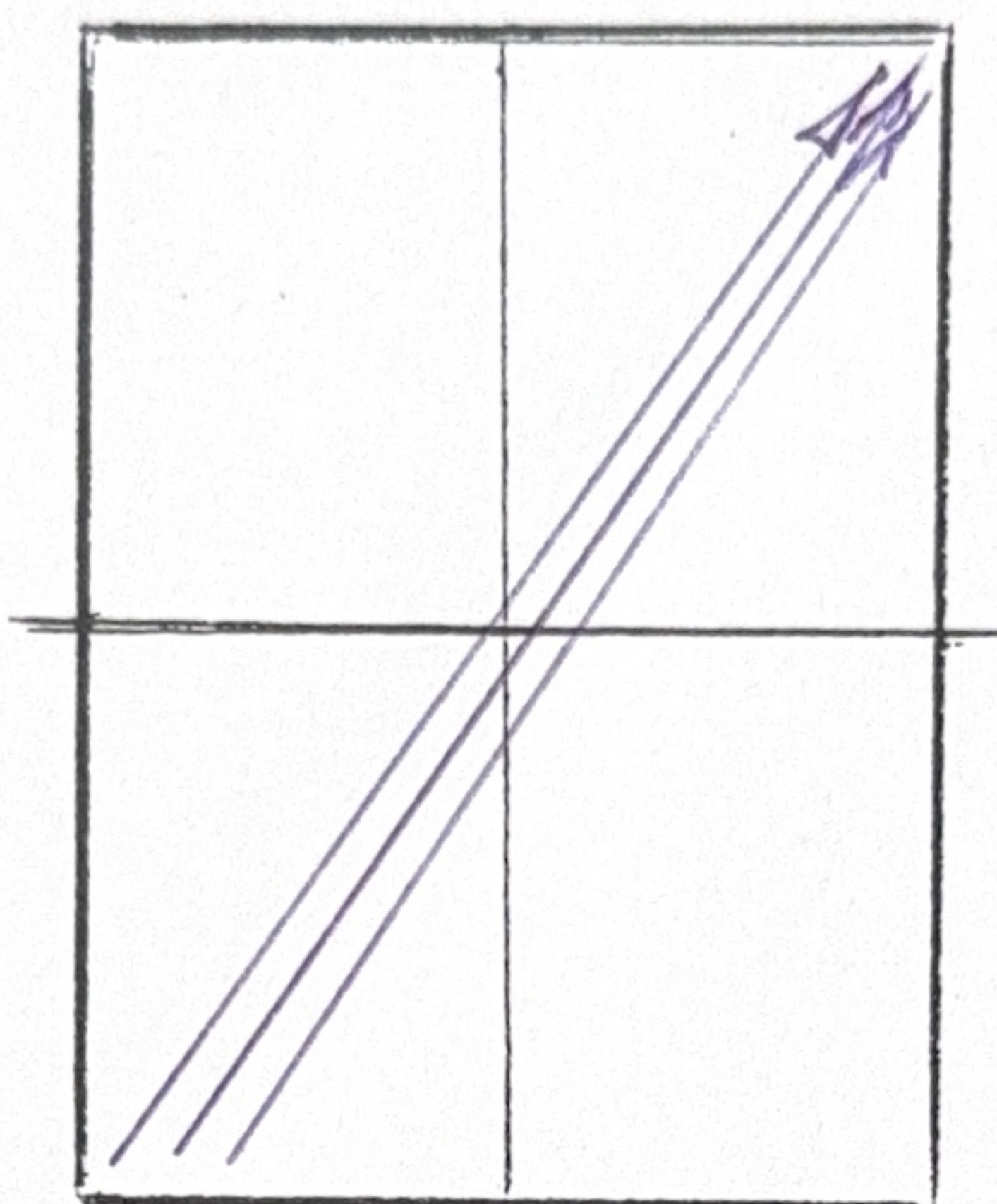
PHYSICAL - LADDER + SKIPPING ROPES ~20'

15'



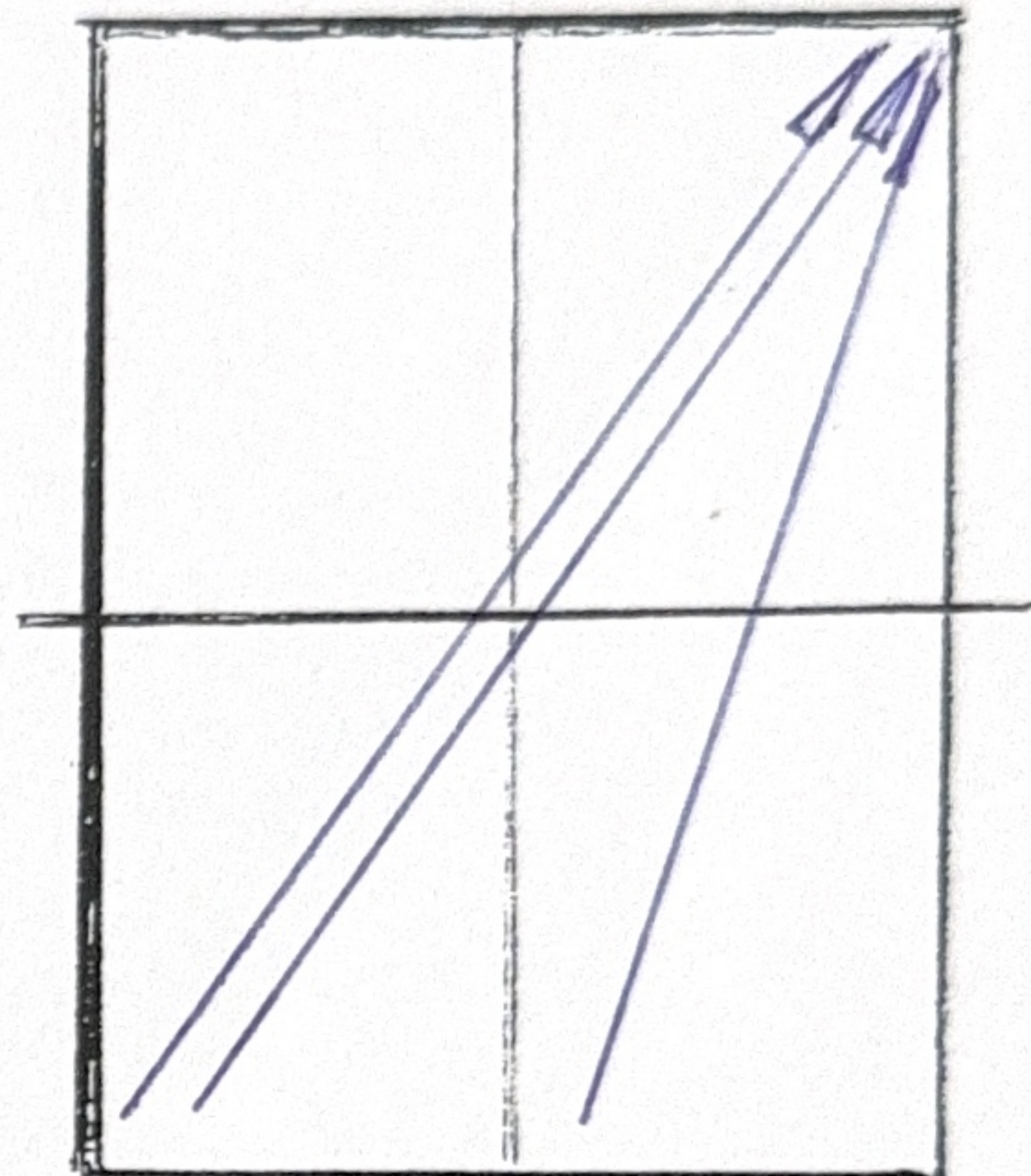
BH DOWN THE FH
5' LINE 5'

2x10'



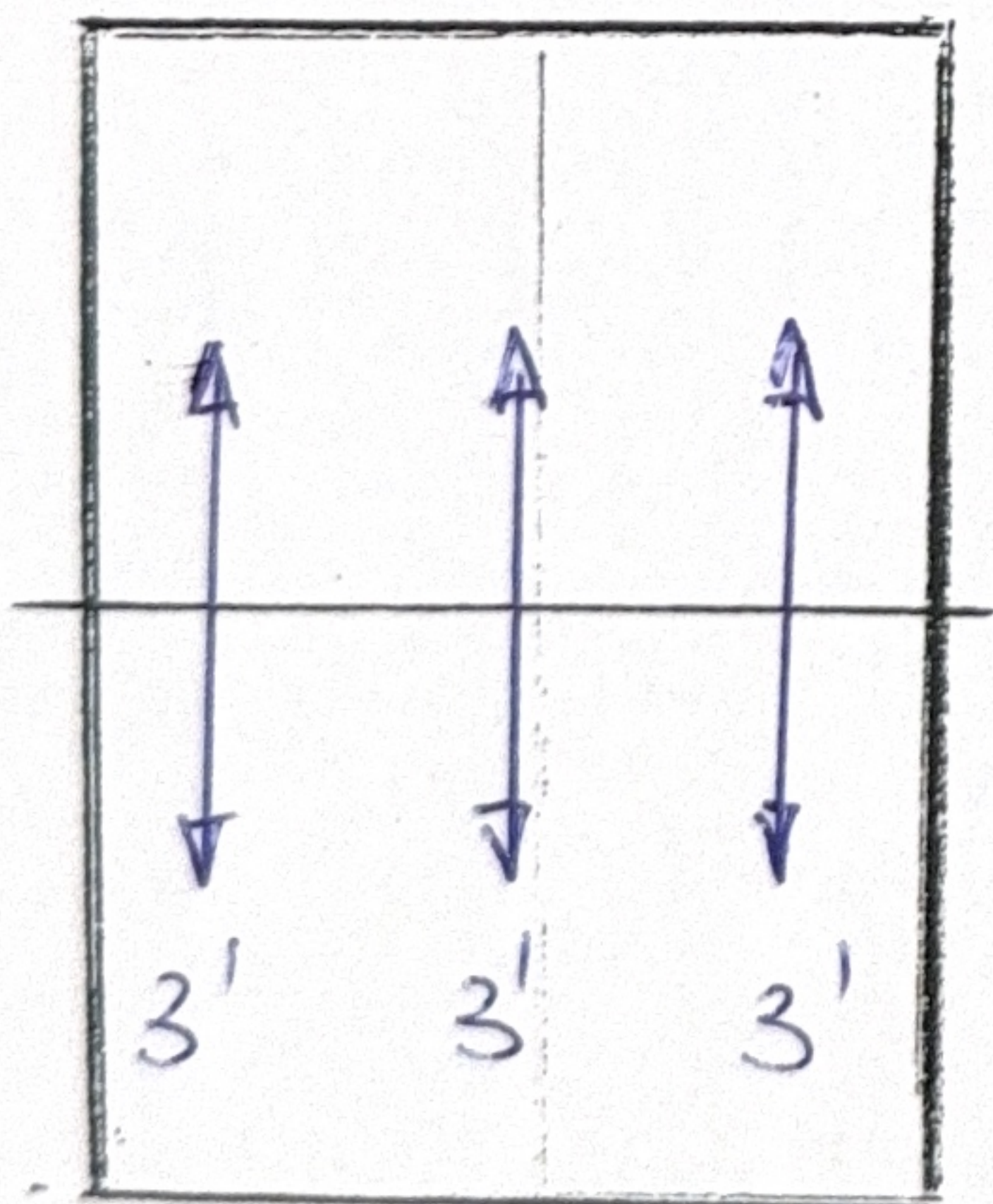
BH1
FHS2
FHS3 - POWER

2x10'

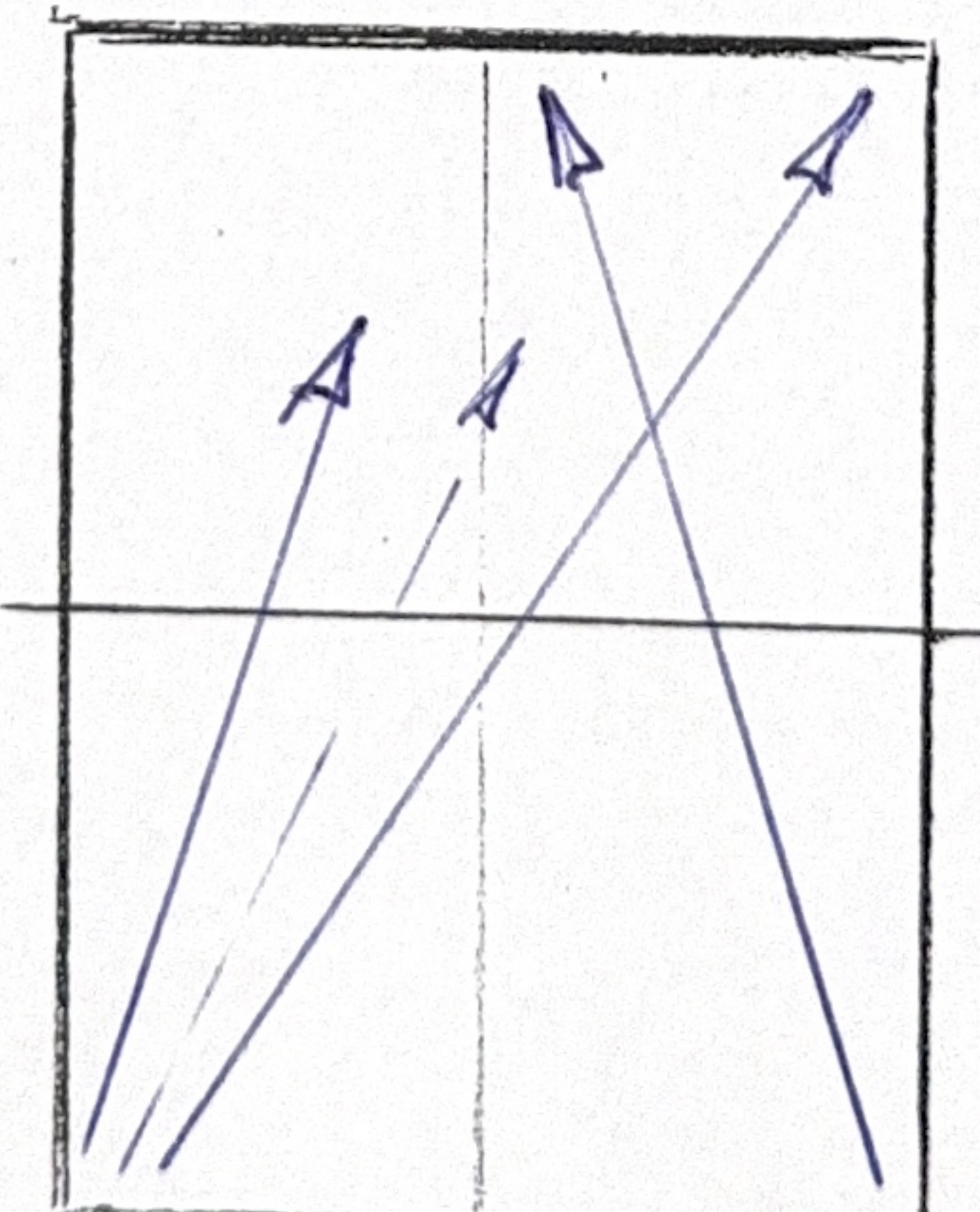


BH1 FHS3
BHS2 - POWER

2x8'

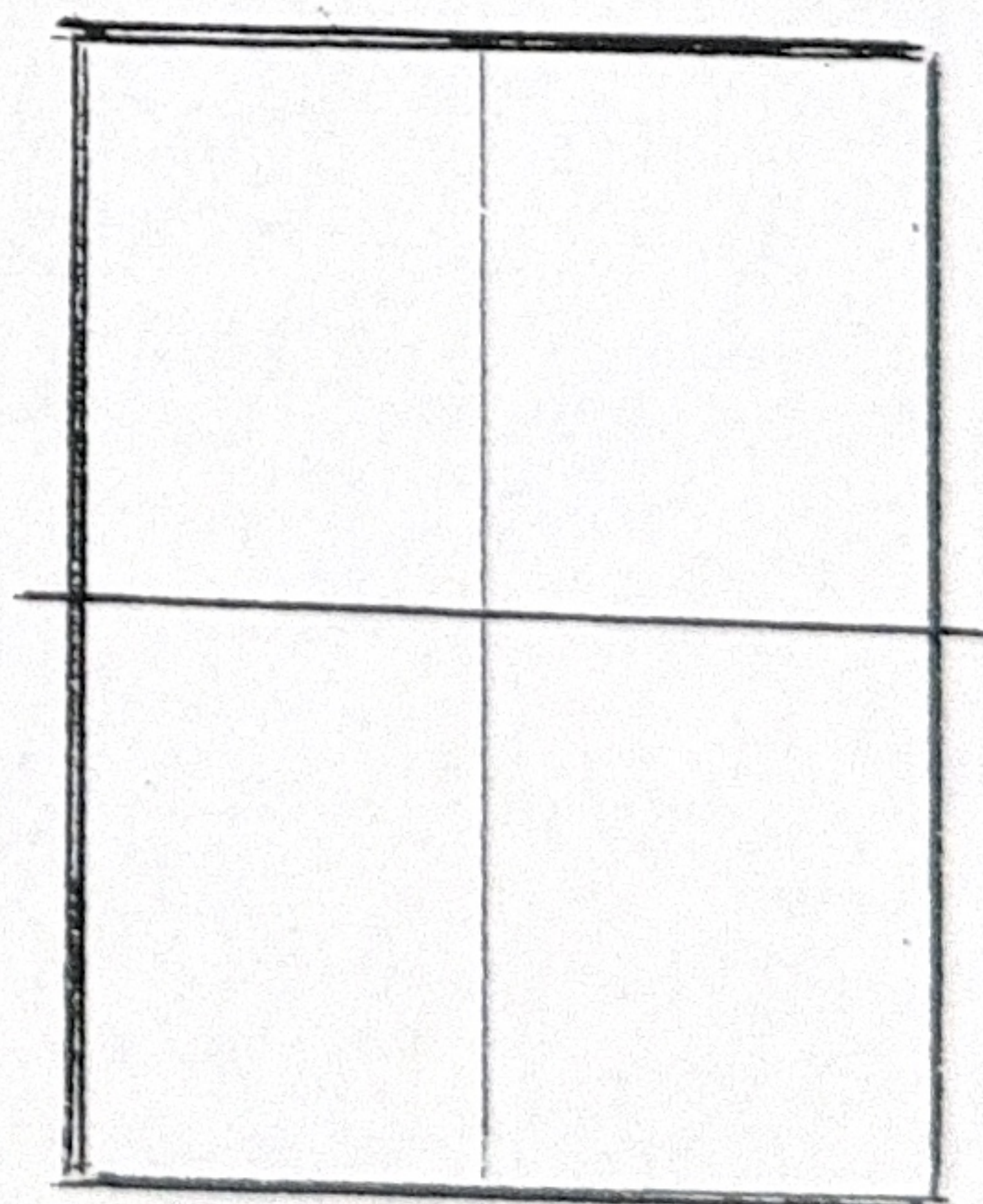


CWOP - SHORTEST - SHORT



SERVICE
BH/FHS
1 FHS
3-POWER

2x8'



INDIVIDUAL
FROM SERVICE

* UP-AND DOWN ONE SEG → WIN POINT IN 4 STROKES

~20'