

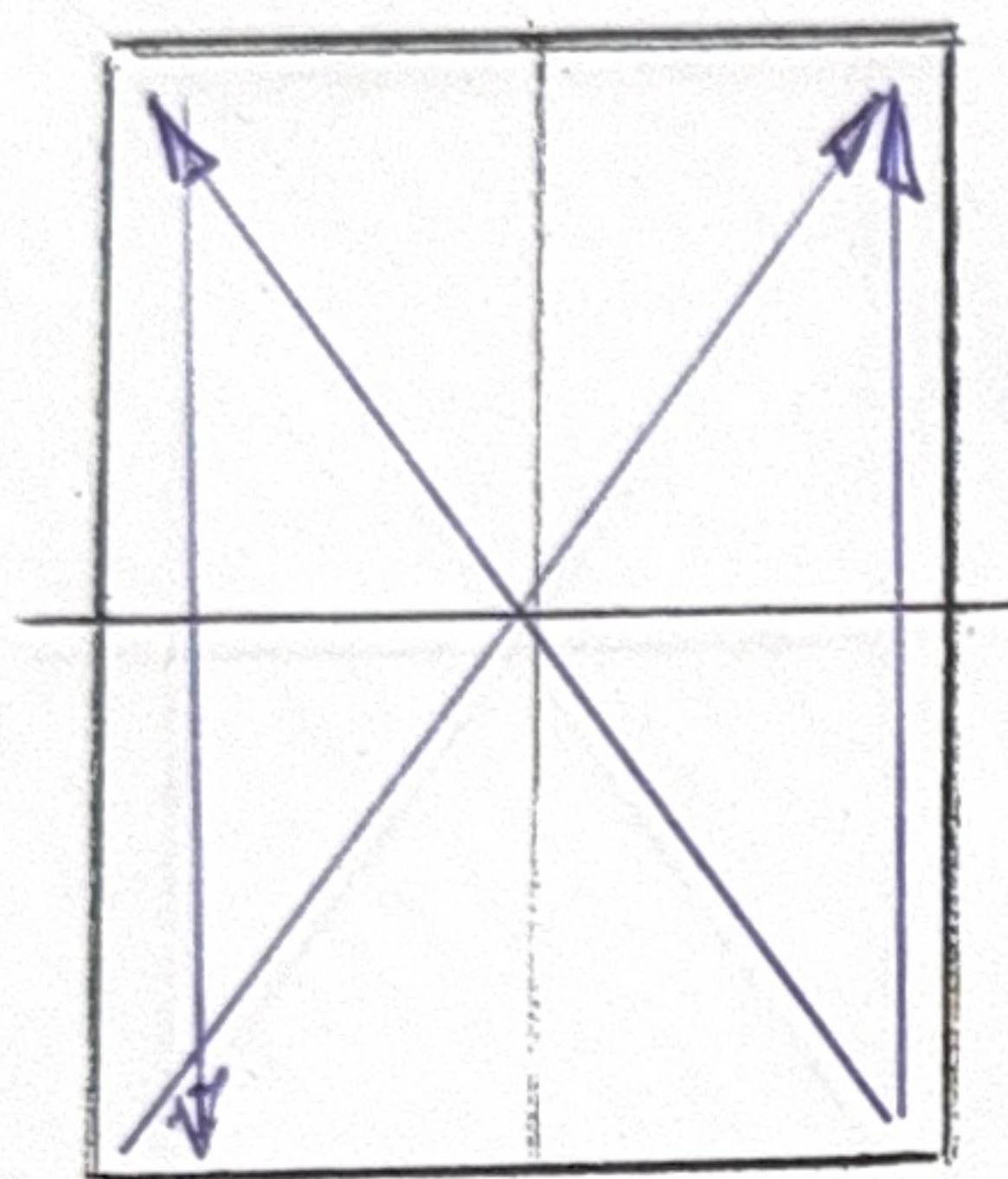
08.02.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. QUALITY OF FOOTWORK

4. 3TH BALL ATTACK 5. UP-AND DOWN SEFS $\approx 20'$

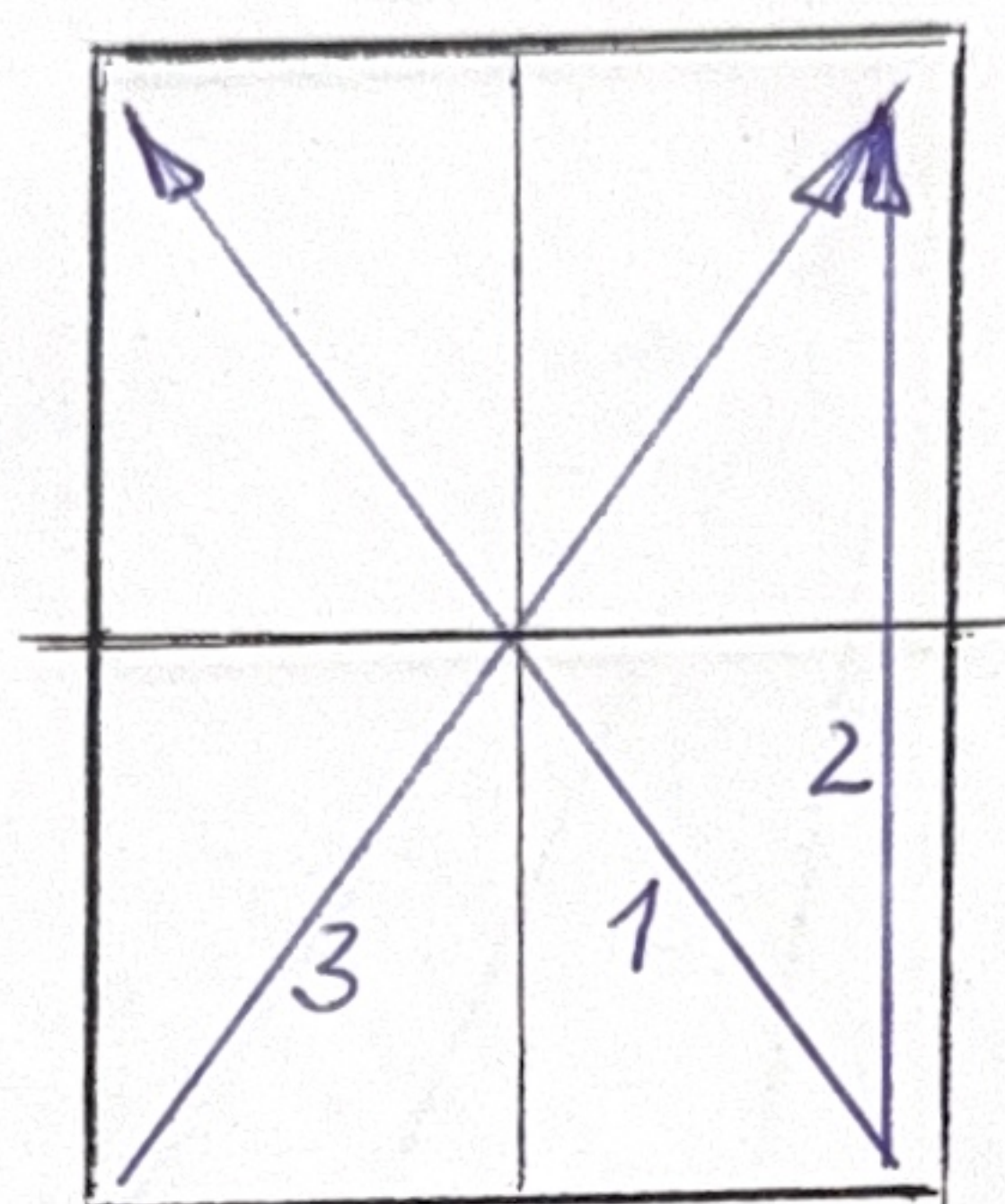
IF HAVE TIME - SKIPPING ROPES $\approx 15'$

15'



BH DOWN FH
5' THE LINE 5'

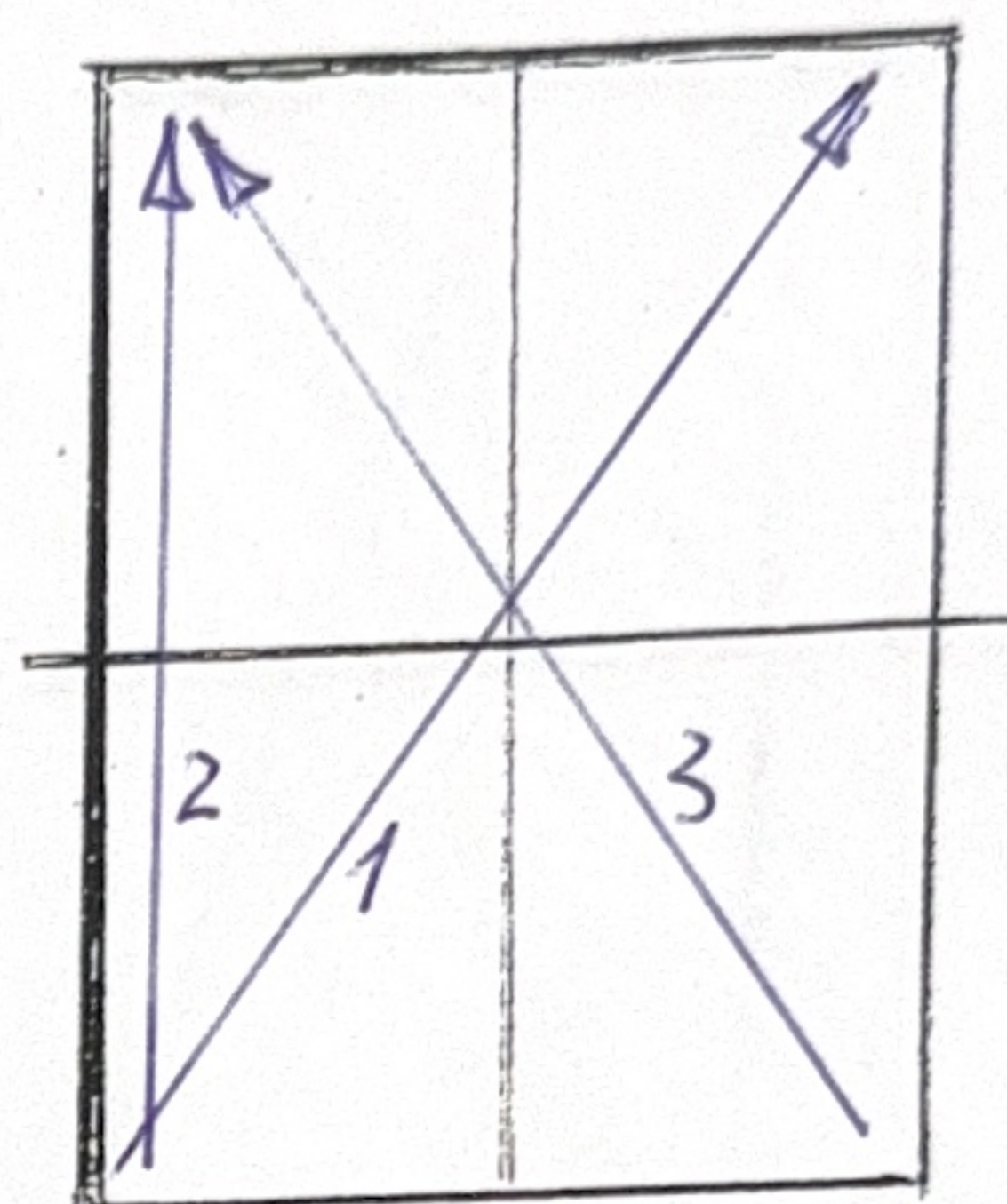
2x8'



BH
3

FHS
1,2

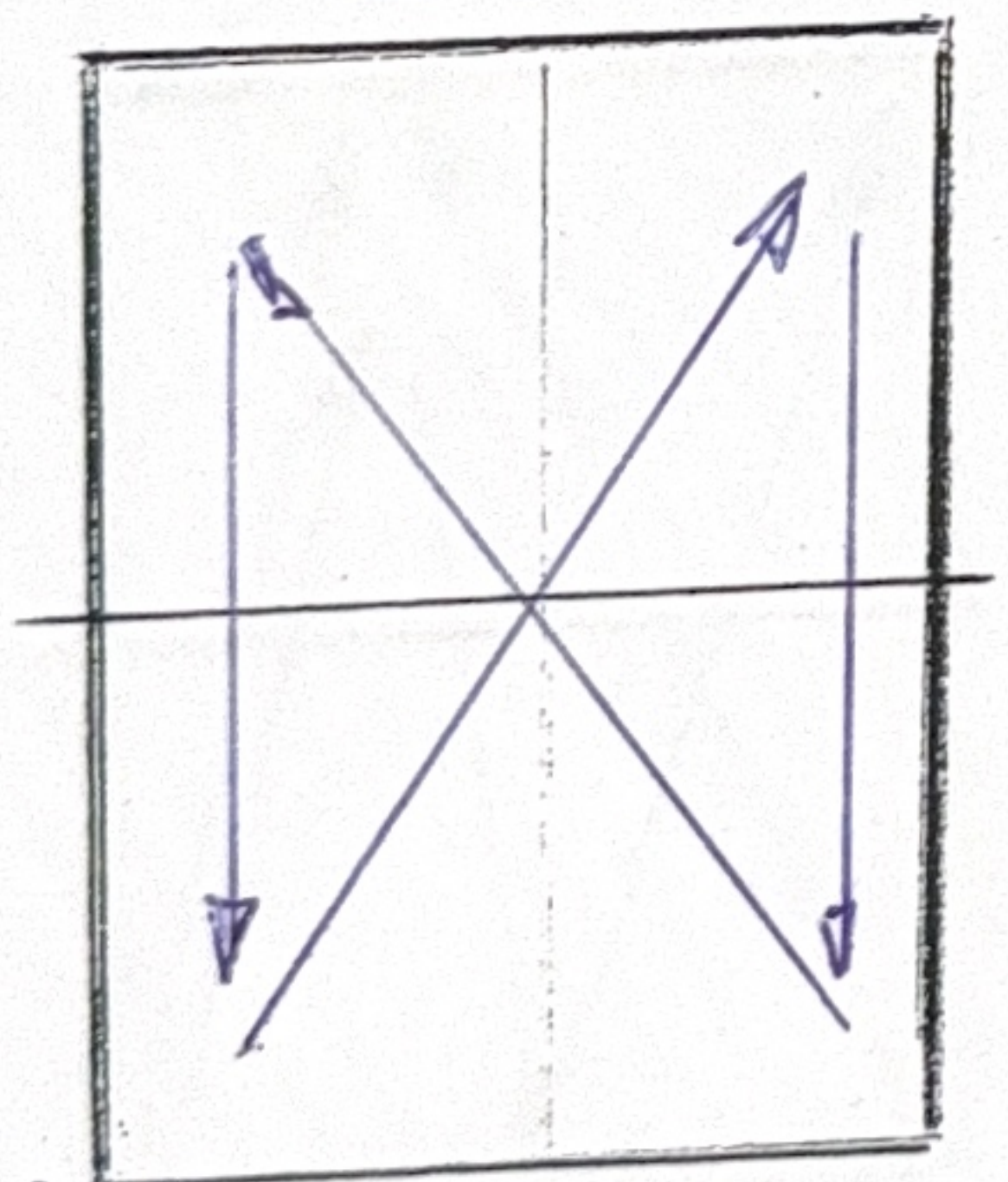
2x8'



BH
1,2

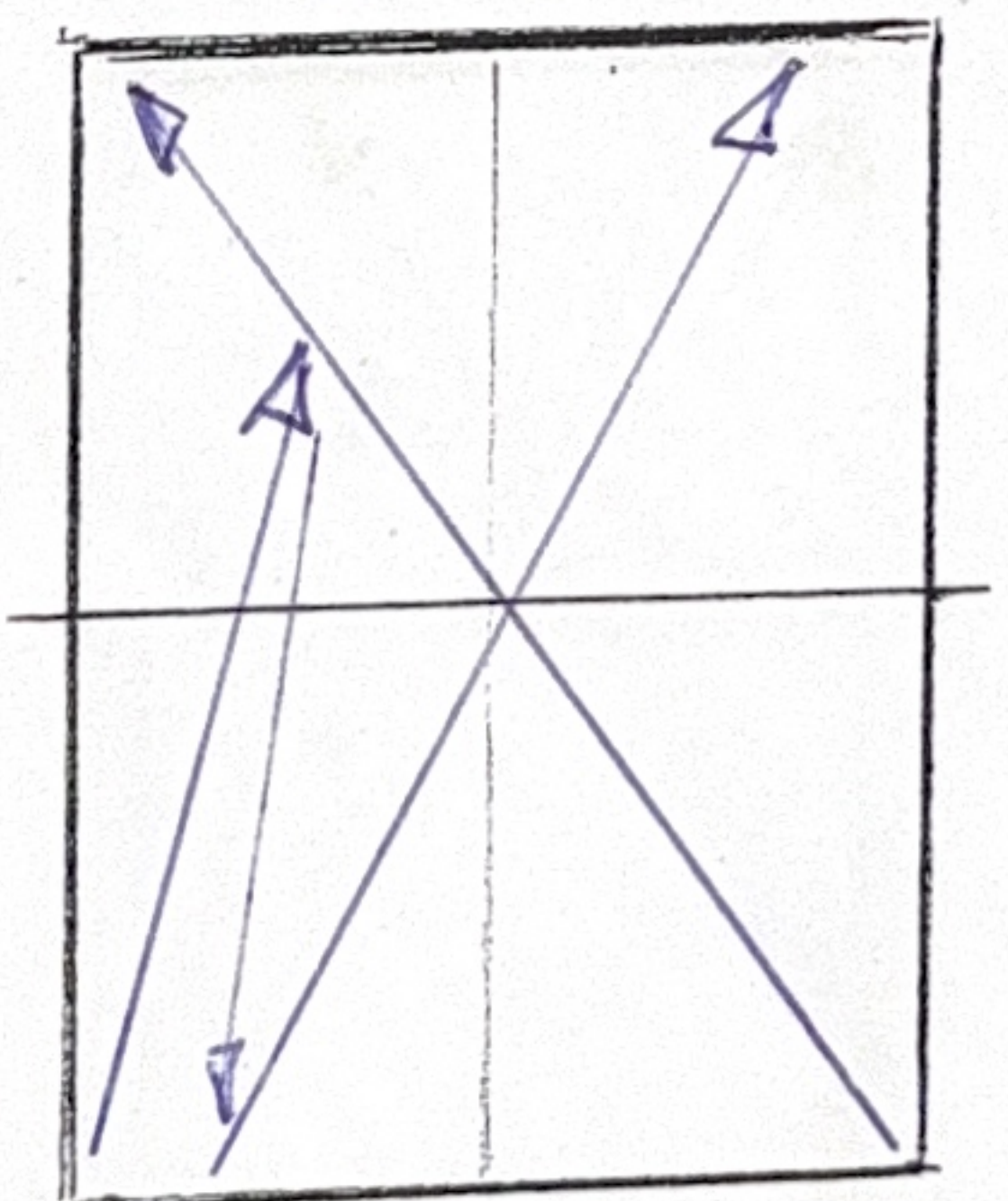
FHS
3

2x5'



CHOP N8
LONG OR 1/2 LONG

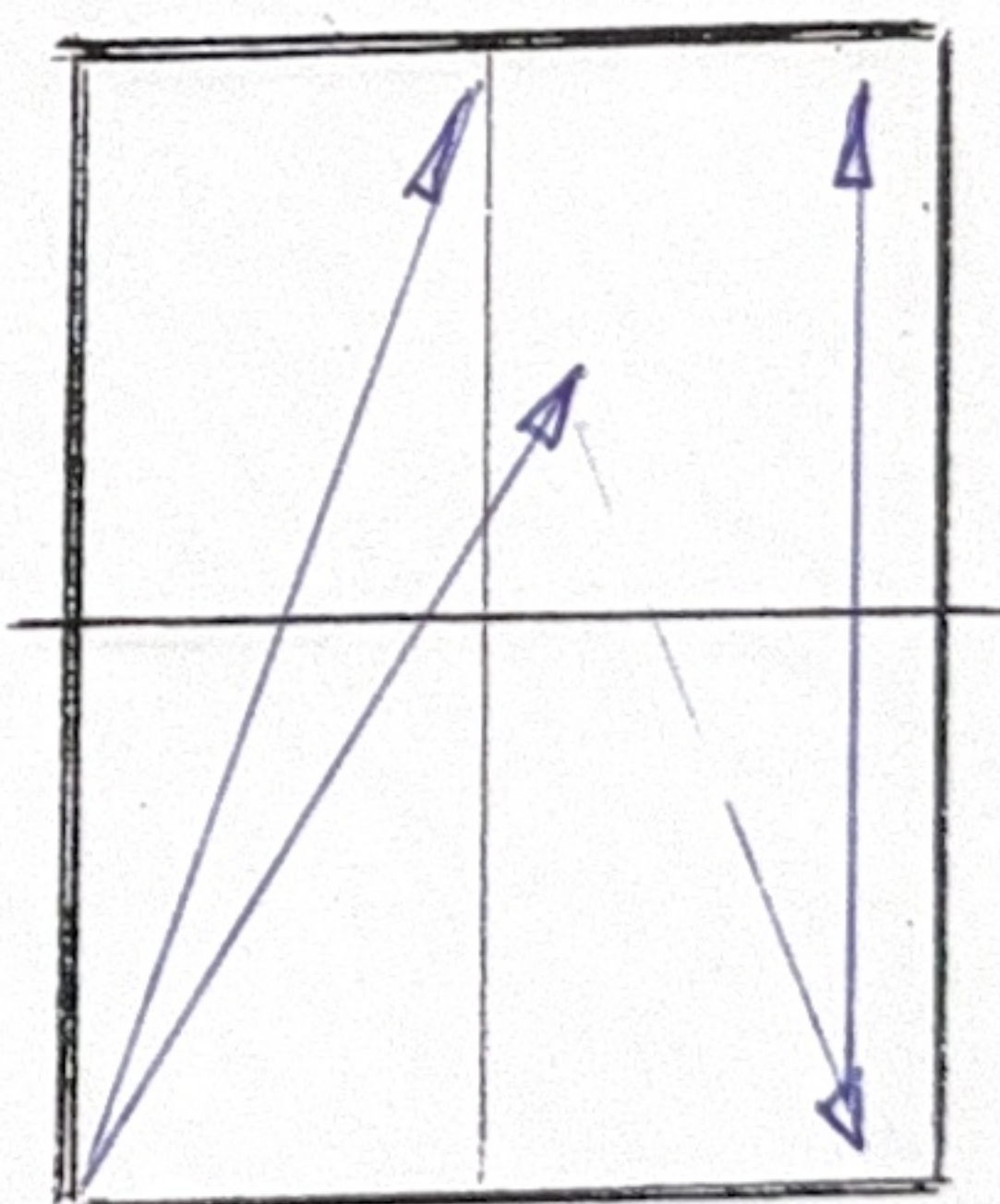
2x8'



SERVICE
FHS
1

FHS
2

2x8'



SERVICE
BH
2

FHS
1

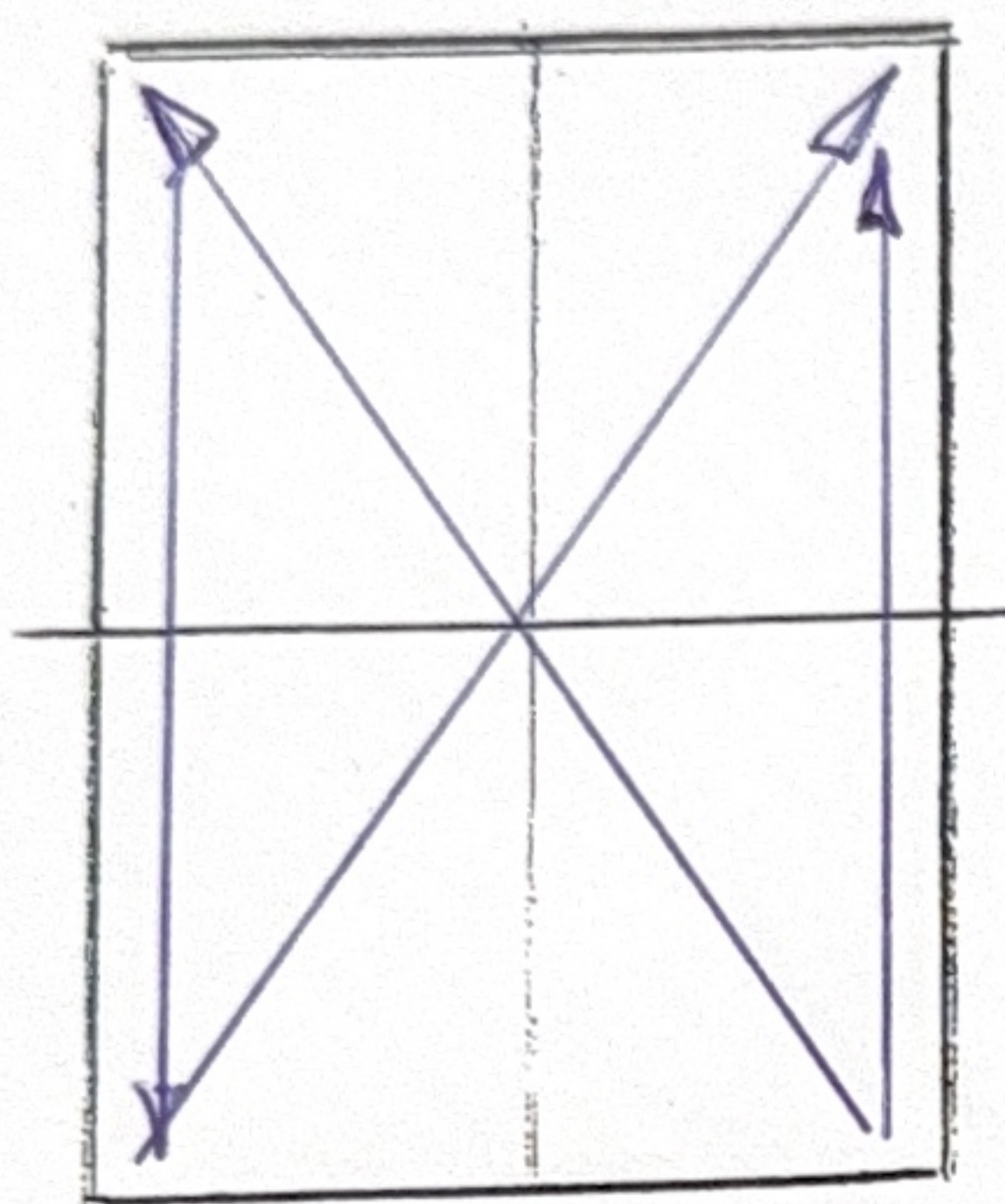
11.02.2026 WEDNESDAY 1730-1900 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. REACTION

4. TACTICAL COMBINATIONS FROM SERVICE

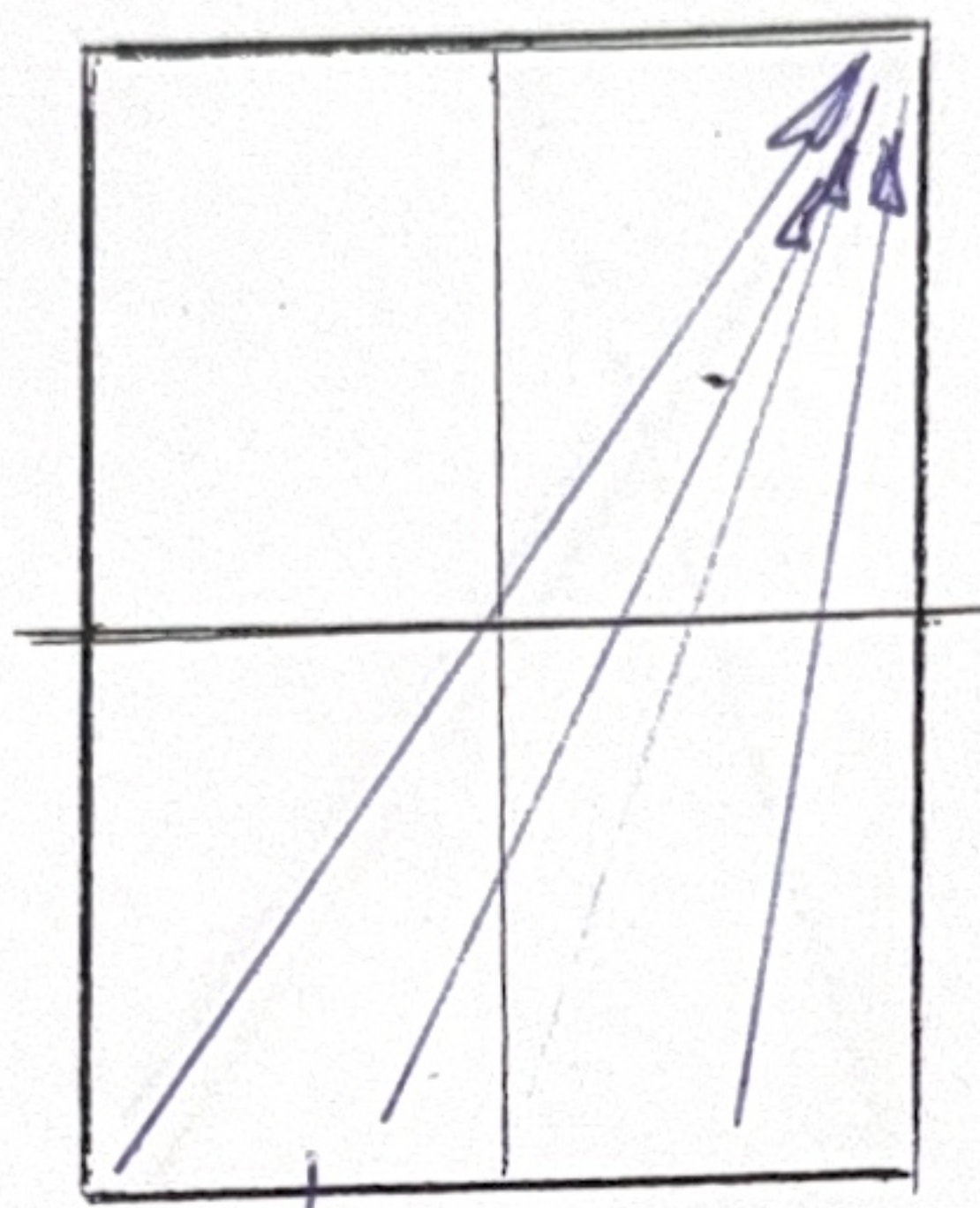
5. UP AND DOWN $\approx 20'$ (WIN YOUR SERVICE)

15'



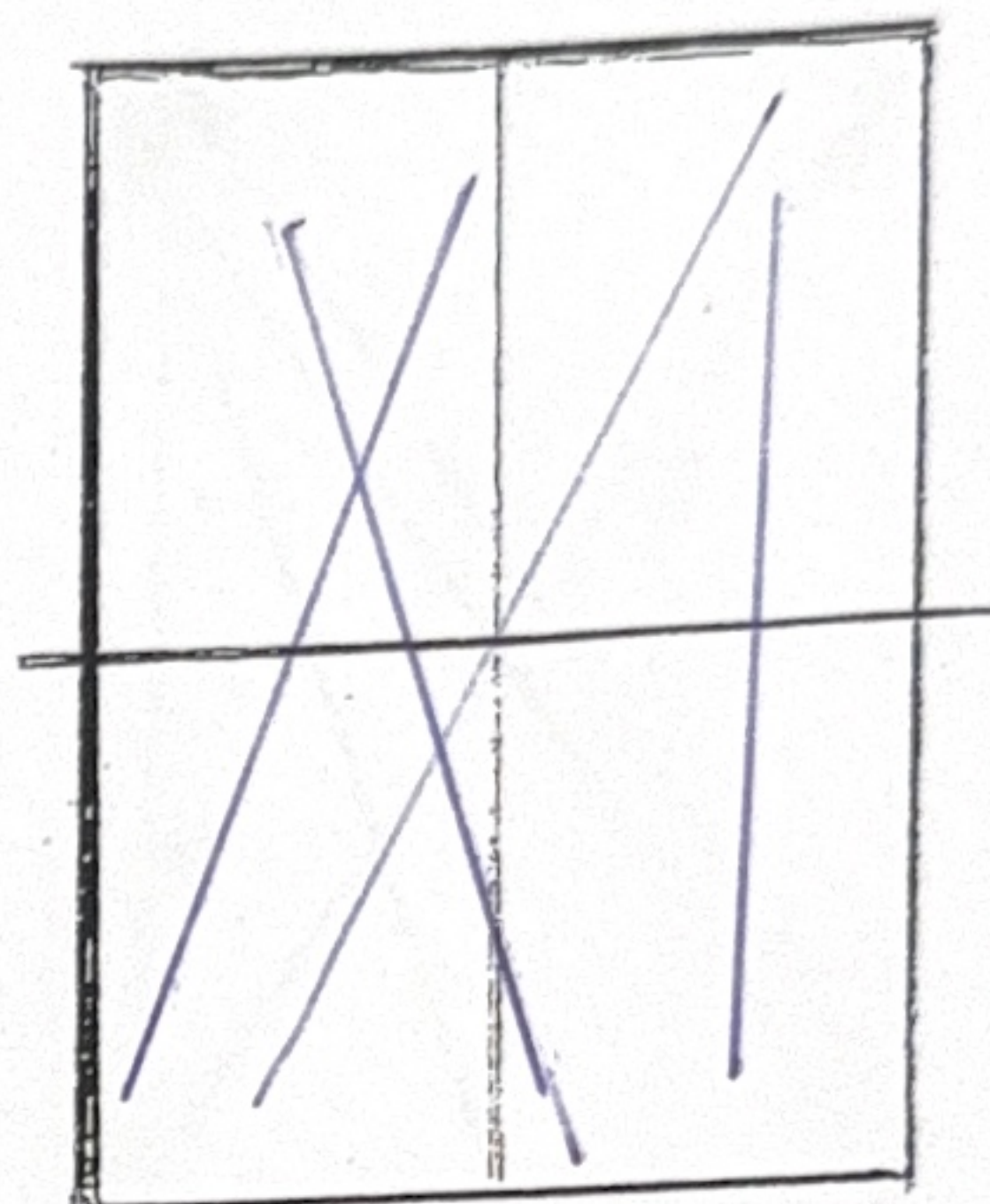
BH DOWN THE FH
5' LINE 5'

2x8'



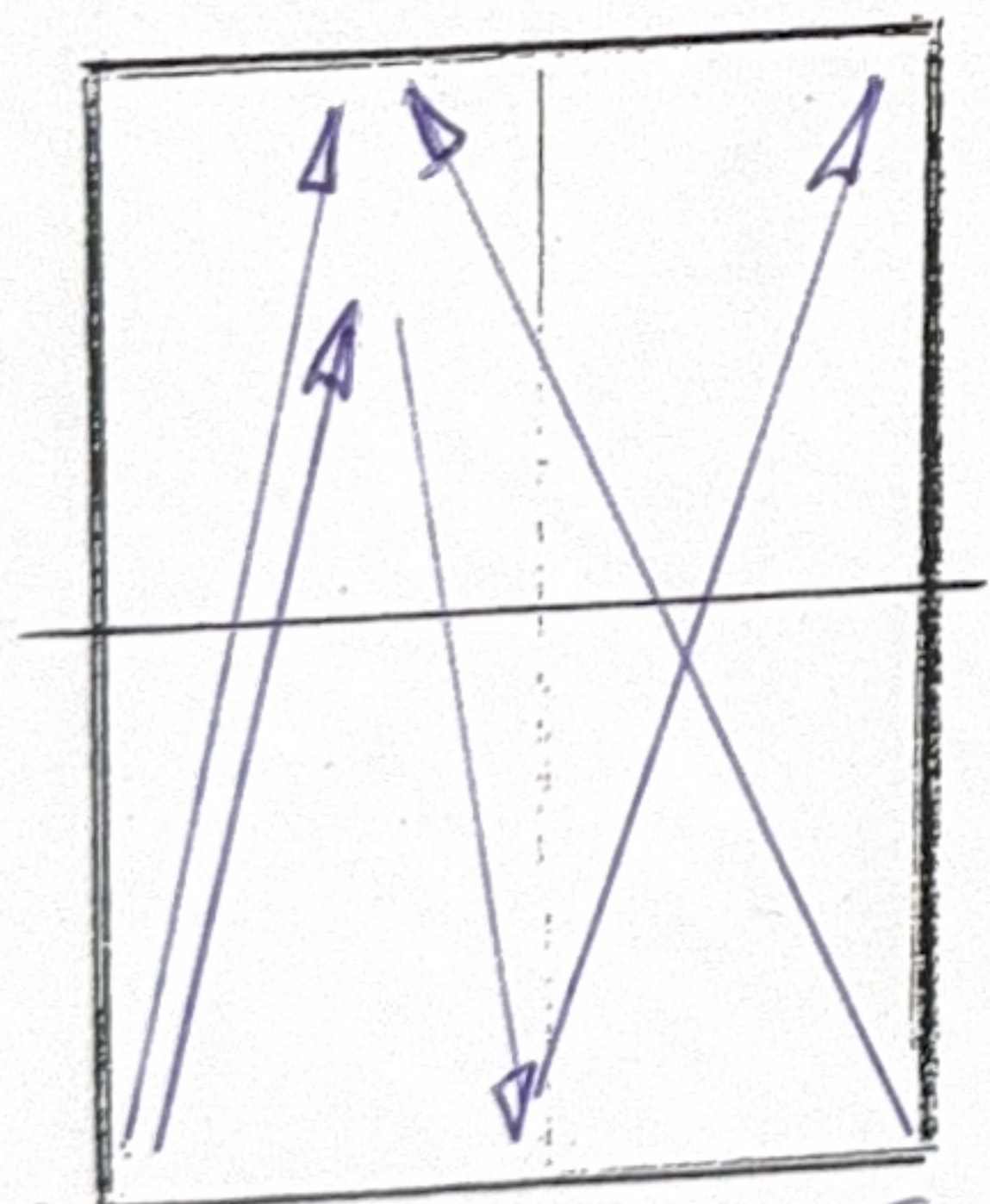
BH FHS FROM
1,3 3/4 OF TABLE
5,7,9... FREE

$\approx 5'-6'$



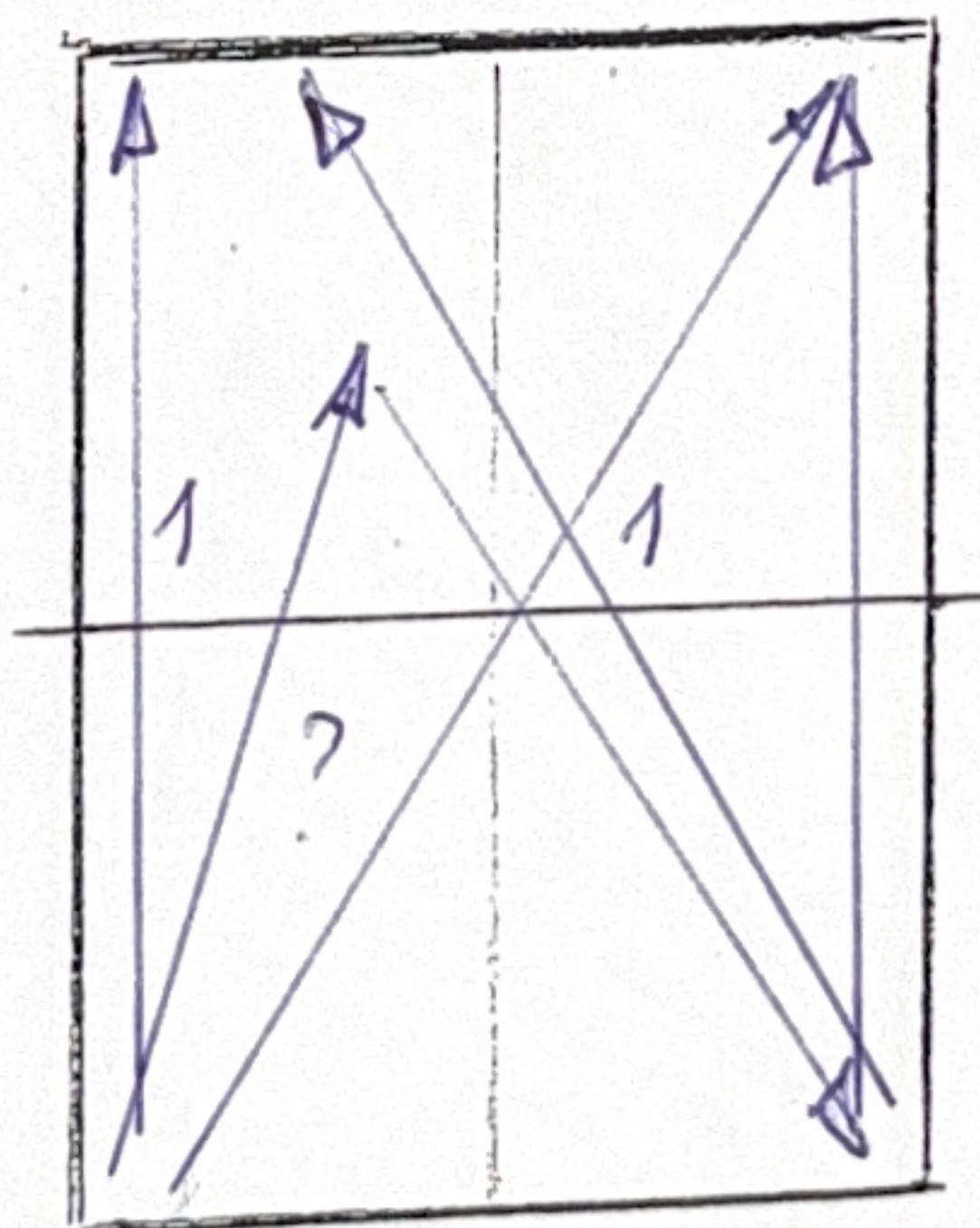
CHOP ALL
TABLE 1 SET

2x8'



SERVICE FHS
BHS ? 1 FHS 2

2x8'



SERVICE
SHORT TO FH
OR LONG
TO BH FHS 1



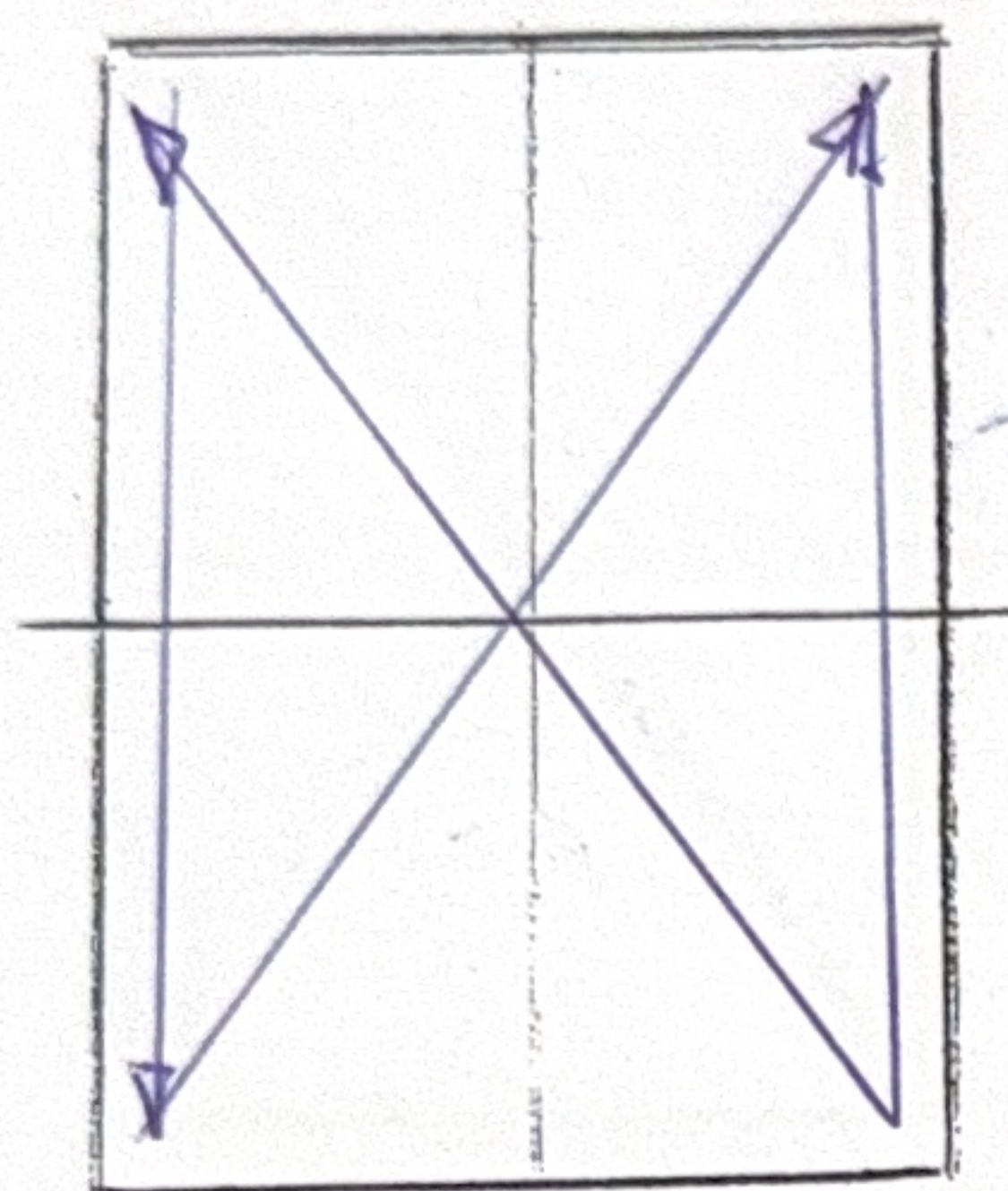
14.02.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK

4. 3TH BALL ATTACK 5. UP AND DOWN $\approx 20'$

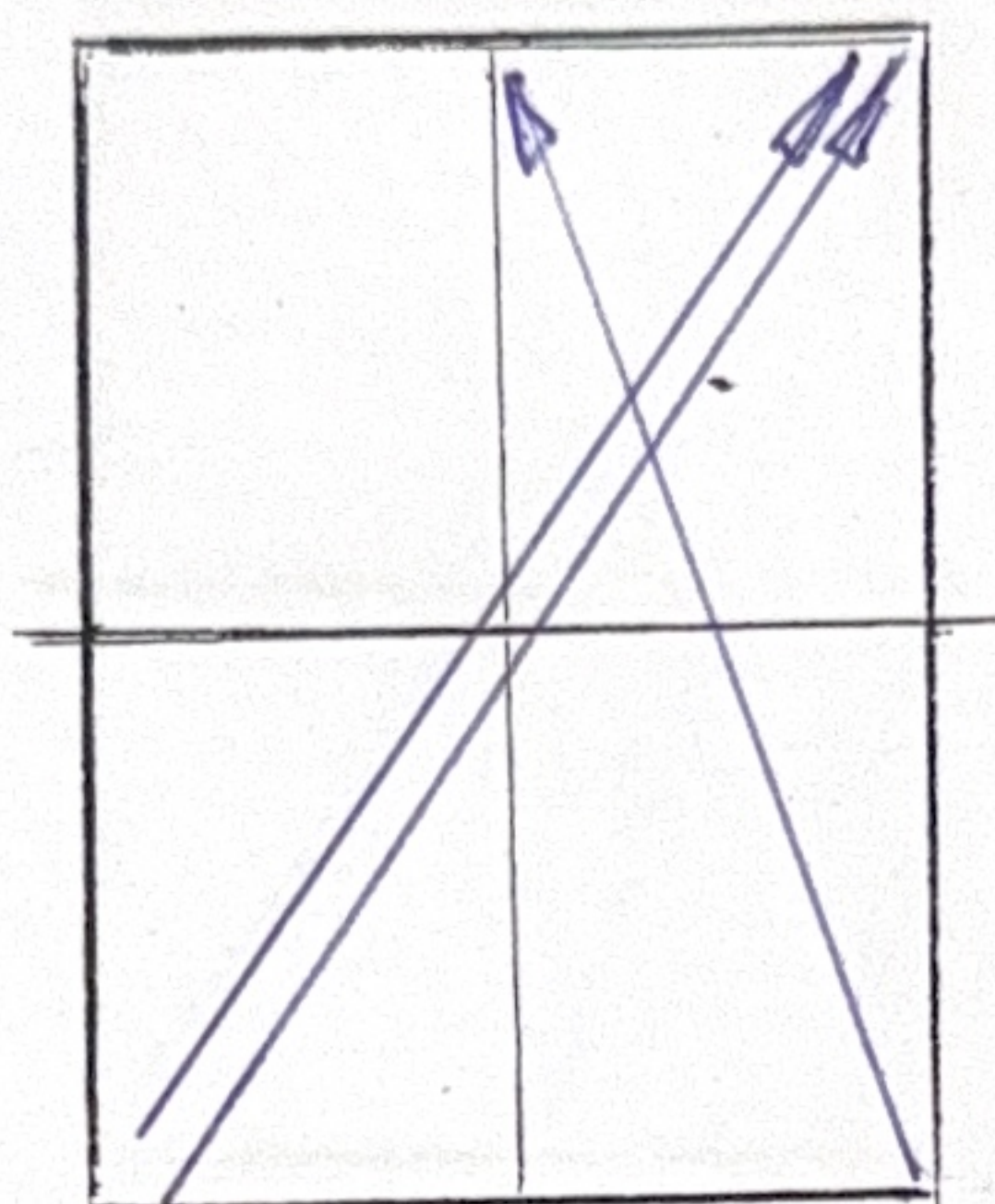
IF HAVE TIME $\rightarrow$ SKIPPING ROPES $\approx 15'$

15'



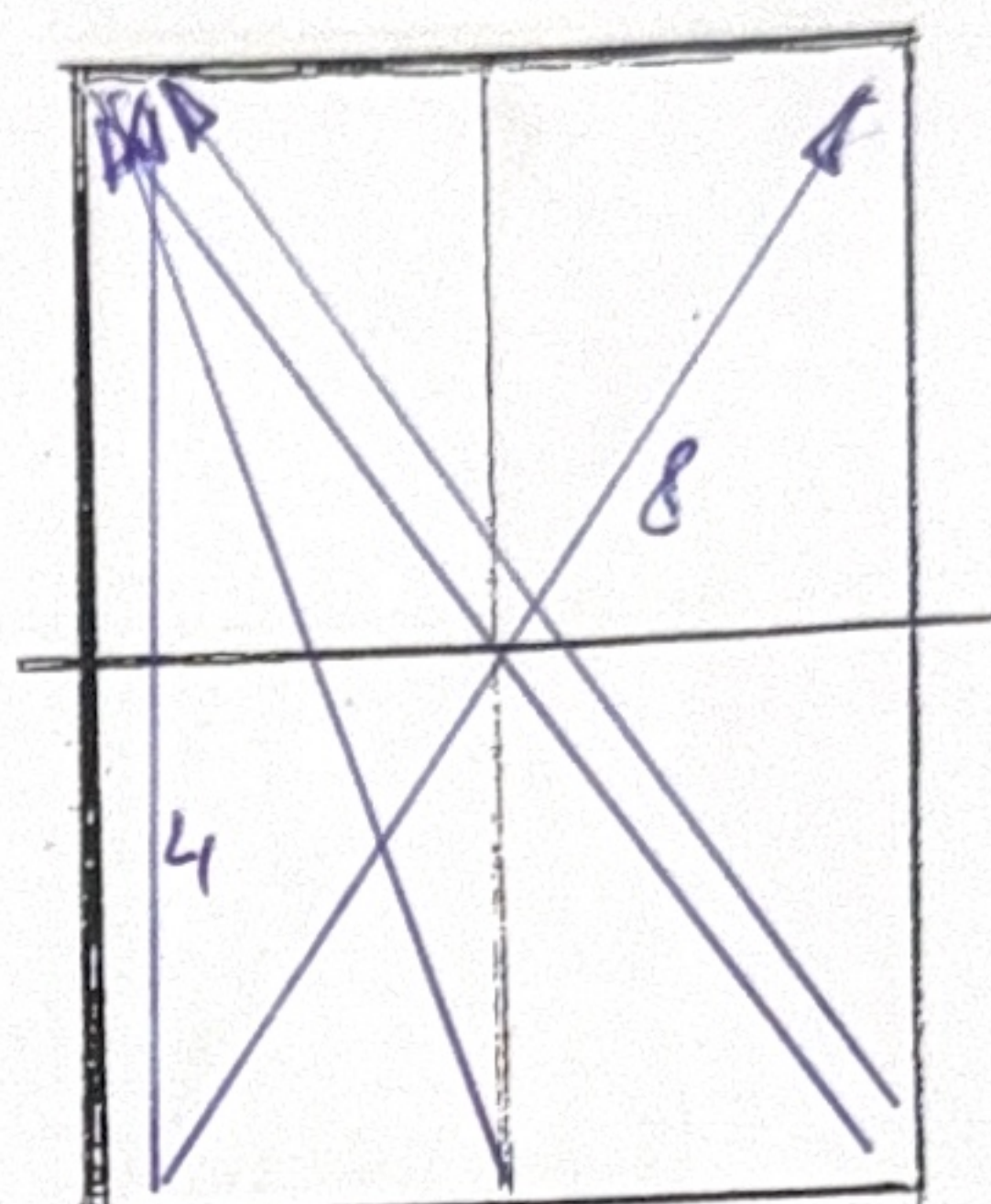
BH DOWN FH
5' THE LINE 5'

2x8'



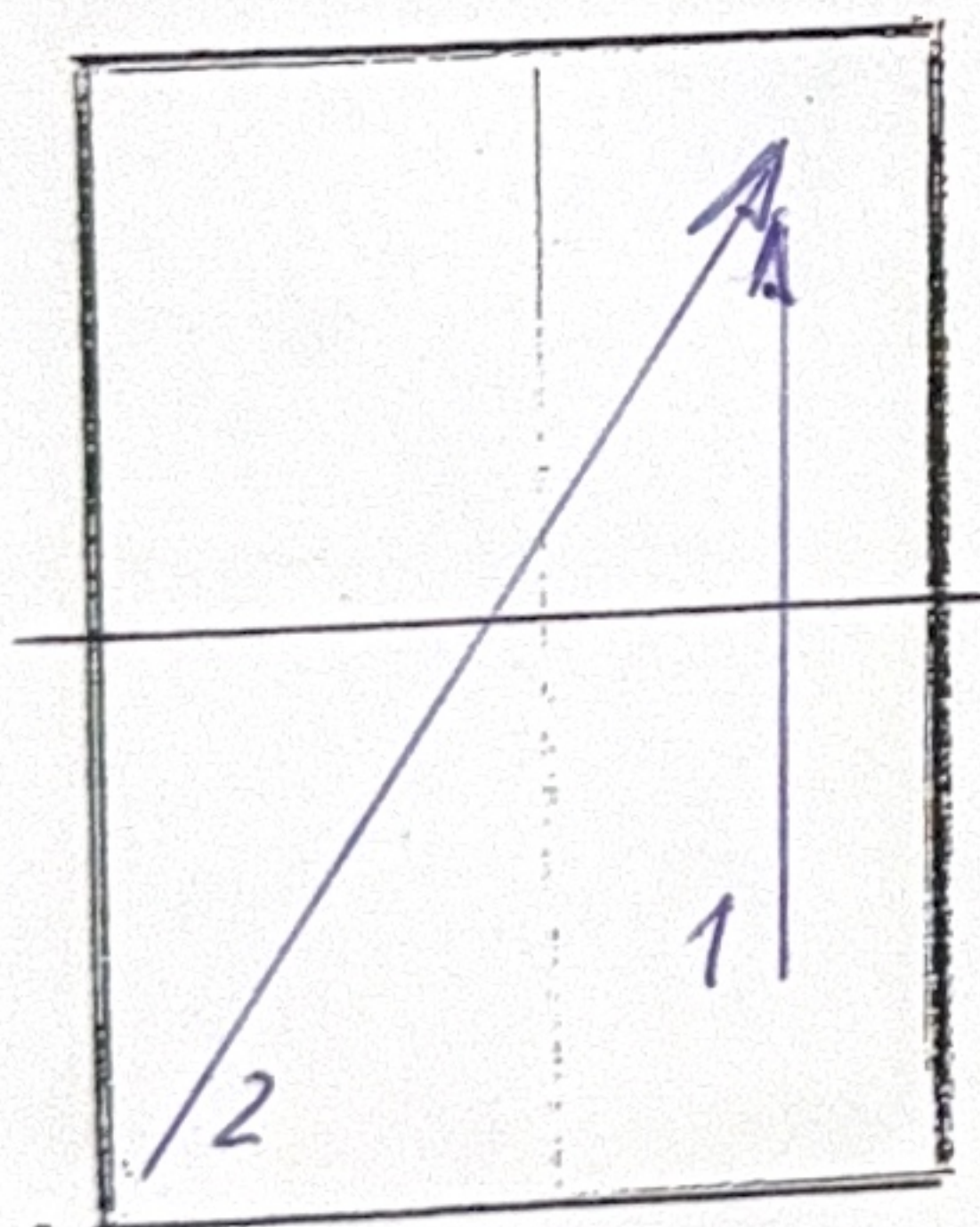
BH1 FUS
FUS2 3

2x8'



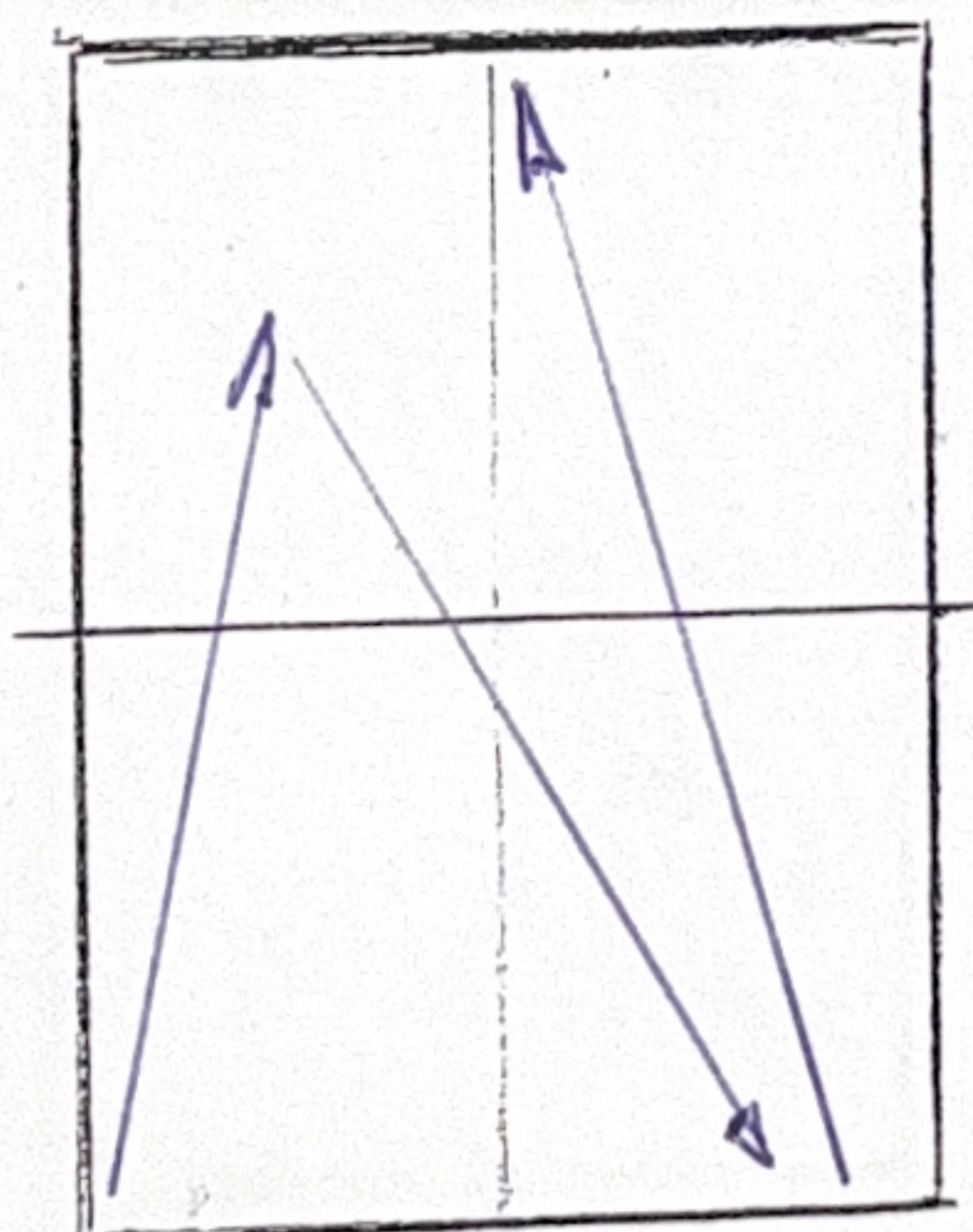
BH FUS FUS
4,8 2,6 1,3
AFTER 8 BALLS
FREE

2x5'



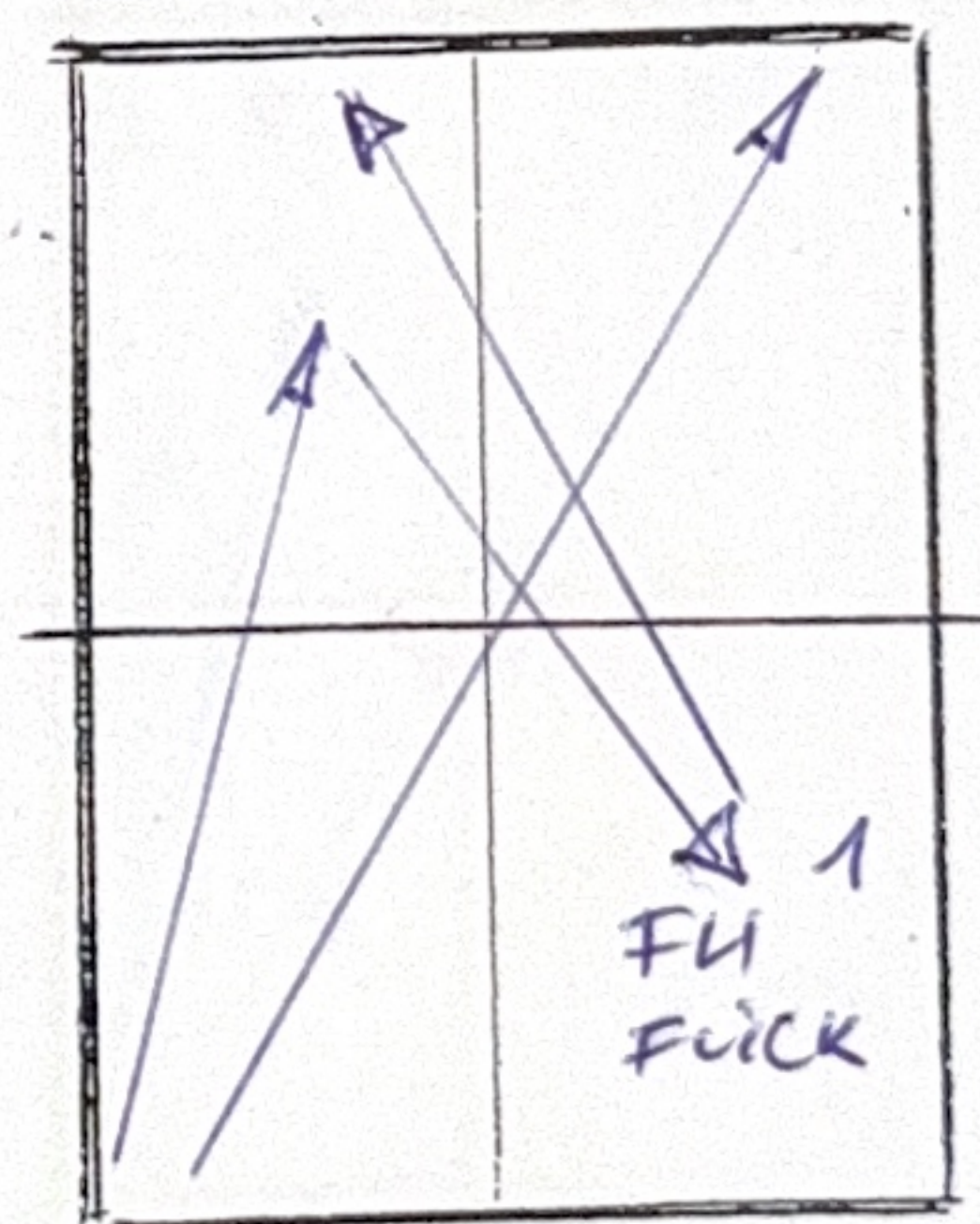
CHOP SHORT
FROM FH, LONG FROM
BH

2x8'



SERVICE FUS
+FREE 1
TO MIDDLE

2x8'



SERVICE
BHS
2