

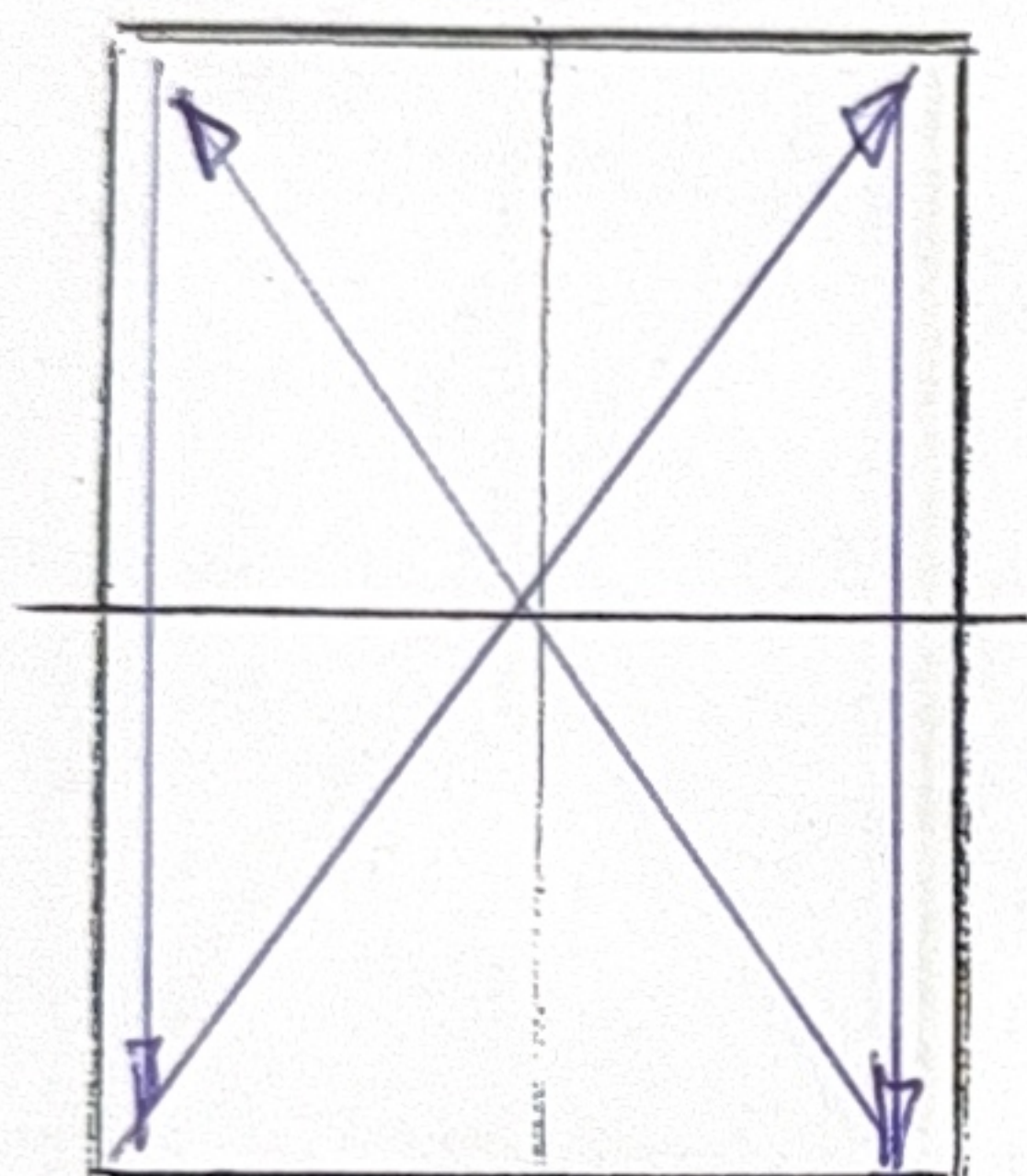
08.02.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK IN-OUT, SIDE STEP,

PIVOT, CROSSOVER 3 3rd BALL ATTACK

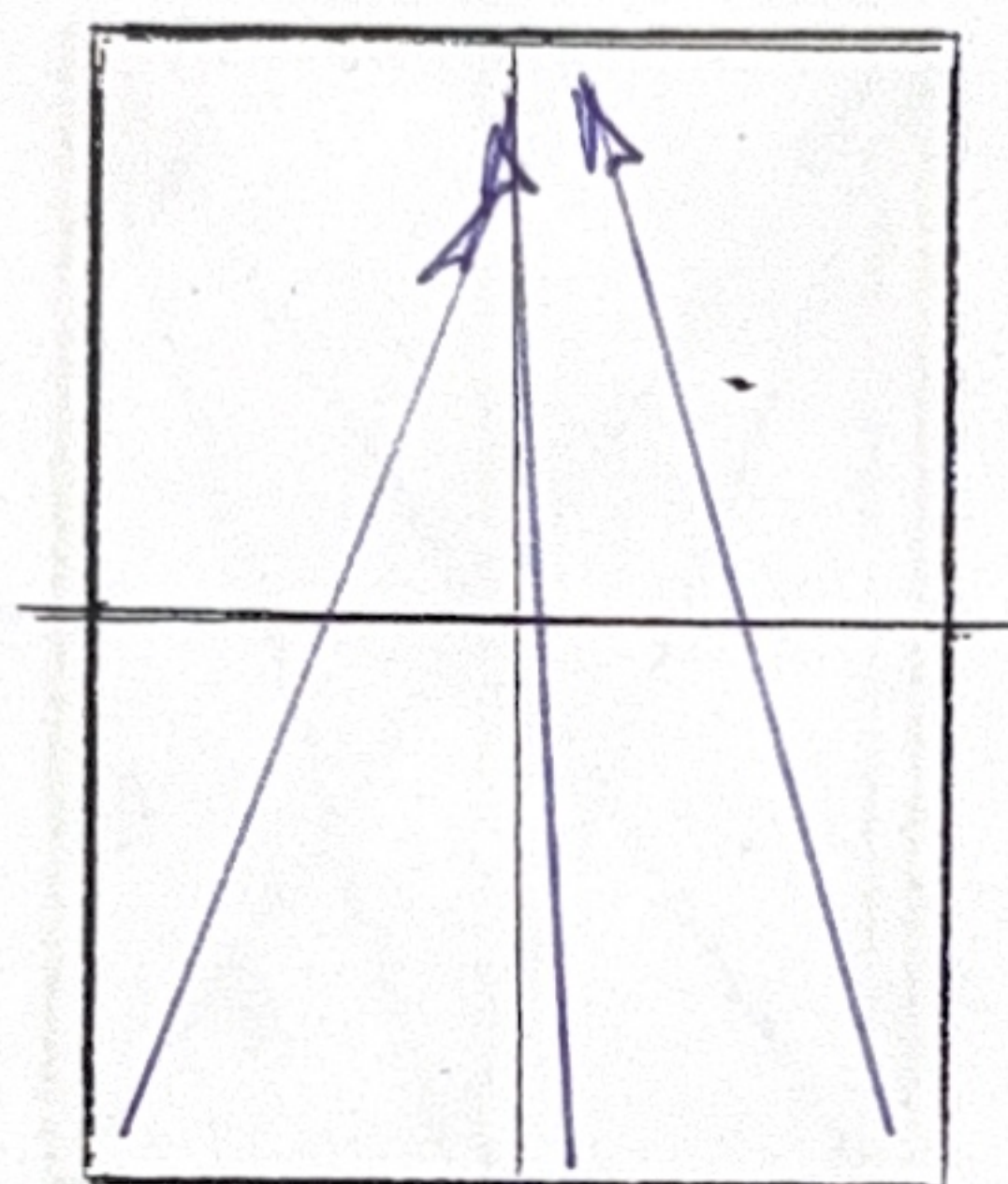
WARMING-UP - THERABANDS, PHYSICAL → SKIPPING ROPES

15'



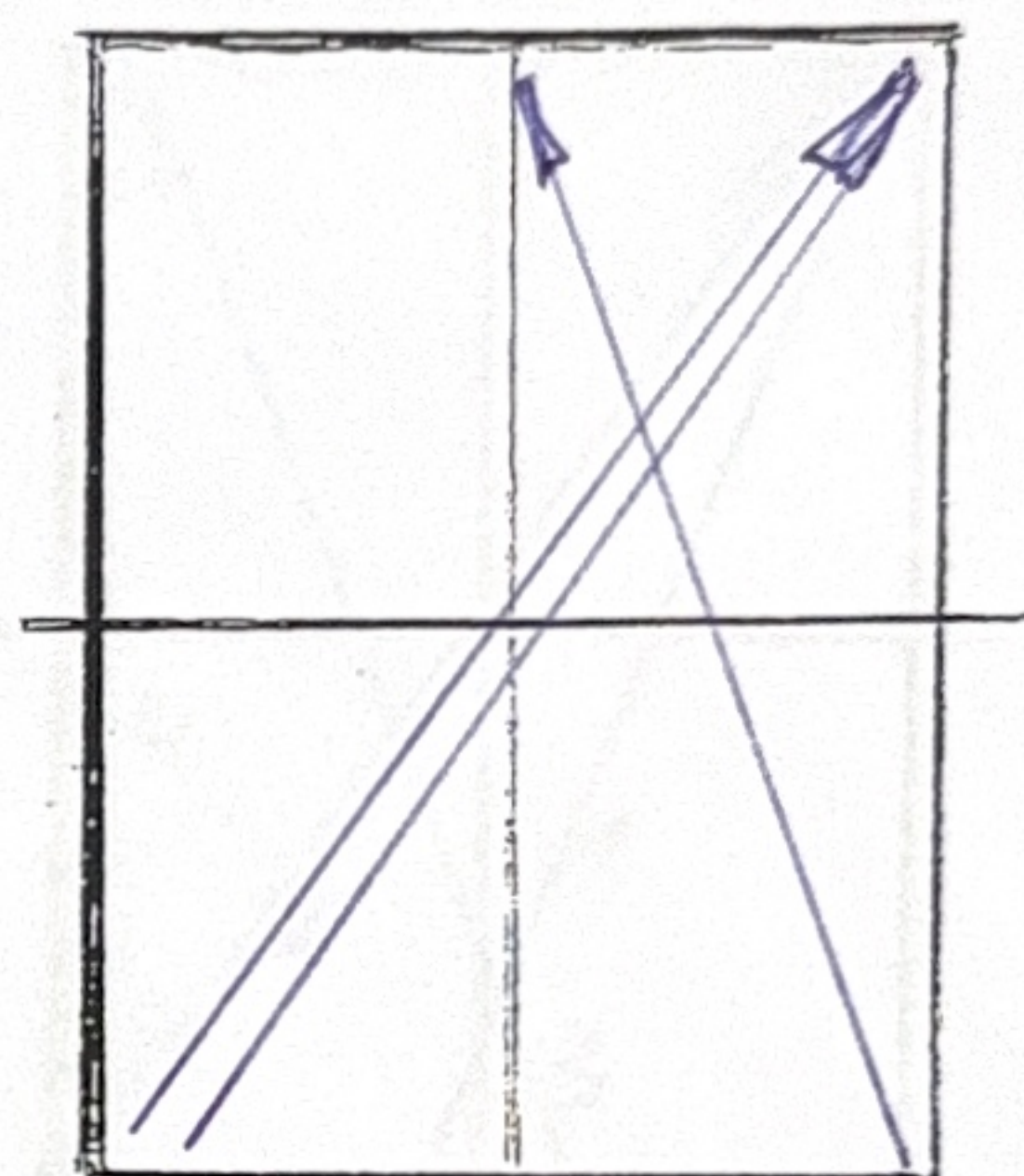
BU DOWN THE FU
51 LINE 51 51

2x8'



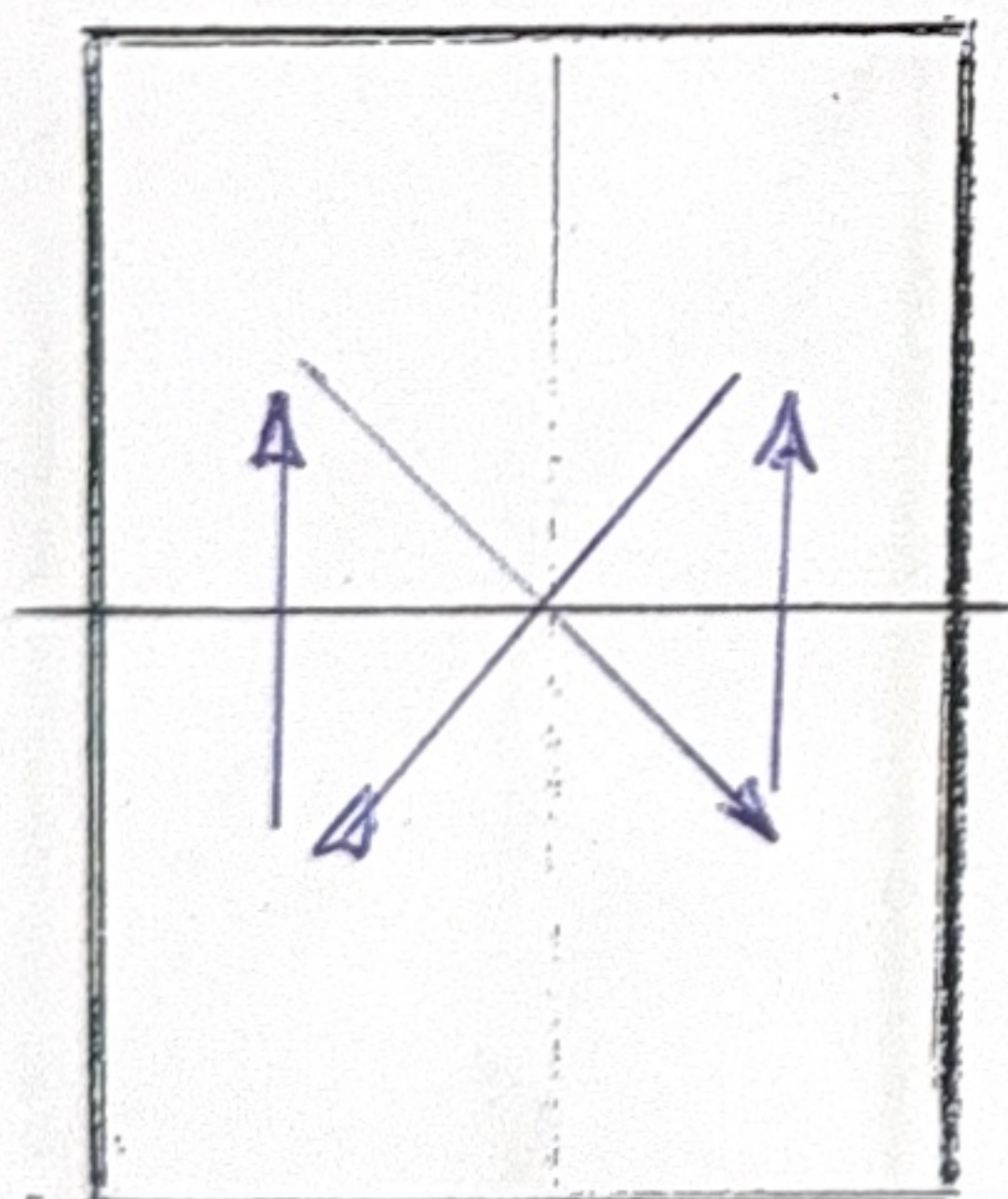
BU or FUS 3
FUS 2 1

2x8'



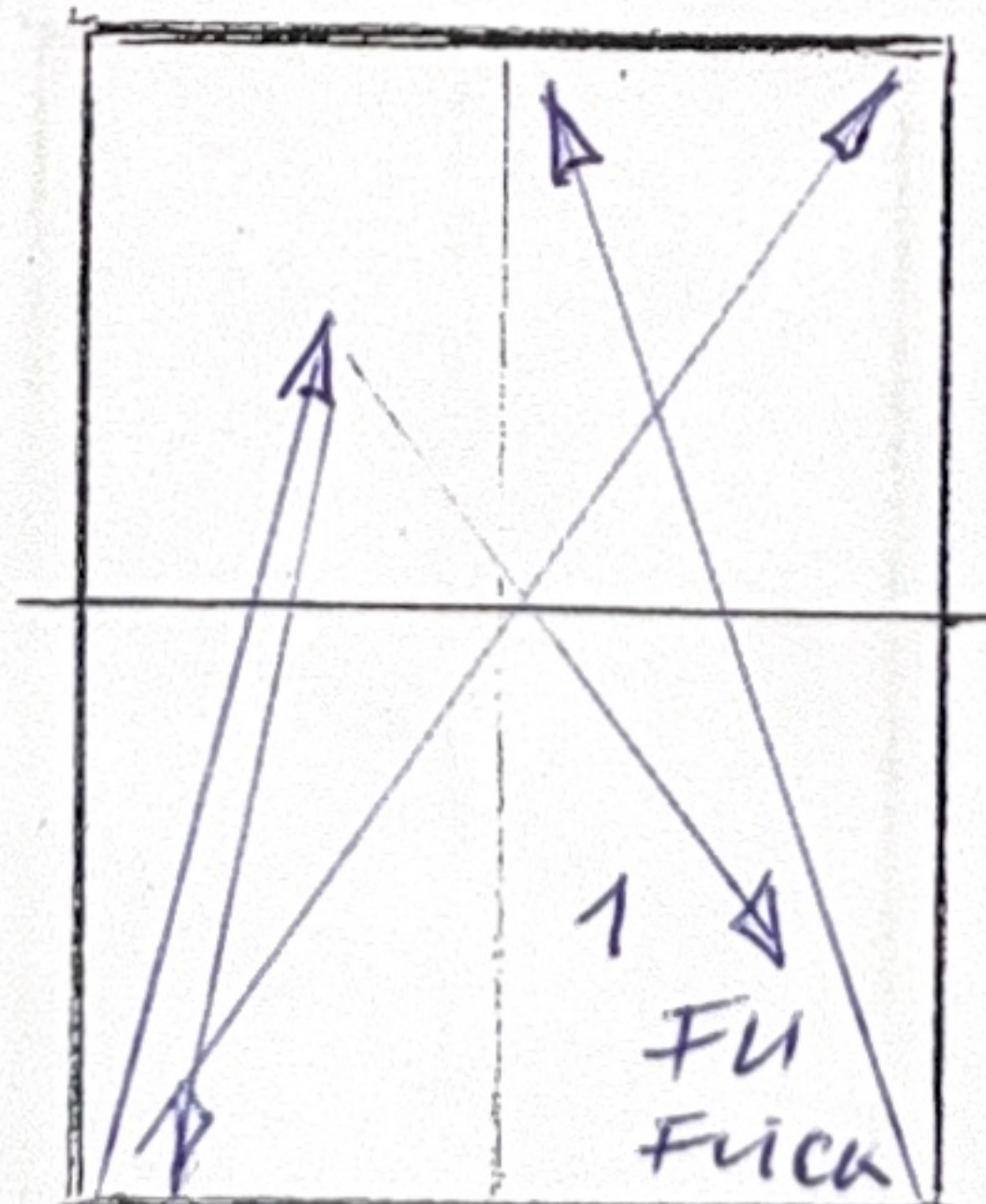
BU 1 FUS 2
FUS 3

2x5'



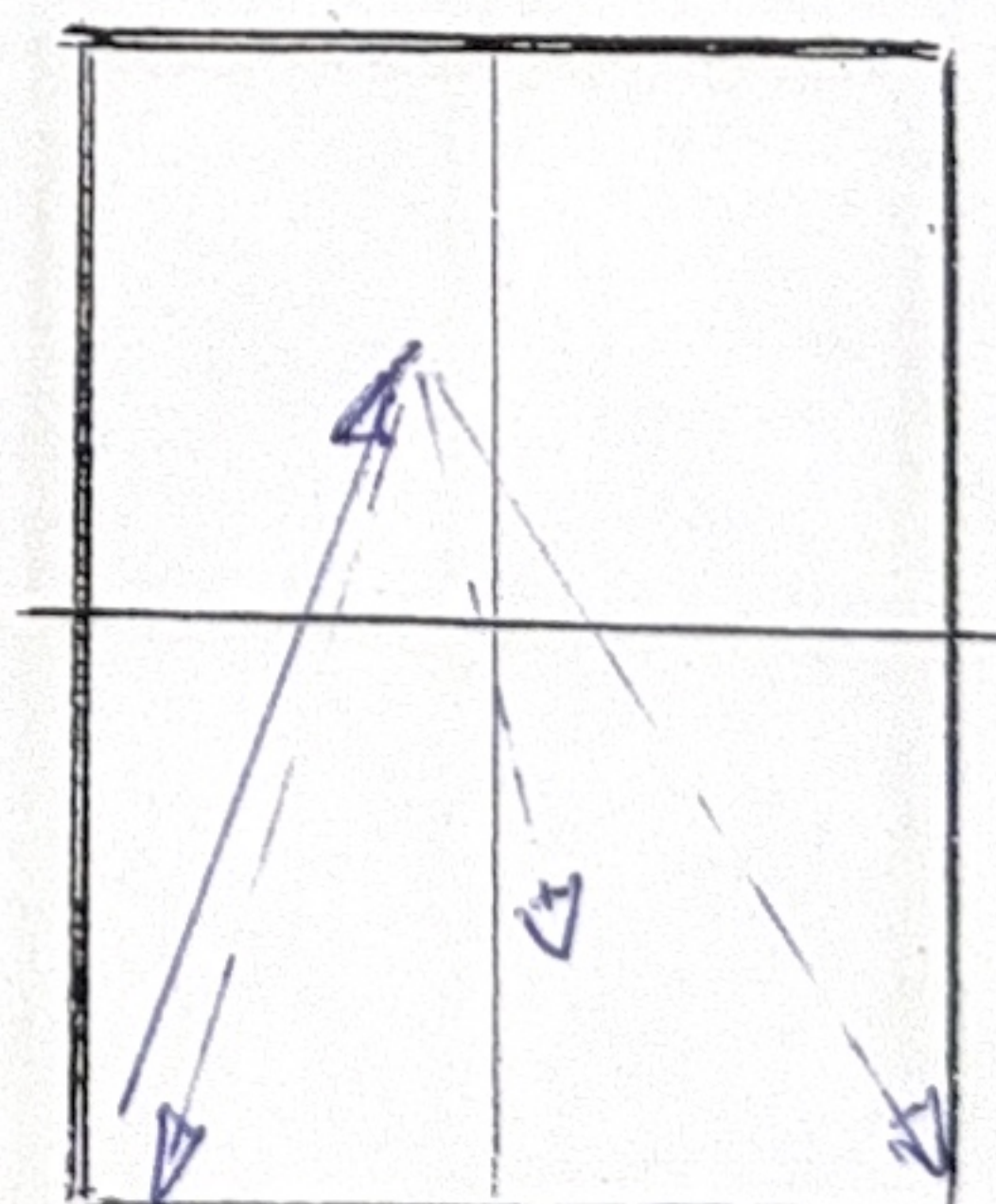
CHOP SHORT
N8

2x8'



SERVICE BUS 1
FUS 2

2x8'



SERVICE
RECEIVE SHORT TO MIDDLE
OR LONG TO THE CORNERS
+ FREE

BEST OF 3 (IF 1:1 - 10:10) 3 SETS RANDOM

10.02.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. TECHNIQUE 2. SPEED OF ATTACKING STROKES

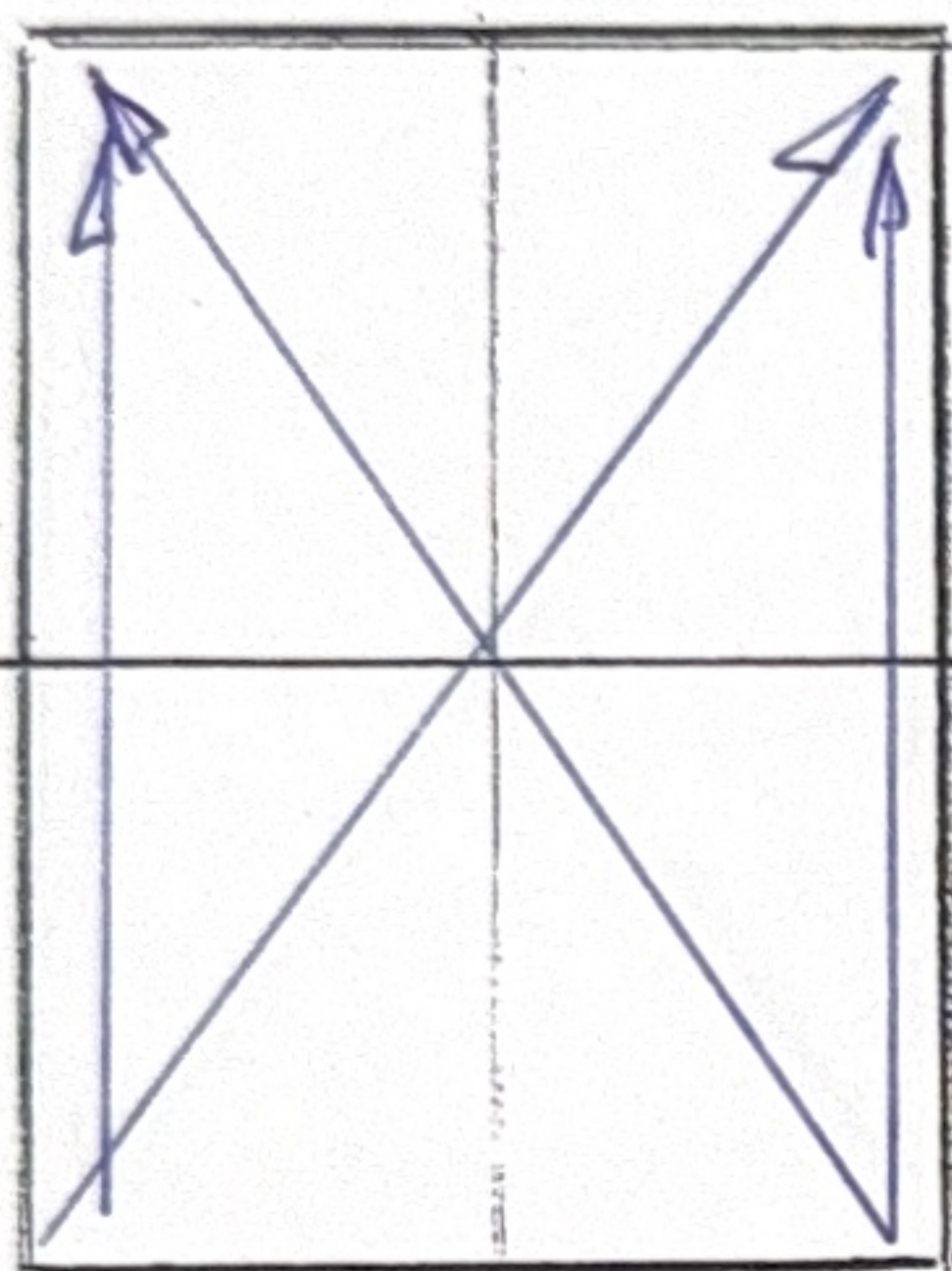
+ FH - COUNTERSPIN

WARMING-UP - THERA BANDS

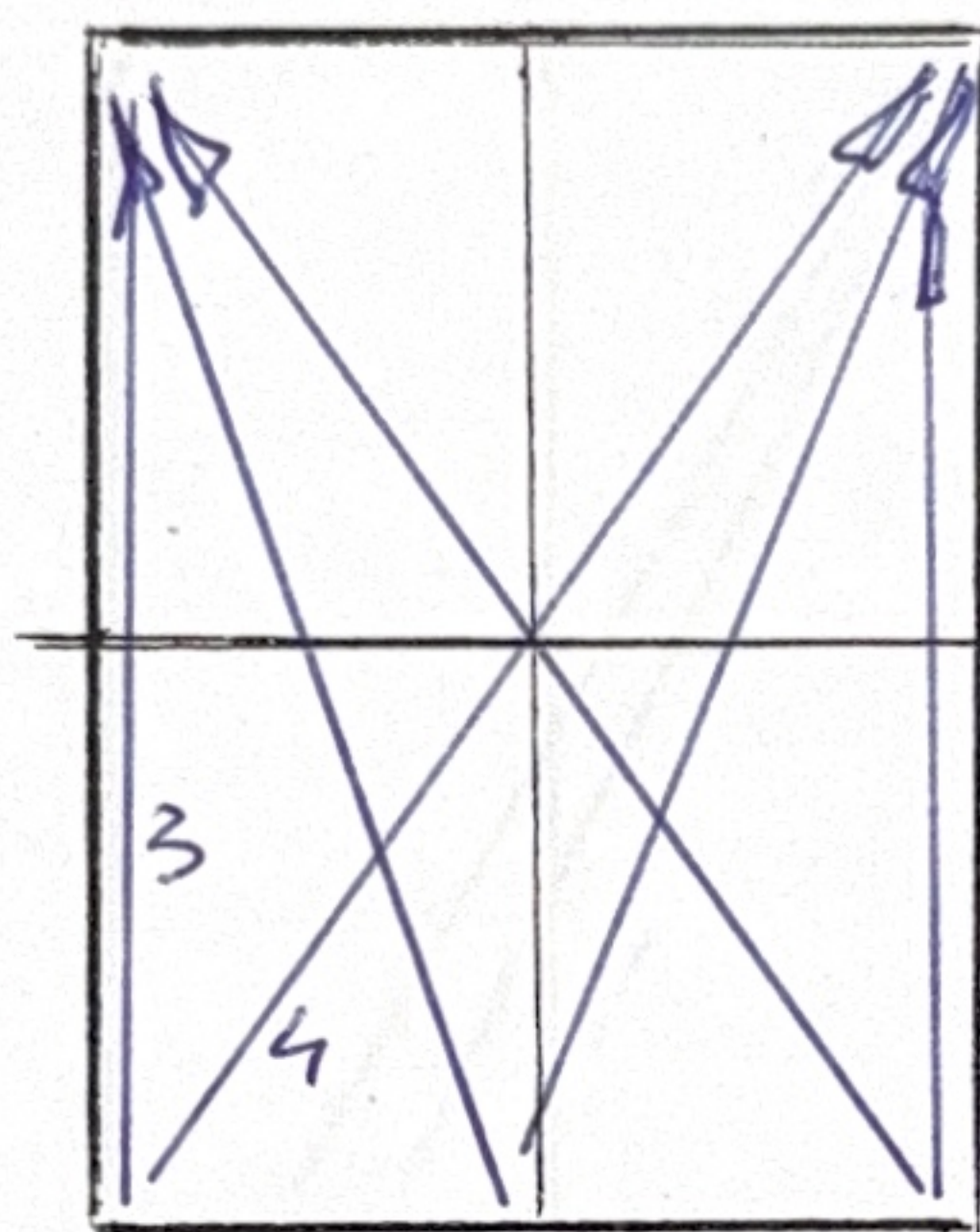
15'

2x8'

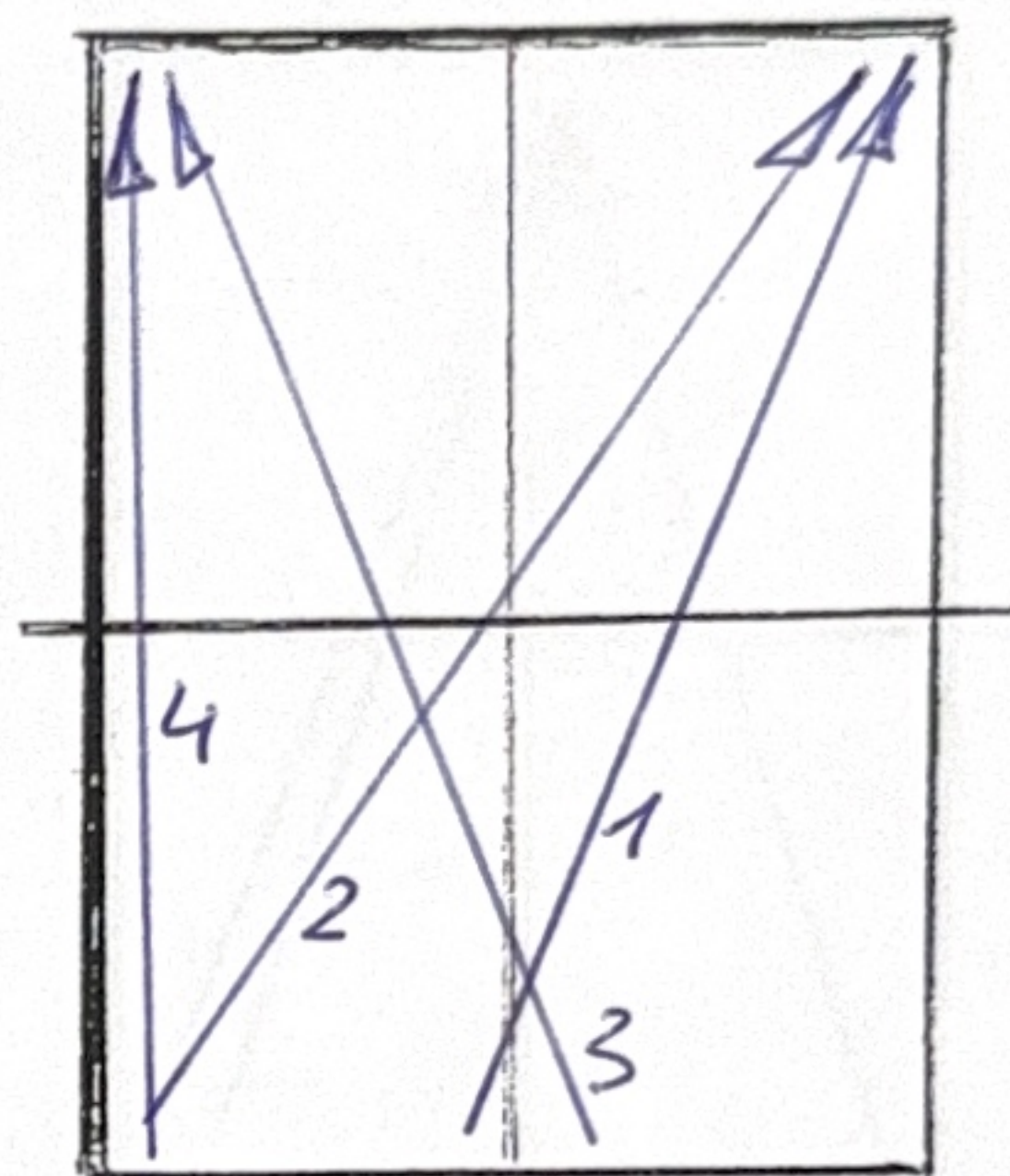
2x8'



BH DOWN THE FH
5' LINE 5'



BH FUS FUS
3,4 2,5 1,6

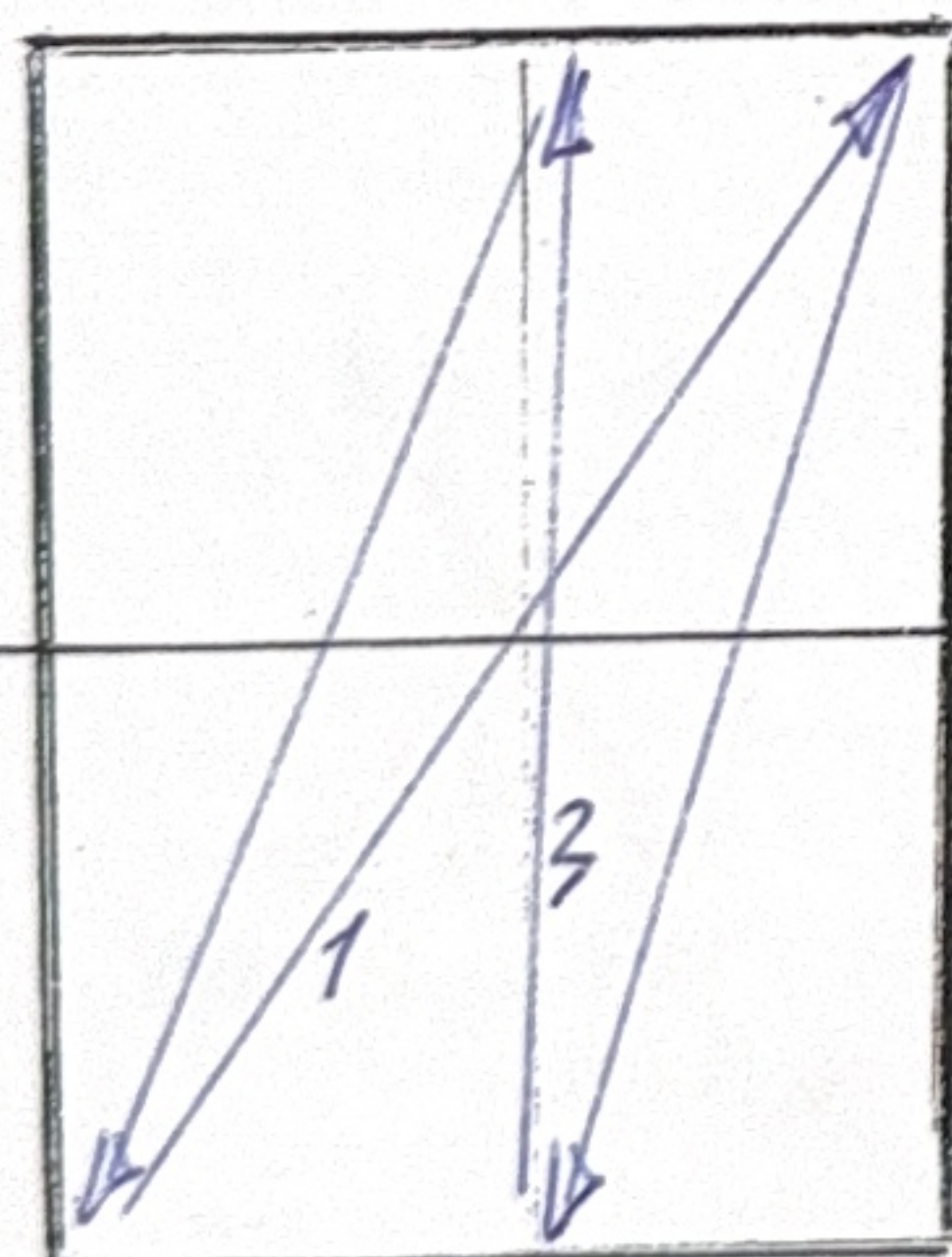


BH FUS
2,4 1,3

2x8'

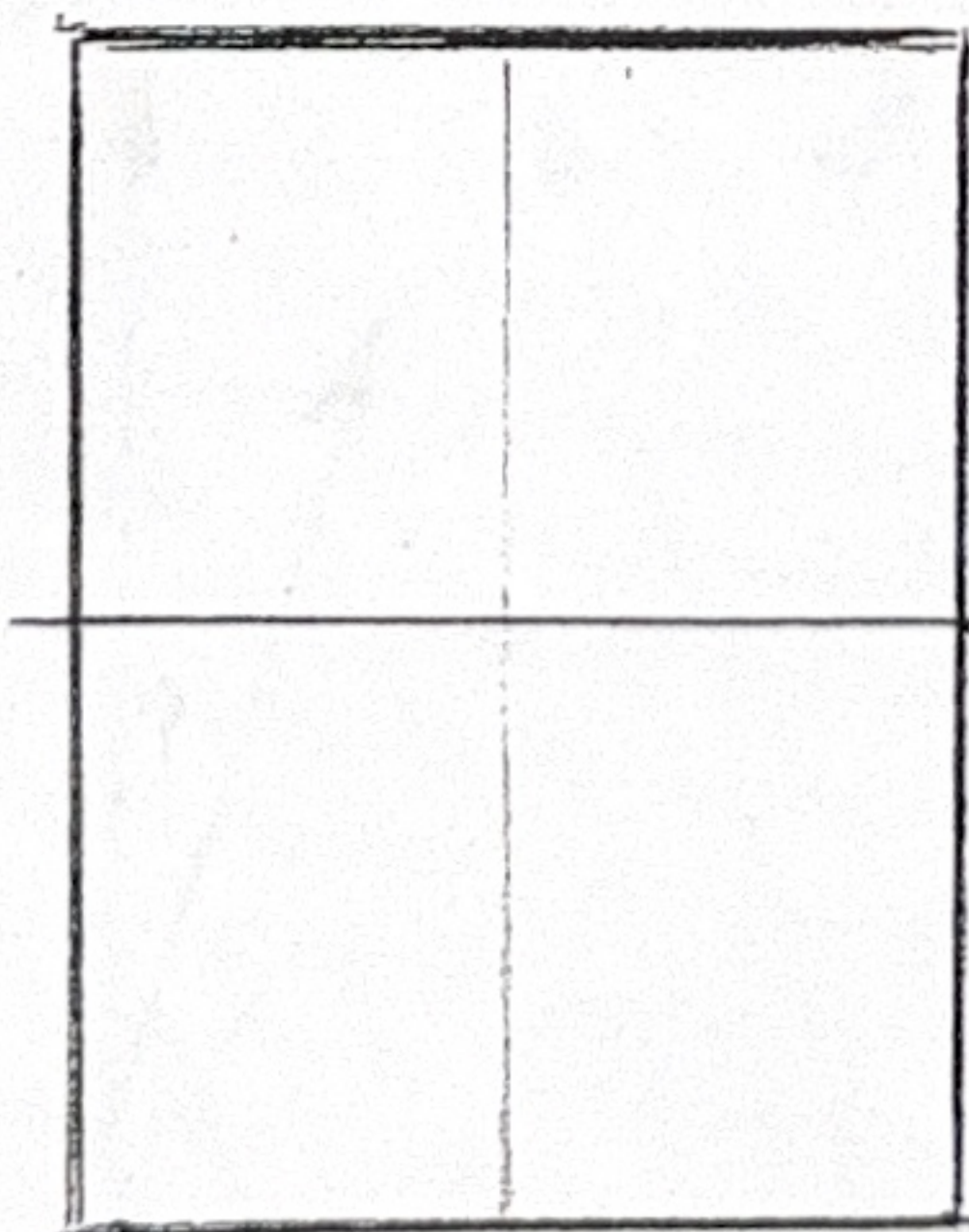
FHCS⁴

BH₂



BH FUS
1 3

2x8'



INDIVIDUAL
FROM SERVICE



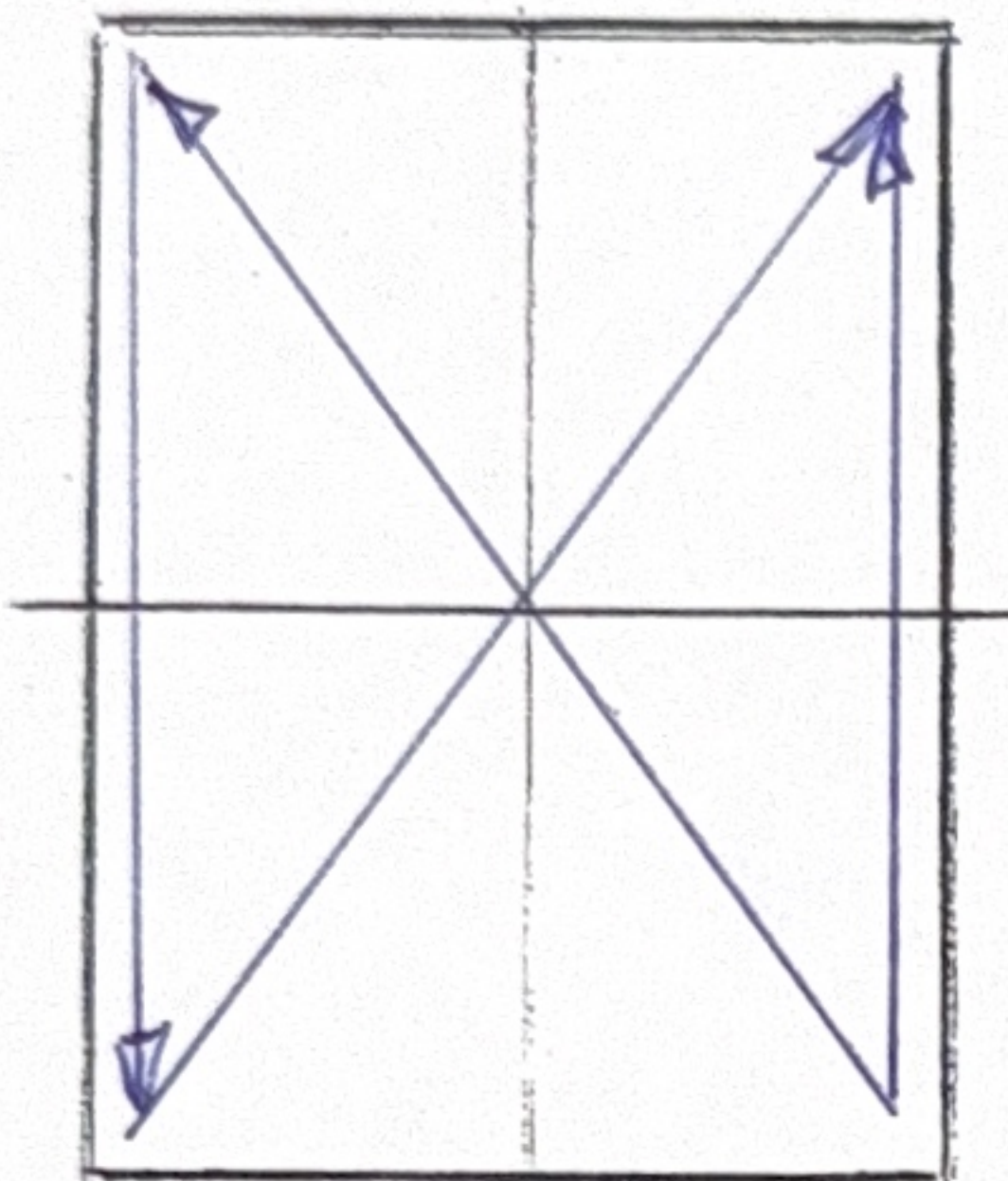
14.02.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. POWER 3. PLACEMENT

UP AND DOWN → PLAY AND HAVE TO WIN IN 4 STROKES

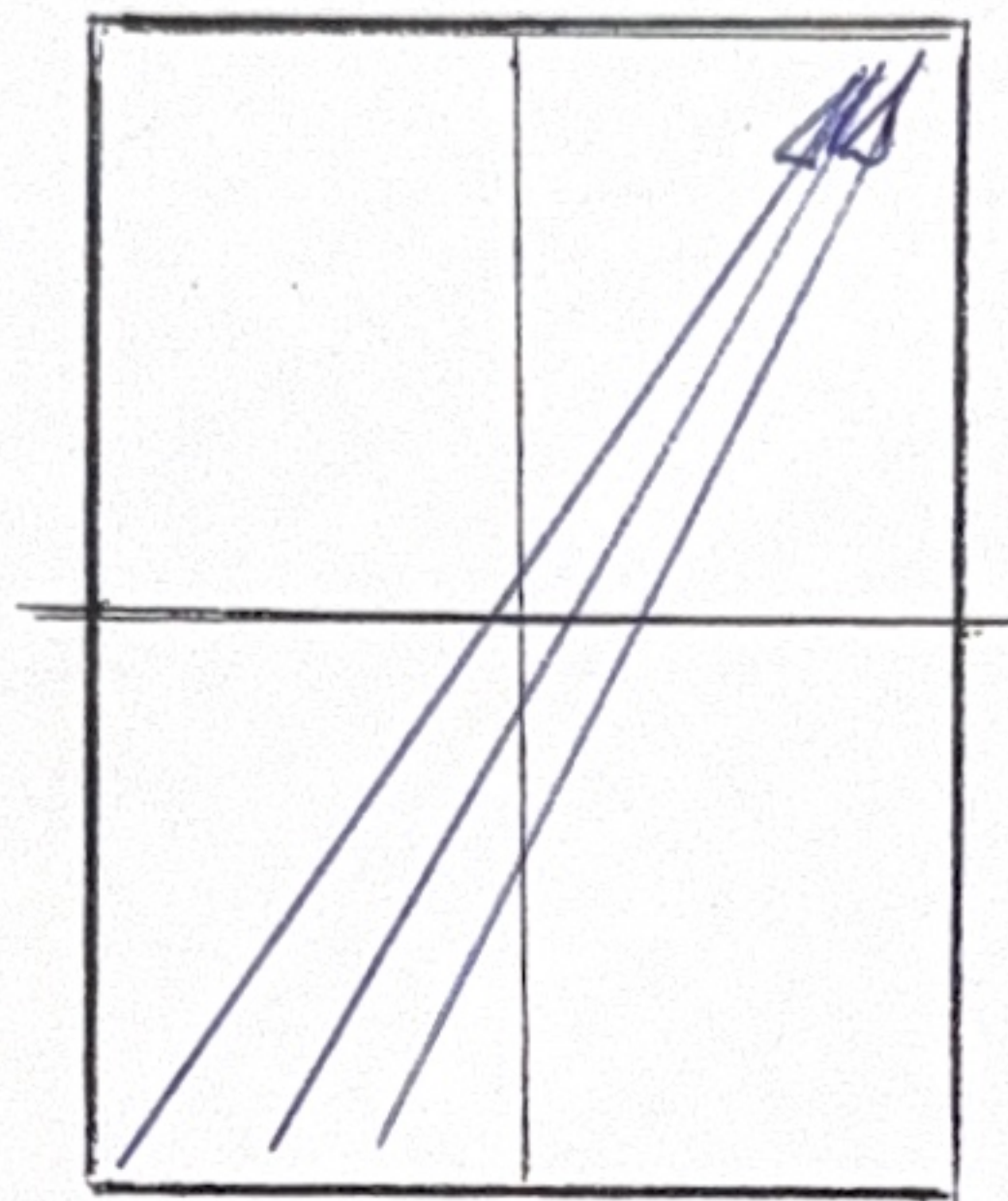
WARMING-UP - THERABANDS PHYSICAL SLIPPING DOES

15'



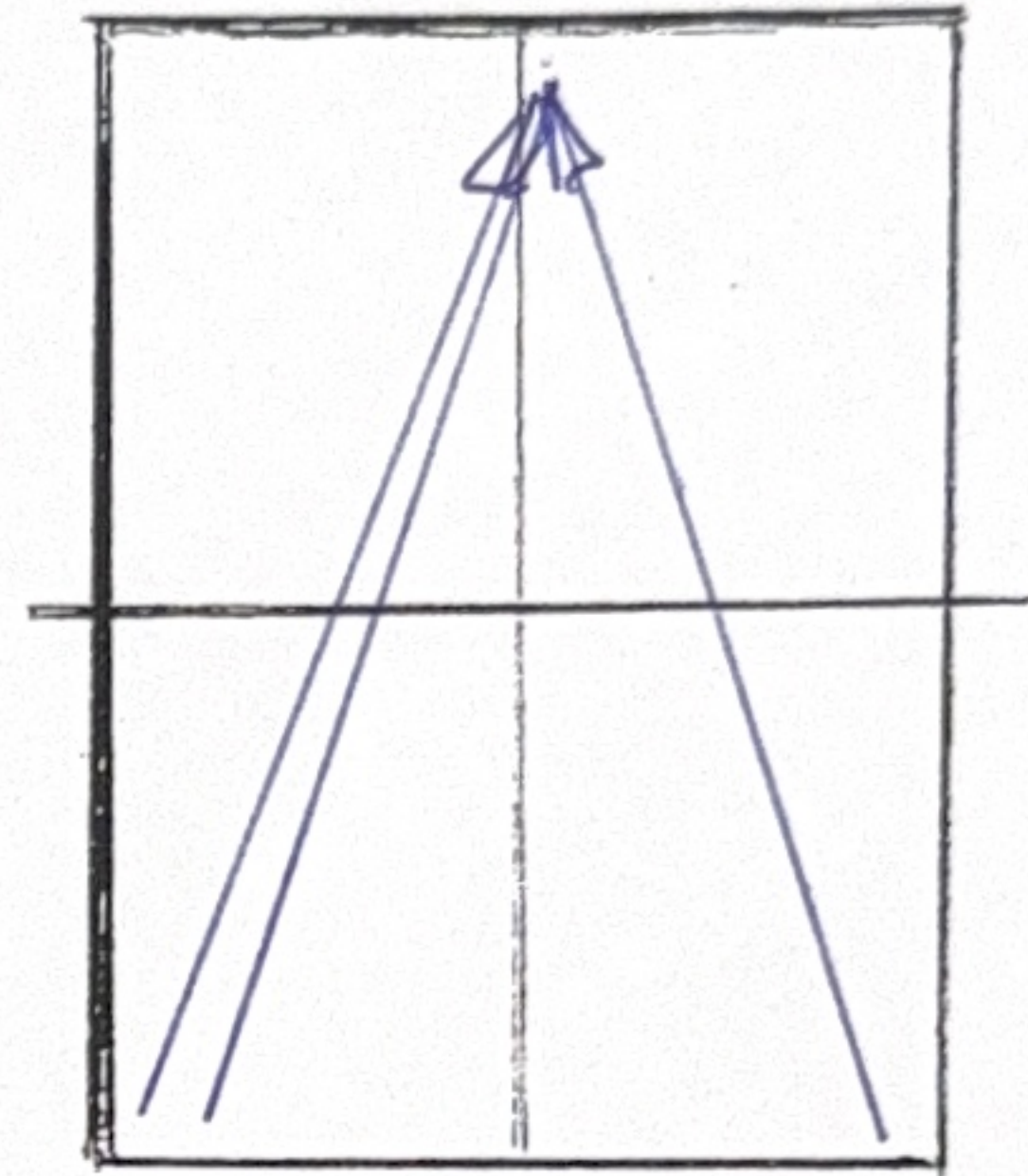
BH DOWN THE FH
5' LINE 5' 5'

2x8'



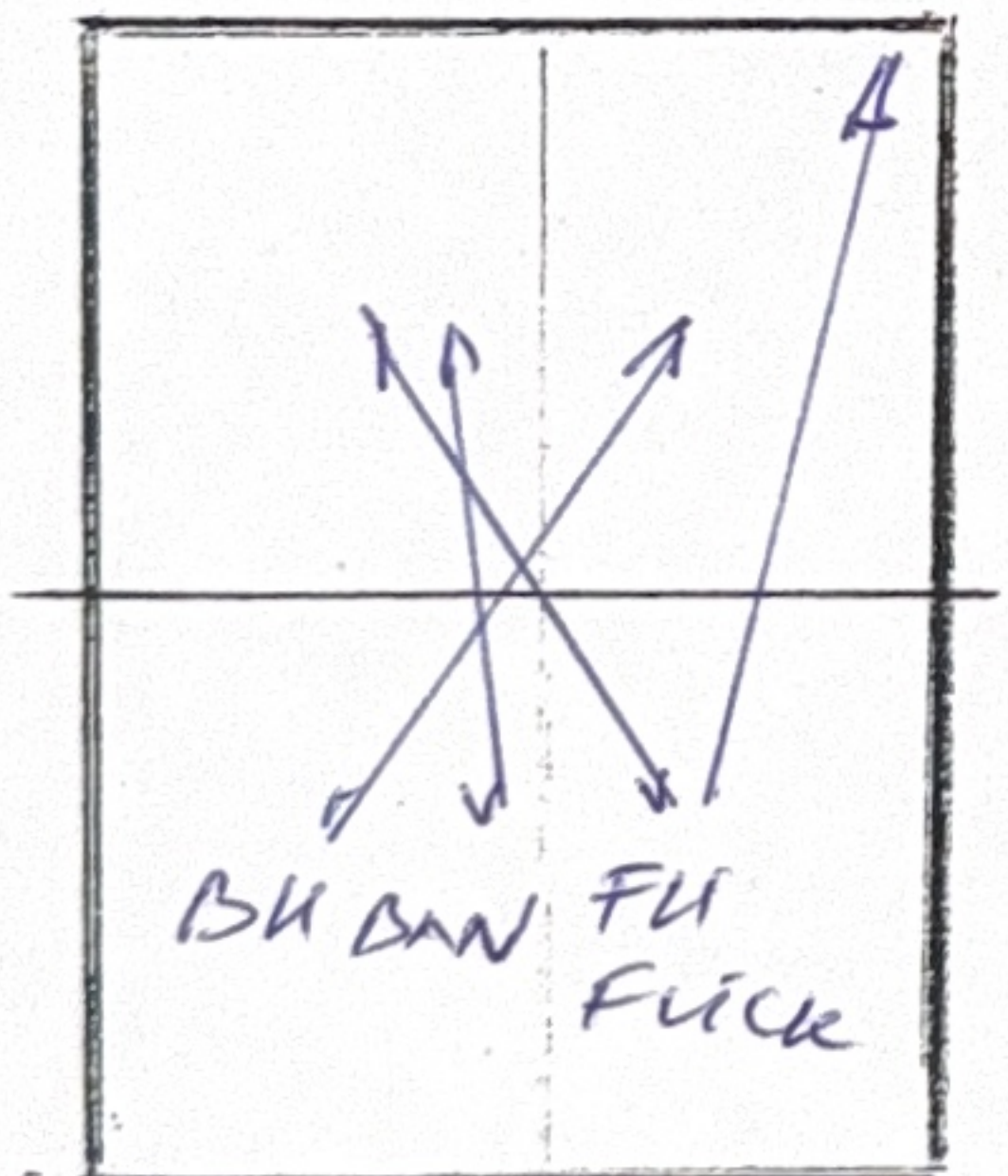
FUS
1,2,3-POWER

2x8'



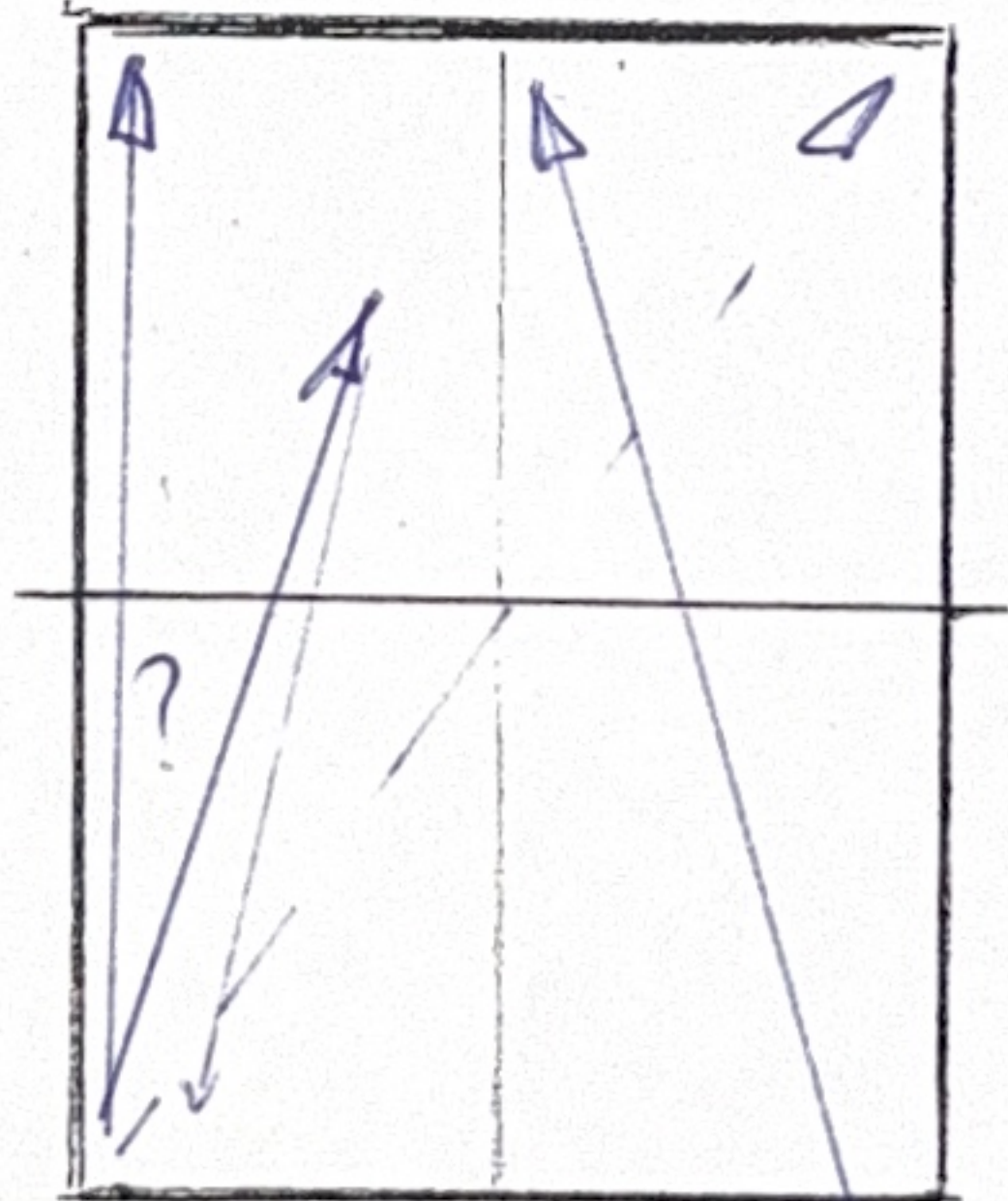
BHS FUS
2,3 POWER 1

10' (BY 2 MISTAKES)



SHORT SHORT
OPENING WITH
FH FLICK OR
BH BAN. + FREE

2x8'



SERVICE
1 BHS GO BH OR TO FH
+ WIN POINT WITH
POWER.

2x8'



INDIVIDUAL
FROM SERVICE