

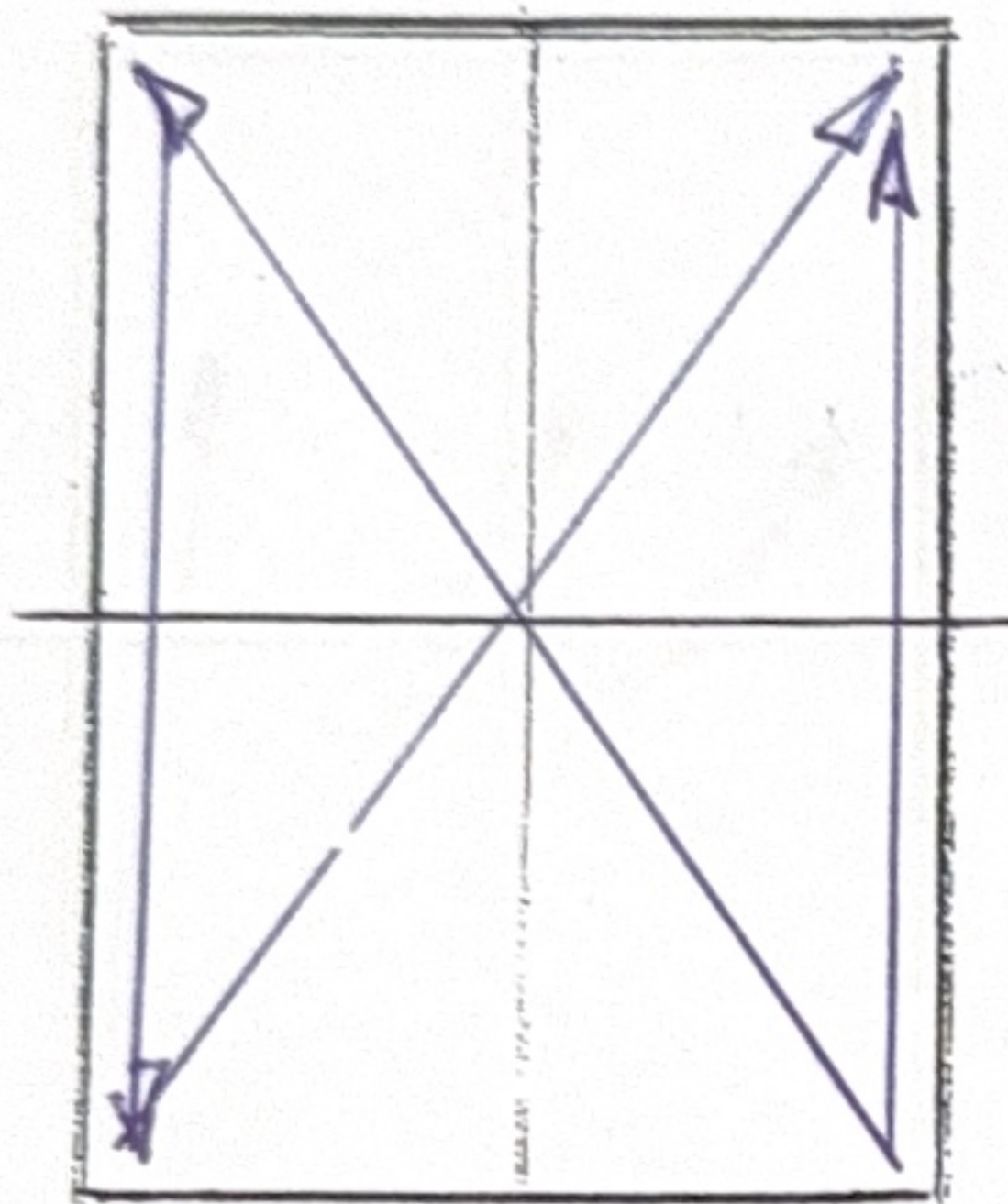
08.02.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. FOOTWORK - SIDE STEPS + CROSSOVER

3. 3TH BALL ATTACK 4. UP AND DOWN + WIN YOUR SERVICE

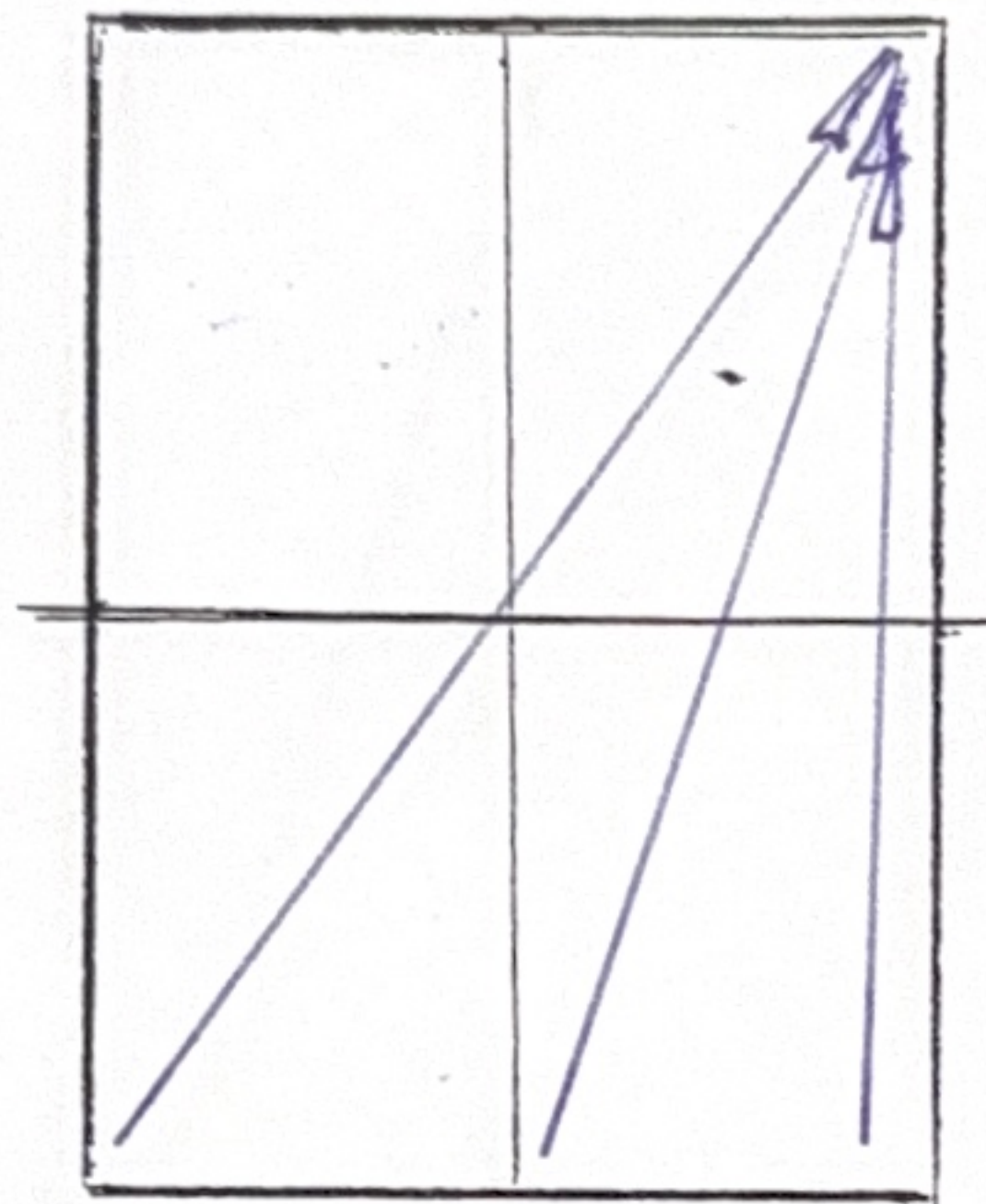
5. PHYSICAL → SKIPPING ROPES / WARMING UP - THE LABANS

15'



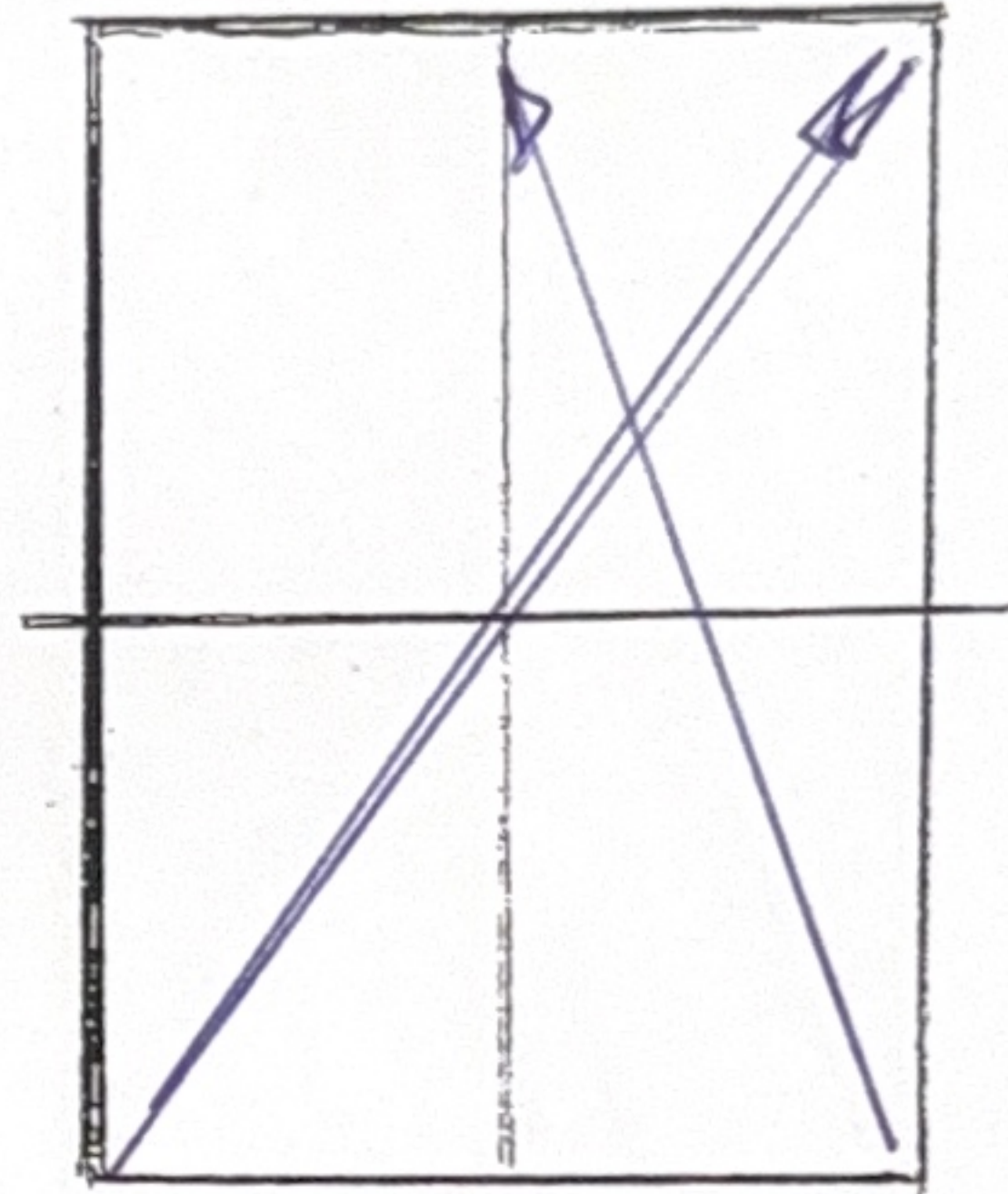
BH DOWN THE FH
5' LINE 5' 5'

2x8'



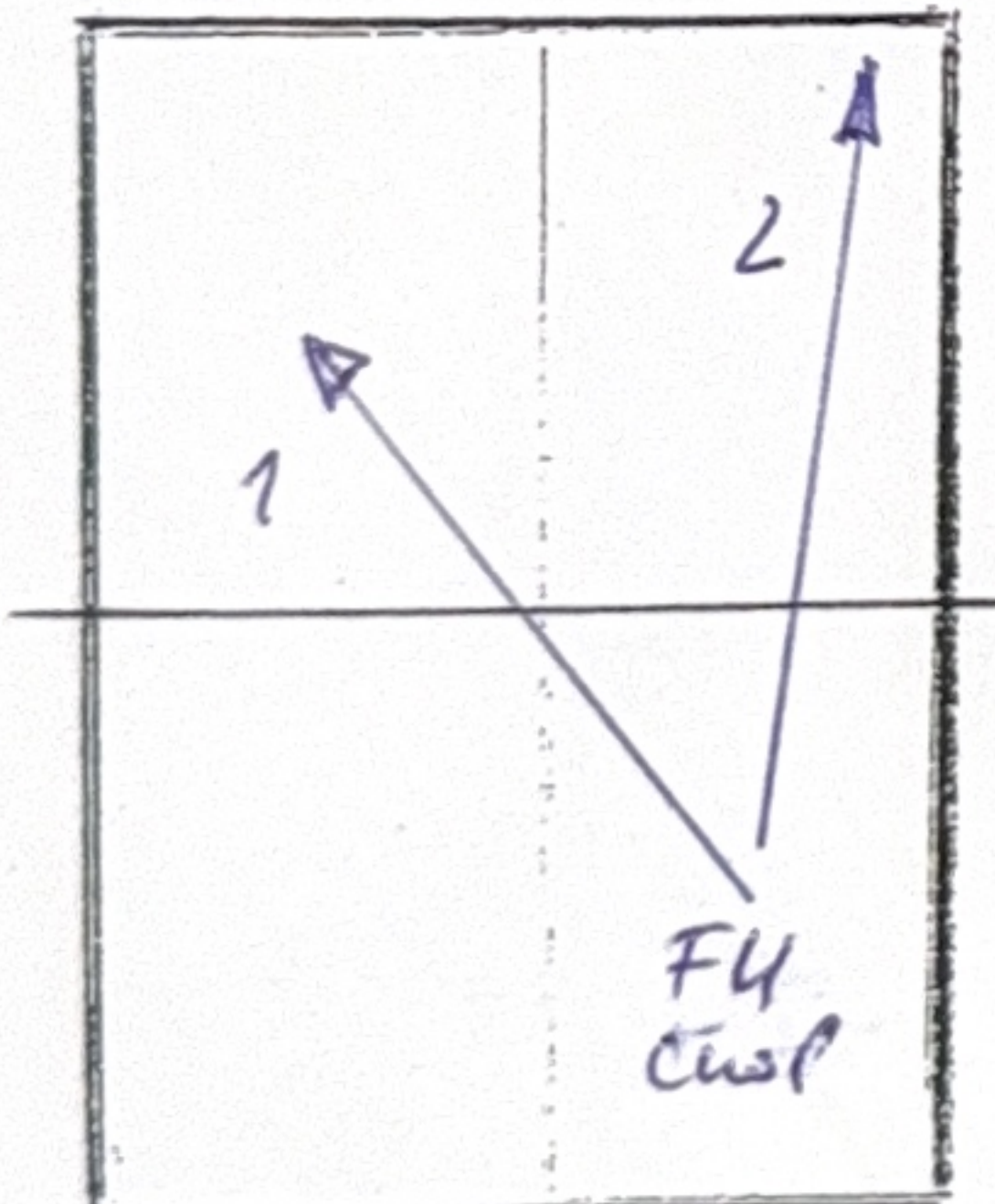
FUS FUS FUS
1,5 2,4,6,8 3,7
AFTER 8 BALLS
POINT FREE

2x8'



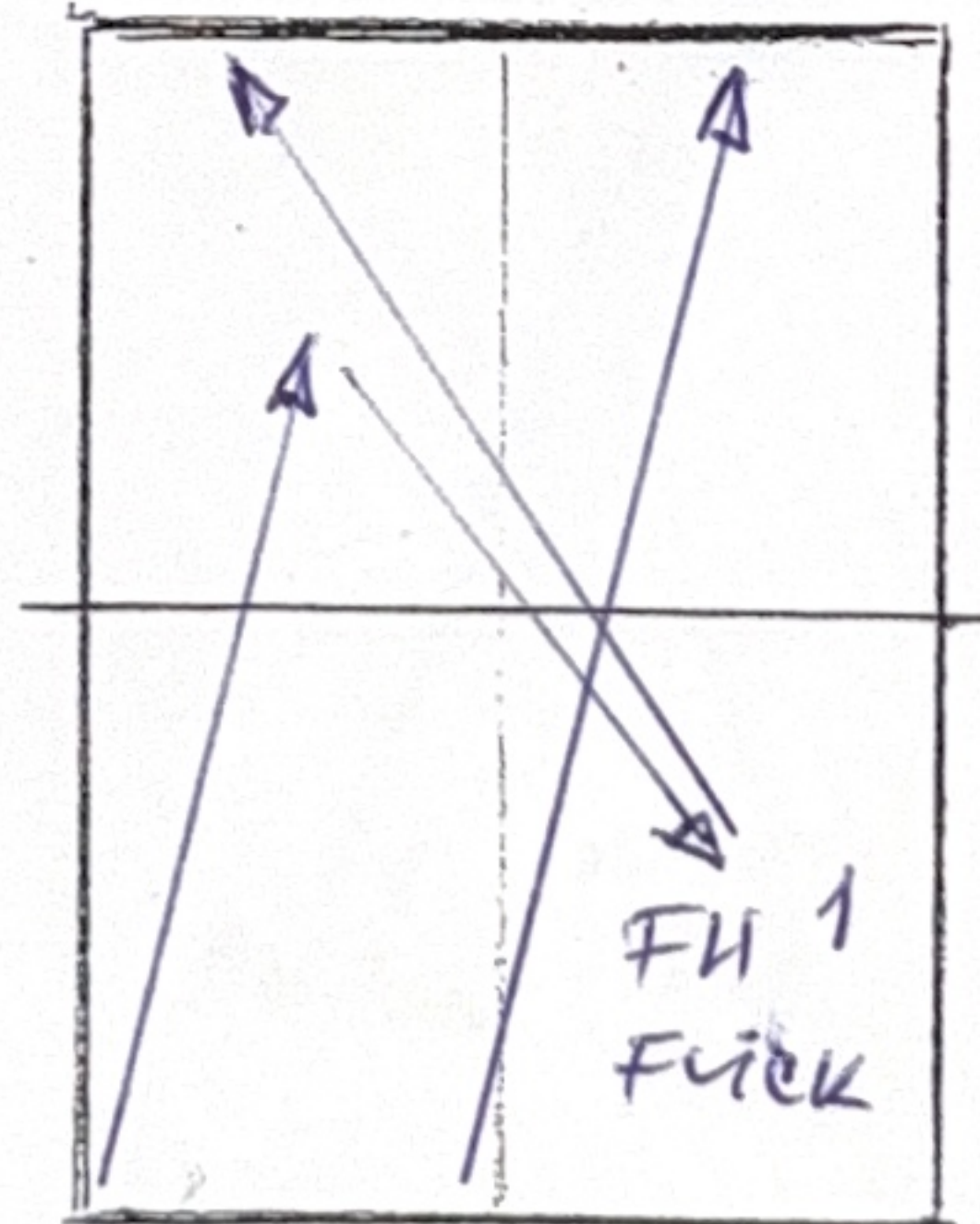
BH₁ FUS
FUS₂ 3

2x5'



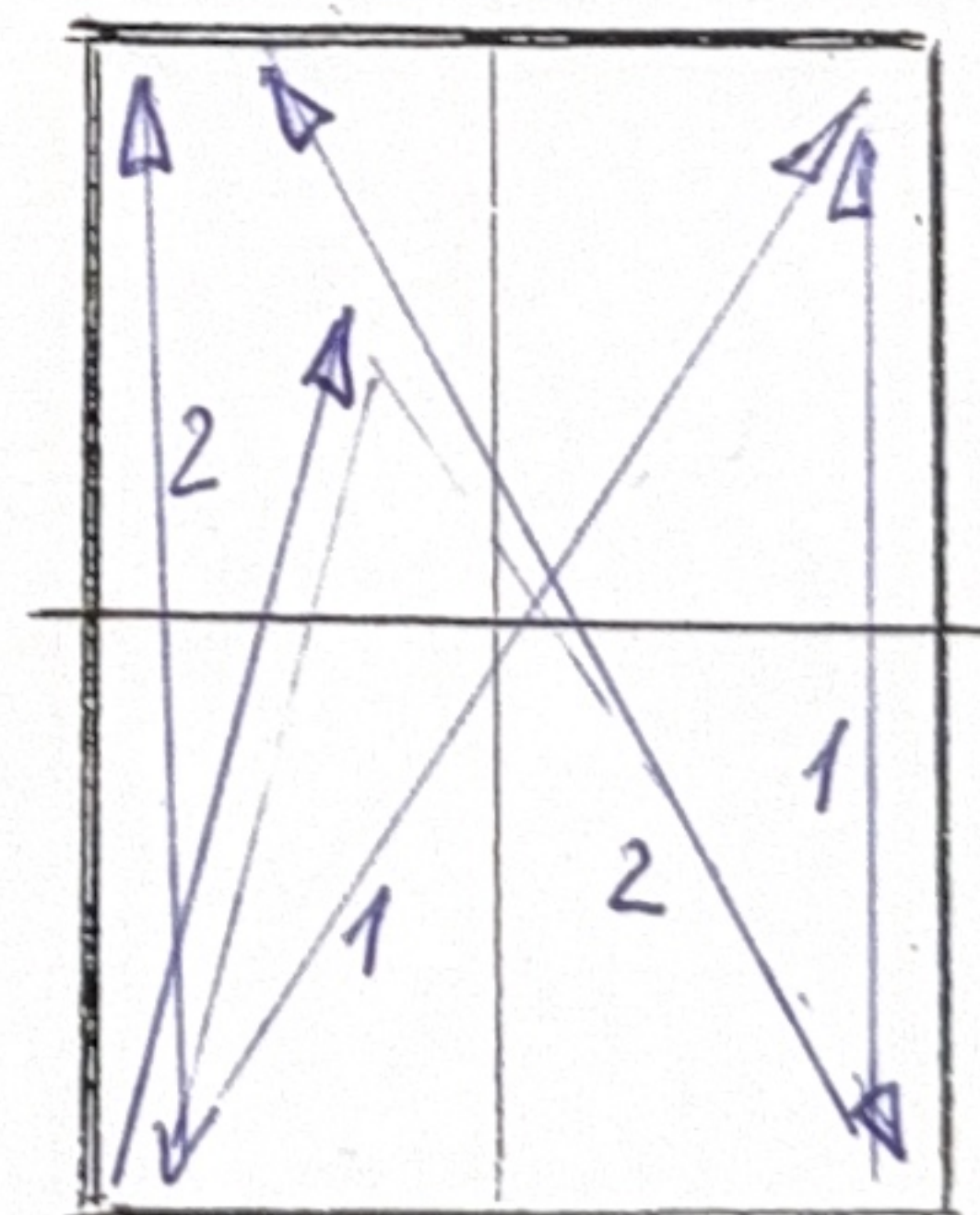
SHORT TO FH
LONG TO BH

2x8'



SERVICE FUS
2 + FREE

2x8'



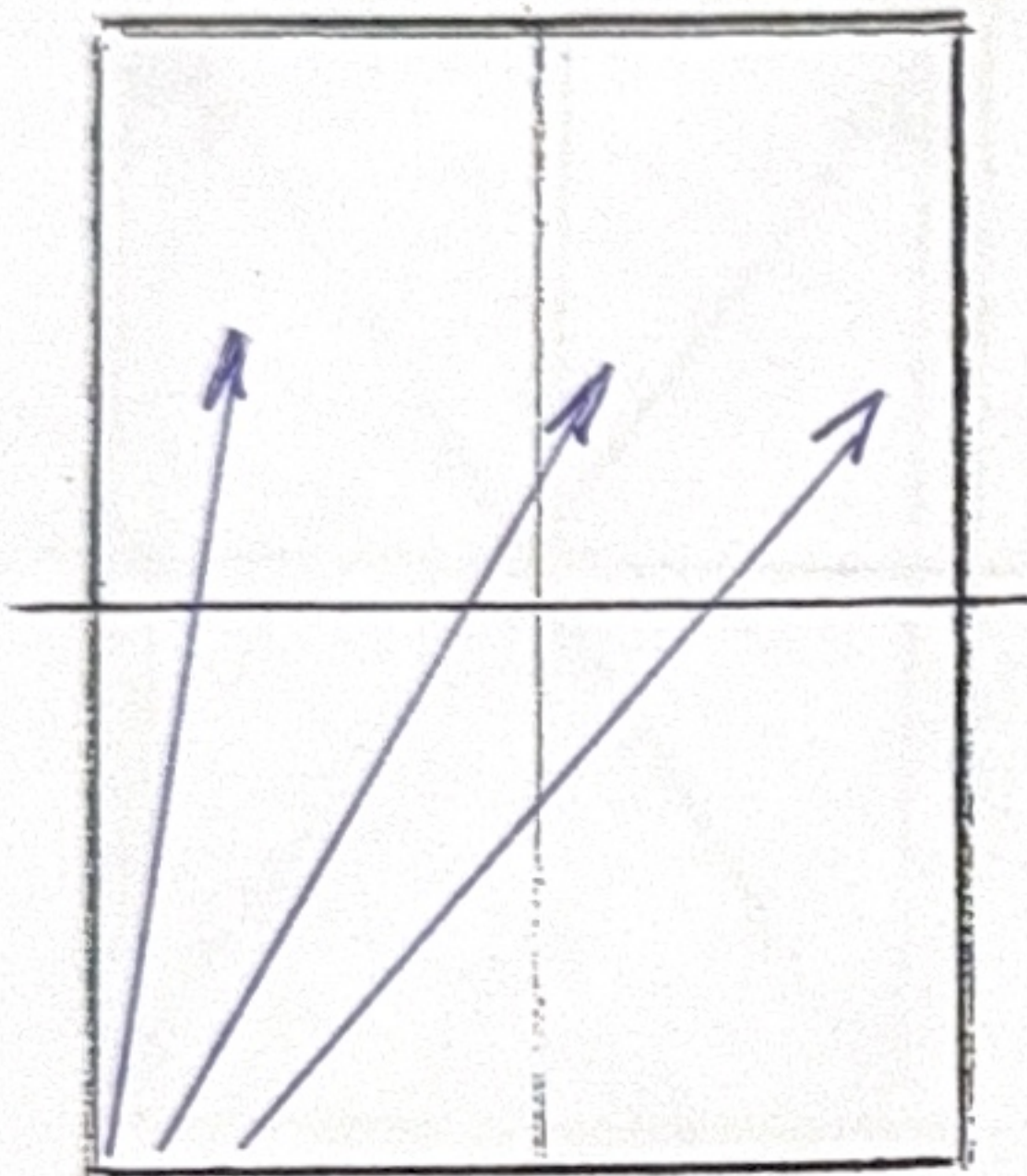
SERVICE ? FUS
BUS 1(2)
1(2) SECOND BALL
FROM OPPOSITE
SIDE

9.02.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

SERVICE + RECIÈVE + MULTIBALLS

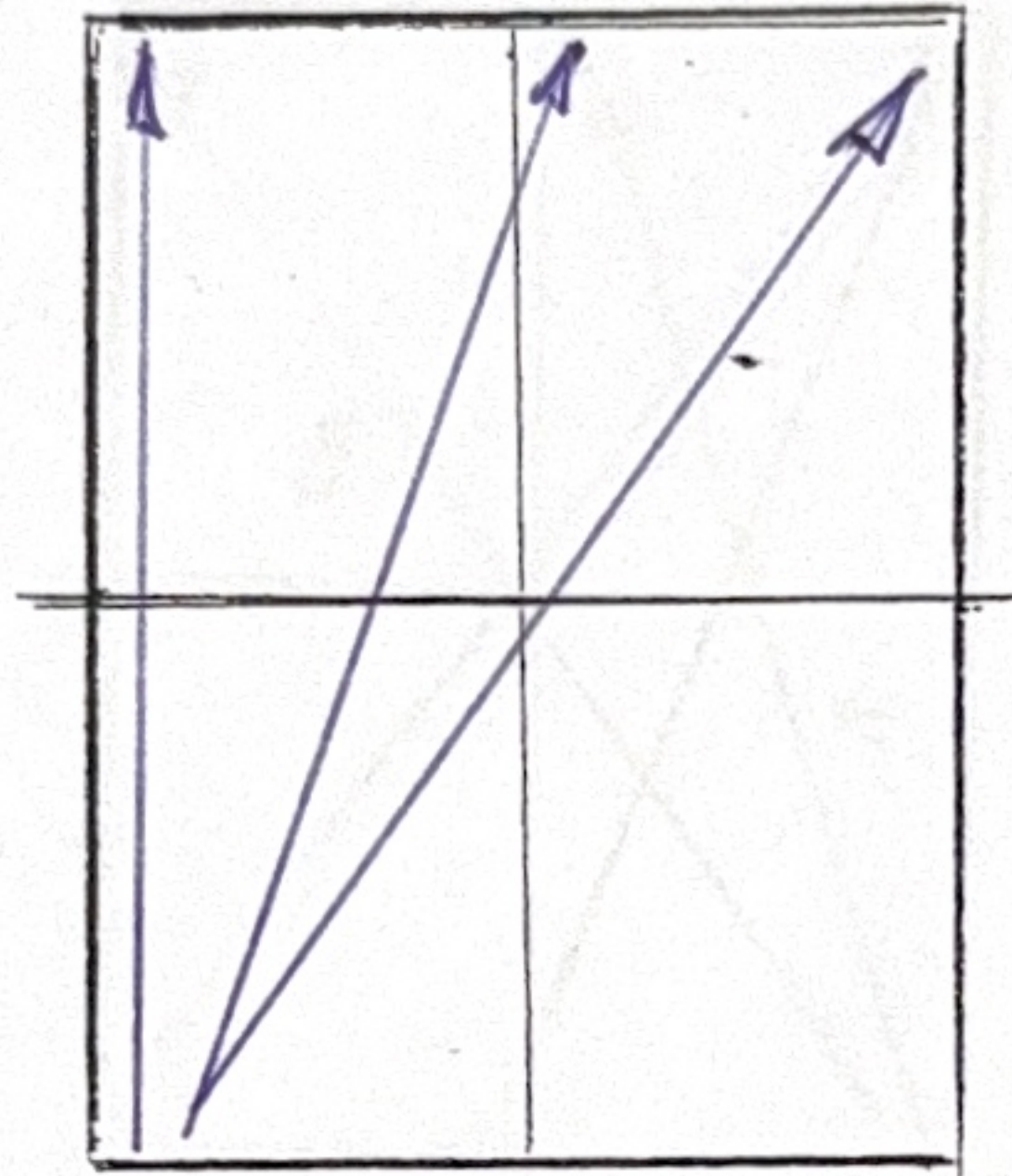
ATTACKING STROKES AGAINST DIFFERENT SPINS

2x10'



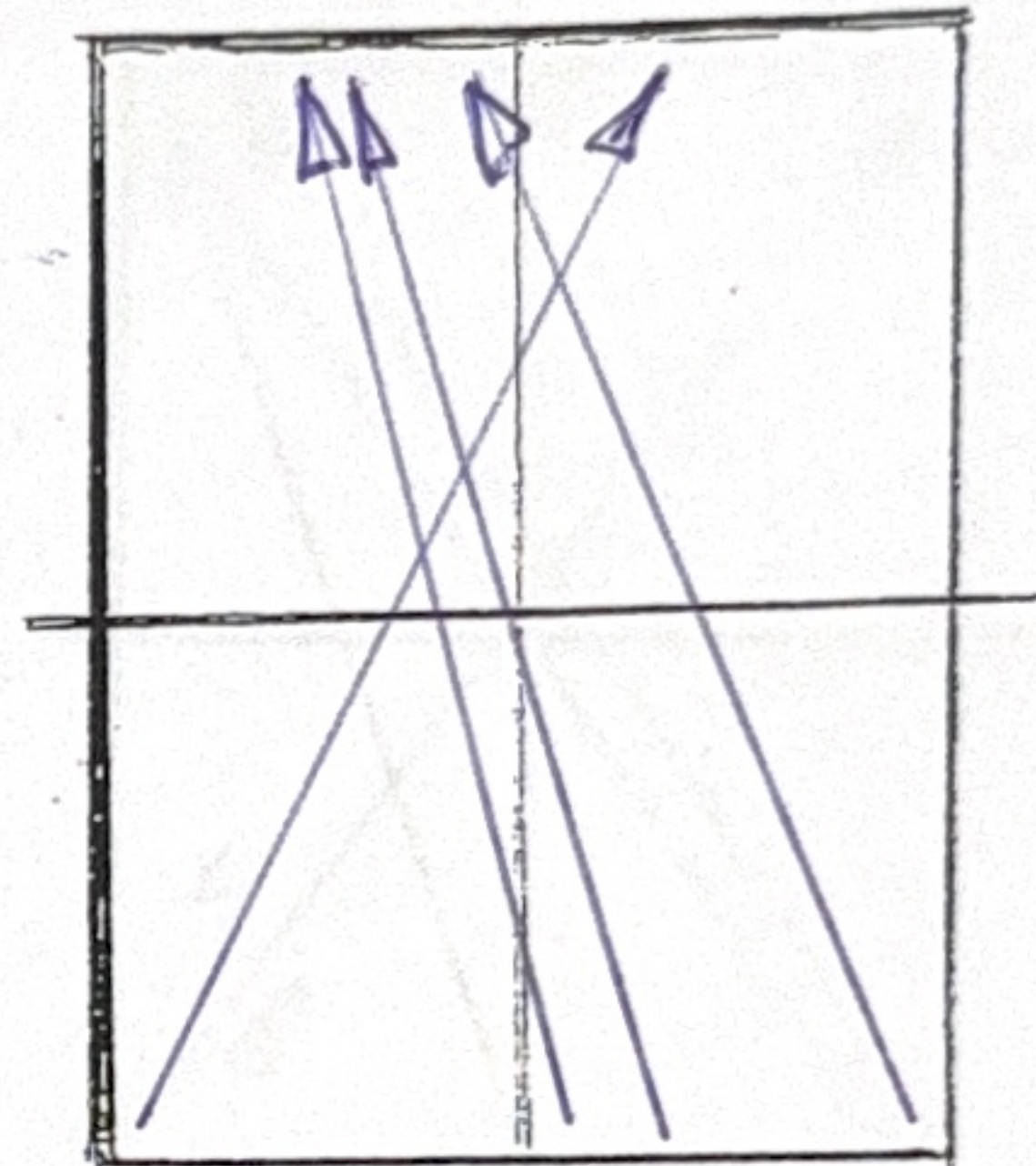
SERVICE SHORT
DIFFERENT SPINS
— 4 — PLACEMENT

2x10'



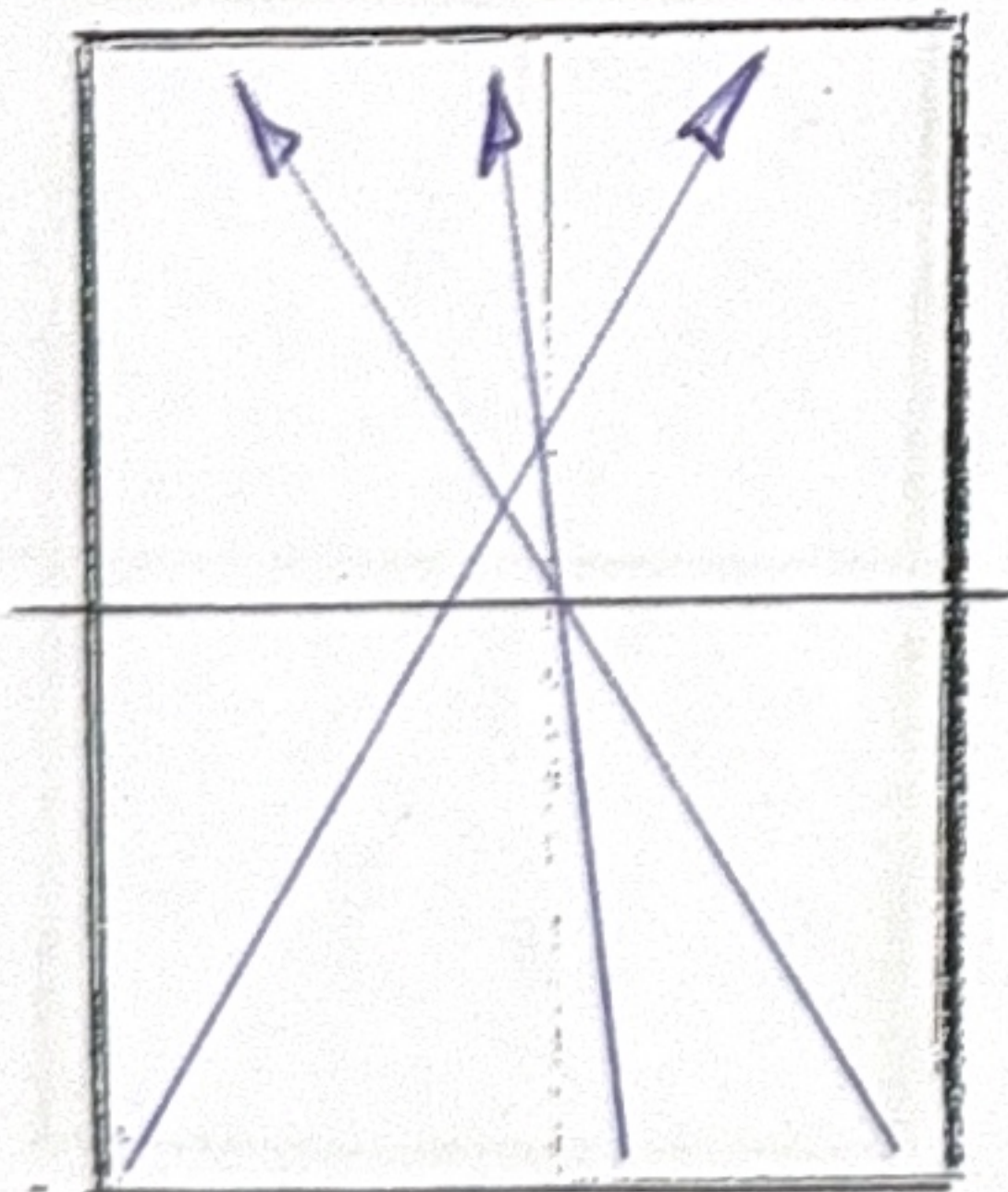
SERVICE LONG
DIFFERENT SPINS
— 4 — PLACEMENT

12'



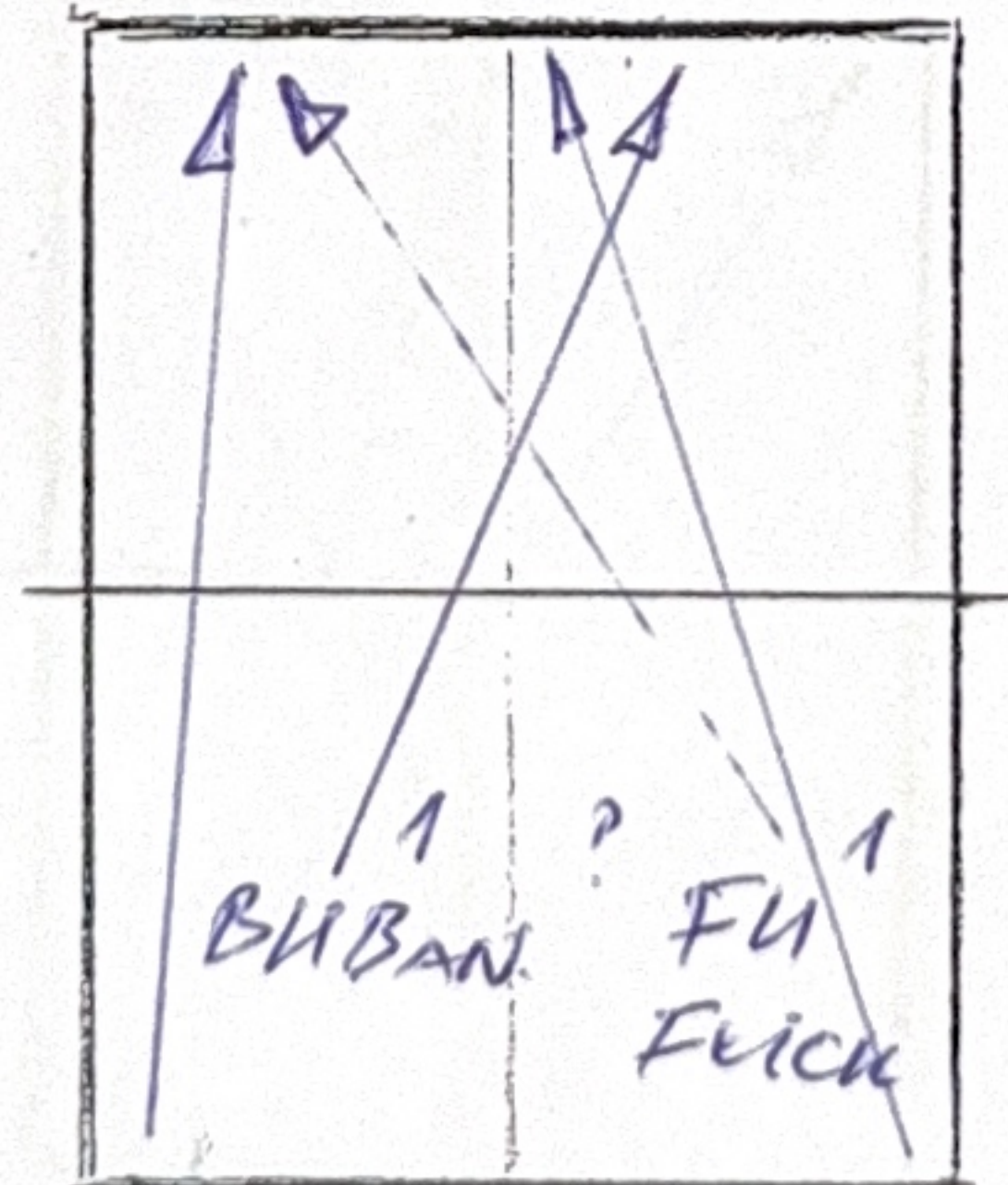
BHS 4
FU 1,3
FHS 2
BACKSPIN

12'



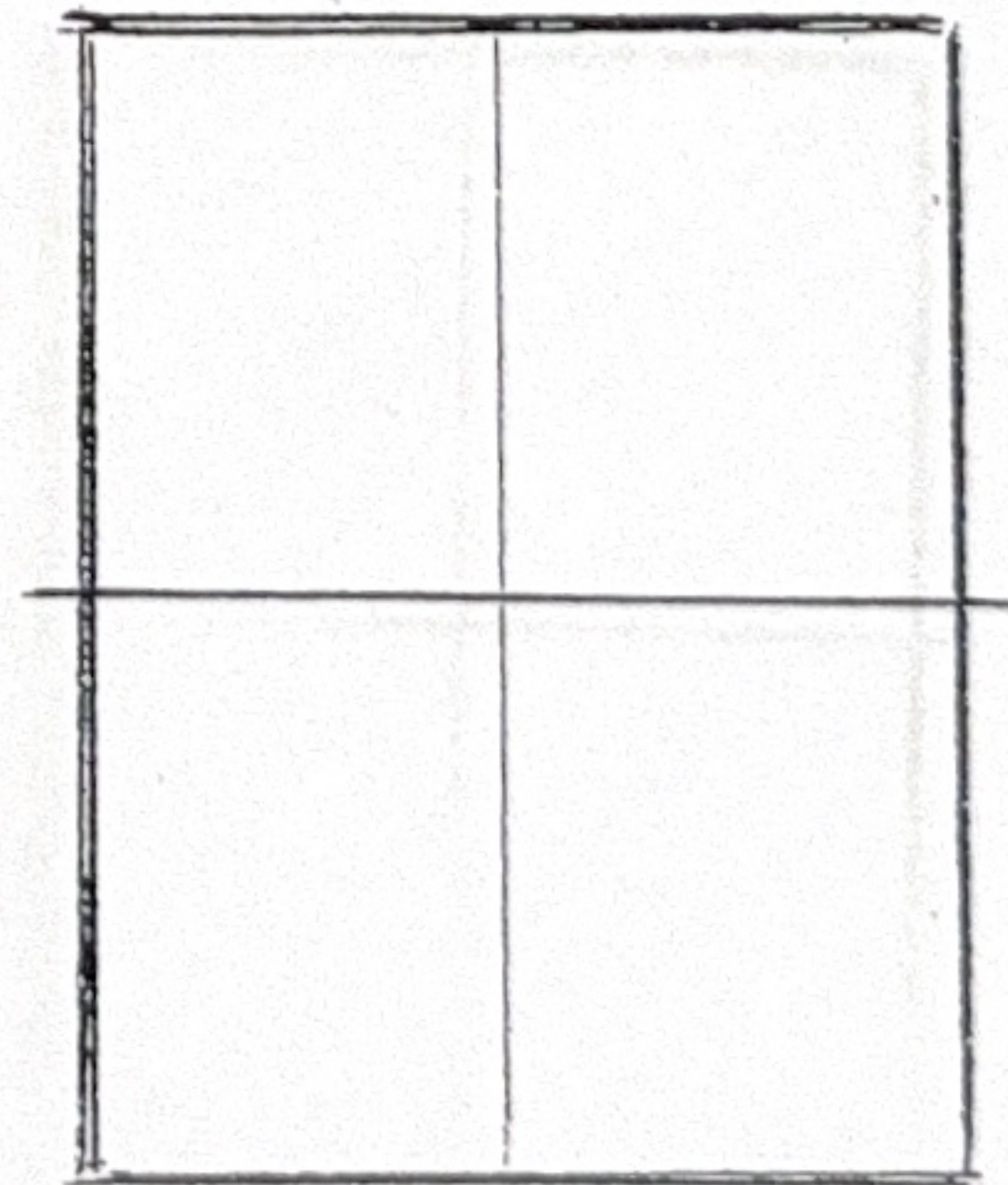
BHS 1
FHS 3
FHS 2

12'



BHS 2
FHS 3
FU Flick

12'



INDIVIDUAL

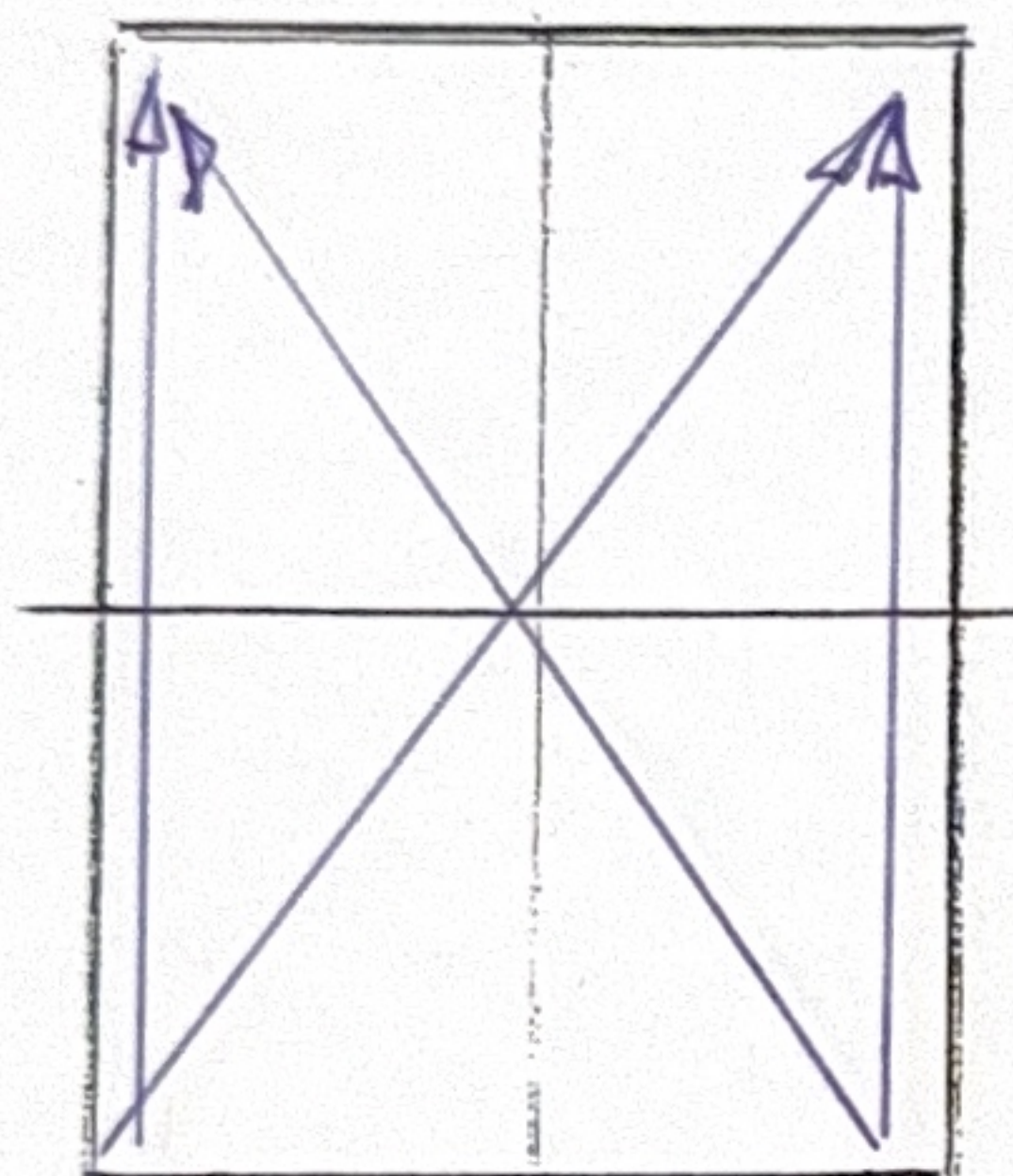
10.02.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. SPEED OF ATTACKING STROKES

3. PLACEMENT 4. UP AND DOWN - WIN YOUR SERVICE ≈ 20'

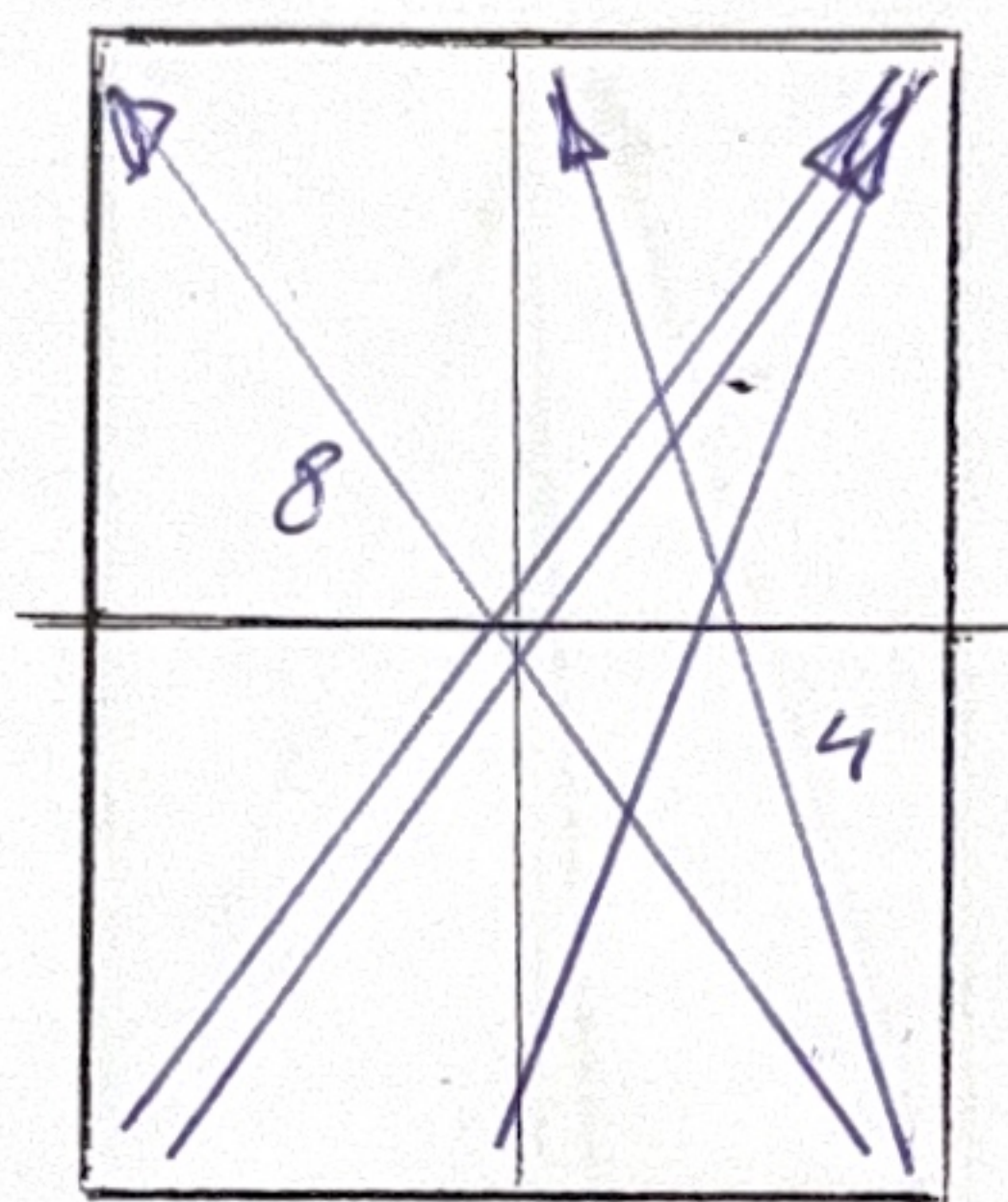
WARMING UP - THE RABANDS

15'



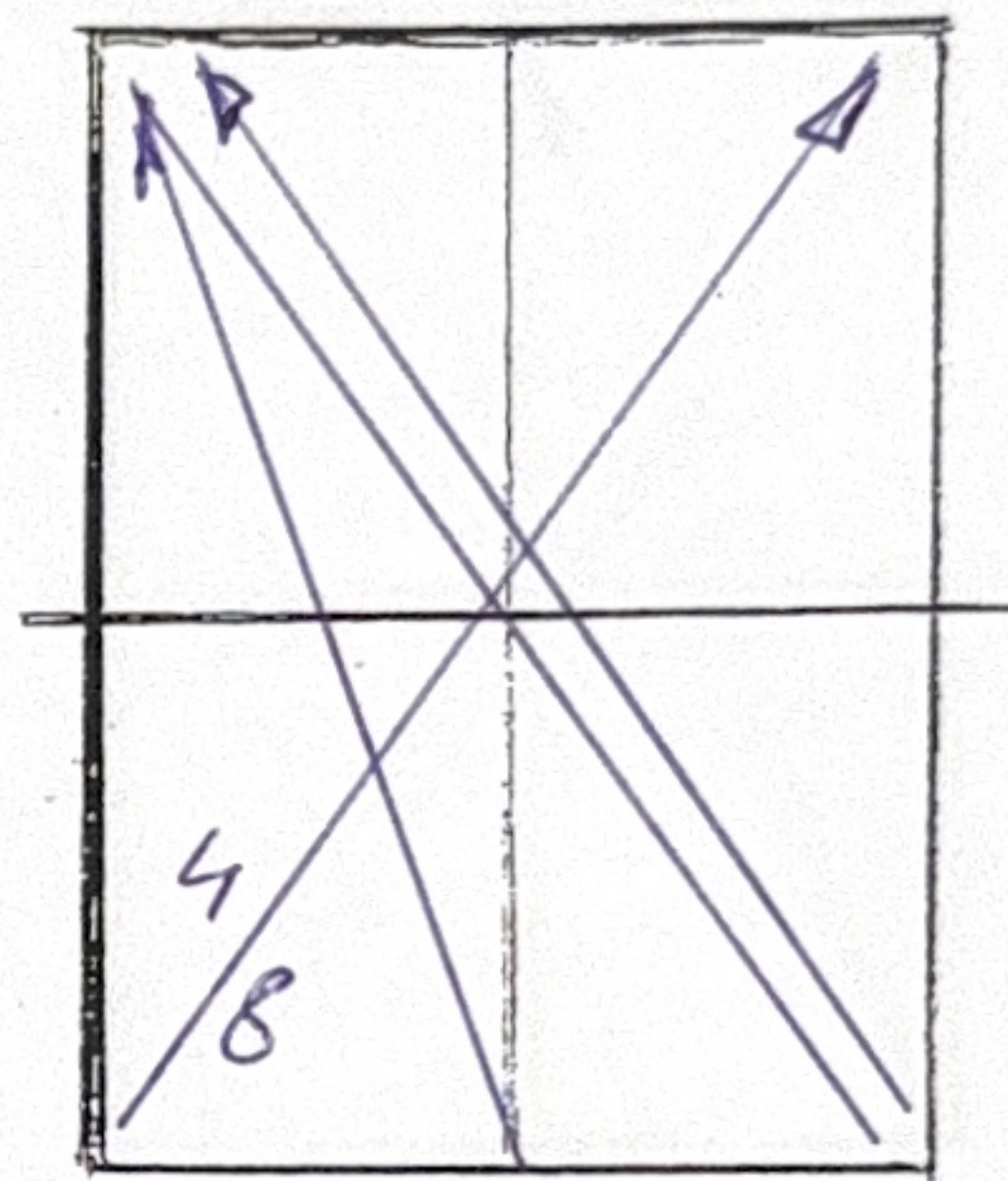
BH DOWN THE FH
SI LINES! SI

2x8'



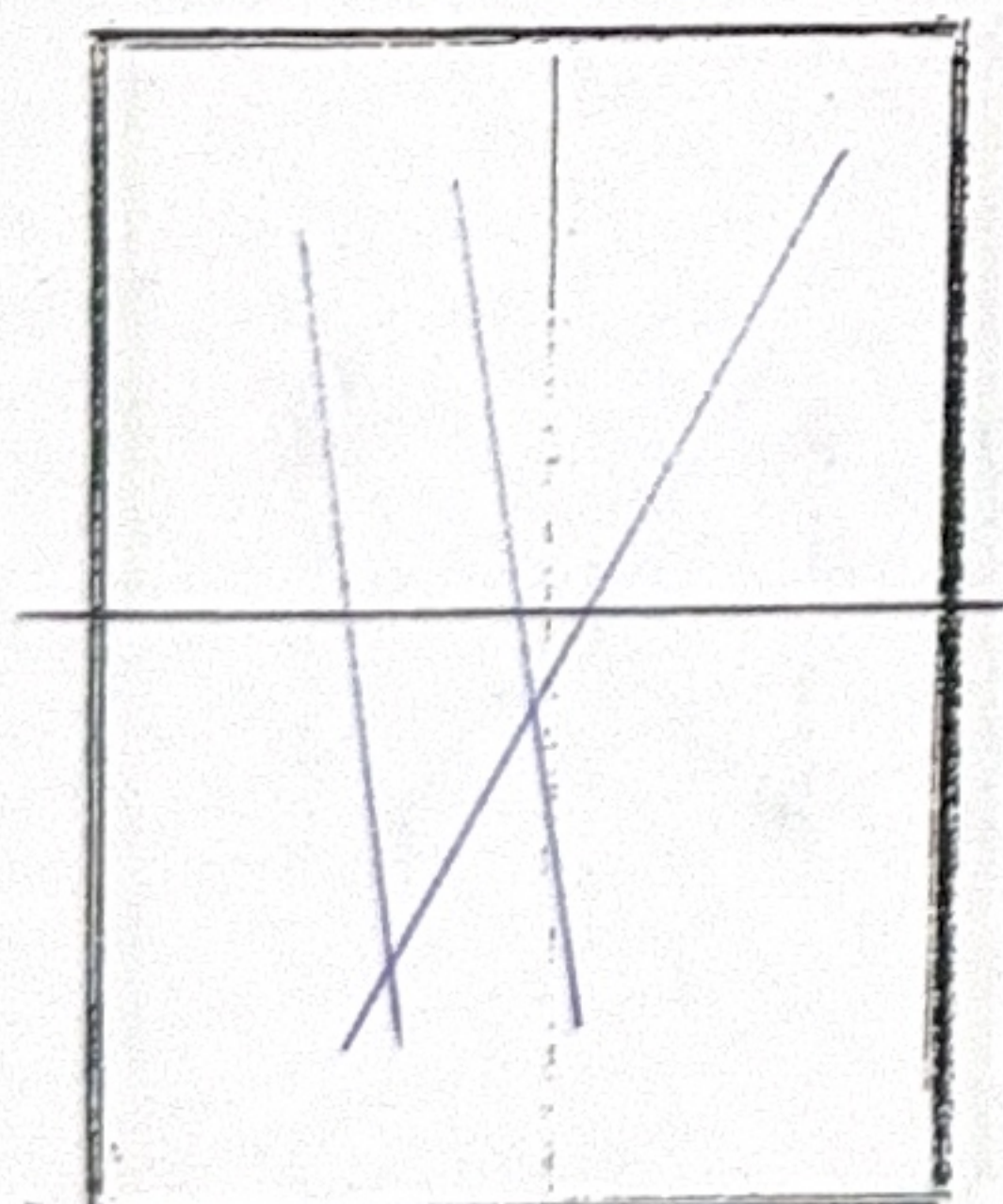
BH FHS FHS
1,3 2,6 4,8
5,7 AFTER 8 BALLS
FREE FH TO FH

2x8'



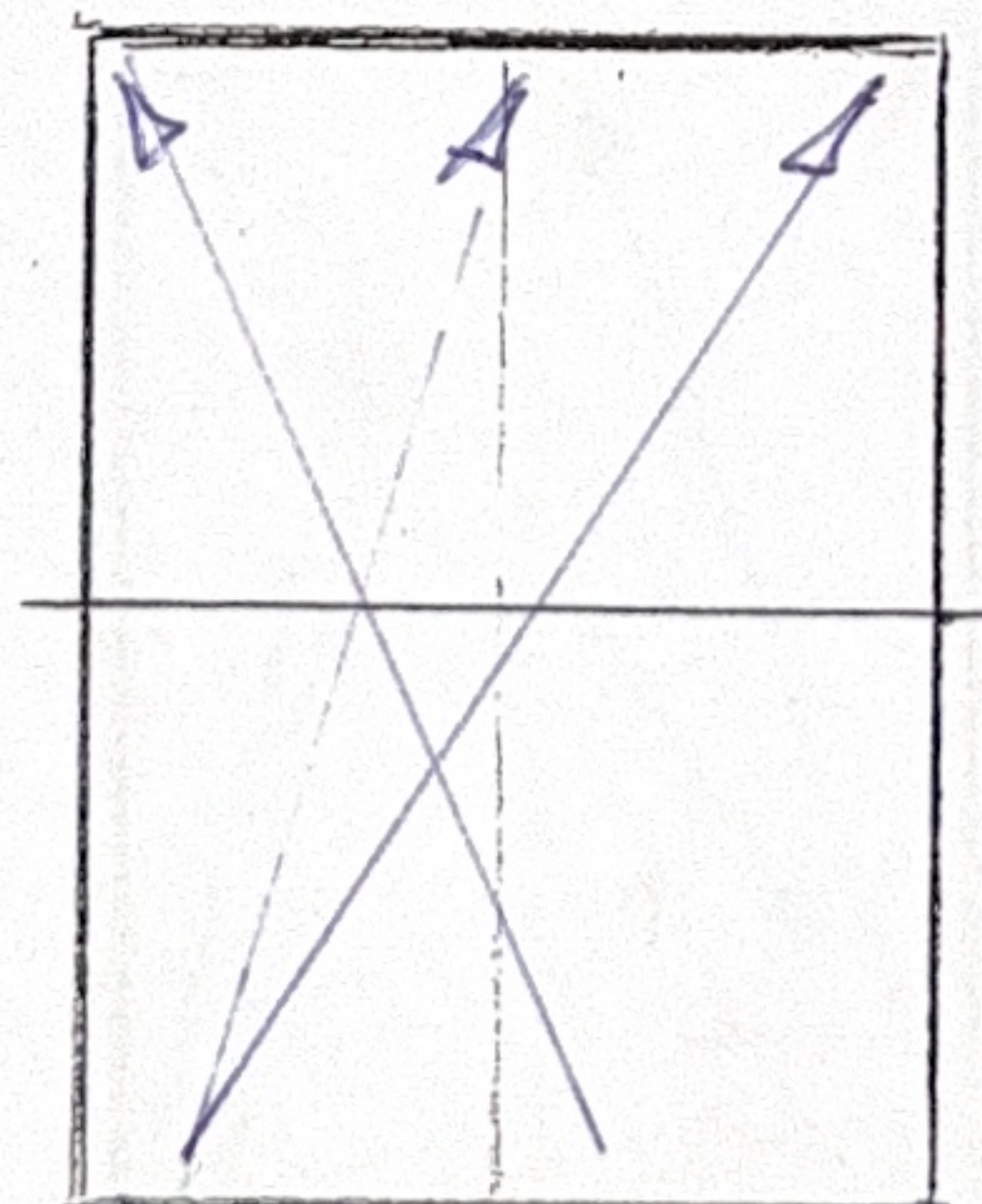
BH FHS FHS
4,8 2,6 1,3
AFTER 8 BALLS 5,7
BH TO BH FREE

≈ 5'-6'



CHOP ONE SET
FREE

2x8'



SERVICE LONG
TO BH OR TO MIDDLE
AFTER FHS TO FH

≈ 20'



UP AND DOWN
SERVICE LONG
TO BH OR SHORT
TO FH