

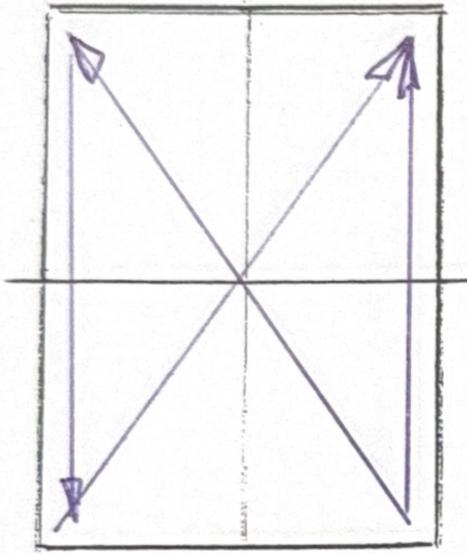
15.02.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK SIDE STEP +

IN-OUT 3 3RD BALL ATTACK 4 UP-AND DOWN

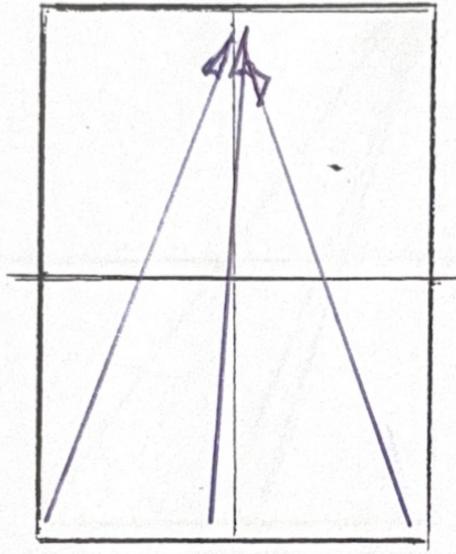
* WARMING UP - THERA BANDS

15'



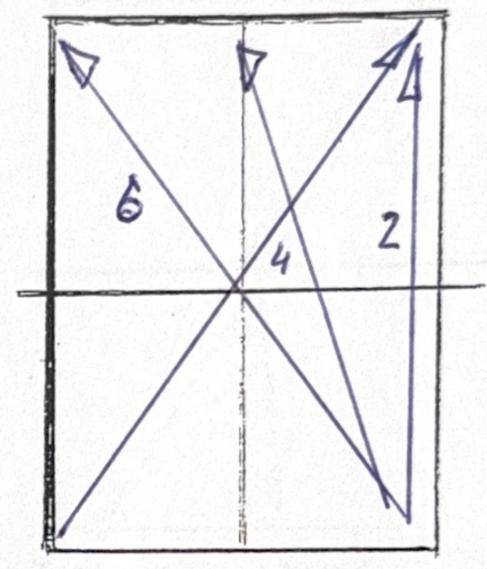
BU DOWN FH
5 THE LINE 5
5

2x8'



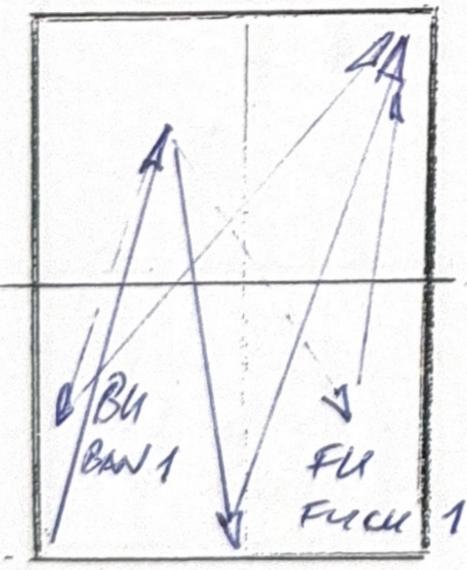
BU FUS FUS
2(3) ? 1 ? 2(3)

2x8'



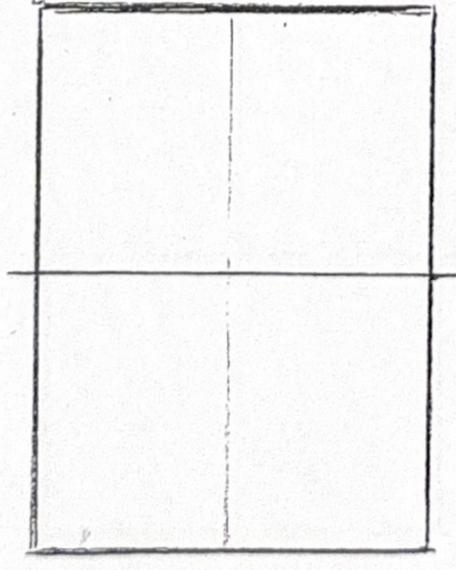
BU FUS
1,3,5 2,4,6
AFTER 6TH BALL FREE
FH TO FH

2x8'



SERVICE FUS
1 + FREE

2x8'



INDIVIDUAL
FROM SERVICE

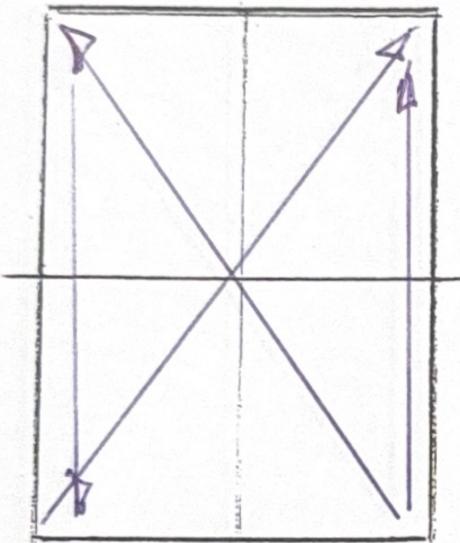
17.02.2026 TUESDAY 19.15-21.15. ELITE SQUAD

1. TECHNIQUE 2. POWER 3. PLACEMENT

4. UP AND DOWN → WIN IN 4 STROKES ≈ 20'

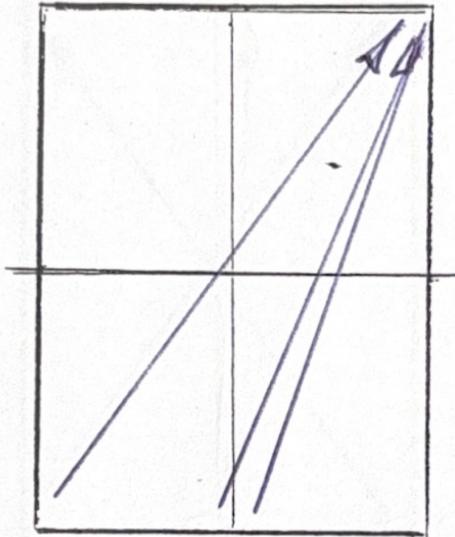
WARMING UP - THERABANDS

15'



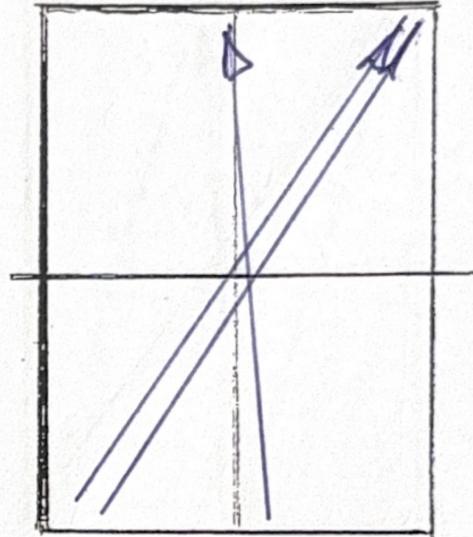
BU DOWN FU
S1 THE LINE S1

2x8'



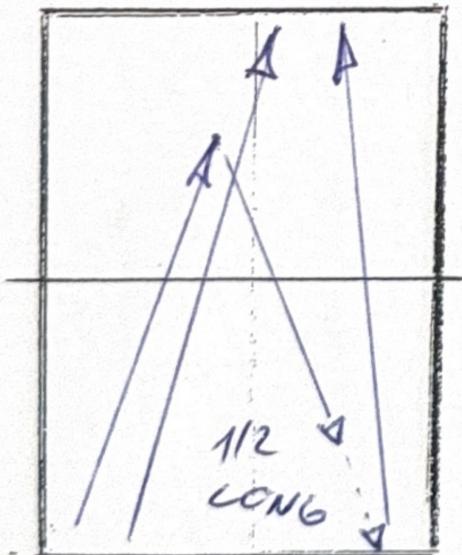
BU FUS2-SPIN
1 FUS3-POWER

2x8'

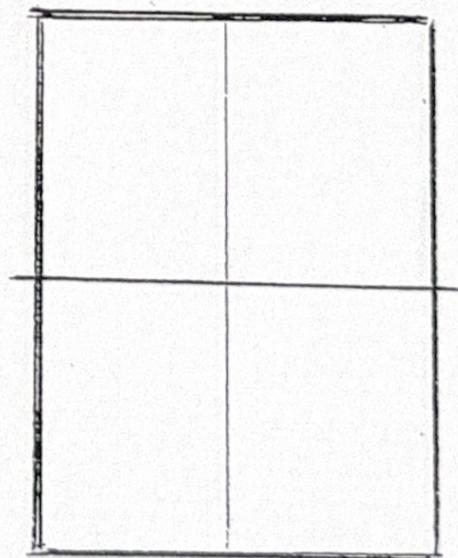
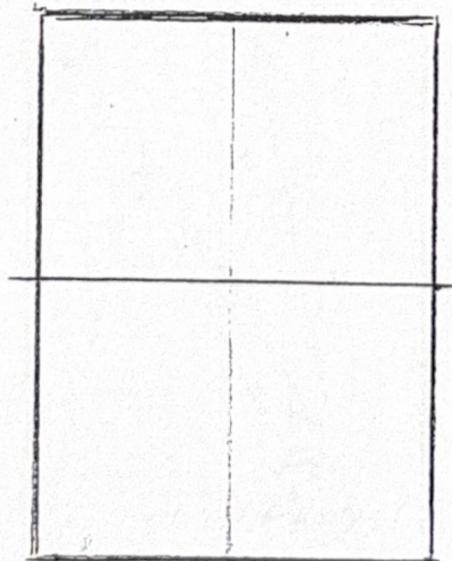


BU1-SPIN FUS
BUS2-POWER 3

2x8'



SERVICE BUS 2
POWER FUS1



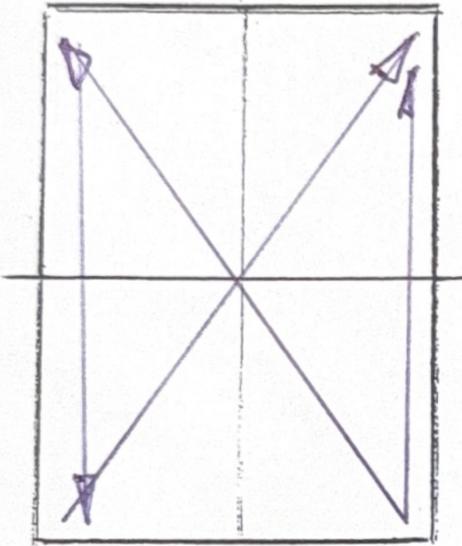
21.02.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. SPEED OF ATTACHING STROKES

3. FU COUNTERSPIN 4. UP AND DOWN ≈ 20'

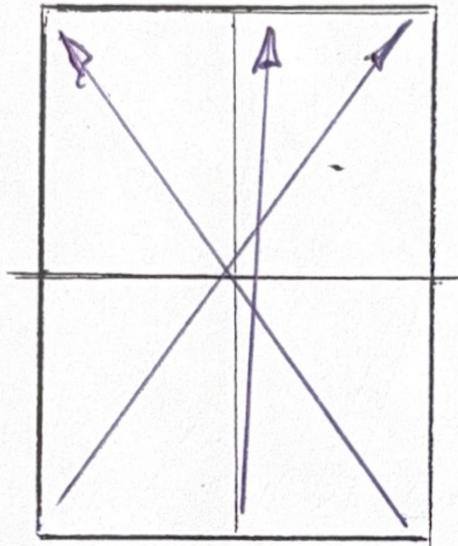
PHYSICAL - SKIPPING ROPES ≈ 15'

15'



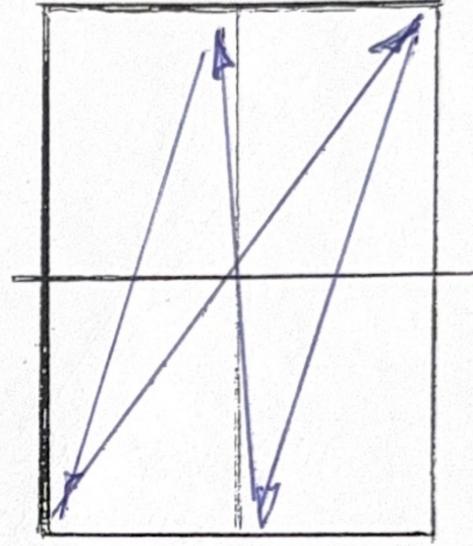
BU DOWN THE FU
5' LINE 5' 5'

2x8'



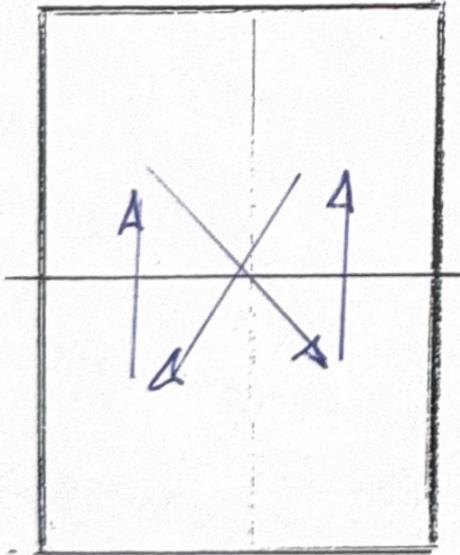
BU FUS FUS
1 2 3

2x8'
FUS 4 BU 2



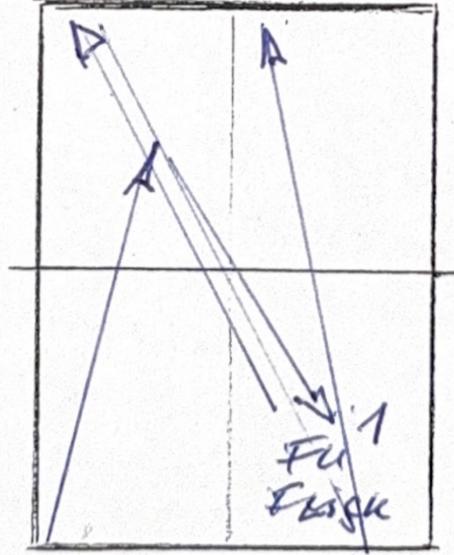
BU FUS
1 3

2x5'



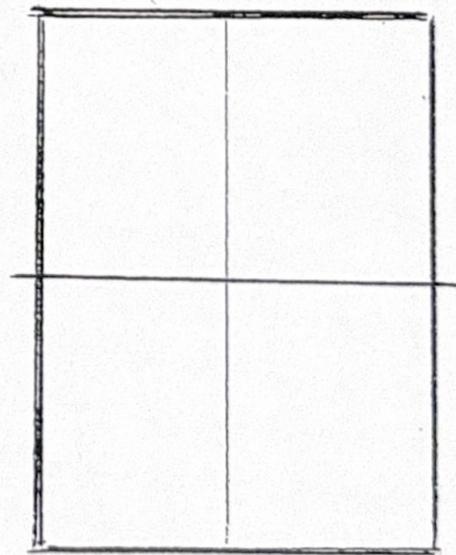
SHORT-SWOP
FIGURE 8

FUS 2 2x8'



SERVICE FUS
3

2x8'



INDIVIDUAL
FROM
SERVICE