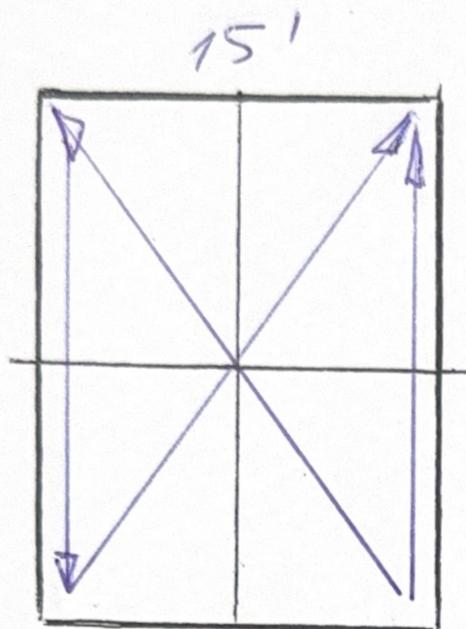
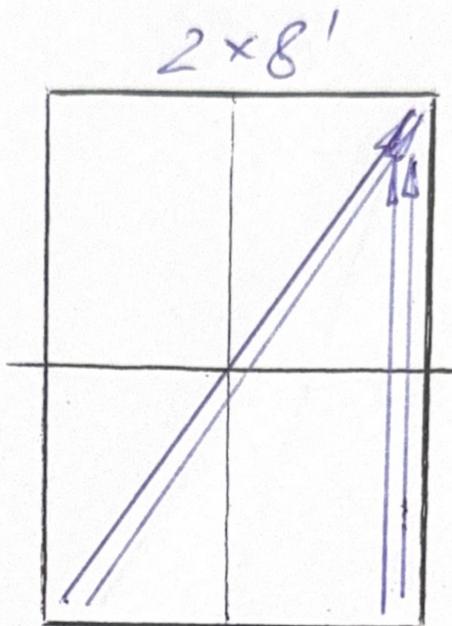


04.03.2026 WEDNESDAY 17.30 - 19.00 FUTURE SQUAD

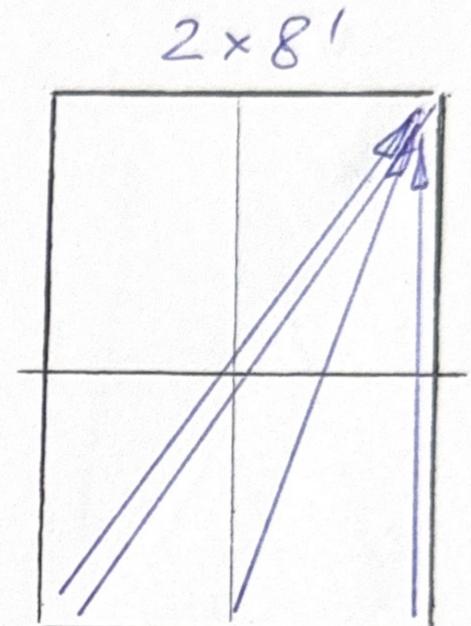
1. TECHNIQUE 2. FOOTWORK 3. OPENING AFTER SERVICE



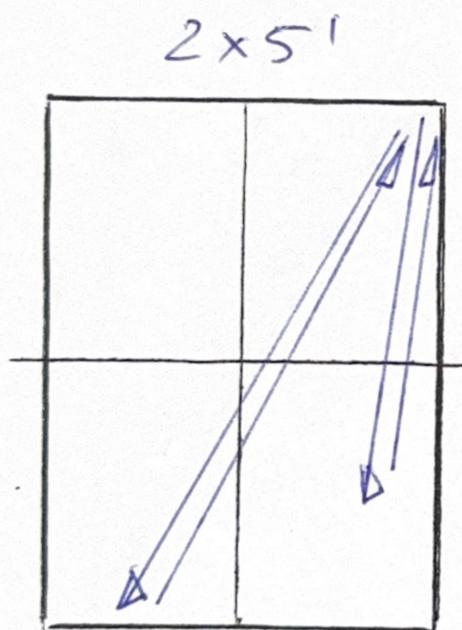
BH DOWN FH  
5' TRAILINE 5'



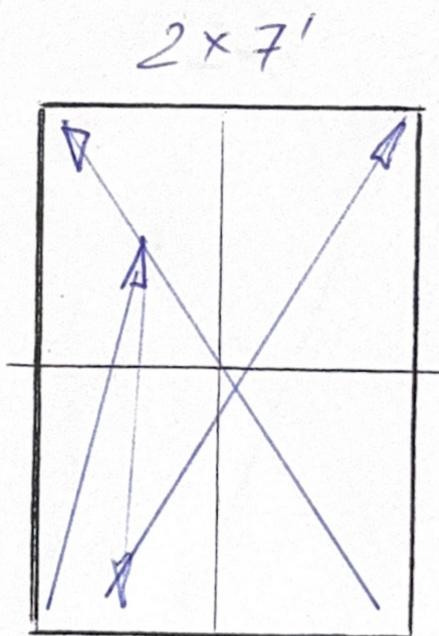
BH FHS  
1,2 3,4



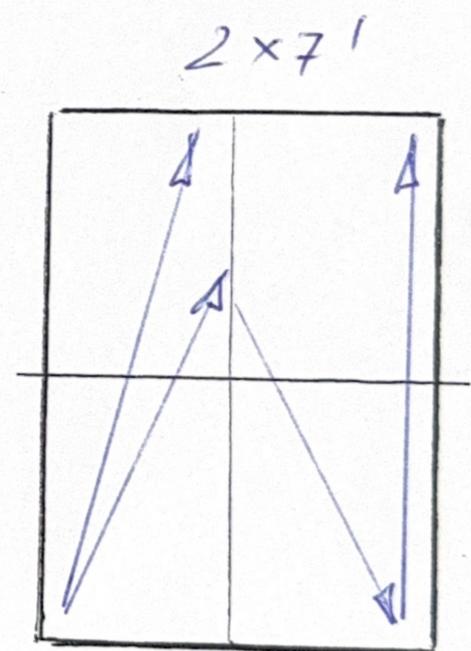
BH FHS FHS  
1,3 2 4



CHOP LONG TO BH  
SHORT TO FH



SERVICE FHS  
FHS 1 2

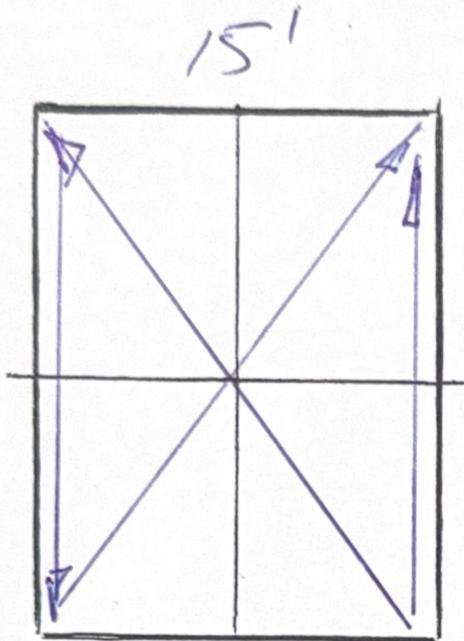


SERVICE FHS  
BH 1 2

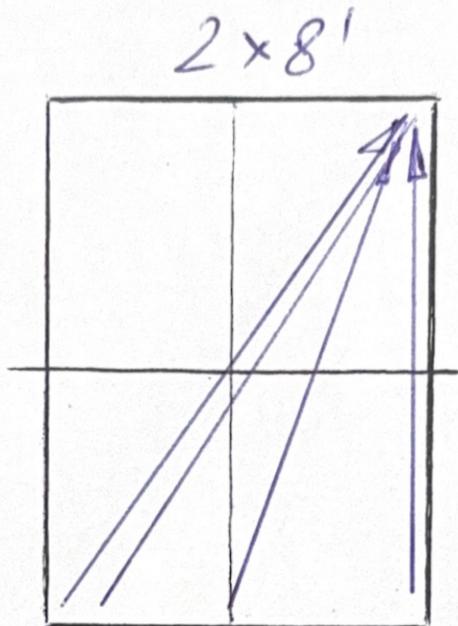
07.03.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. BACKSPIN - CHOP ALL TABLE

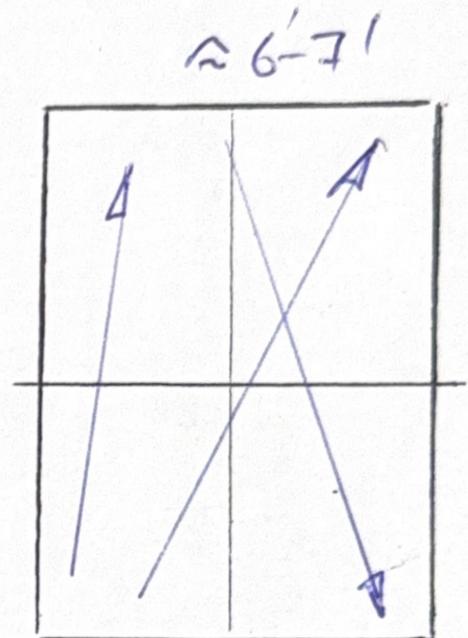
3. OPENING FROM SERVICE



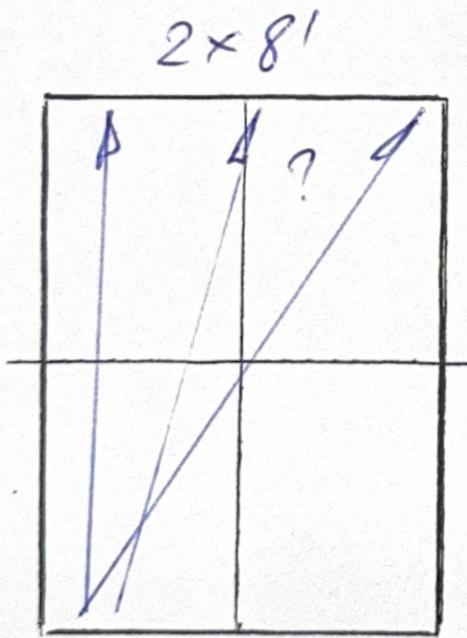
BH DOWN FH  
5' THE LINE 5'  
5'



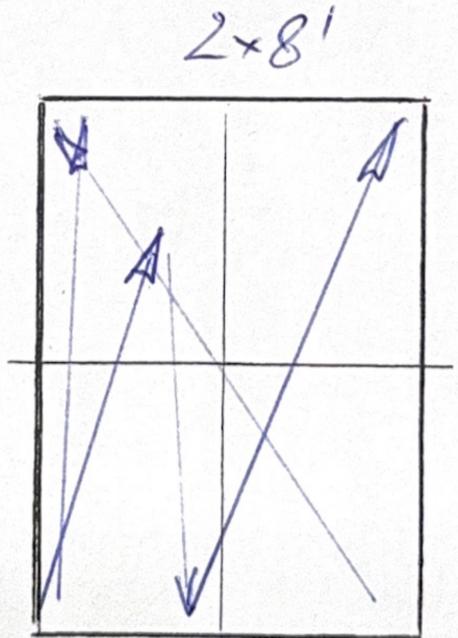
BH1 FUS FUS  
BH OR FH 2 7  
2  
BH3



CHOP ALL  
TABLE 1 SET



SERVICE  
LONG  
BH/FH 1 AFTER  
FREE



SERVICE FUS FUS  
BH 1 ? 2  
2

