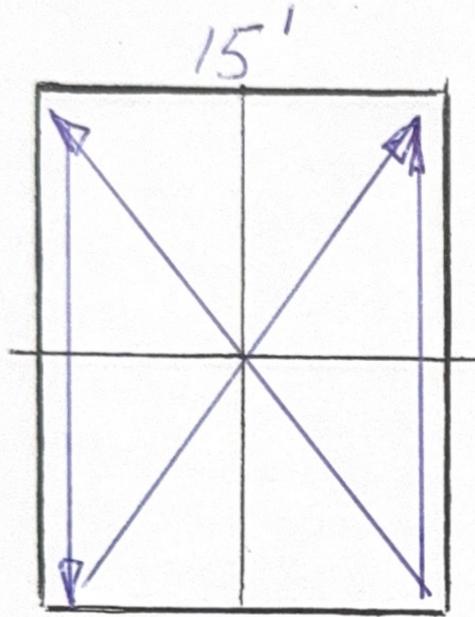


2.03.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

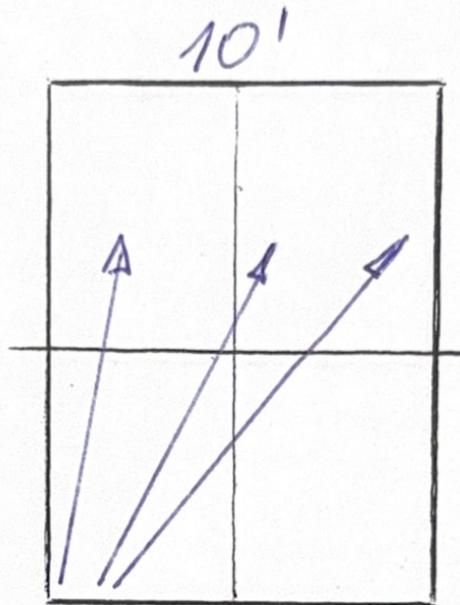
1. RECOVERY OF TECHNICAL ELEMENTS 2. SERVICE PRACTICE

3. INDIVIDUAL WORK BEFORE QUALIFICATION 1.

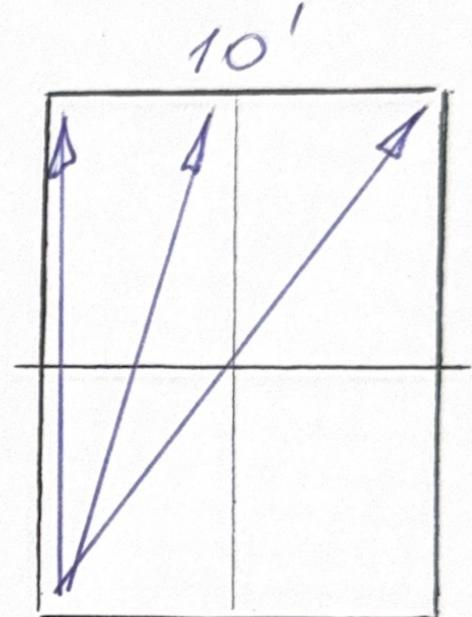
WARMING UP → THERABANDS



BH DOWN FH  
5' TRAILINE 5'  
5'

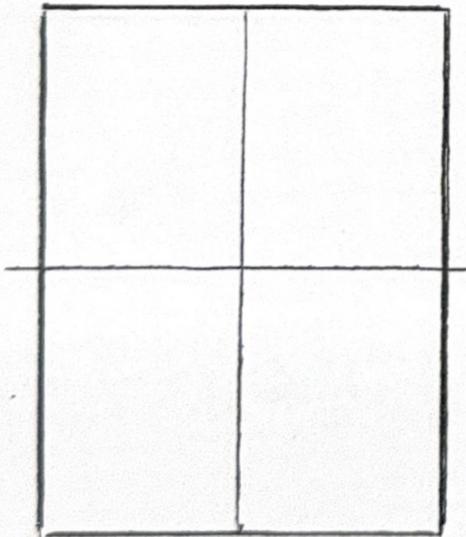


SERVICE  
SHORT



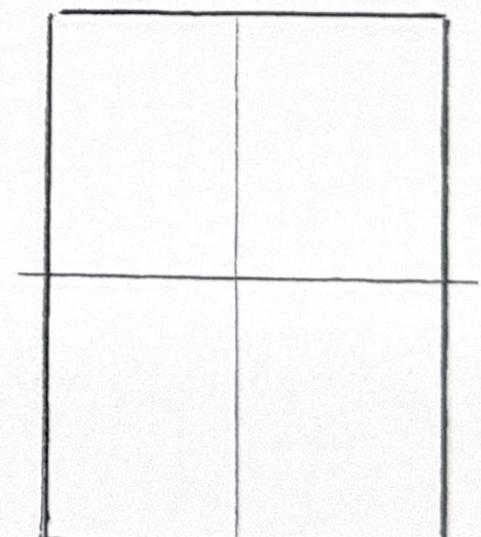
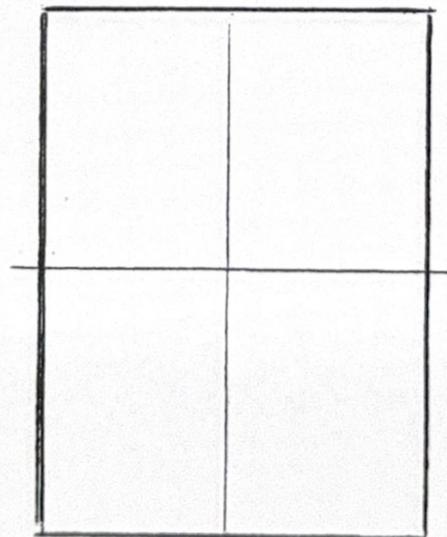
SERVICE  
LONG-FAST

MULTIBALLS



INDIVIDUAL  
WORK

4 x 10'



03.03.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

QUALIFICATION TOURNAMENT PART - 2

