

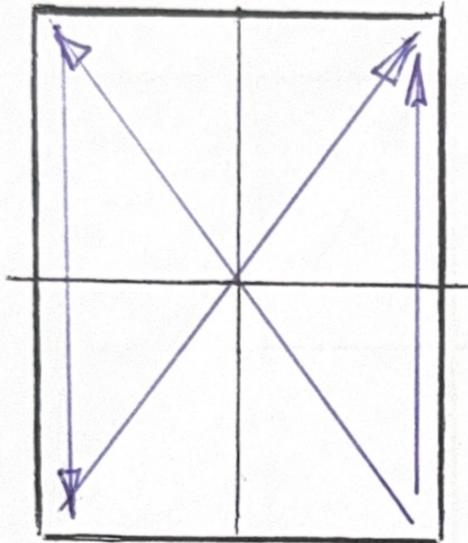
08.03.2026 SUNDAY 12.45-15.15. INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING UP - THERABANDS

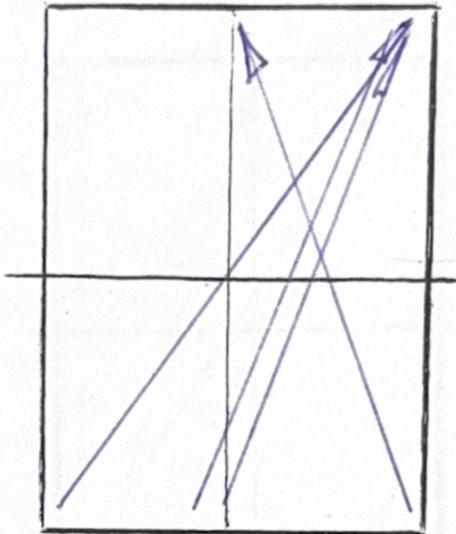
PHYSICAL - PLYOMETRIC + CORE

15'



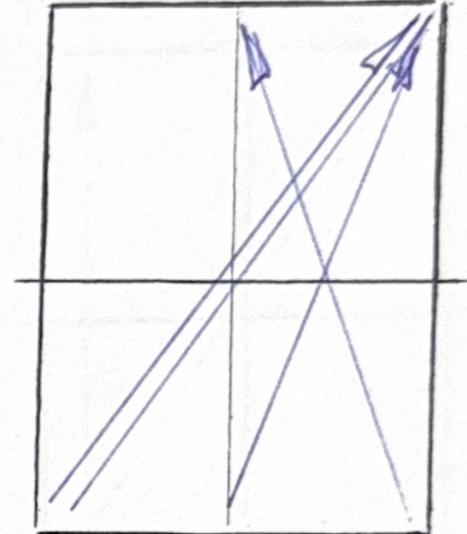
BH DOWN THE FH  
5' LINE 5' 5'

2x8'



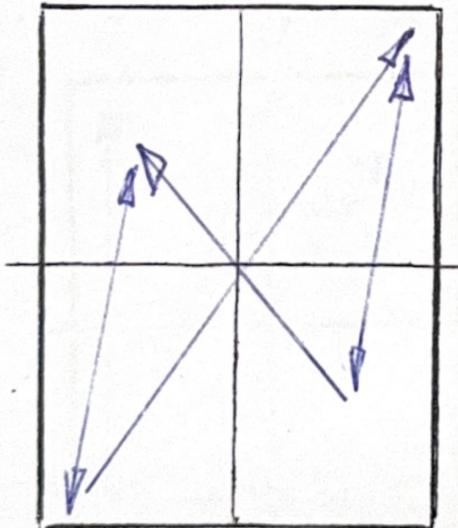
BH FHS FHS  
3 1,2 4

2x8'



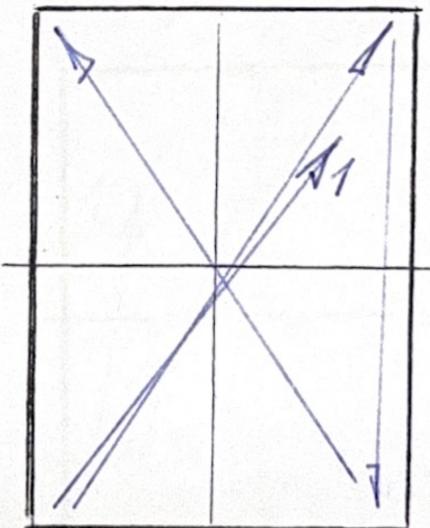
BH FHS FHS  
1,2 3 6  
4,5

2x5'



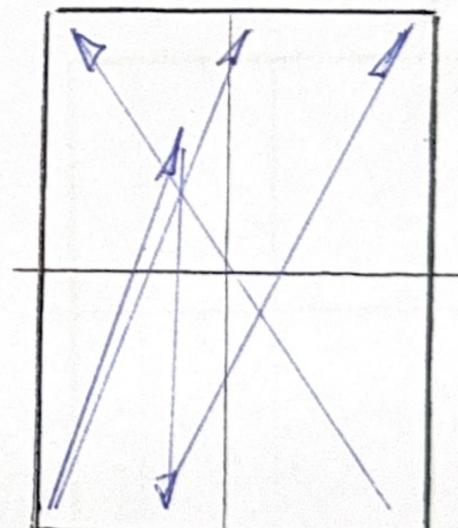
SHORT FH - CHOP  
LONG BH

2x8'



SERVICE START FHS  
BH TO BH 3  
2

2x8'

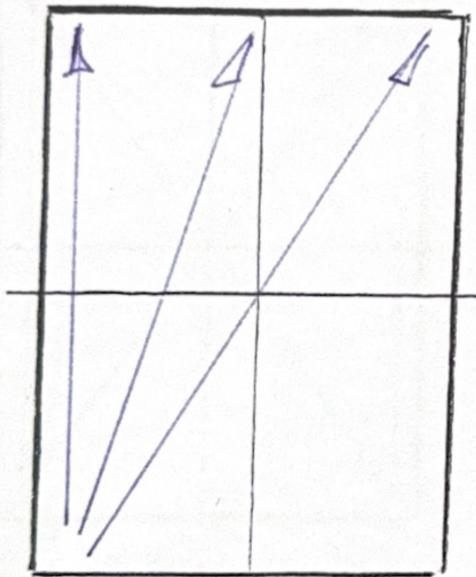


SERVICE FHS  
BH FHS ? 2  
2 1

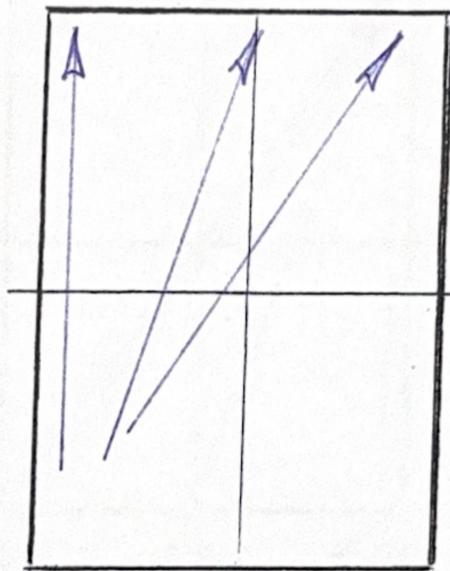
09.03.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

MULTIBALLS TRAINING → LEARNING BY PLAYERS AND

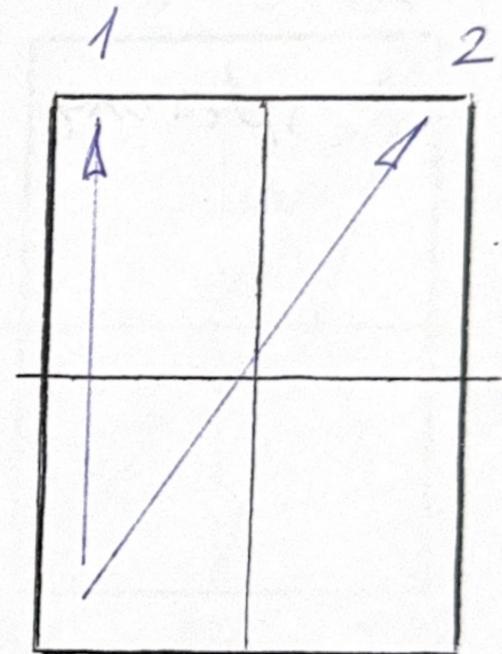
SERVICE PRACTICE 30' (15' SHORT + 15' LONG) PRACTICE



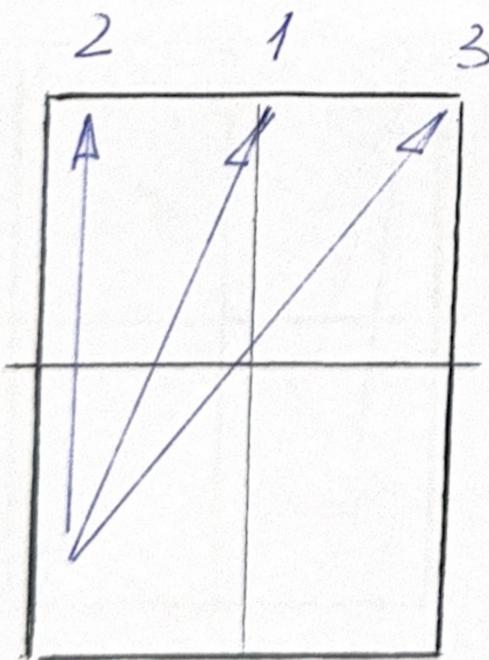
TOPSPIN TO BH  
MIDDLE, FH



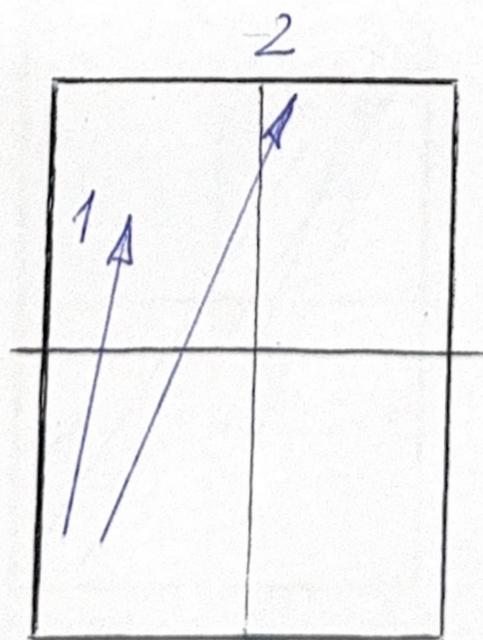
BACKSPIN TO FH  
TO MIDDLE, TO BH



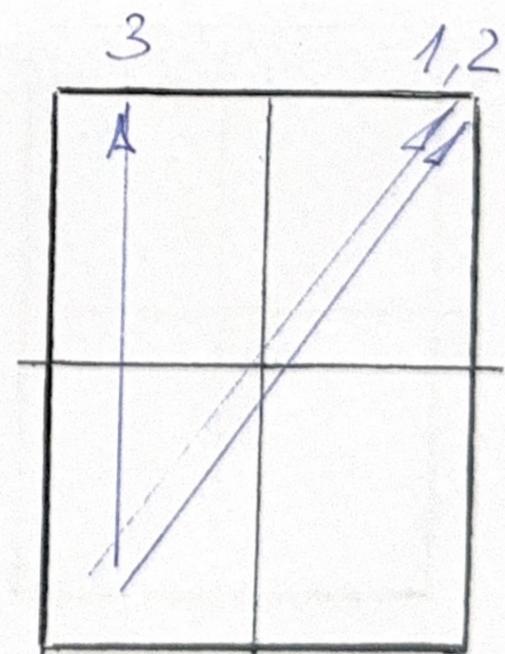
1- BACKSPIN  
2- TOPSPIN



1- BACKSPIN  
2- TOPSPIN  
3- TOPSPIN



1- BACKSPIN SHORT  
2- BACKSPIN LONG



1- BACKSPIN  
2- TOPSPIN  
3- TOPSPIN

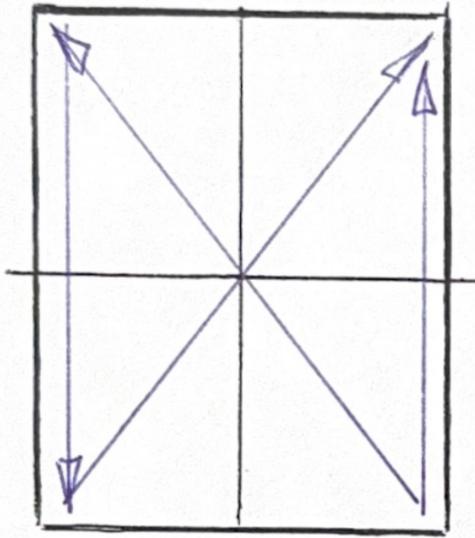
10.03.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUADS

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: (A) SIDESTEP

(B) CROSSOVER (C) PIVOT

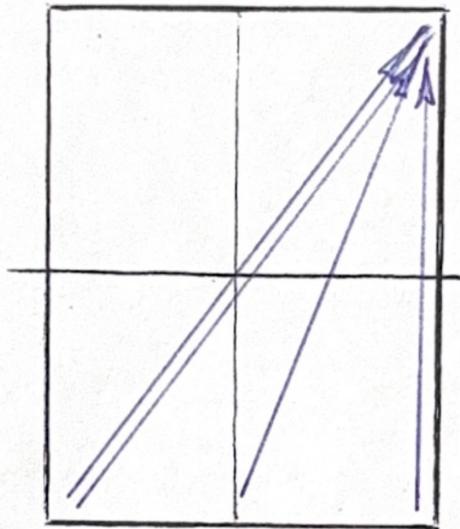
WARMING UP - THERABANDS FOOTWORK 6x20" CLOSE TO TABLE

15'



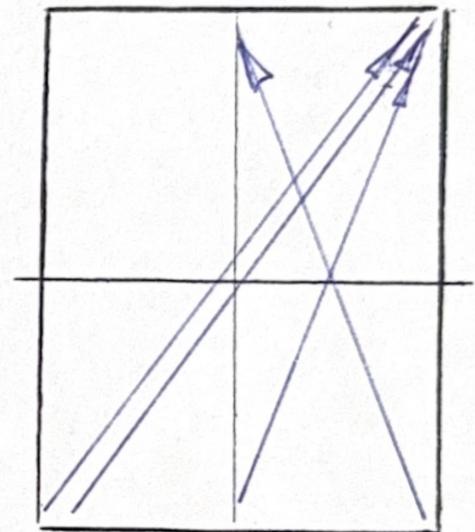
BH DOWN FU  
SI THE LINE SI

2x8'



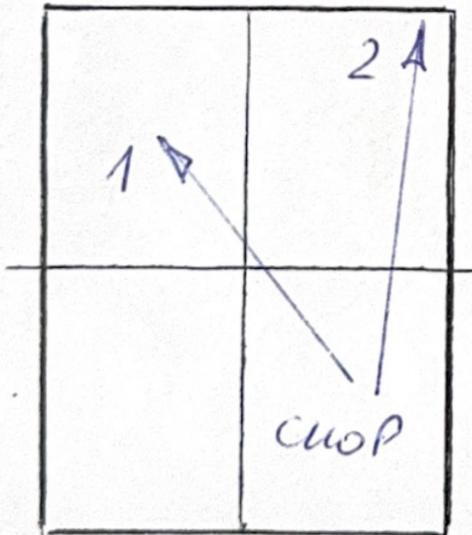
FUS FUS FUS  
1,3 2 4

2x8'



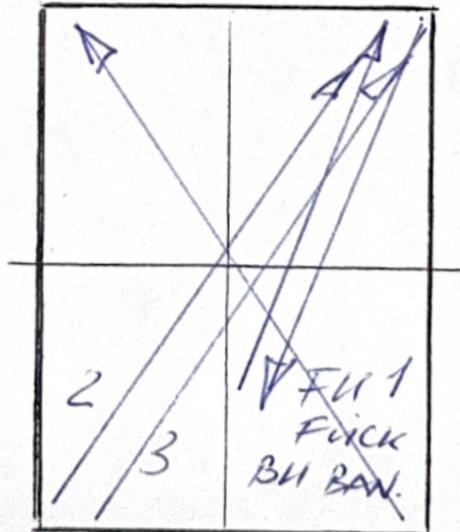
BH FUS FUS  
1,4 3 6  
FUS  
2,5

2x4'



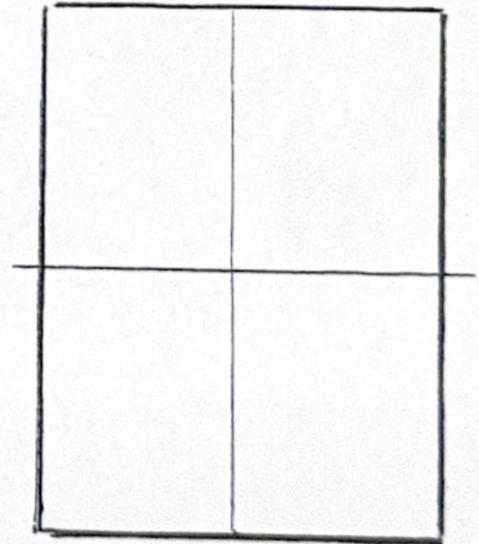
2x8'

SERVICE



BH FUS FUS  
2 3 4

2x8'



INDIVIDUAL  
FROM  
SERVICE