

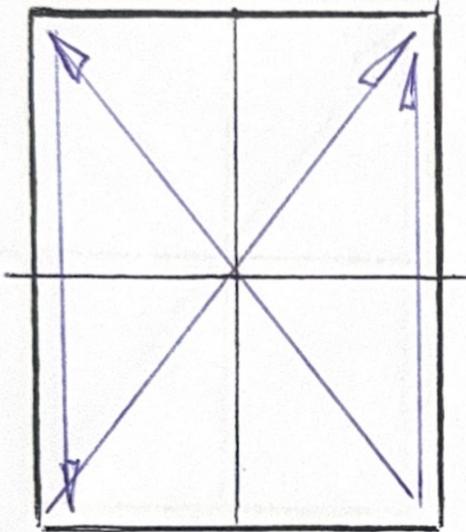
08.03.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK SIDE TO SIDE

4. FOOTWORK - PIVOT + CROSSOVER

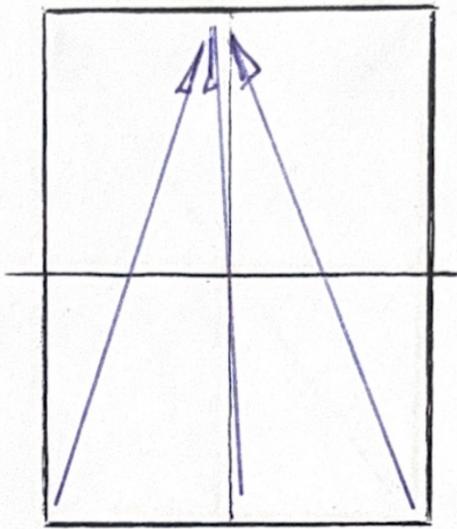
WARMING UP - THERA BANDS PHYSICAL: CORE + ABDOMINALS

15'



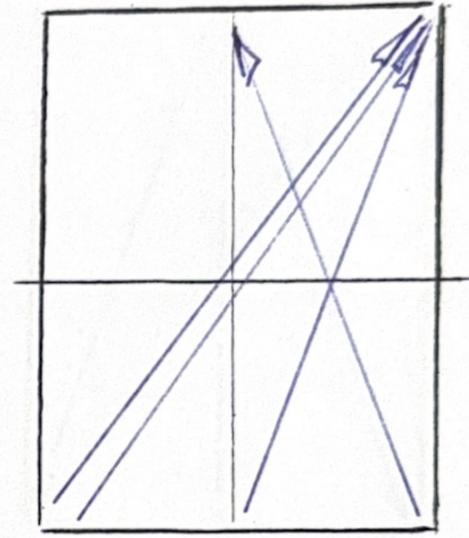
BU DOWN THE FH
5' LINE 5' 5'

2x8'



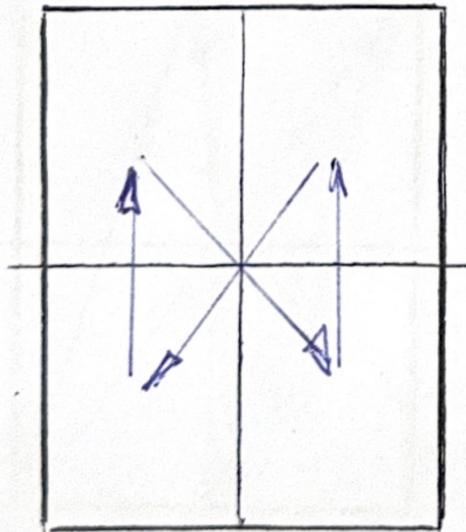
FUS 3 FUS 2 FUS 1

2x8'



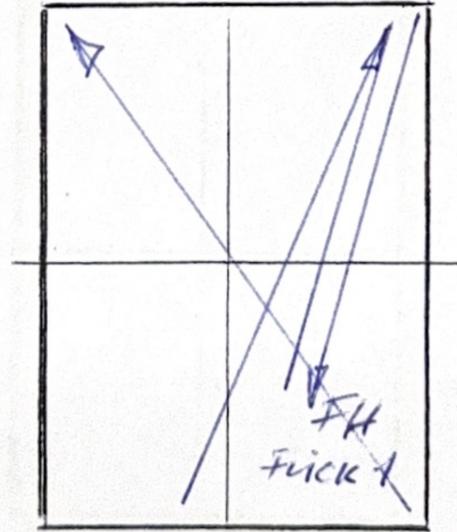
BU 1,4 FUS 2,5
FUS 3 6

2x5'



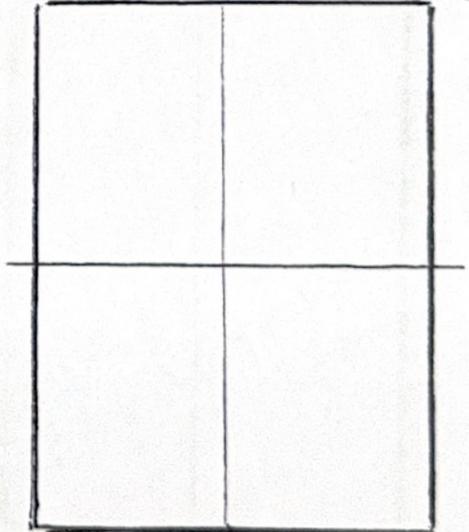
SHORT-SHORT
NB.

2x8' SERVICE



FUS 2 FUS 3

2x8'



INDIVIDUAL
FROM SERVICE

1 PLANK

2 ABDOMINALS - SIT-UPS

3 TRICEPS 4x25

3x2'

3x60"

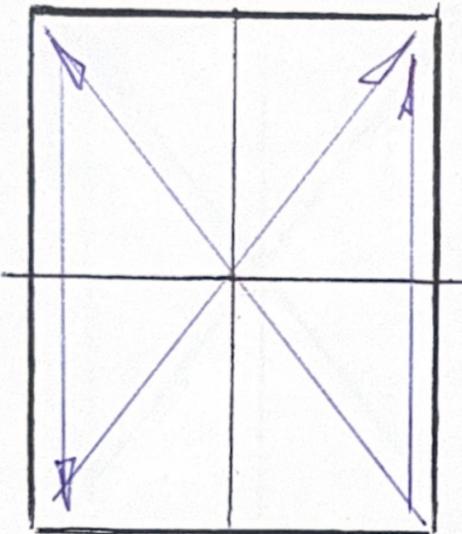
10.03.2026 TUESDAY 19.15-21.15. ELITE SQUAD

1. SPEED OF ATTACKING STROKES 2. COUNTERSPINS

3. PLACEMENT

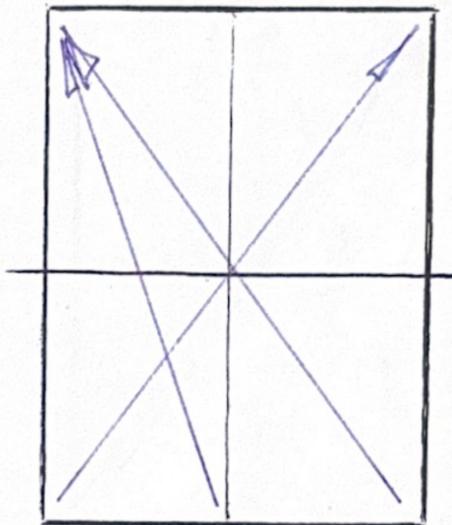
WARMING UP - THERABANDS FOOTWORK 6x20" CLOSE TO TABLE

15'



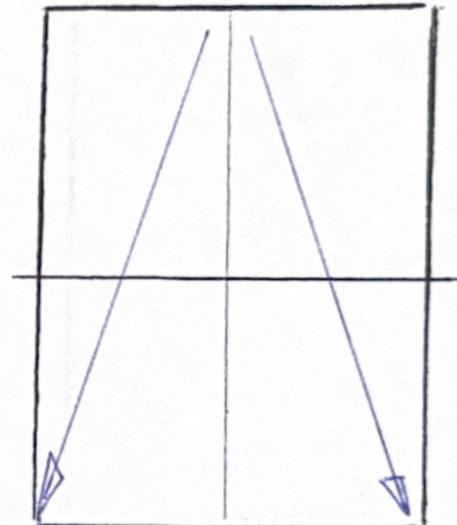
BH DOWN THE
SI LINE SI SI

2x8'



BH FHS
3 2 1

2x8'
FHS

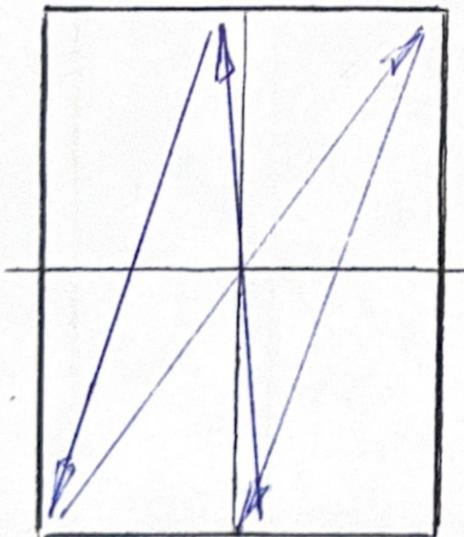


BH 1,3
BLOCK

FH BLOCK
2
FH COUNTERSPIN
4

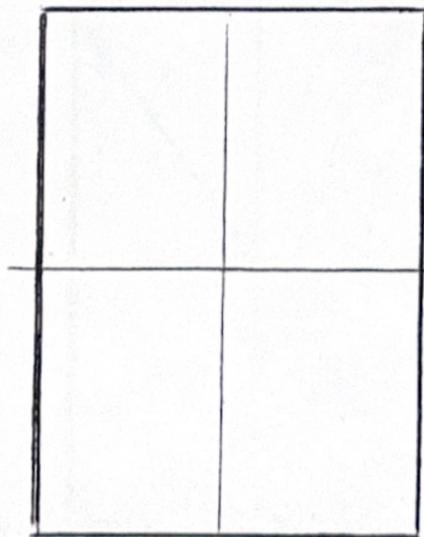
2x8'

FH counter BH 2

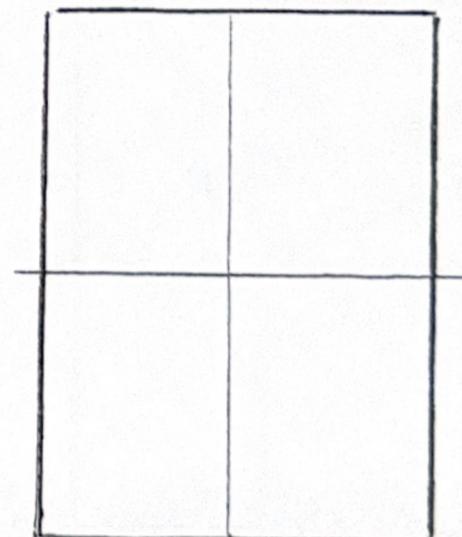


BH FHS
1 3

ONE SET - UP / DOWN



SERVICE ONLY
LONG FAST
TOPSPIN



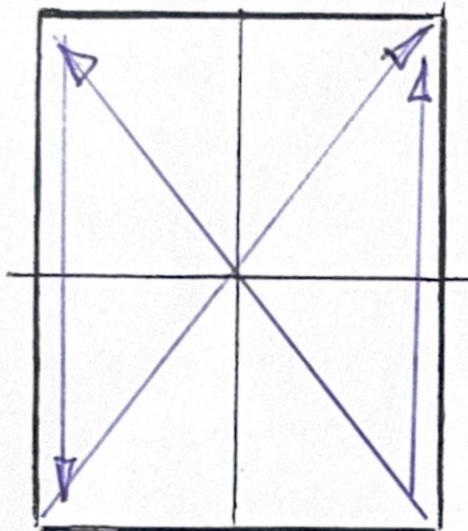
14.03.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK: SIDESTEP, CROSSOVER, PIVOT

3. TACTICAL COMBINATIONS FROM RECEIVE OF SERVICE

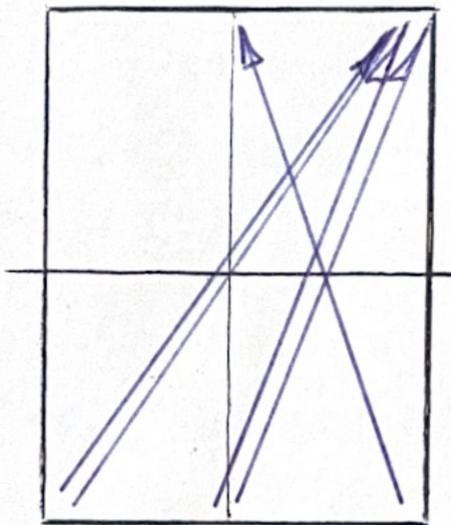
WARMING UP - THERABANDS / FOOTWORK 6x20" x 30"

15'



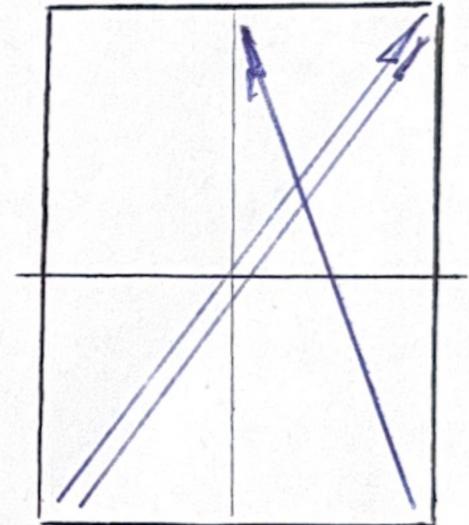
BH DOWN THE FH
5' LINE 5'

2x8'



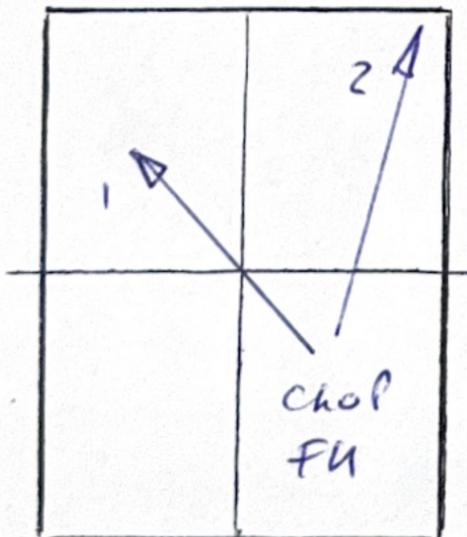
FHS 2,4 FHS 1,3 FHS 5

2x8'



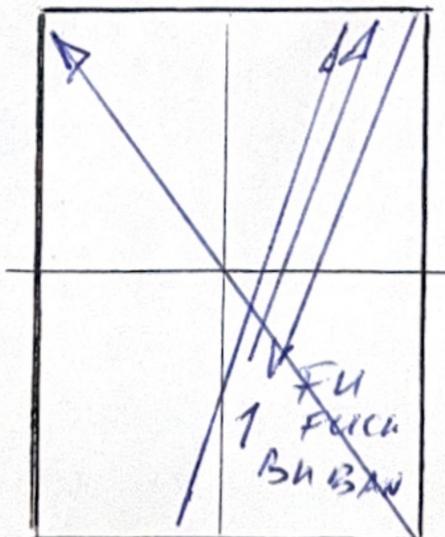
BH1 FHS 3
FHS2

2x5'



chop
FH

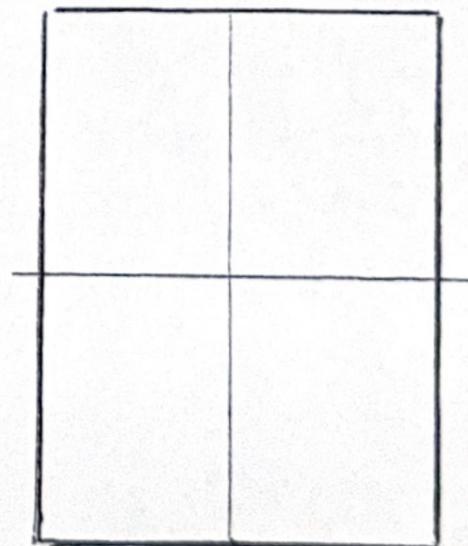
2x8'



FHS 2 FHS 3

Service

2x8'



INDIVIDUAL

PHYSICAL: PLYOMETRIC -> LEGS / CORE, ABDOMINALS