

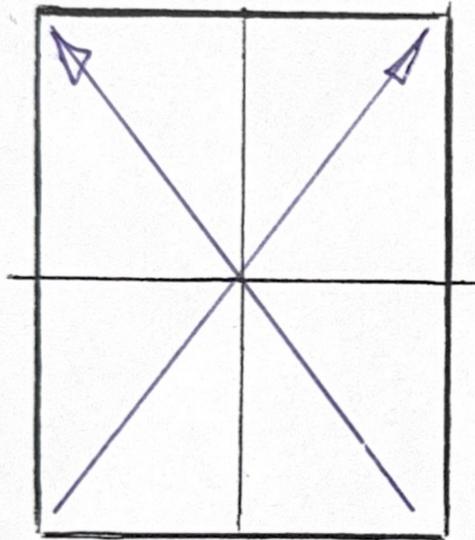
08.03.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PREPARATION FOR TECHNICAL TEST

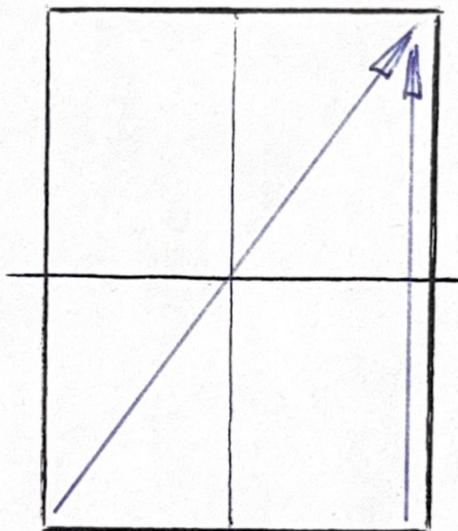
3. SERVICE PRACTICE 4. CONSISTENCY

50 REP. OF 2 BALLS

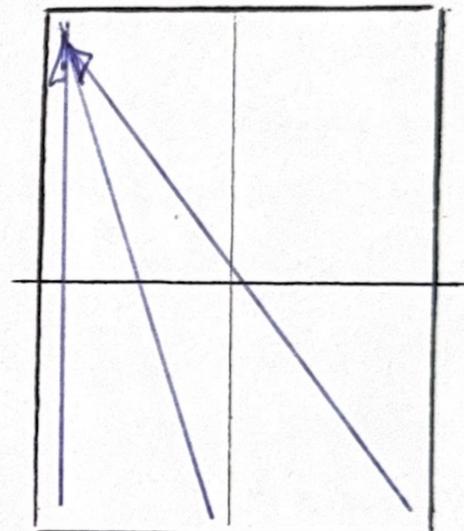
50 REP. OF 3 BALLS



BH  
200 BALLS EACH SIDE  
FH

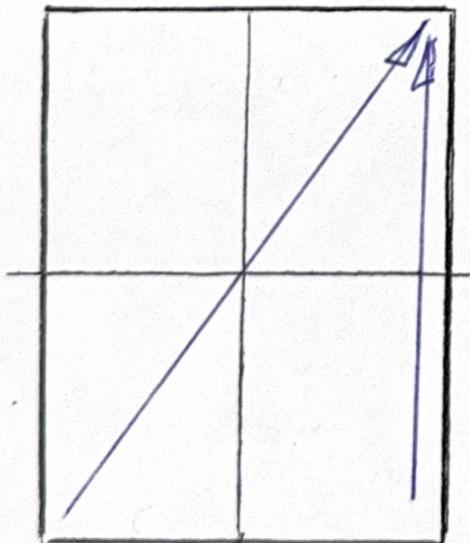


BH 1  
FH 2

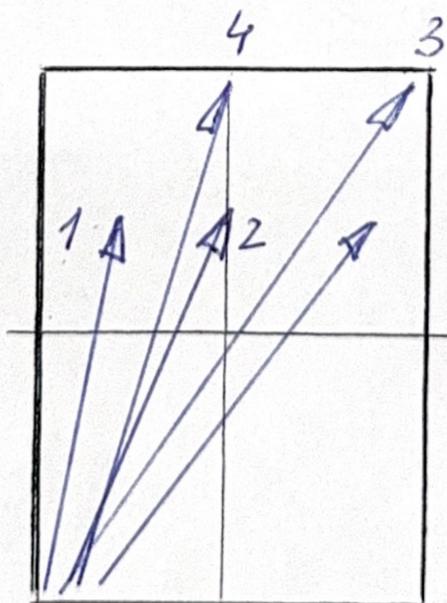


BH 3  
FH 2  
FH 1

2 x 7'

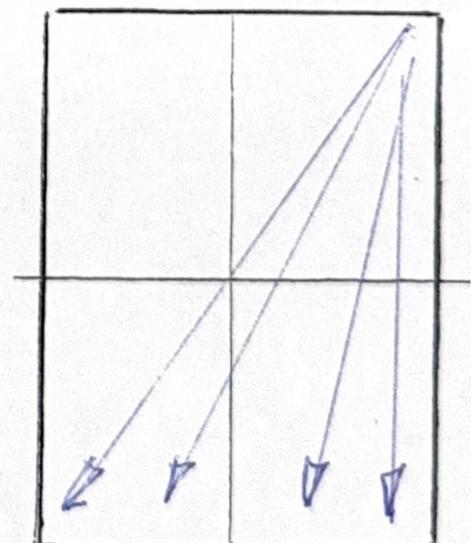


BH chop 1  
FH chop 2



SERVICE TO TARGETS  
SHORT TO FH  
— 4 — TO MIDDLE  
LONG TO BH  
— 4 — TO MIDDLE

BH BLOCK

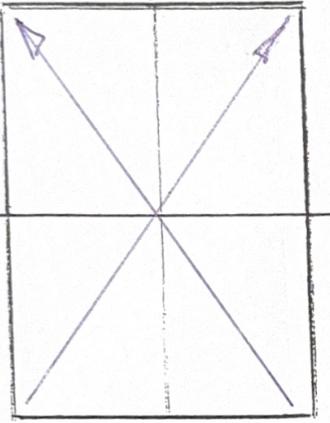


FROM ALL TABLE  
FREE TO BH

2 x 8'

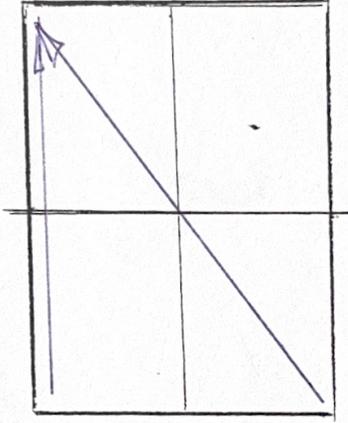
11.03.2026. WEDNESDAY 1730-1900 FUTURE SQUAD

TECHNICAL TEST

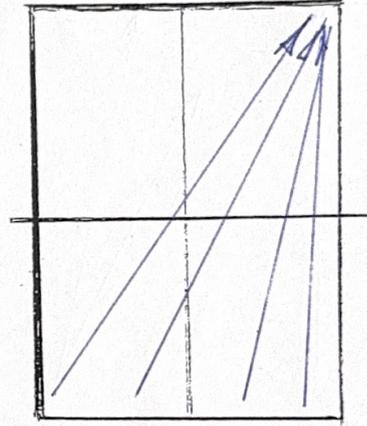


BH  
DRIVE  
40 BALLS

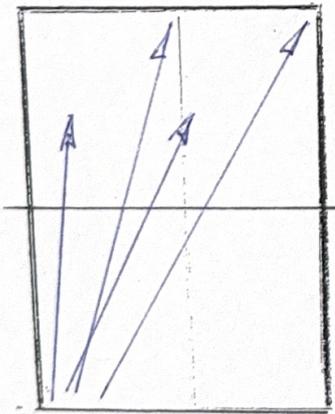
FH  
DRIVE  
40 BALLS



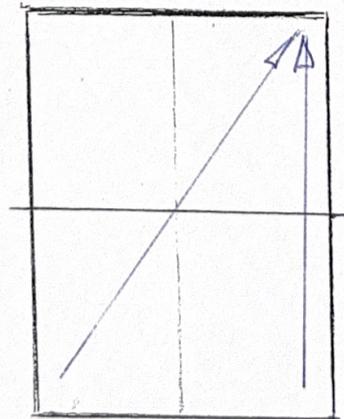
BH FH  
ALTERNATION



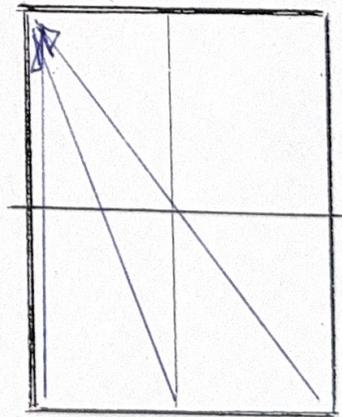
FROM ALL TABLE  
FREE TO BH



SERVICE  
SWORE TO FH  
-- TO MIDDLE  
LONG TO BH  
-- TO MIDDLE



BH FH  
PUSH PUSH  
1 2



BH FH FH  
3 2 1  
FOOTWORK

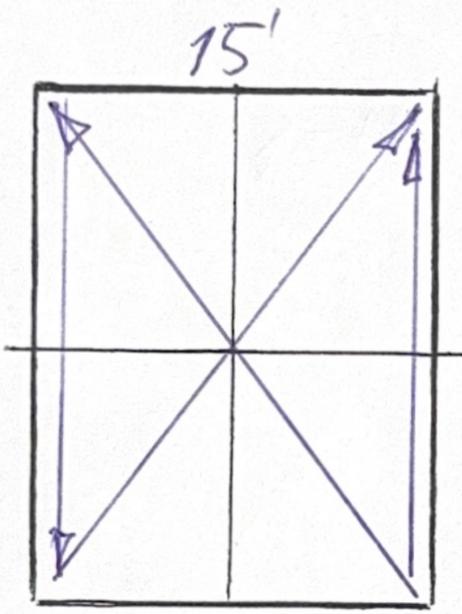
\* REACTION TEST

\* BALL CONTROL TEST / BOUNCE OF FH AND BH

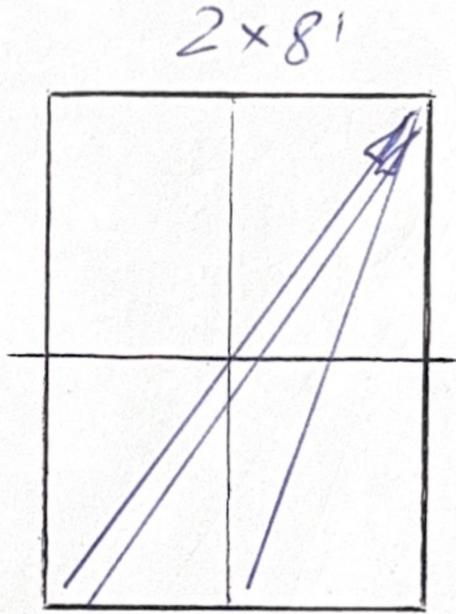
60"

14.03.2026 SATURDAY 15:30 - 17:30 FUTURE SQUAD

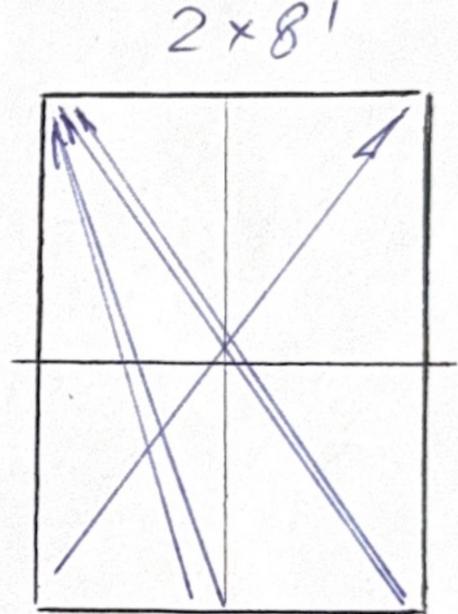
1. TECHNIQUE 2. FOOTWORK 3. PLACEMENT



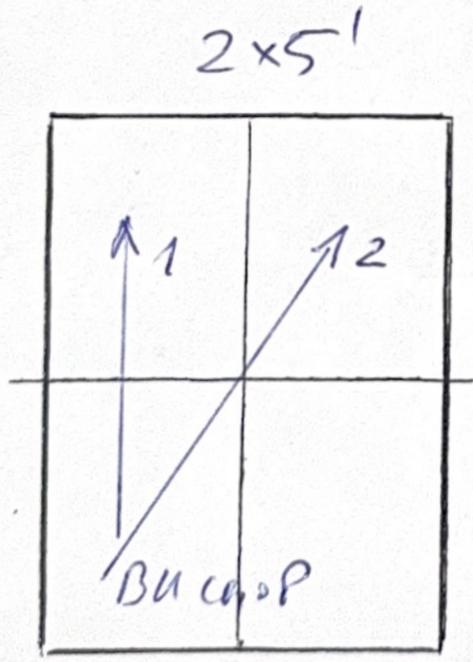
BU DOWN FU  
5' THE LINE 5'



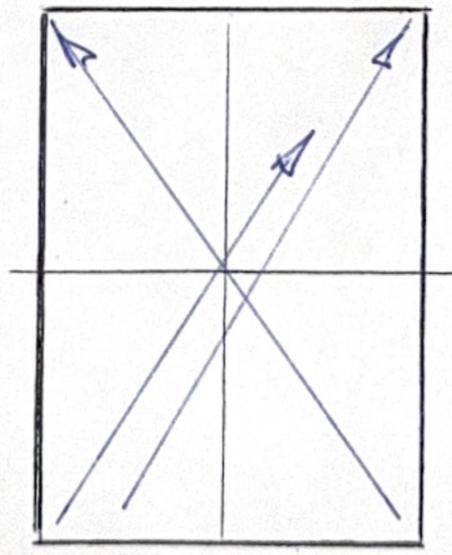
BU1 FUS  
FUS2 3



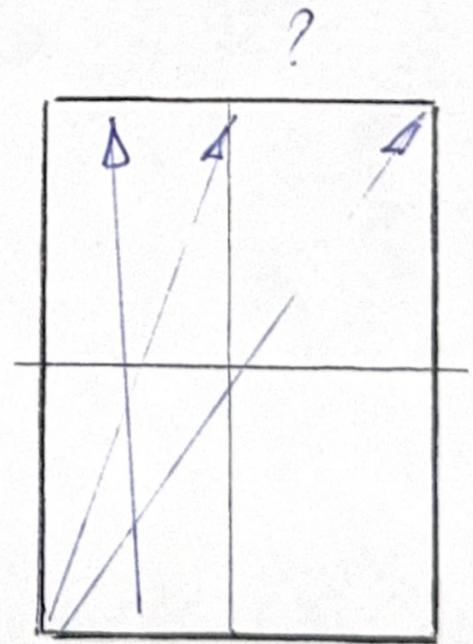
BU FUS FUS  
5 1,3 2,4



BU COP



SERVICE FUS  
FUS 1 2



SERVICE LONG  
FUS AND FREE.  
1