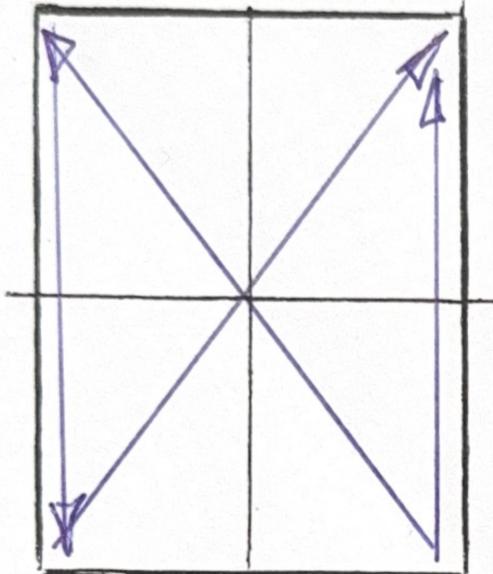


15.03.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PREPARATION FOR TECHNICAL TEST

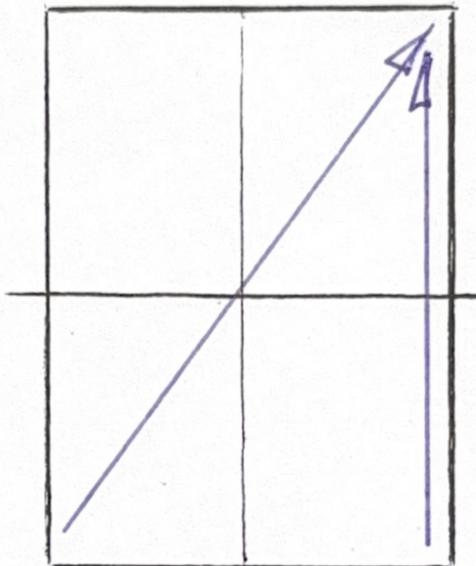
3. SERVICE PRACTICE

15'



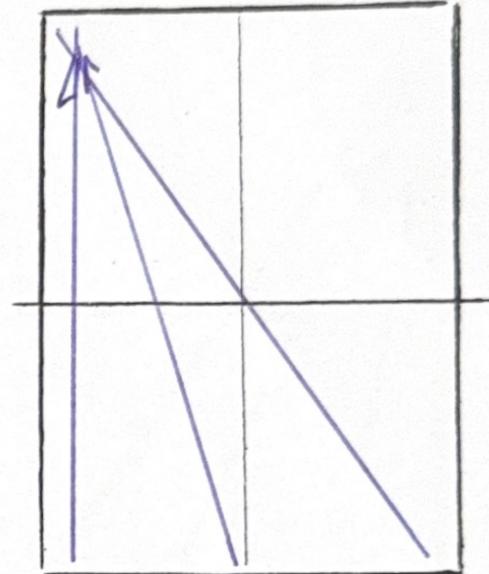
BH DOWN THE FH  
5' LINE 5' 5'

2x8'



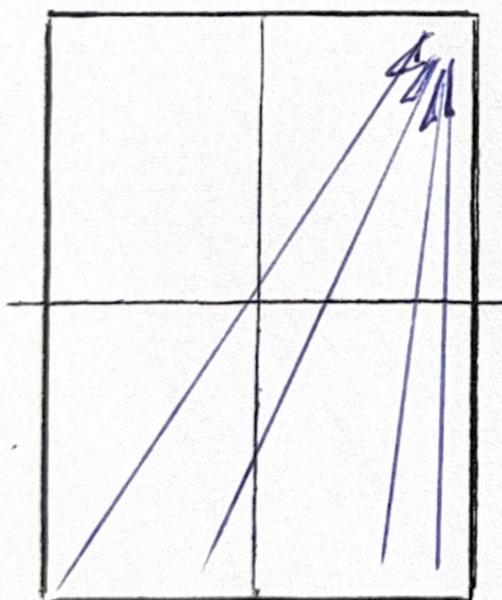
BH FH  
1 2

2x8'



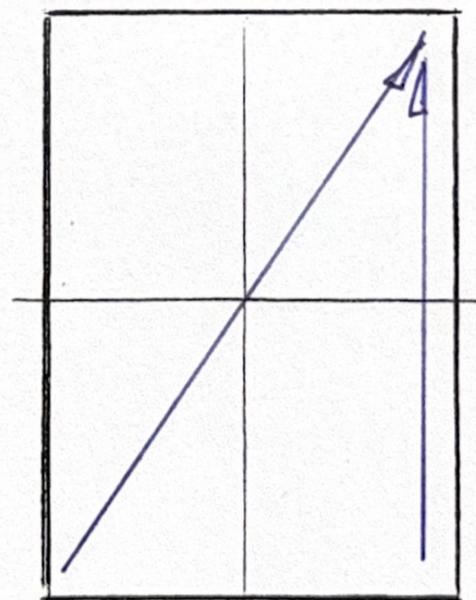
BH FH FH  
3 2 1

2x8'



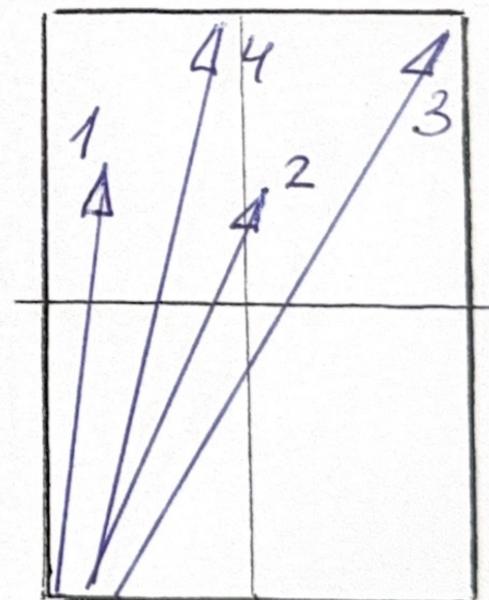
FROM ALL TABLE  
FREE TO BH

2x5'



BH CHOP FH  
1 2

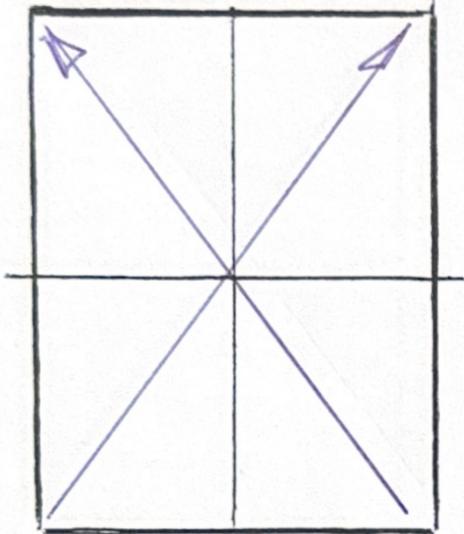
2x8'-10'



SERVICE

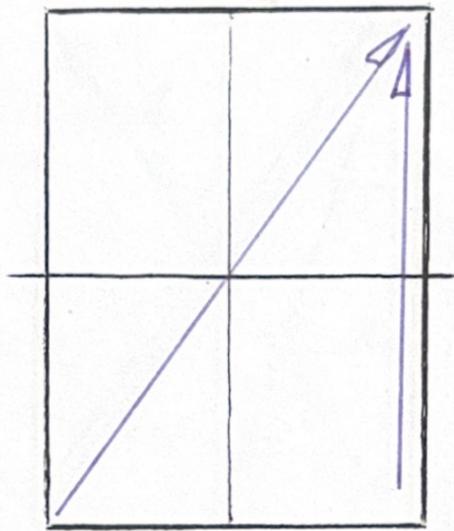
18.03.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

SKILLS TEST ASSESSMENT → TECHNICAL TEST



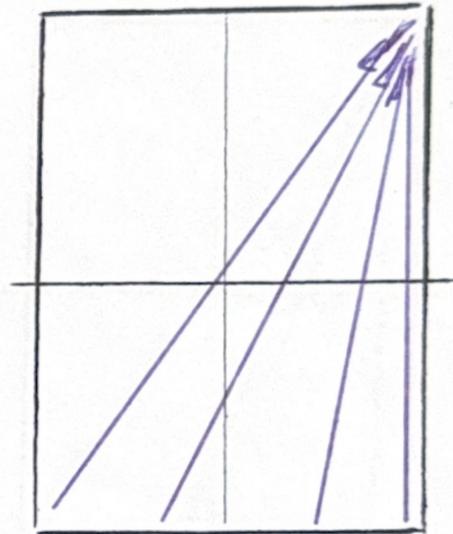
BH  
40 BALLS

FH  
40 BALLS

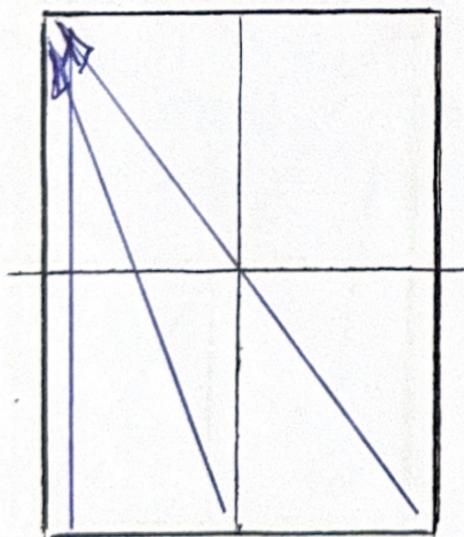


BH  
10 REP.

FH

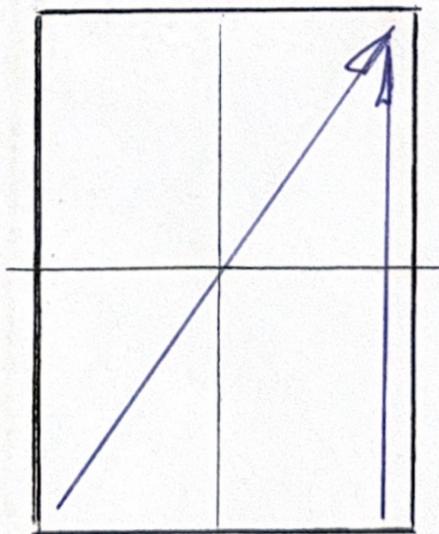


FROM ALL TABLE  
FREE TO BH  
20 BALLS



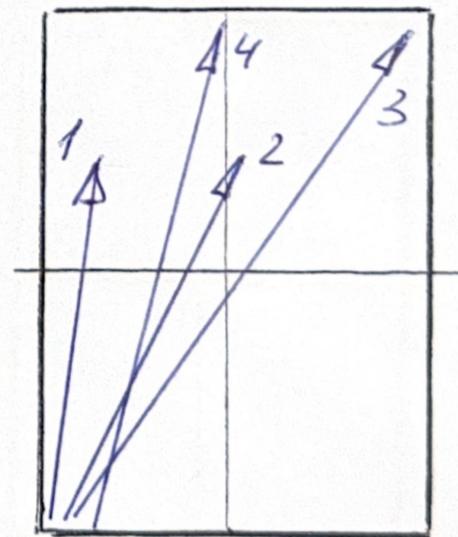
BH FH FH  
3 2 1

12 BALLS



BH PUSH FH  
1 (CHOP) 2

10 BALLS



SERVICE

1. BALL CONTROL (60 SEC. ALTERNATE BOUNCE)

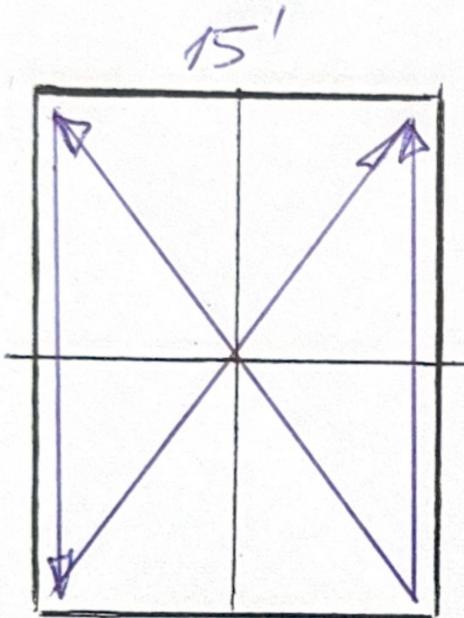
2. REACTION TEST 6 ATTEMPTS.

21.03.2026 SATURDAY 15.30-17.30. FUTURE SQUAD

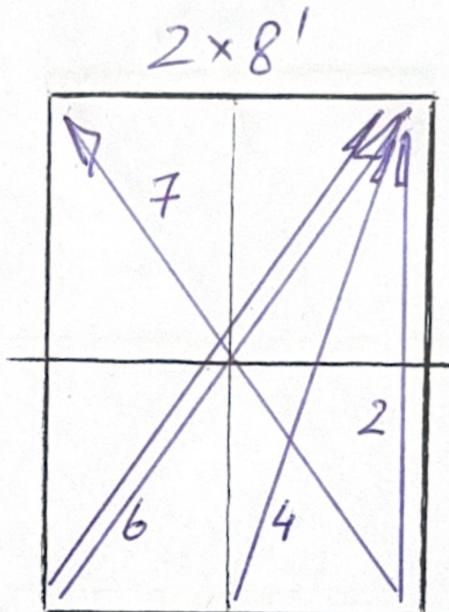
1. TECHNIQUE 2. FOOTWORK (SIDE TO SIDE, PIVOTS)

3. 3<sup>rd</sup> BALL ATTACK

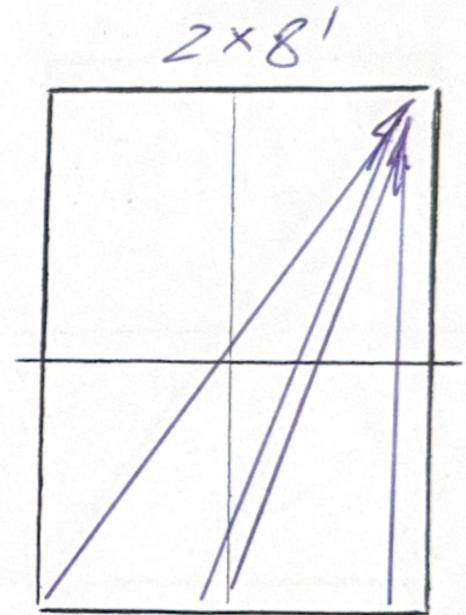
PHYSICAL - SKIPPING ROPES



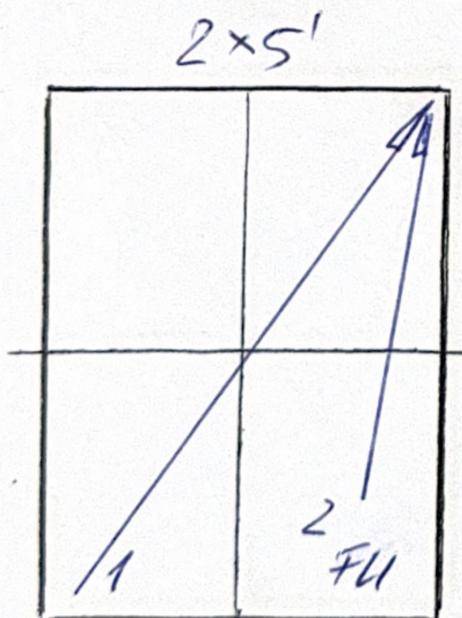
BU DOWN FU  
5' QUELINE 5'



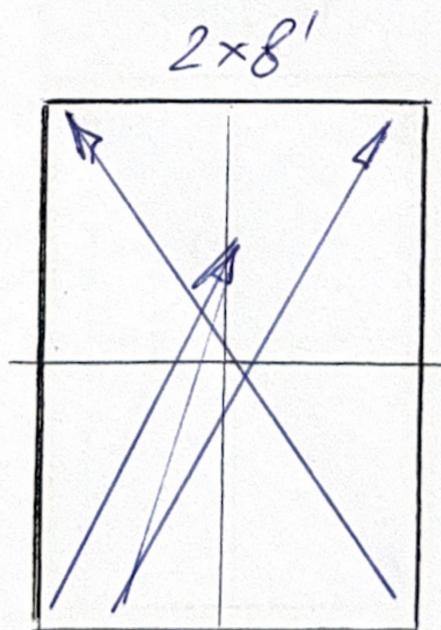
BU FUS FUS  
1,3,5 4 2,7  
FUS AFTER 7 BALLS  
6 FREE



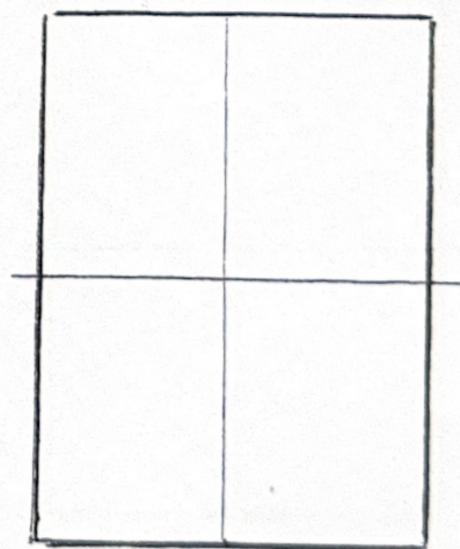
FUS FUS FUS  
1,5 2,4,6 3,7



BU CHOP  
CHOP



SERVICE FUS  
FUS 1 FUS 2




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