

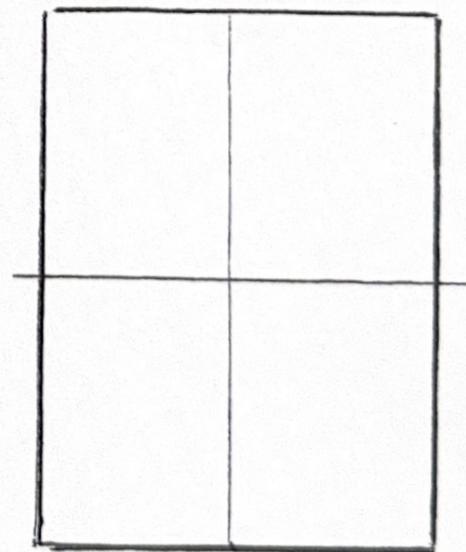
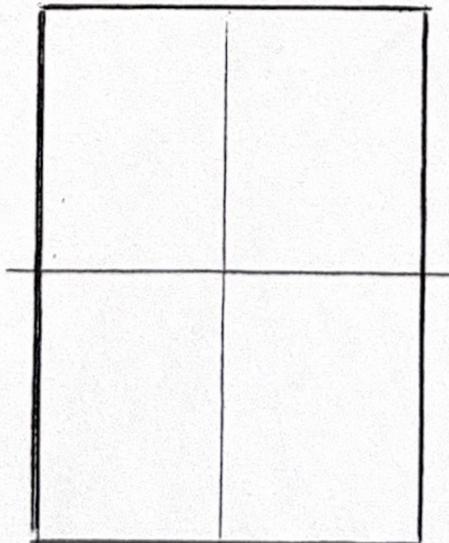
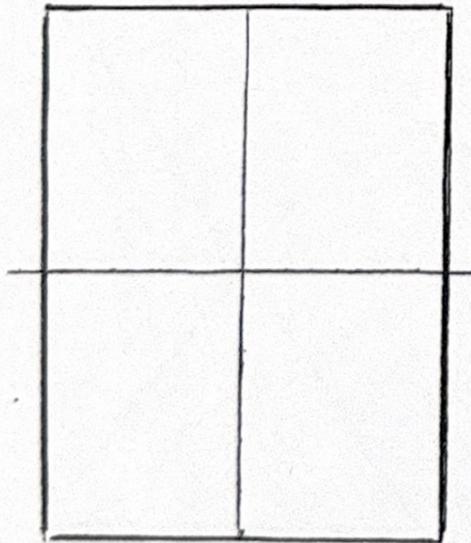
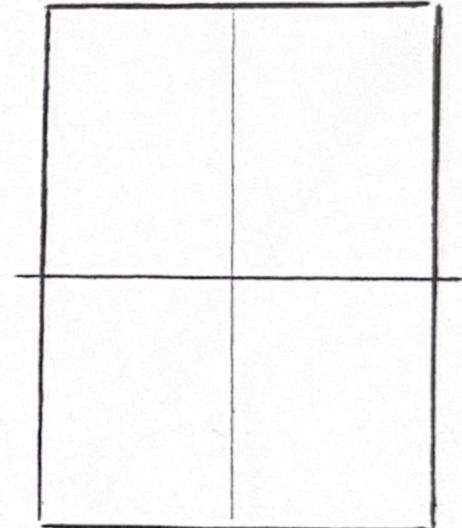
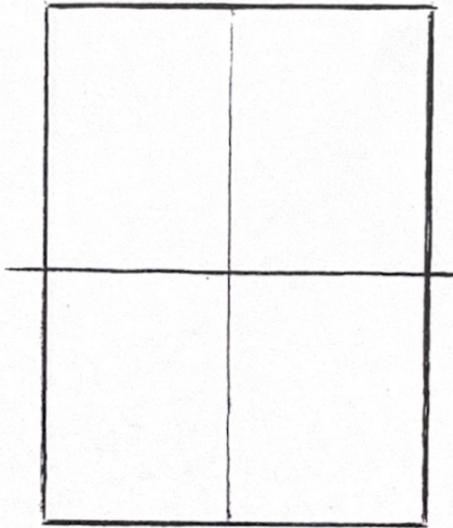
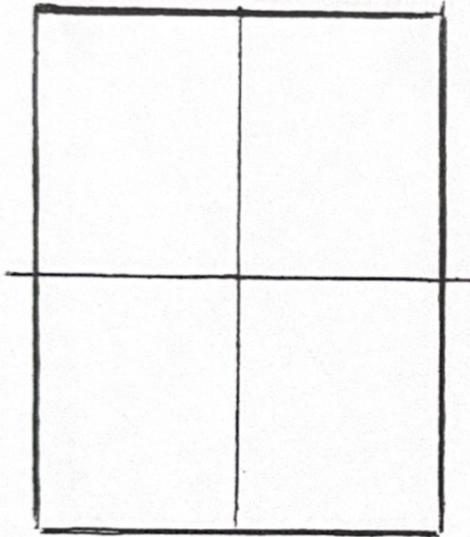
15.03.2026 SUNDAY 15.30-18.00 ELITE SQUAD

PHYSICAL TEST: 1. REACTION TIME 2. 30M SPRINT

3. SHOULDER FLEXIBILITY 4. 4M LATERAL SPEED TEST

5. STANDING LONG JUMP 6. MEDICINE BALL THROW

7. GRIP STRENGTH 8. SIT-UP -TEST 9. 4M-LATERAL
ENDURANCE

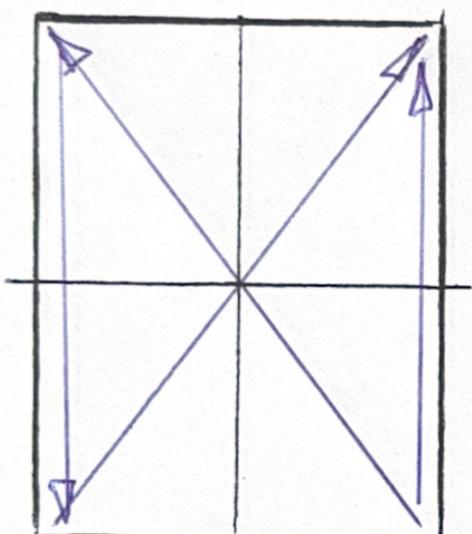


1703.2026 TUESDAY 19:15-21:15. EGIPT SQUAD

1. POWER 2 FOOTWORK 3. CONSISTENCY

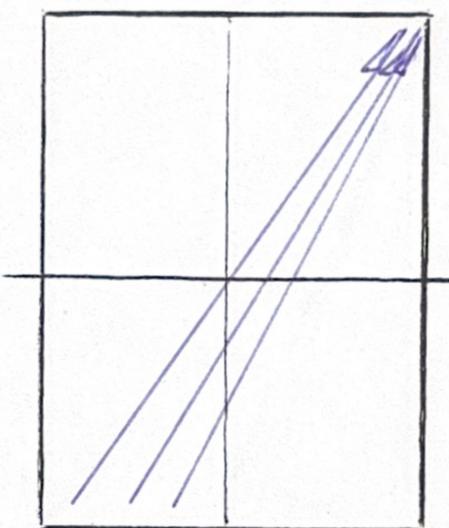
WARMING-UP → THERABANDS

15'



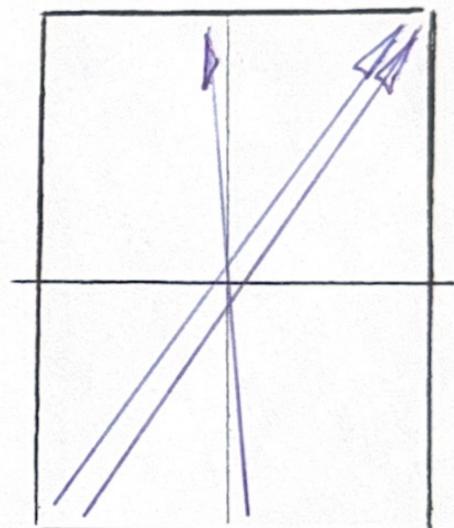
BH DOWN THE FH
5' LINE 5' 5'

2x8'



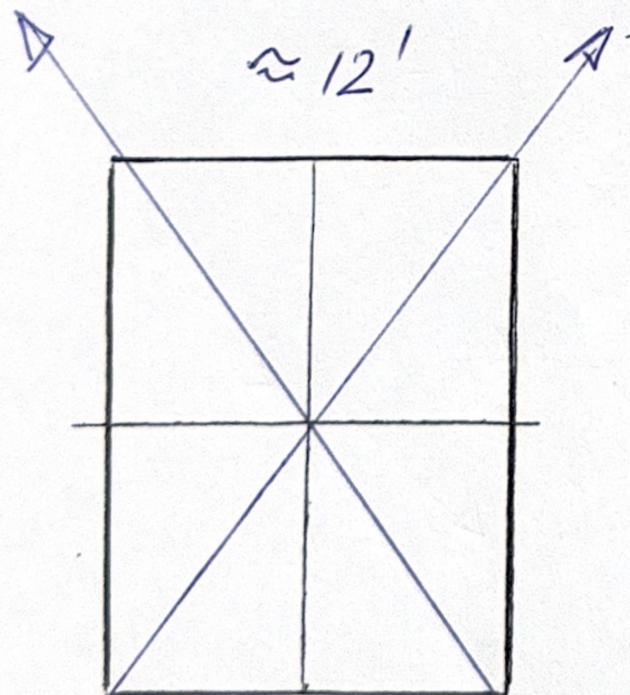
FHS 1,2
FHS 3-POWER

2x8'

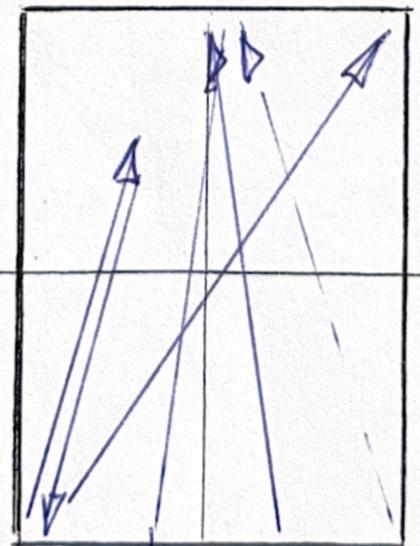


BS 1-SPIN FHS 3
BHS 2-POWER

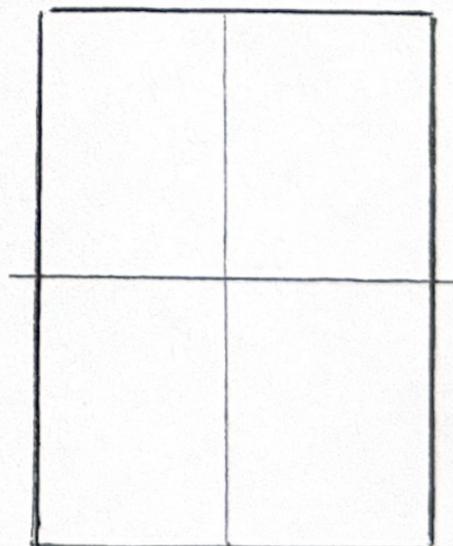
≈ 12'



SPIN 40 SPIN
MIDDLE DISTANCE
1-SEG - FH TO FH
1-SEG - BH TO BH



SERV.
BHS 1
3/4 OF
TABLE
FHS 2
POWER



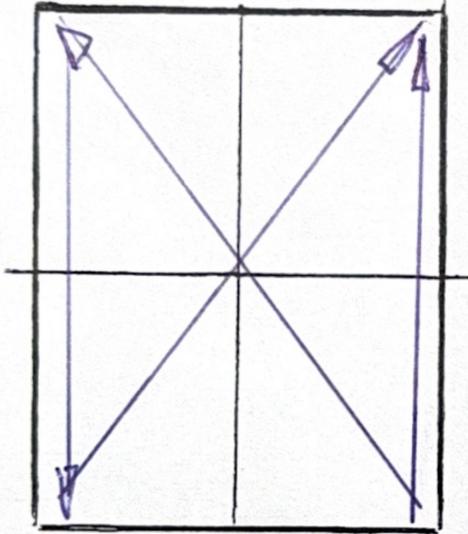
21.03.2026. SATURDAY 15.30-18.00 ELITE SQUAD

1. SPEED OF ATTACKING STROKES 2. FOOTWORK

3. CONSISTENCY

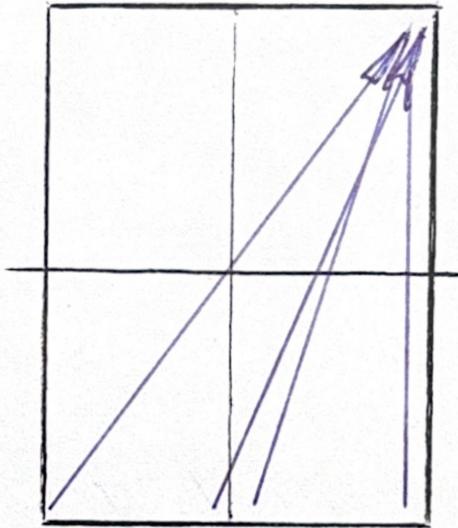
WARMING UP → THERABANDS, FOOTWORK - SPEED

15'



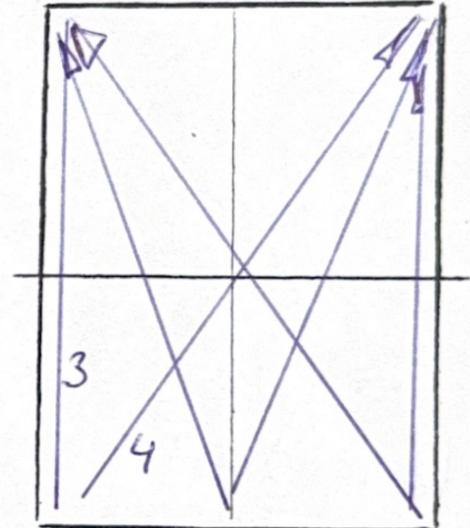
BH DOWN FH
5' TRAILINE 5'
5' 5'

2x8'



BHS BH/SL 1 FHS
2 FHS 3 4

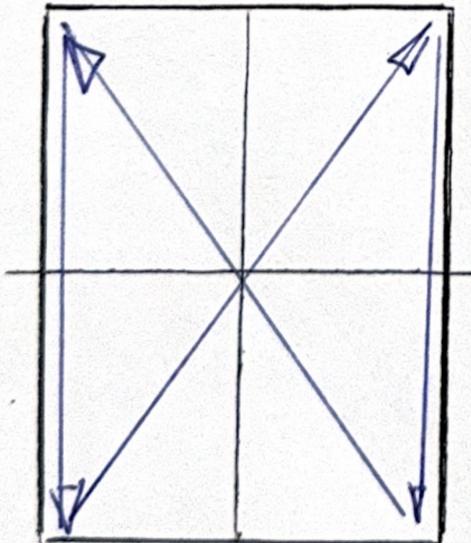
2x8'



BHS FHS FHS
3 2,5 1,6
BHS
4

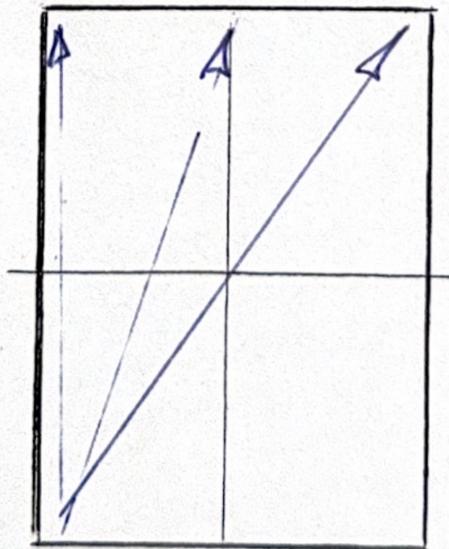
2x8'

FHS 2 BH 4



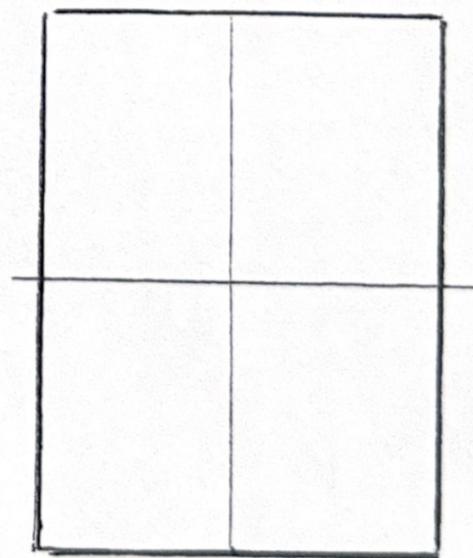
BH FHS
3 1

2x8'



SERVICE FAST
LONG AND POINT
FREE

≈ 30'



BEST OF 3
IF 1:1 (10:10)
UP AND DOWN