

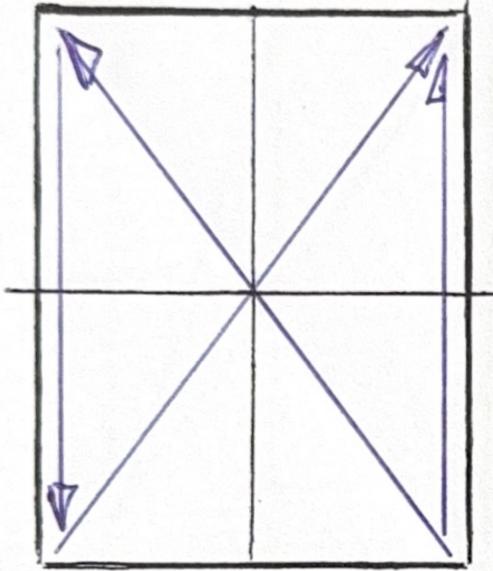
15.03.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUASH

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP - THERABANDS

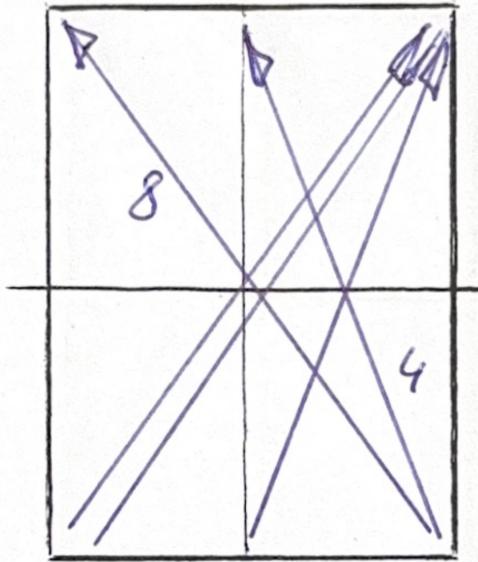
PHYSICAL - PLYOMETRIC + CORE

15'



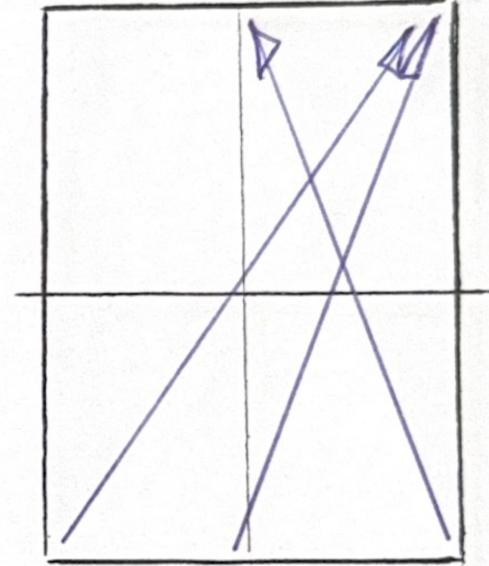
BH DOWN THE FU  
5' LINE, 5'

2x8'



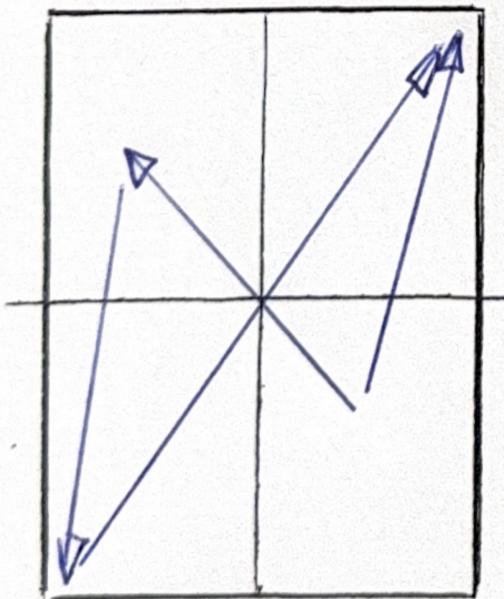
BH FHS FHS  
1,3 2,6 4,8  
5,7 AFTER 8 BALLS  
POINT FREE

2x8'



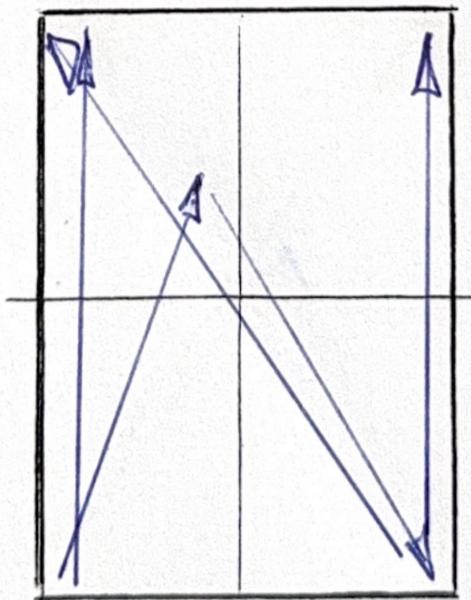
BH FHS FHS  
2 1 3

2x5'



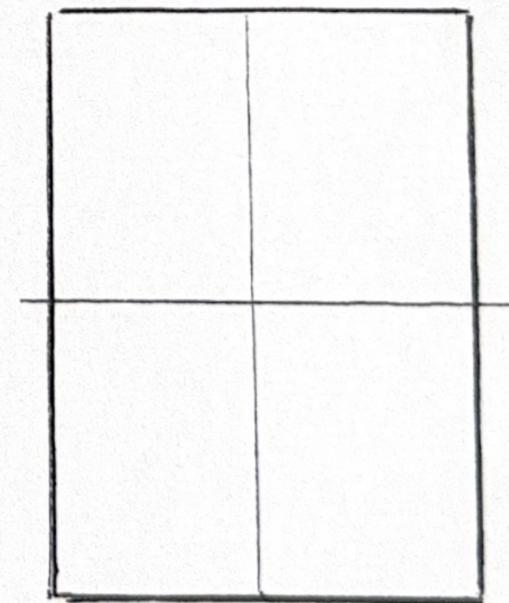
SHORT-LONG  
CHOP

2x8'



SERVICE FHS  
BH 1  
2 ? FHS 2

≈20'



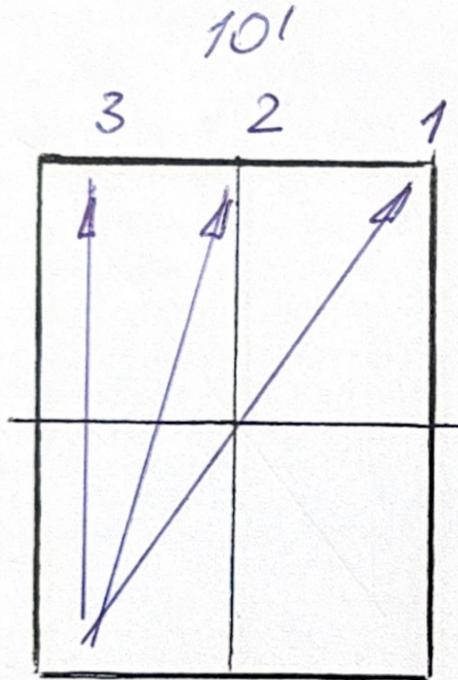
LIP AND DOWN  
WIN YOUR SERVICE

16.03.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

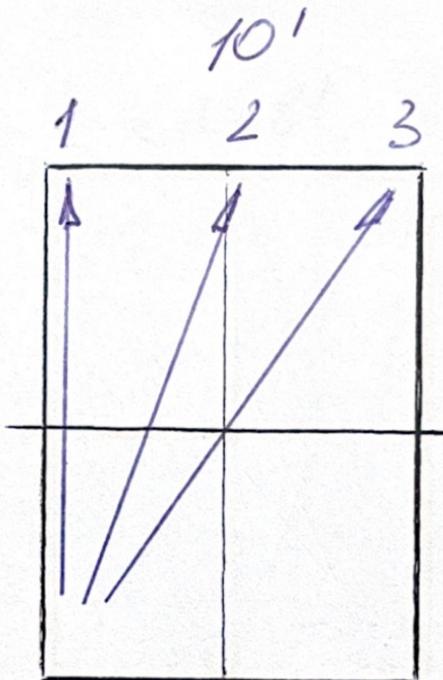
1. MULTIBALLS TRAINING → LEARNING BY PLAYERS

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

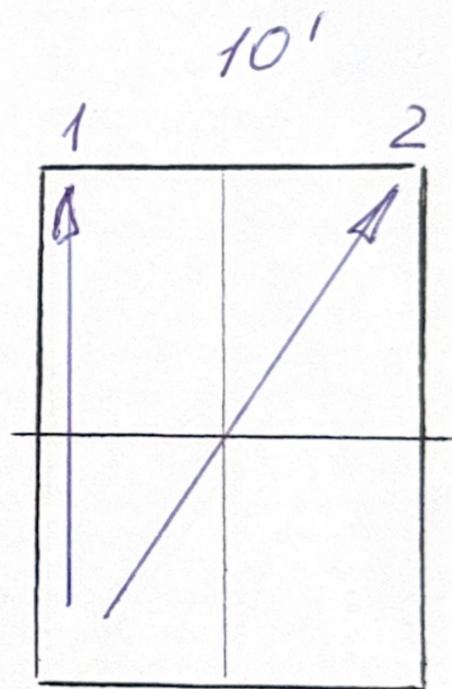
WARMING UP - ELASTIC BANDS



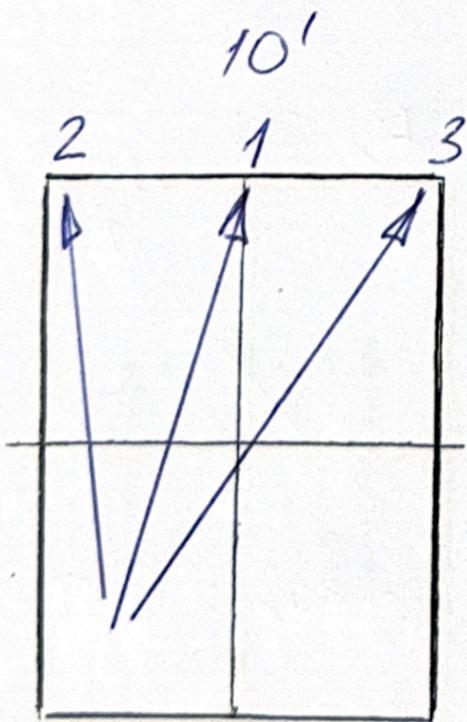
TOPSPIN



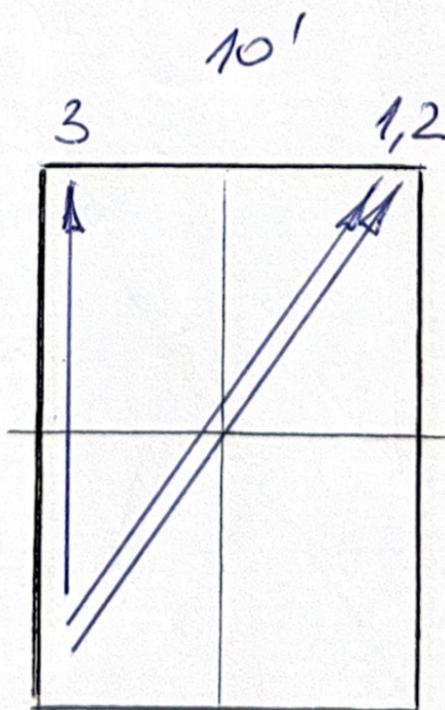
BACKSPIN



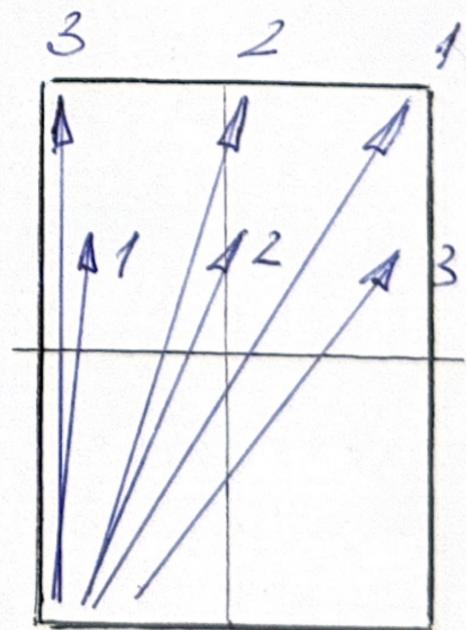
1 - BACKSPIN  
2 - TOPSPIN



1 - BACKSPIN  
2 - TOPSPIN  
3 - TOPSPIN



1 - BACKSPIN  
2 - TOPSPIN  
3 - TOPSPIN



SERVICE  
SHORT 1, 2, 3  
LONG 1, 2, 3

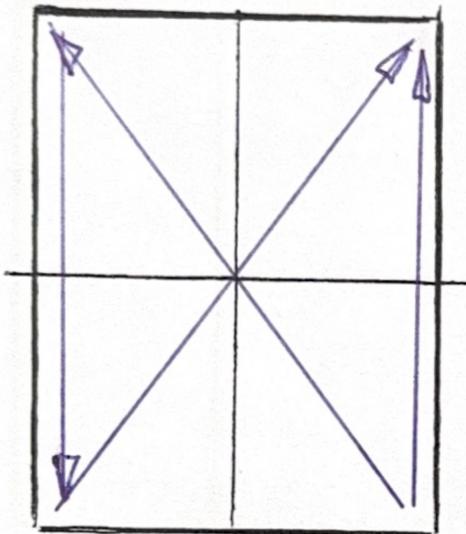
17.03.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. FOOTWORK → SIDE STEP, CROSSOVER

PIVOT. WARMING-UP → THERABANDS, FOOTWORK

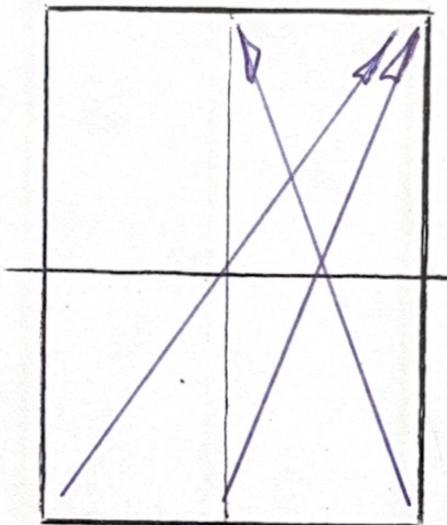
5x20" CLOSE TO TABLE

15'



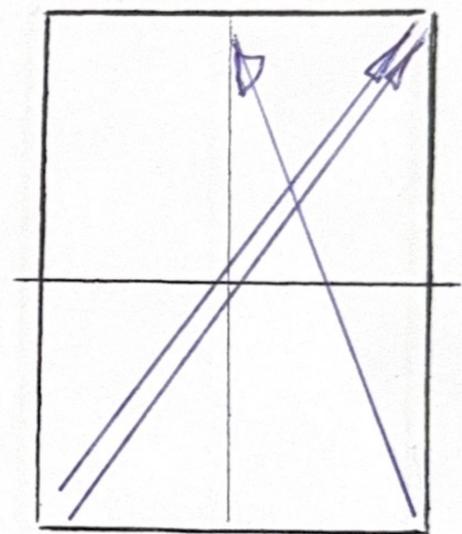
BH DOWN THE FH  
5' LINE 5' 5'

2x8'



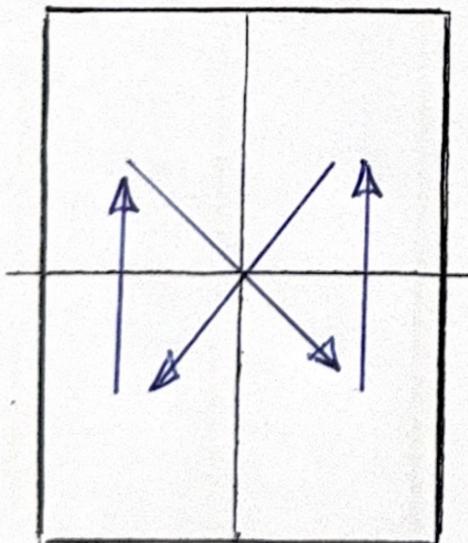
FUS FUS FUS  
2,4 1,3 5

2x8'

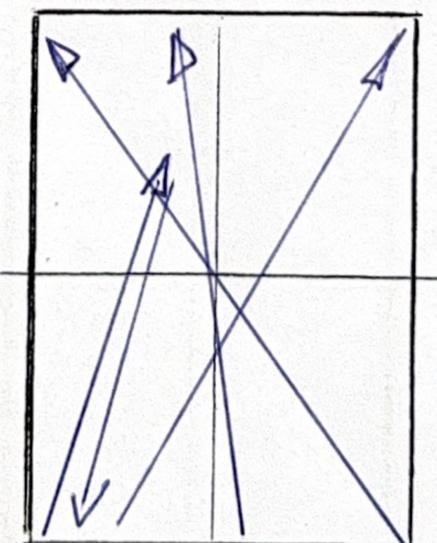


BH1 FUS  
FUS2 3

2x5'



SHORT-SHORT



SERV. FUS FUS  
FUS 3 2  
1

