

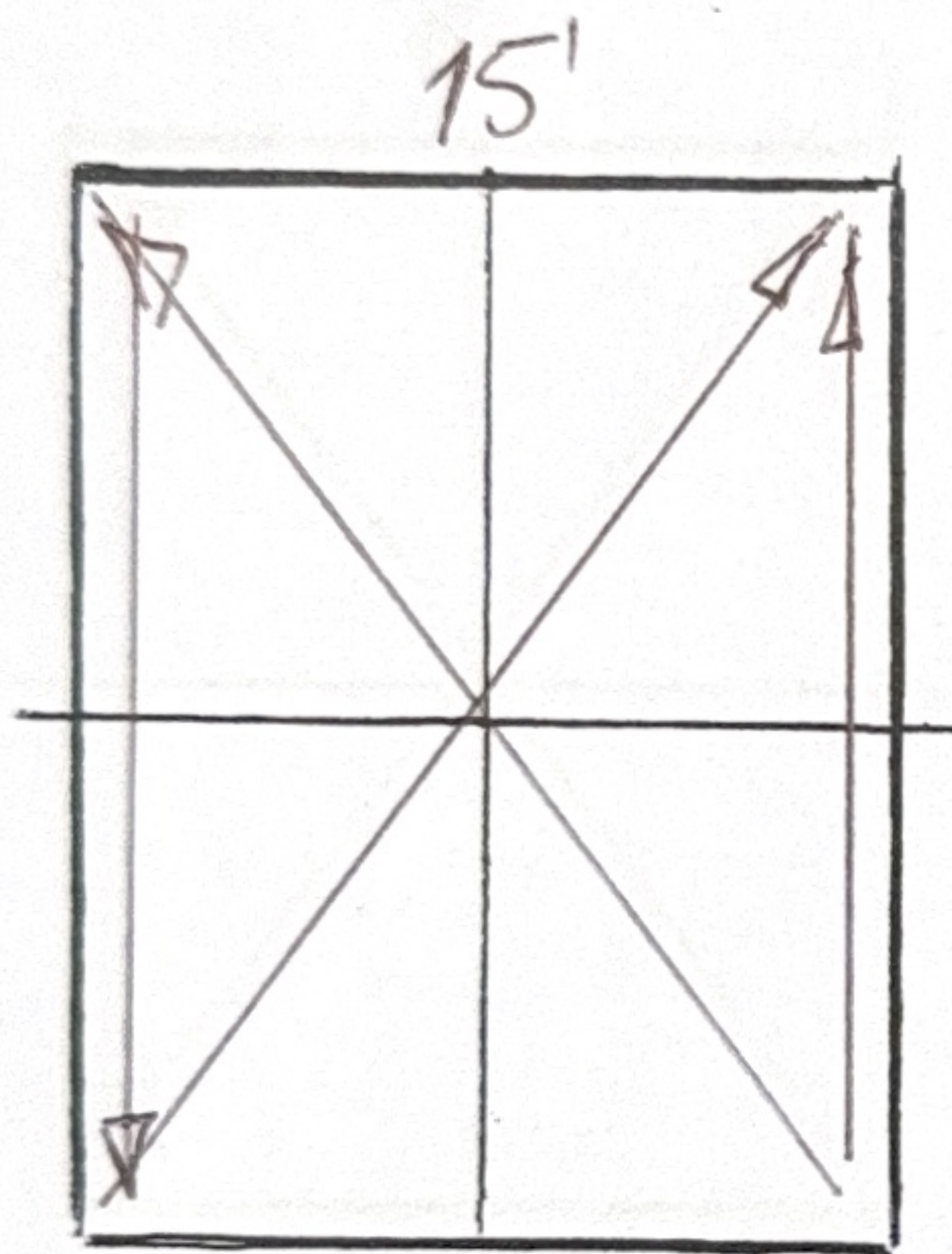
22.03.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. FOOTWORK → SIDE TO SIDE, IN AND OUT

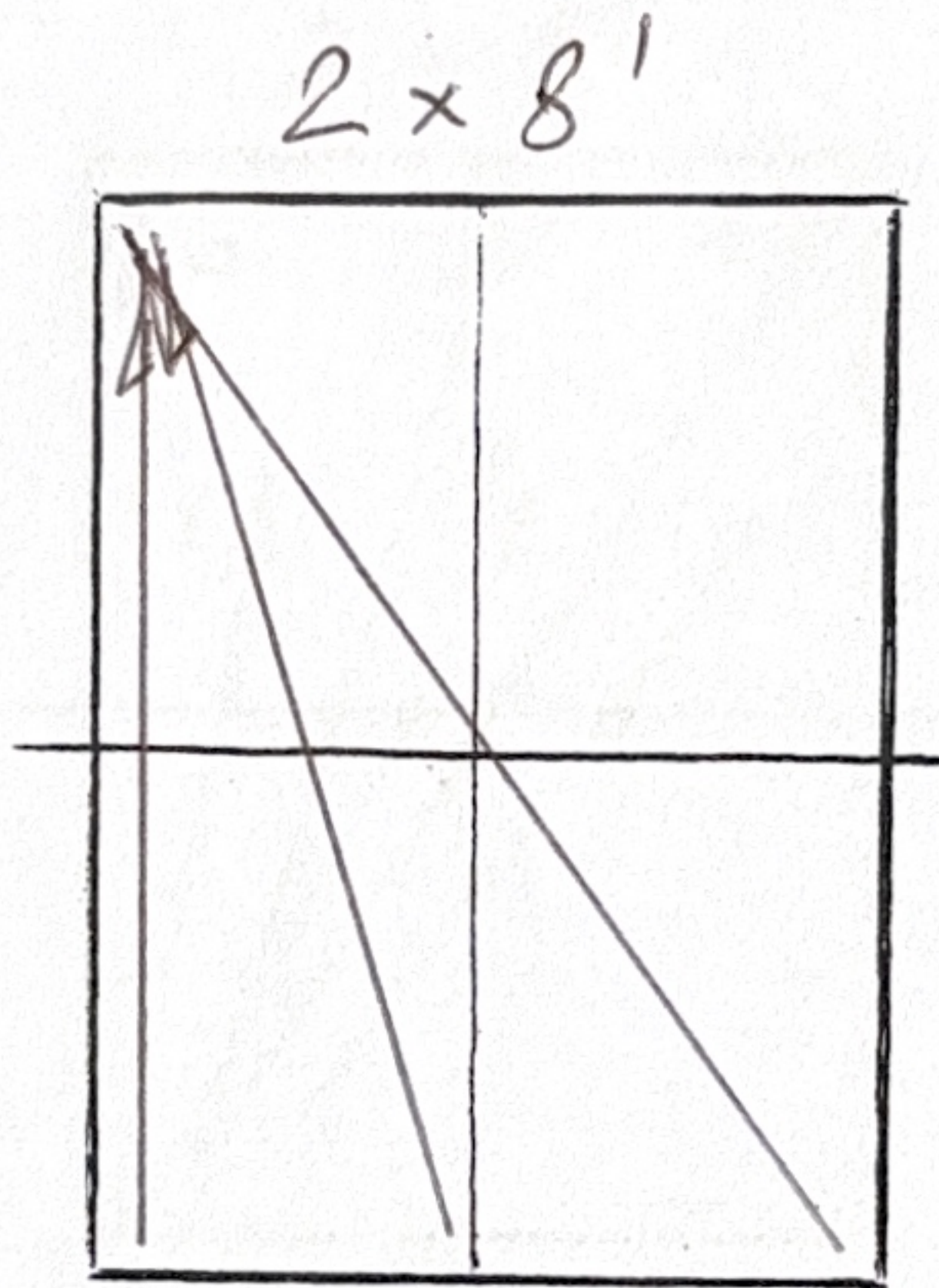
3. CONSISTENCY

WARMING-UP → THERABANDS PHYSICAL → SKIPPING ROPES

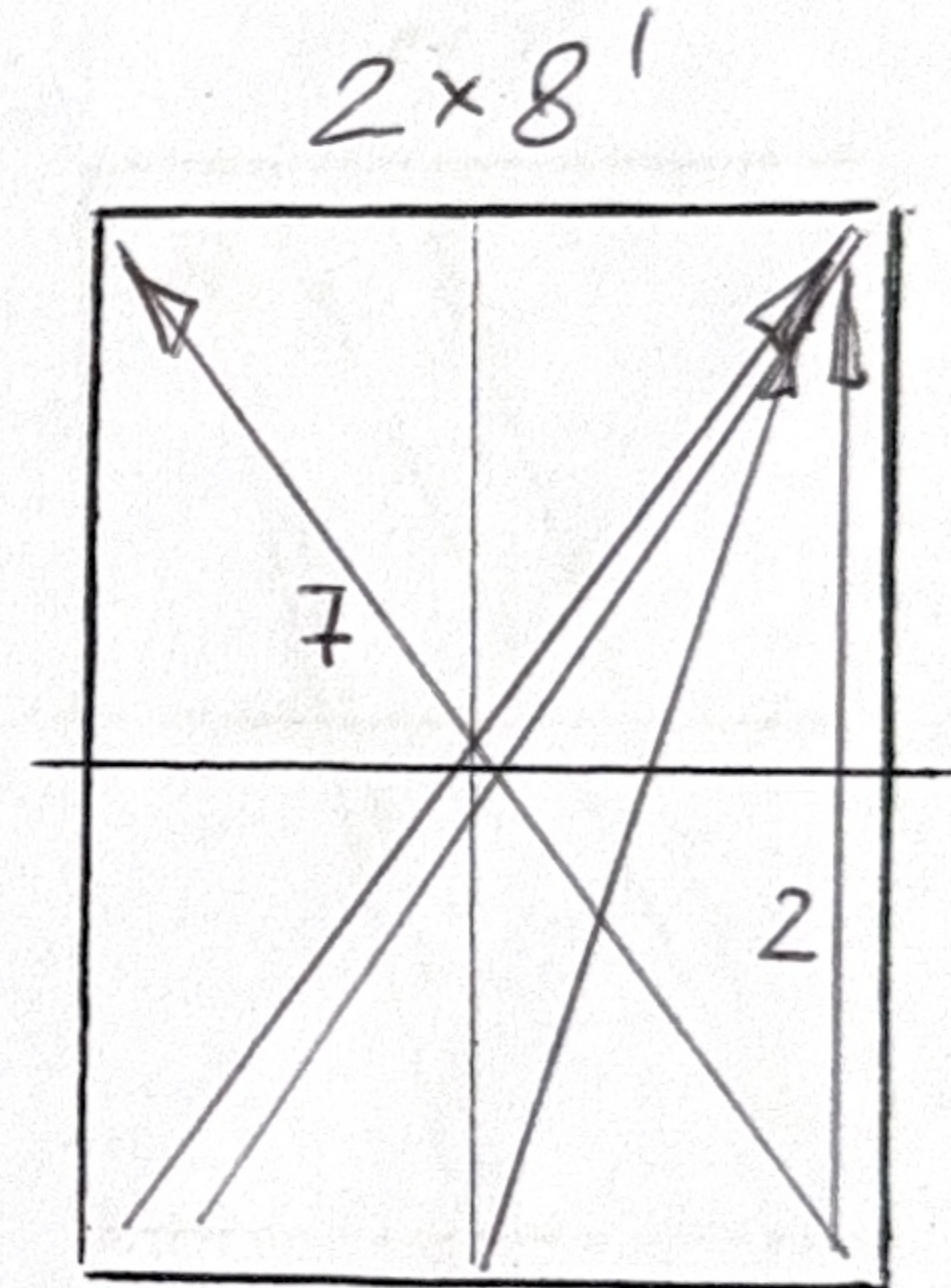
SPEED FOOTWORK 6x20"x40"



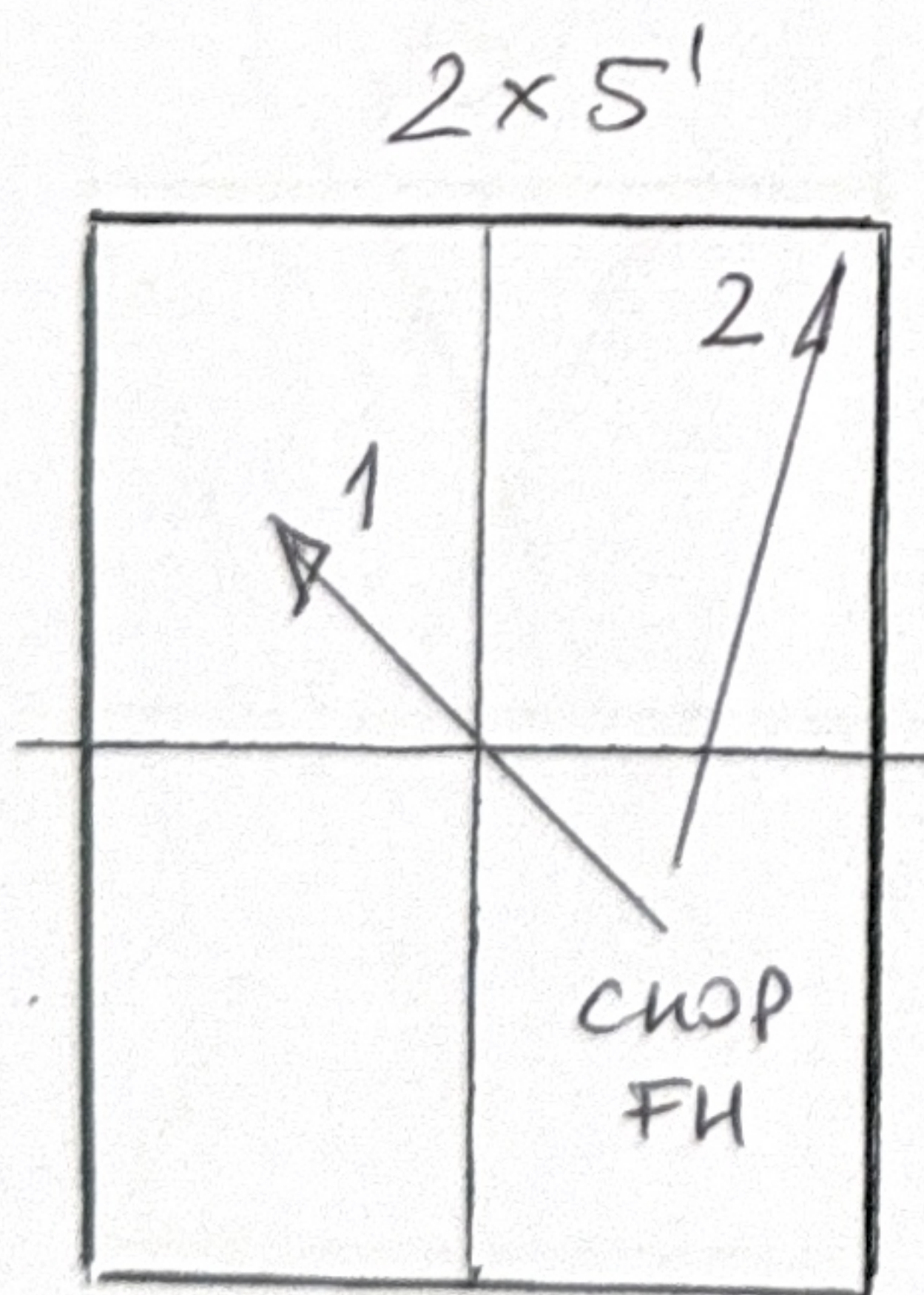
BH DOWN THE FH
5' LINE 5' 5'



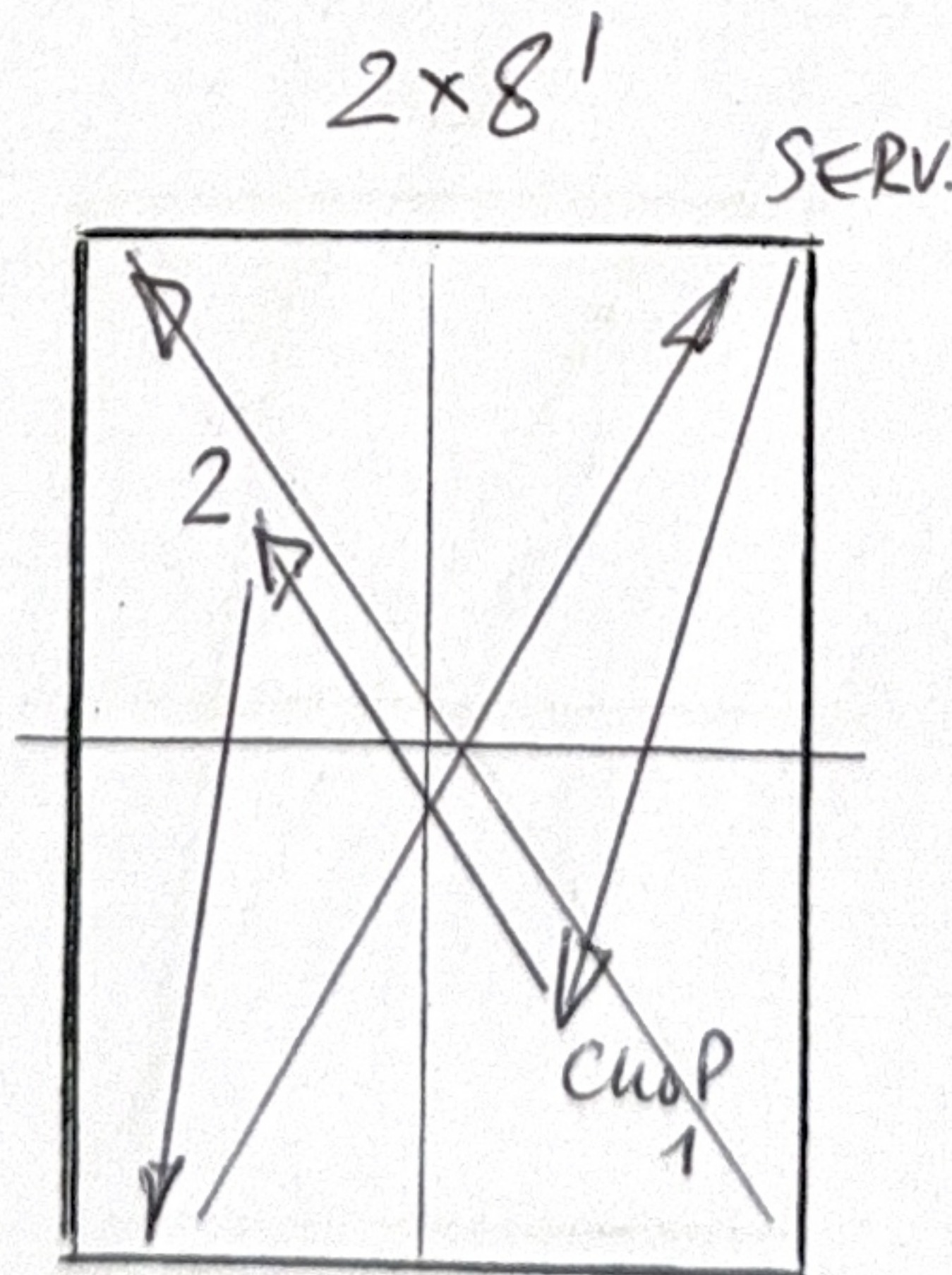
FUS 3,6 FUS 2,4 FUS 1,5



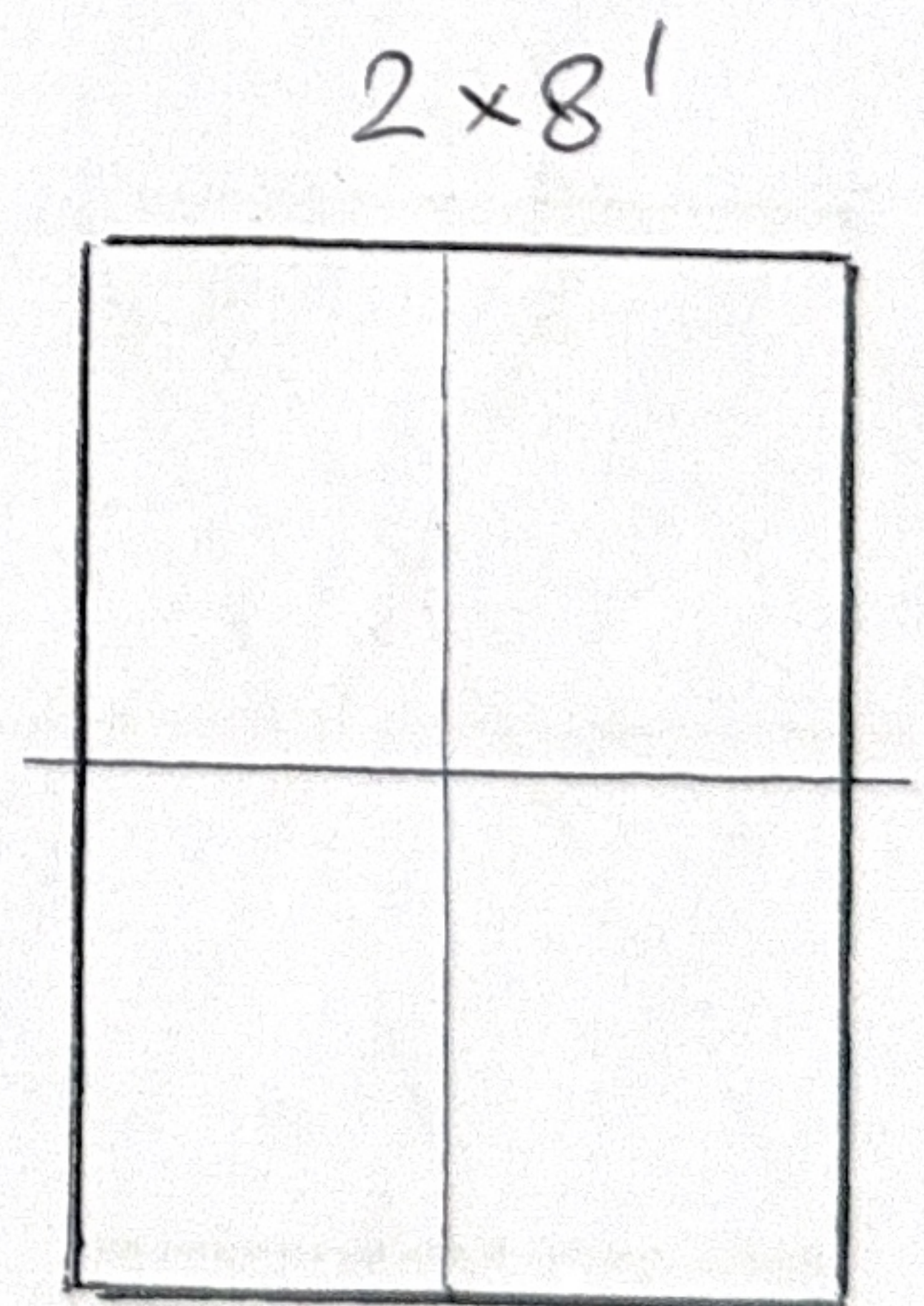
BH 1,35 FUS 4 FUS 2
FUS 6



CHOP
FH



BH/FUS 3 FUS 4



INDIVIDUAL
FROM SHORT SERVICE

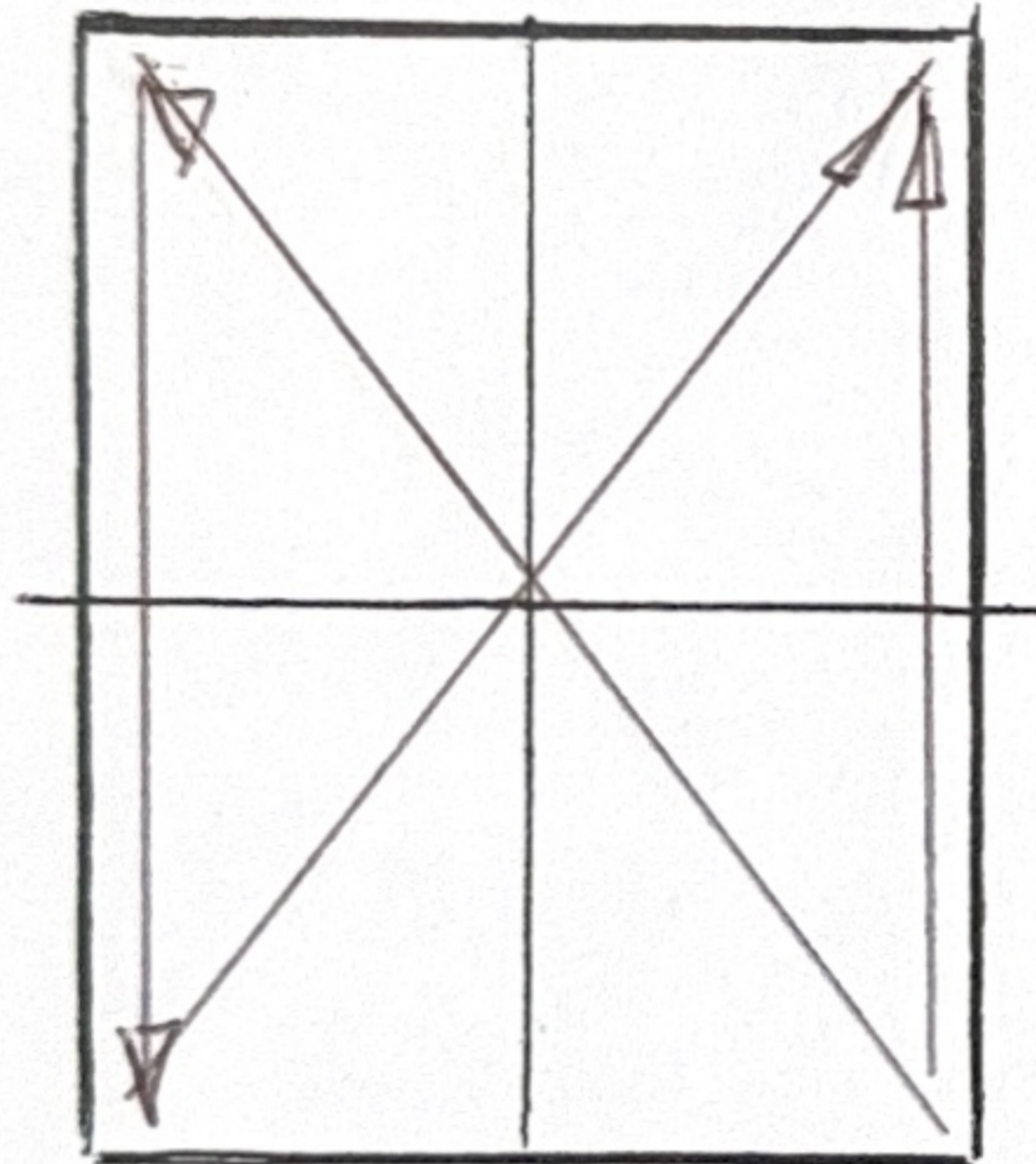
23.03.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE RECOVERY AFTER TOURNAMENT

2. SERVE + RECIEVE PRACTICE 3. MULTI BALLS

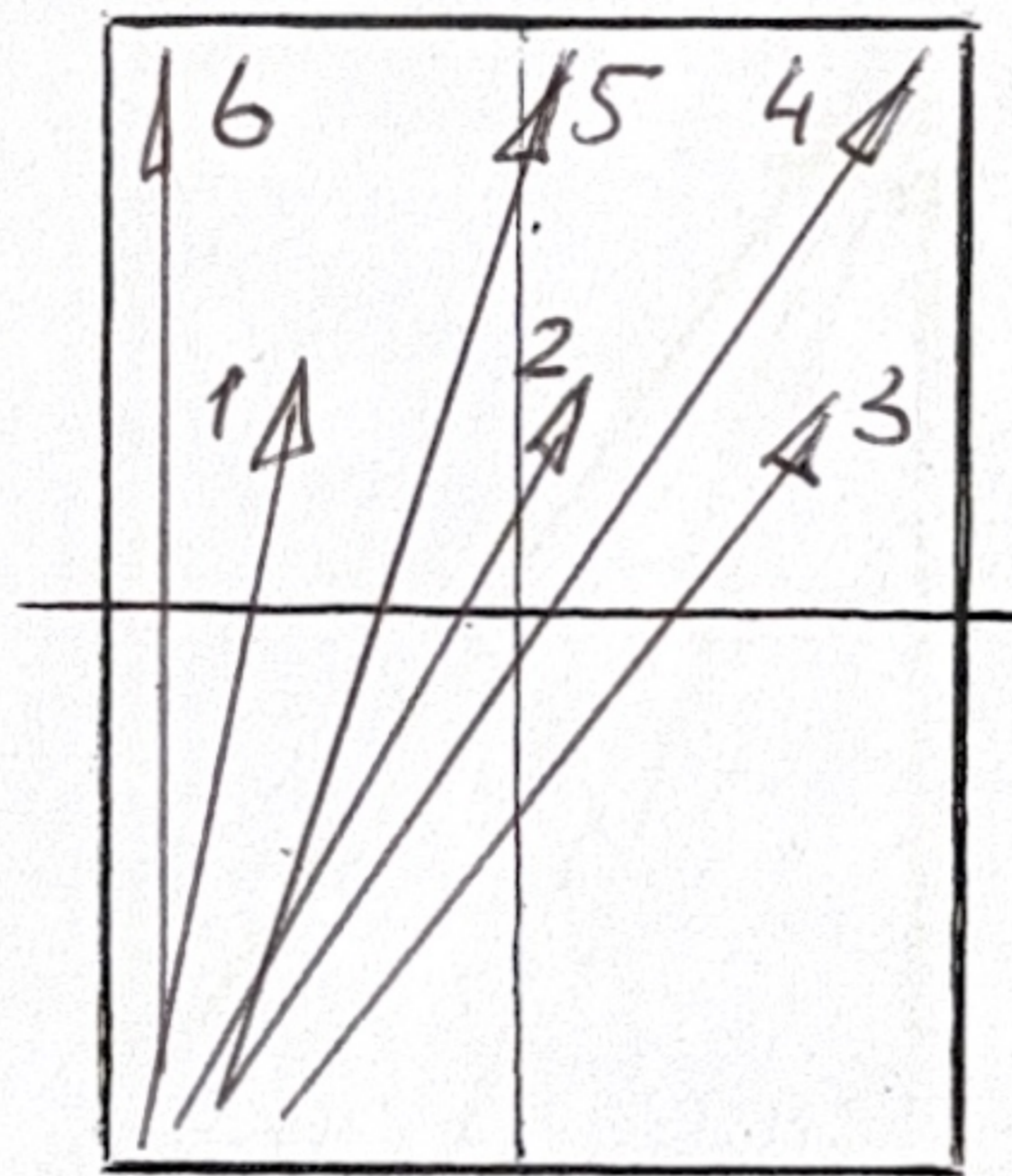
WARMING-UP → THE RABANDS PHYSICAL BEFORE: FOOTWORK
SPEED 5 × 20" × 40"

15'



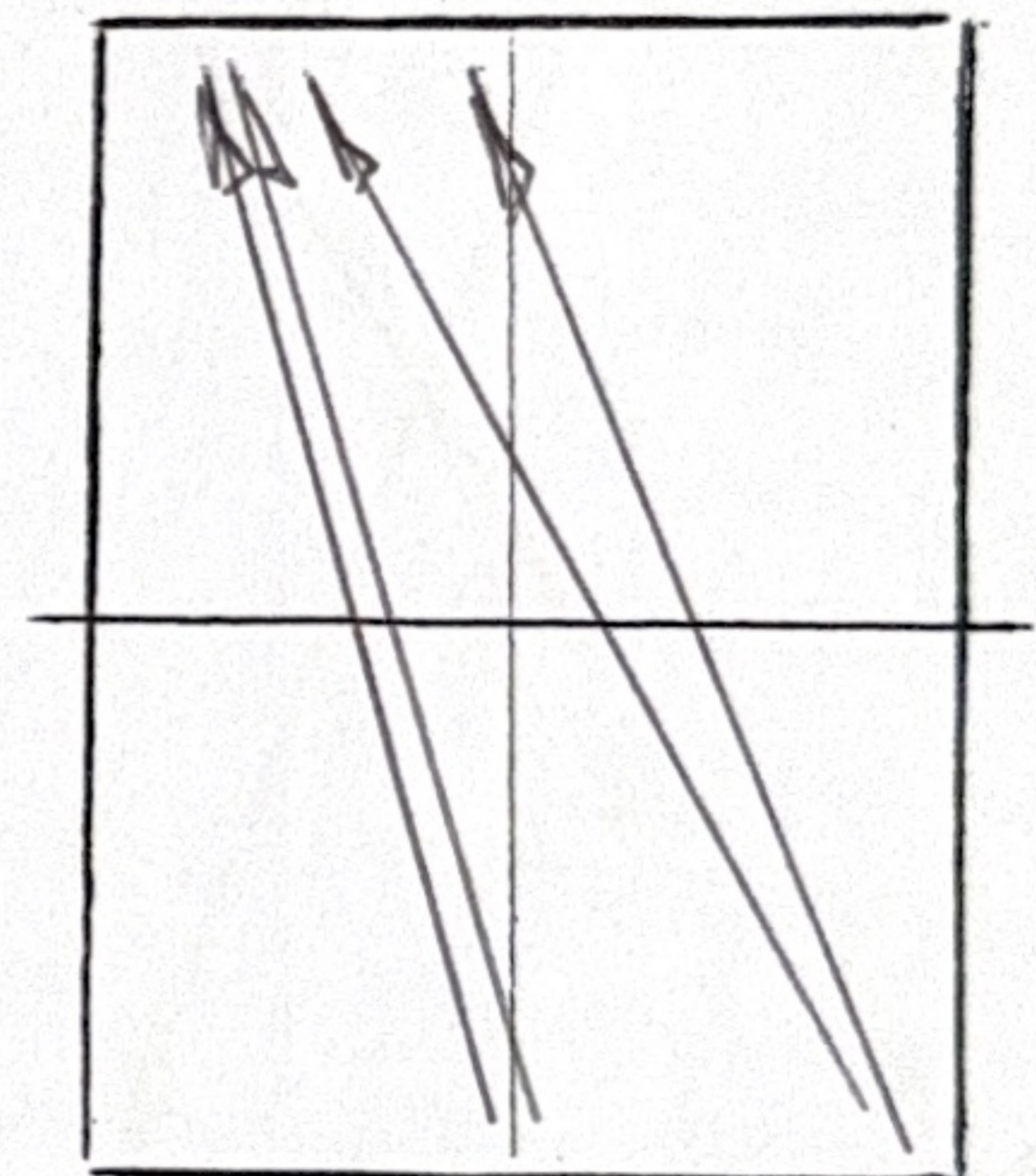
BH DOWN THE LINE 5' FH 5'

2 × 15'



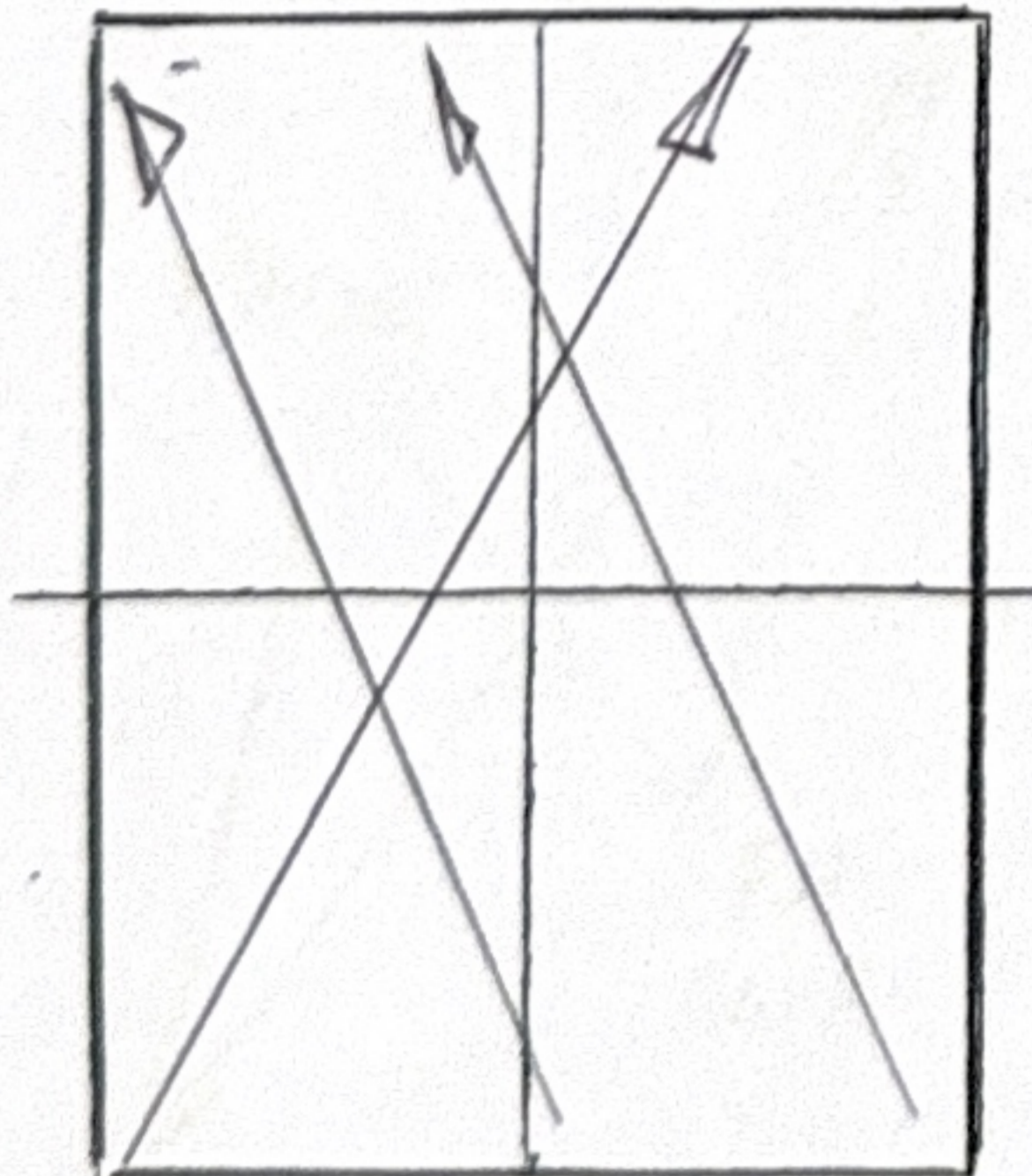
SERVE + RECIEVE
 SHORT - 8'
 LONG - 7'

10'



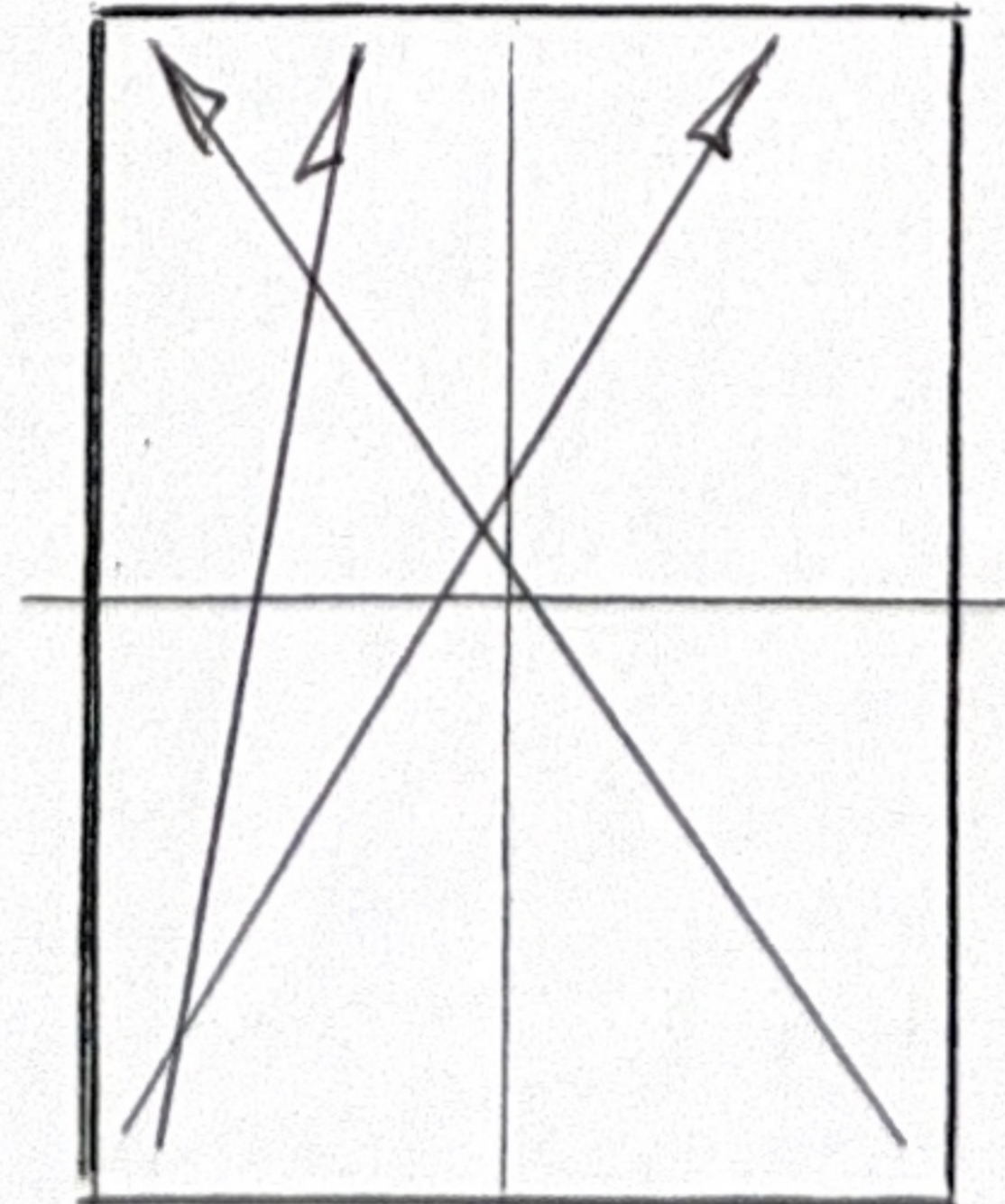
FHS FHS
 3 VS CHOP 1-AS CHOP
 4 VS TOPSPIN 2 VS TOPSPIN

10'



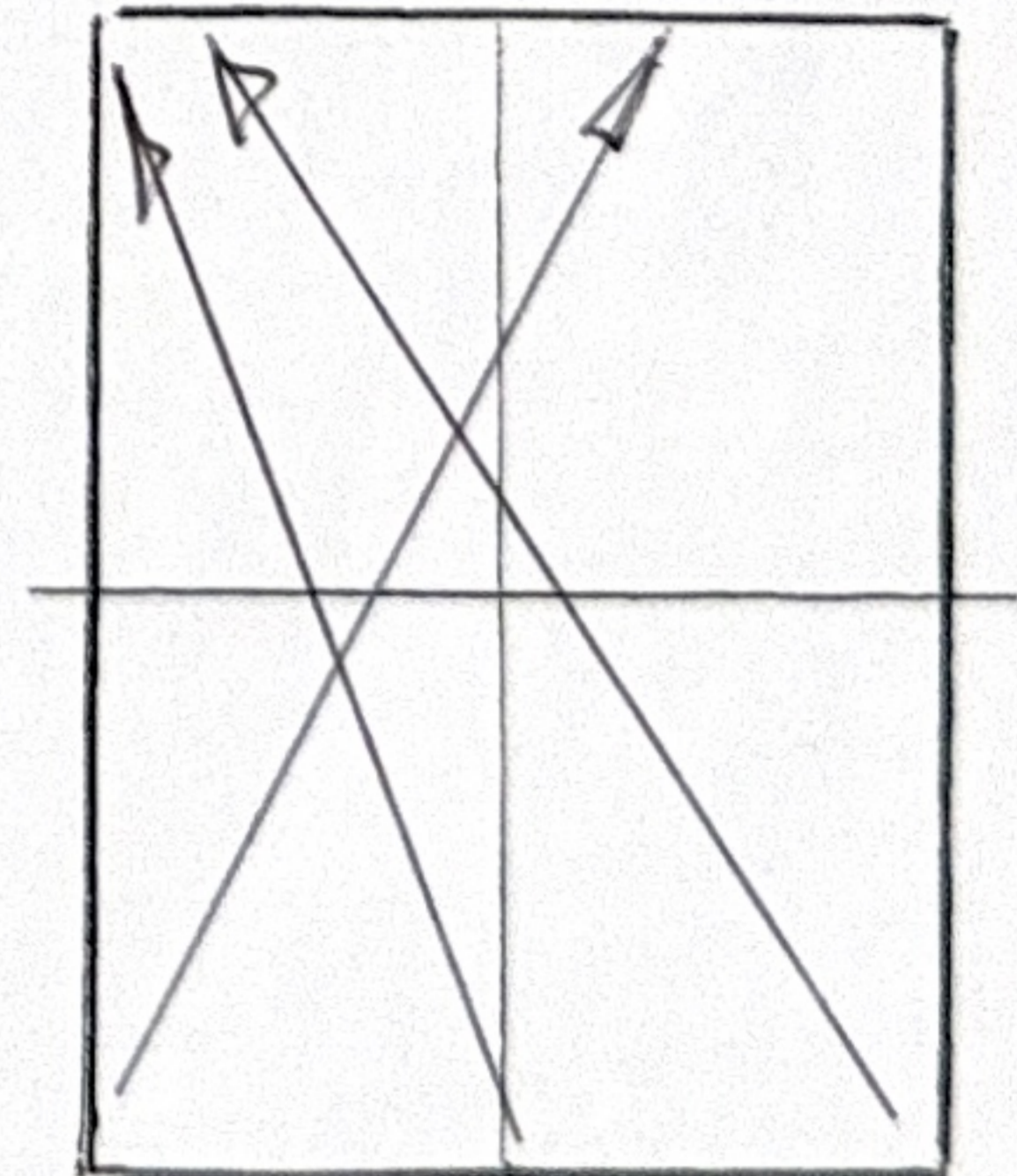
BH 2 FHS 3 FHS 1 (vs chop)

10'



BHS 1 VS CHOP FHS 3
 BHS 2 VS TOPSPIN

10'



BHS 3 FHS 1 VS CHOP FHS 2

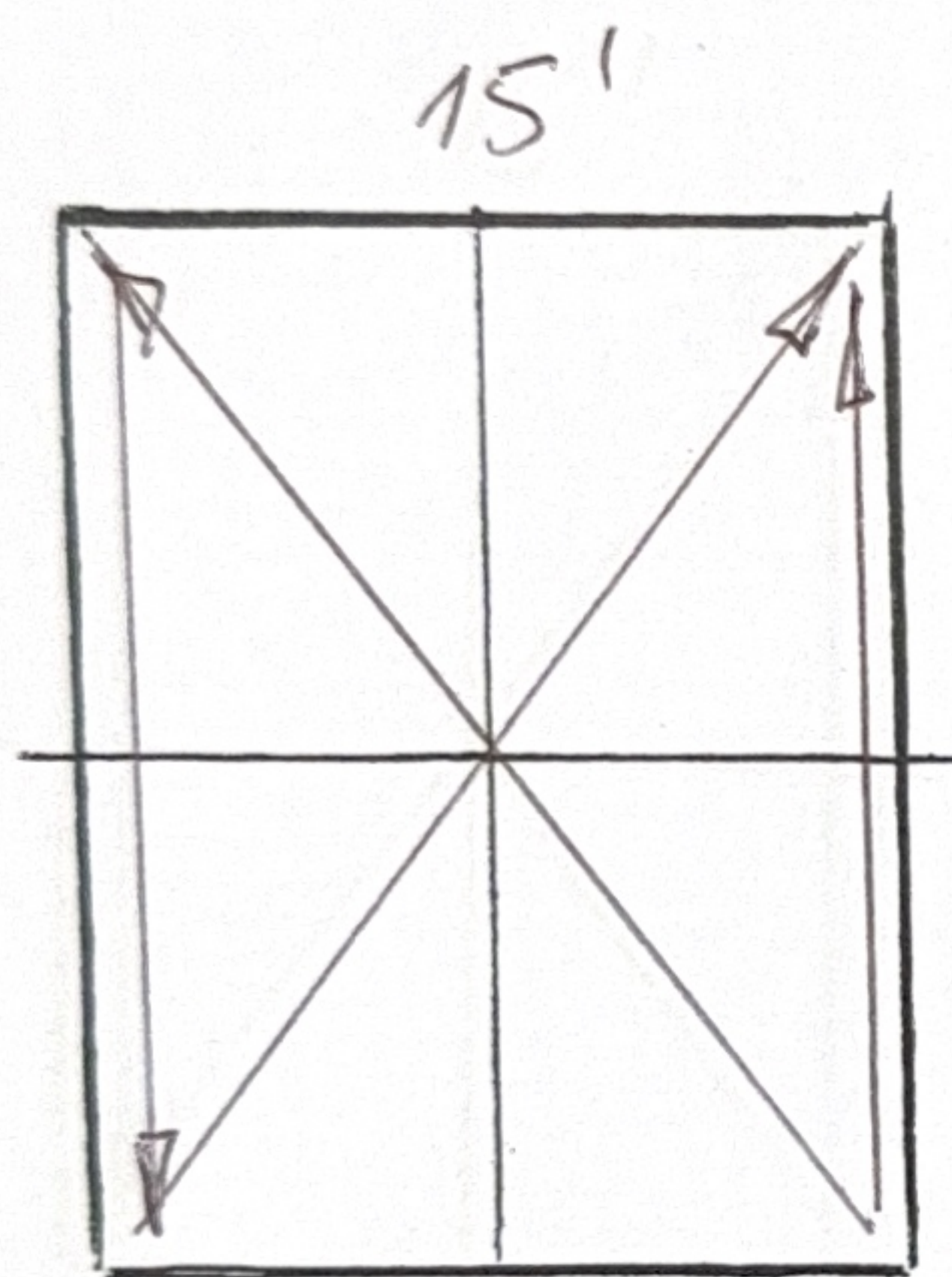
PHYSICAL AFTER TABLE TENNIS: SKIPPING ROPES ≈ 15'

24.03.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

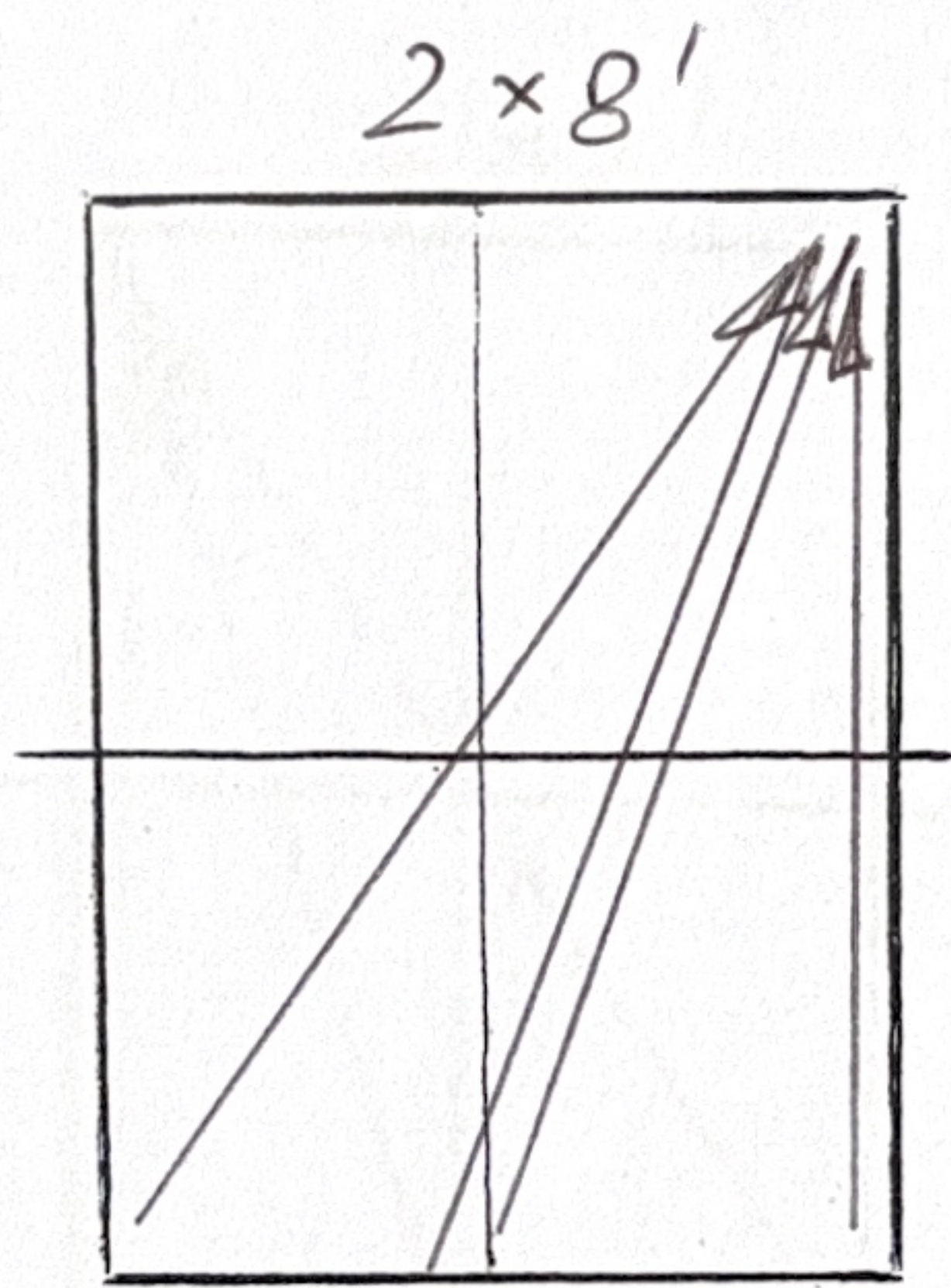
1. SPEED OF ATTACKING STROKES 2. PLACEMENT

3. TACTICAL COMBINATIONS FROM SERVICE 4. UP AND DOWN ≈ 20'

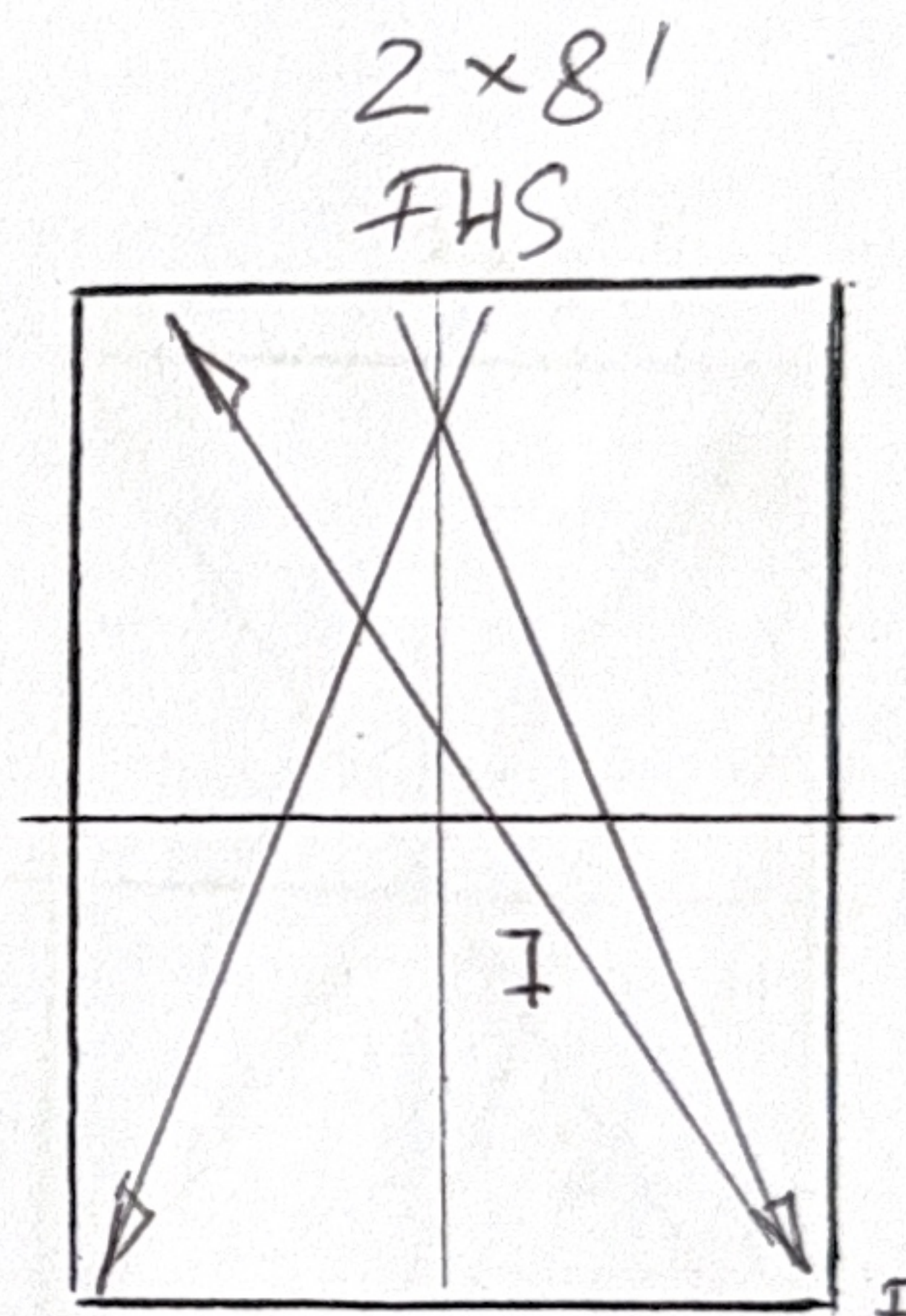
WARMING-UP → THERABANDS PHYSICAL → FOOTWORK
BEFORE TRAINING SPEED 5'20" x 40'



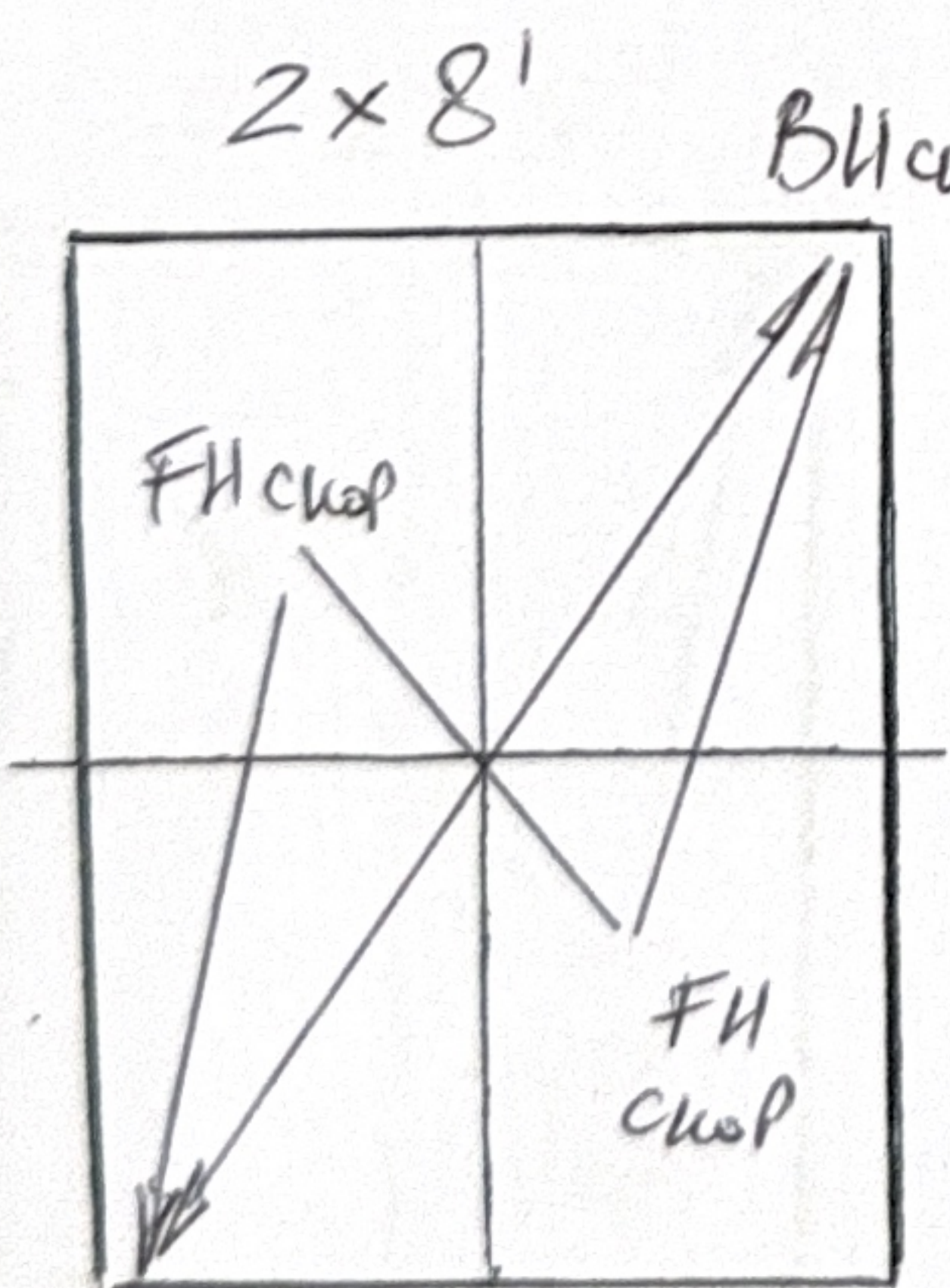
15'
BH DOWN THE FH
5' LINE 5' 5'



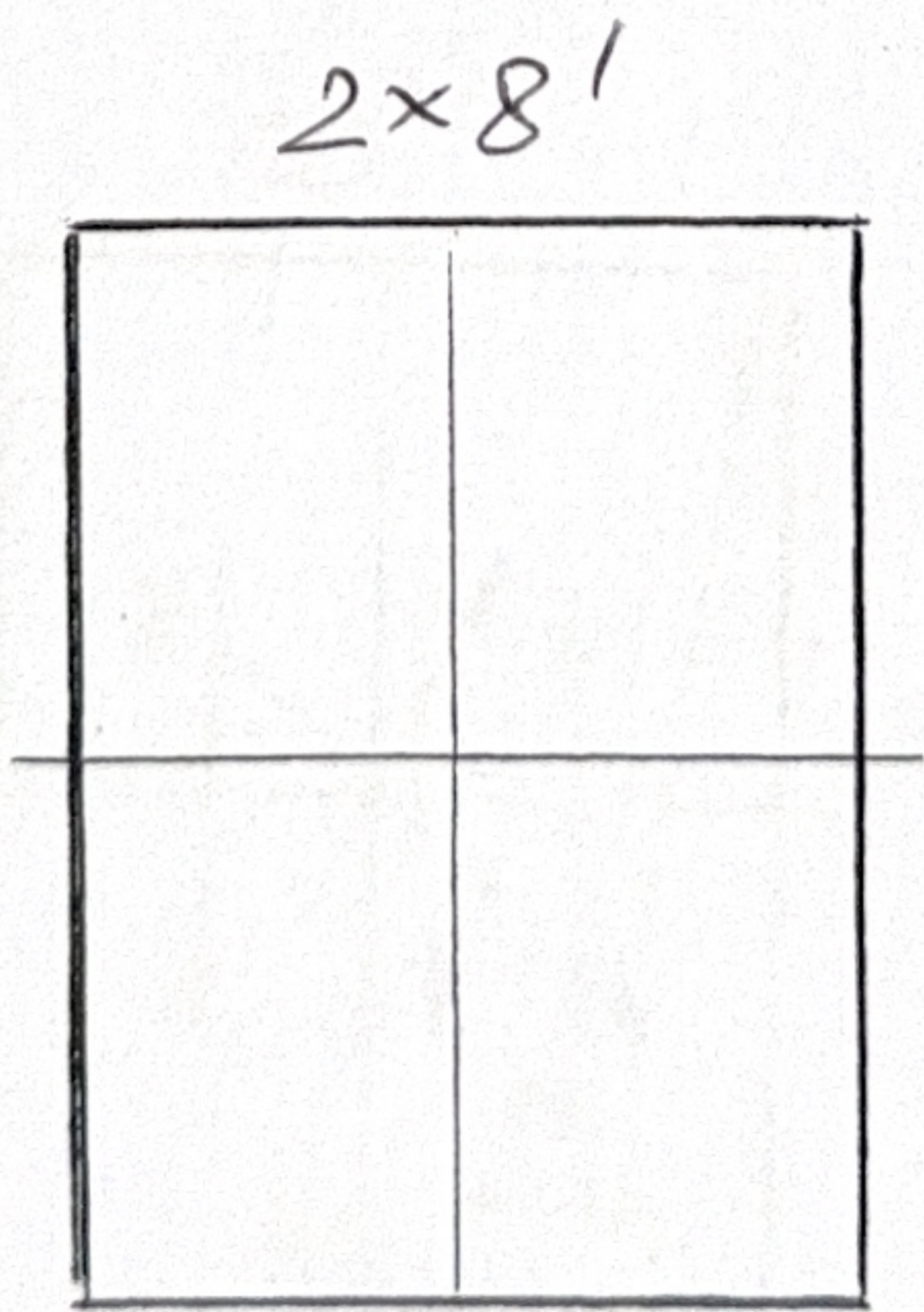
2x8'
BH FH FH
4 1,3 2



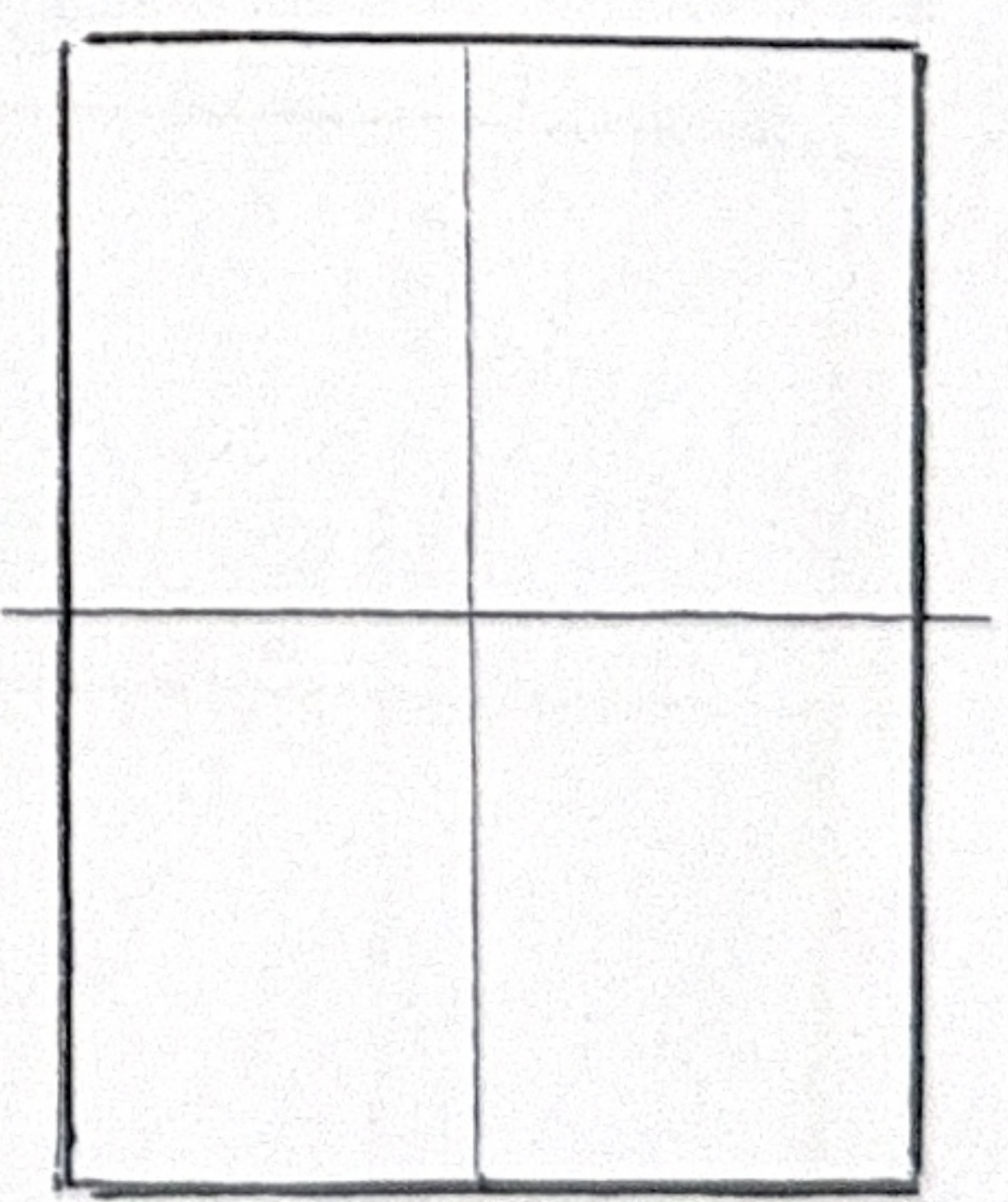
2x8'
FHS
BH FH FCS
BLOCK BLOCK
2,4,6 1,3,5



2x8' BH chop
FH chop
BH chop



2x8'
INDIVIDUAL
COMBINATION
FROM
SERVICE



UP AND DOWN
≈ 15'-20'