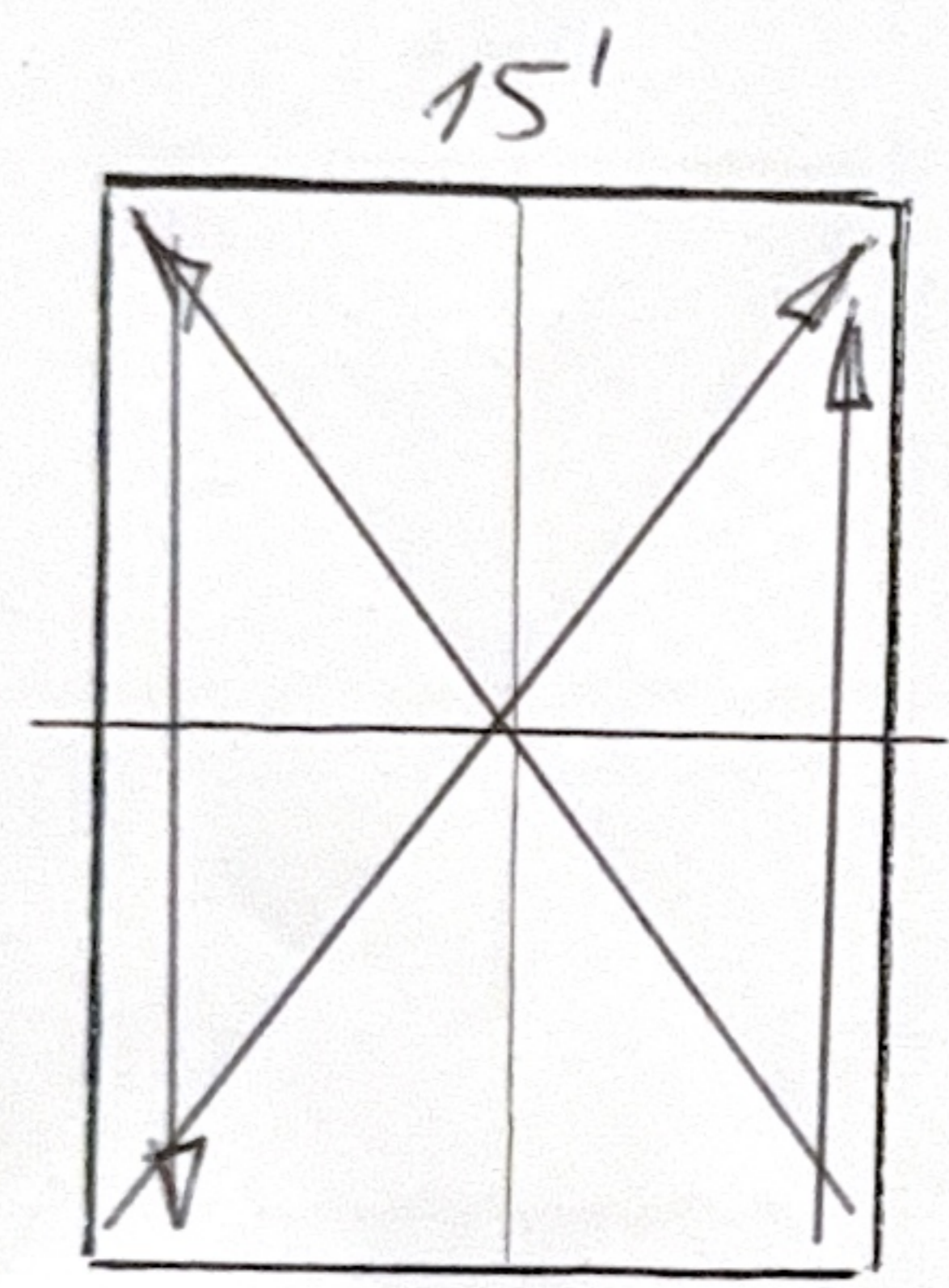


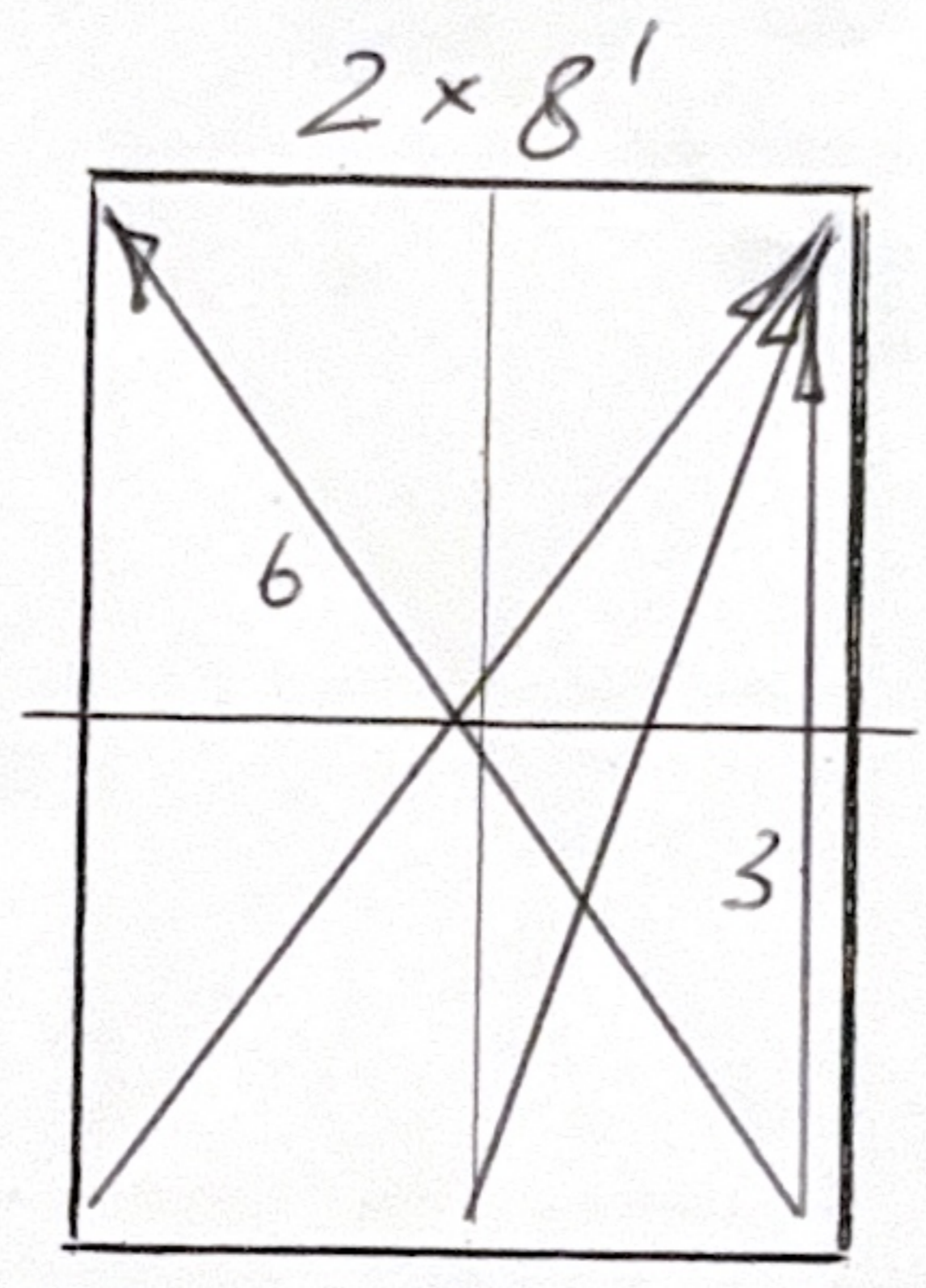
19.04.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. SERVICE PRACTICE

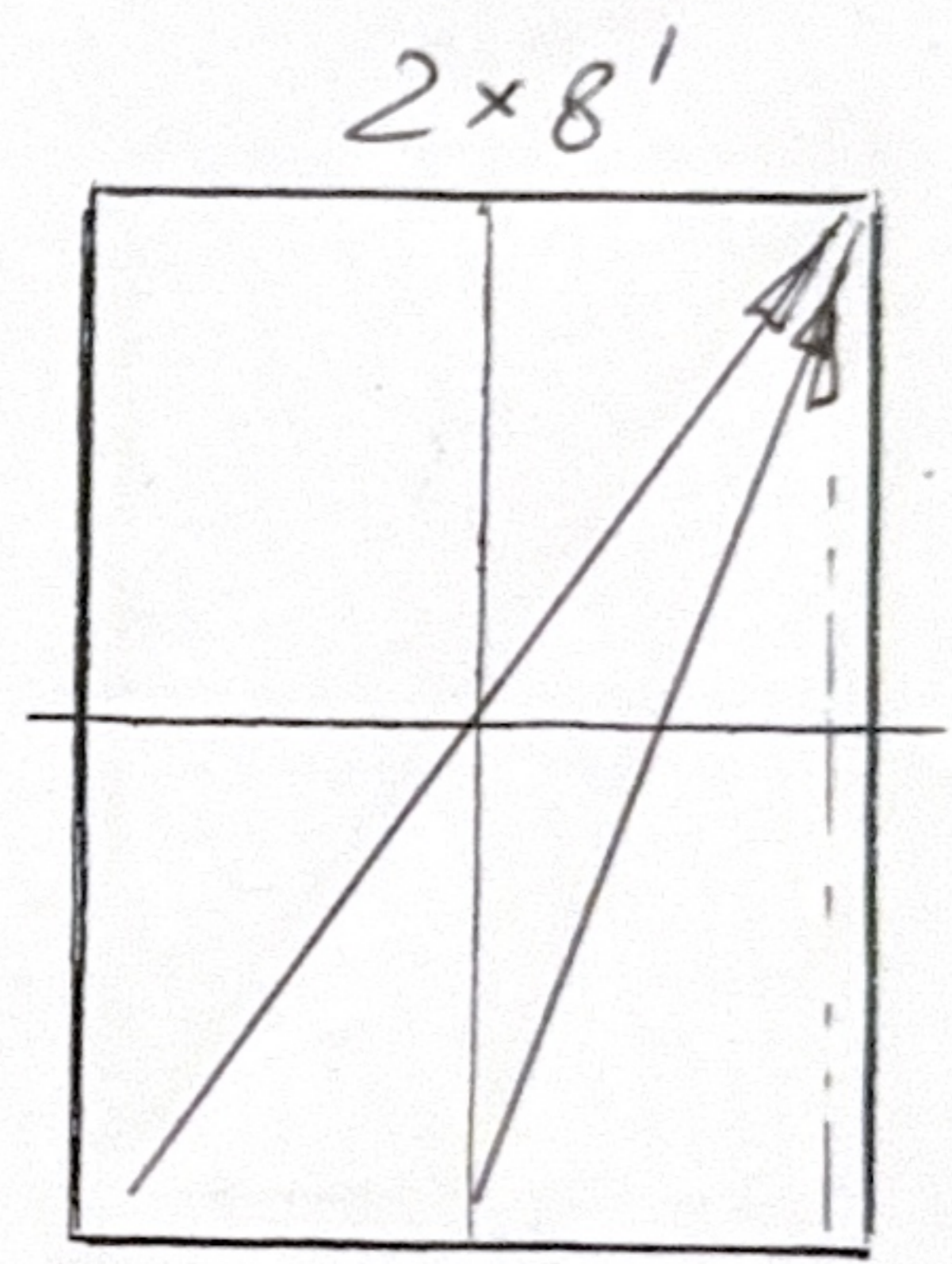
PHYSICAL: FOOTWORK → SPEED 5x20"x20" BEFORE TRAINING ON TABLE



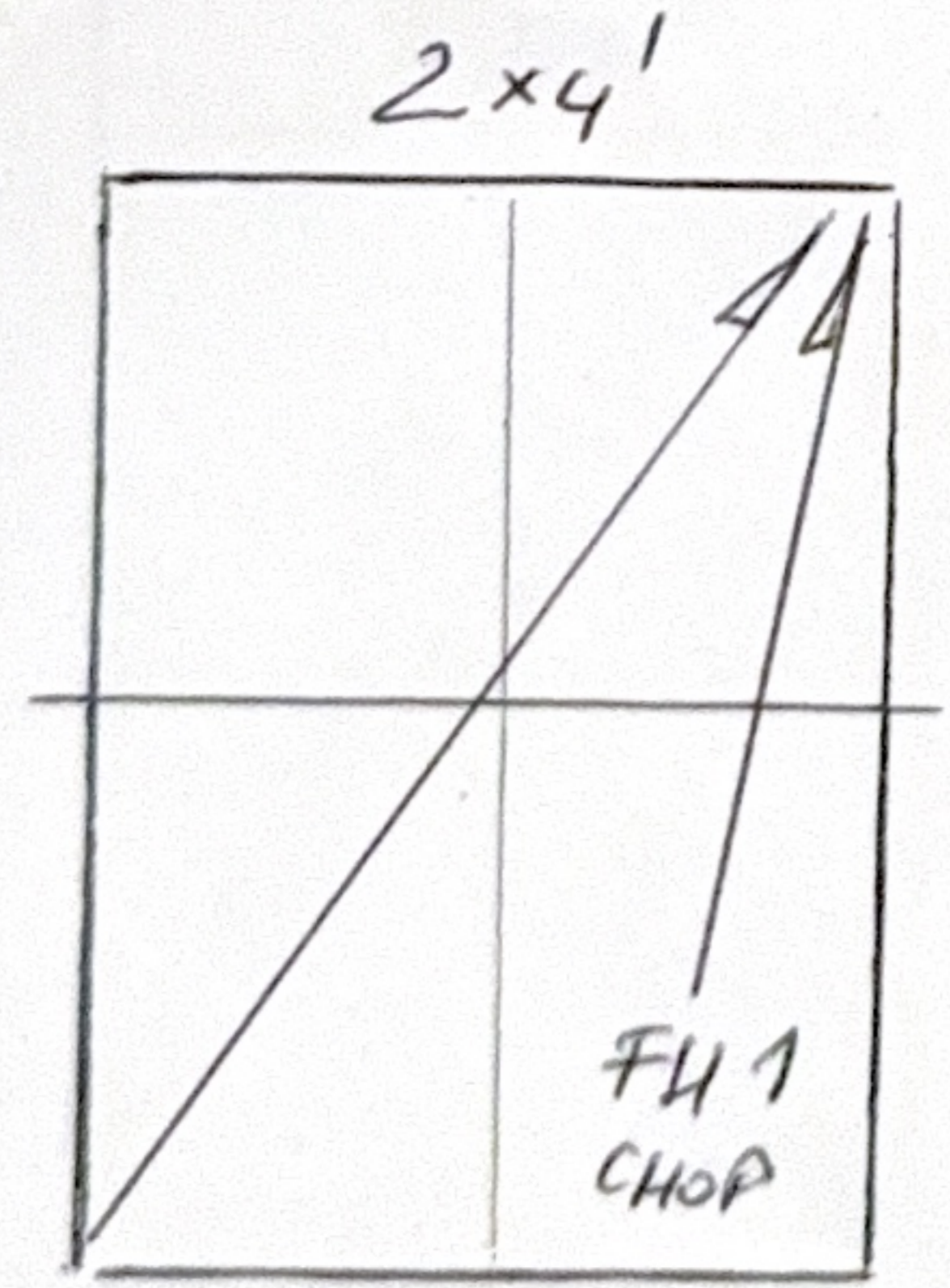
BH DOWN FH  
5' 5' 5'  
5'



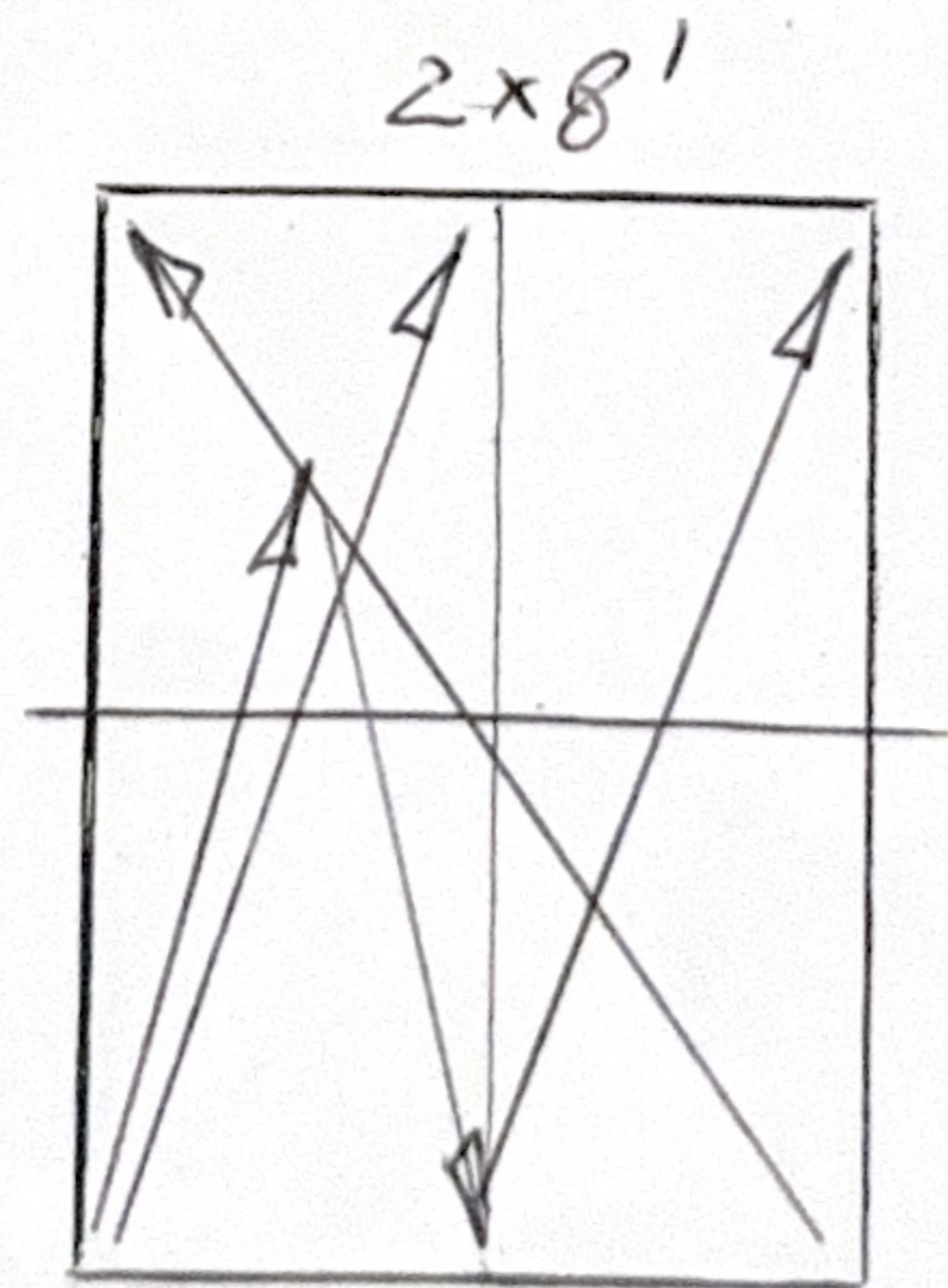
BH FHS FHS  
2,5 1,4 3,6  
AFTER 6 BALLS  
FREE FH TO FH



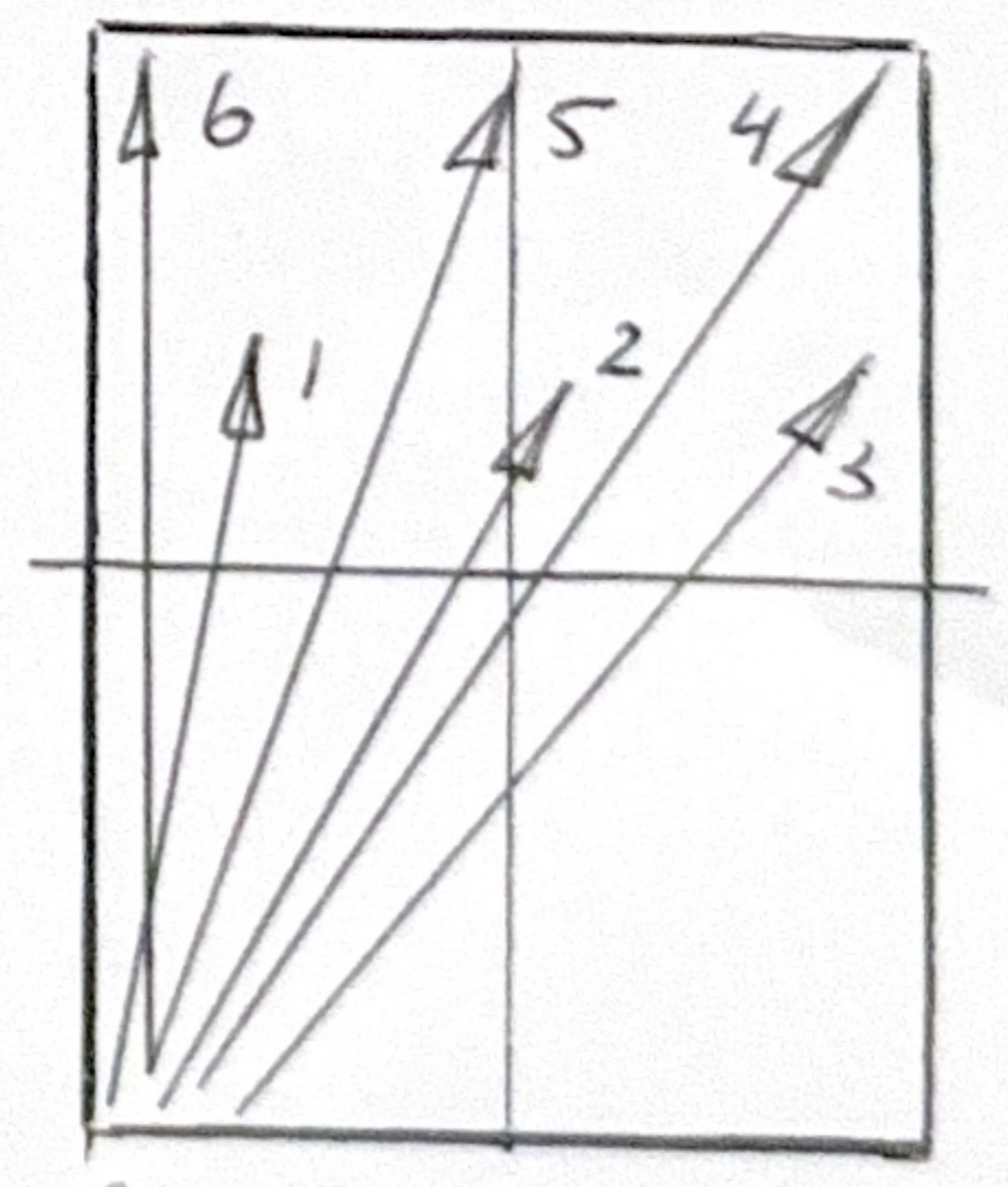
BH FHS FHS  
1 2 ? 2



BH 2  
CHOP



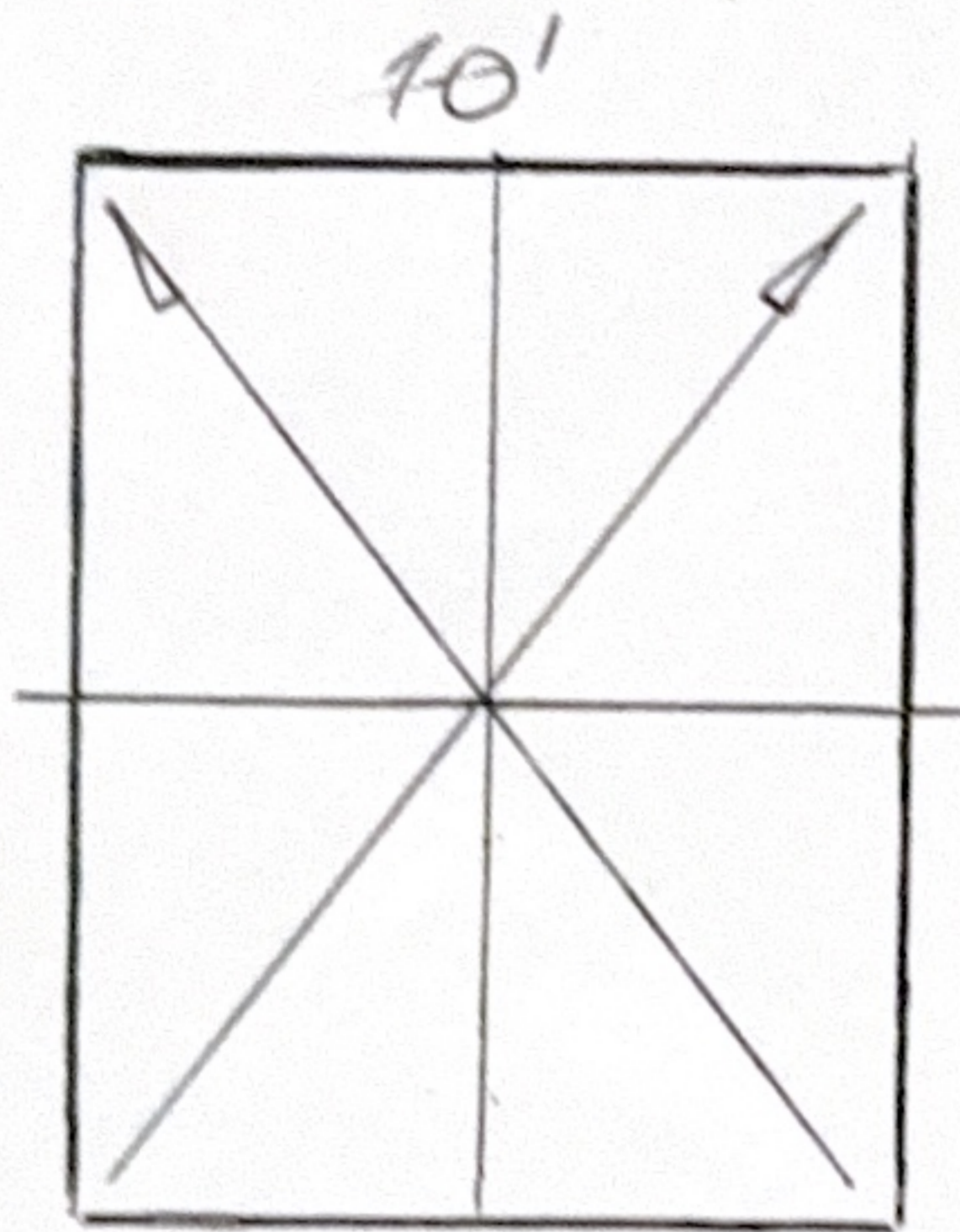
SERV. FHS FHS  
BHS ? 1 2  
2



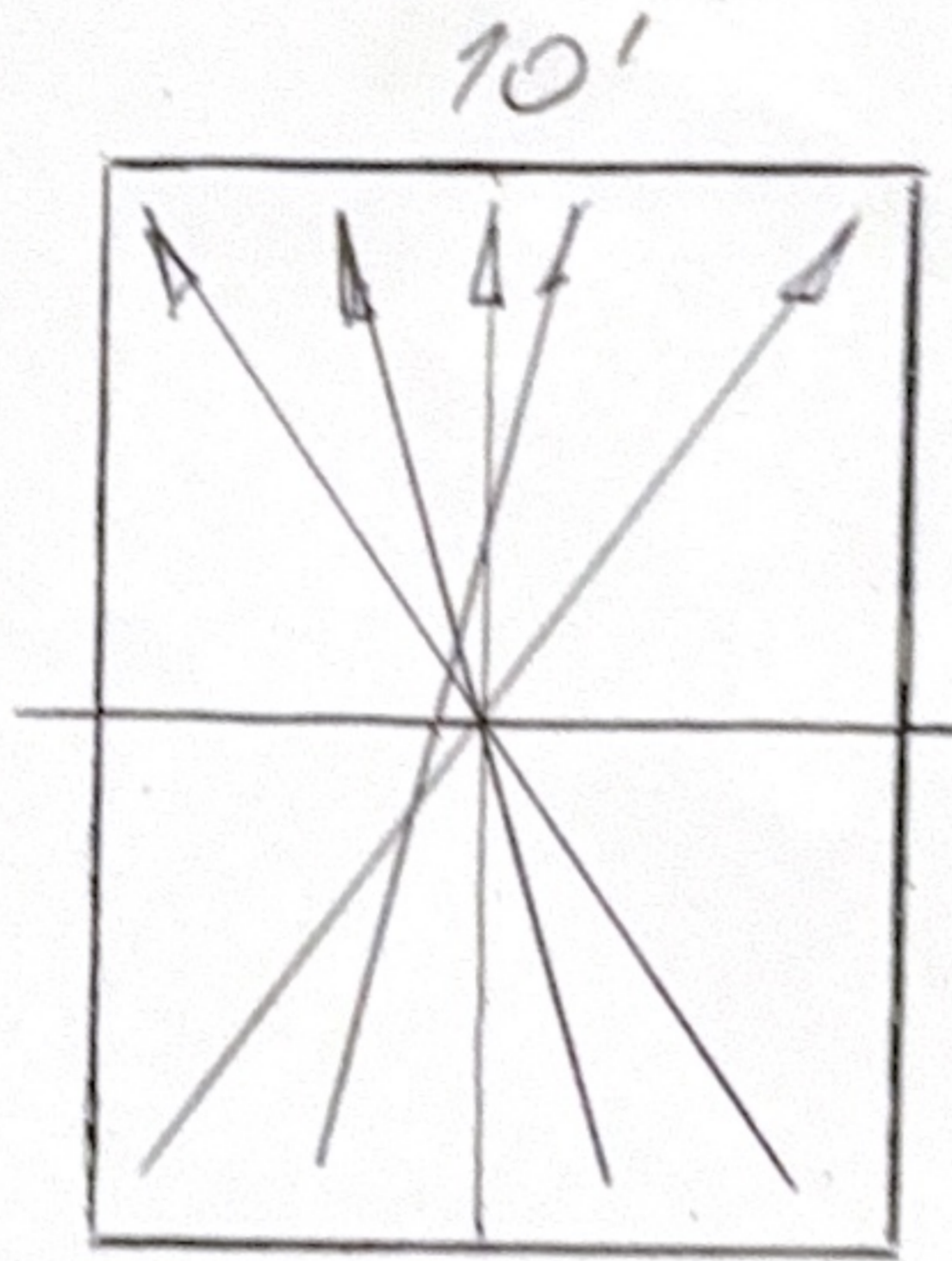
SERVICE SHORT 10'  
LONG 10'

22.04.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

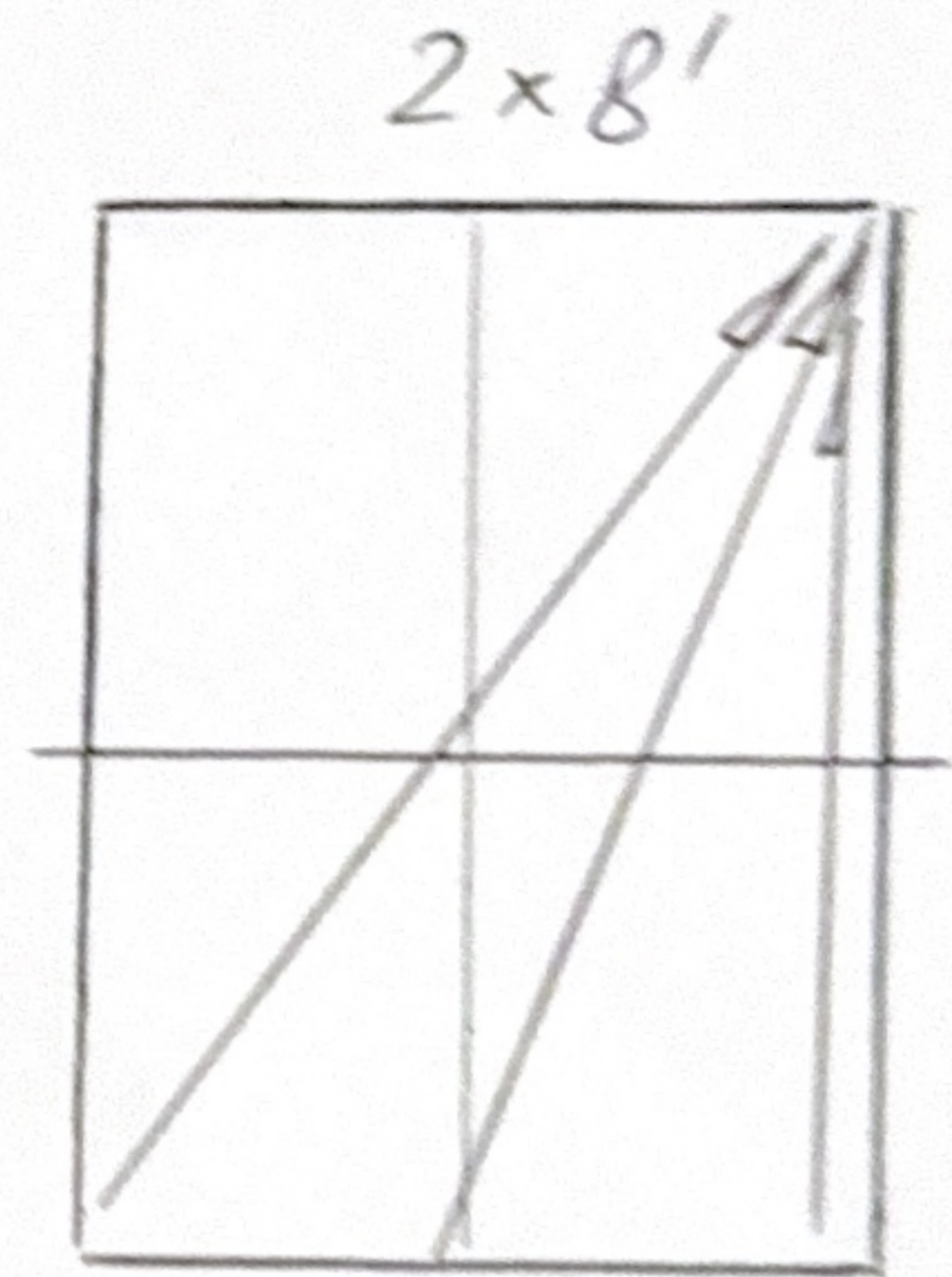
1. TECHNIQUE 2. REACTION 3. BALANCE → STABILITY  
OF POSITION



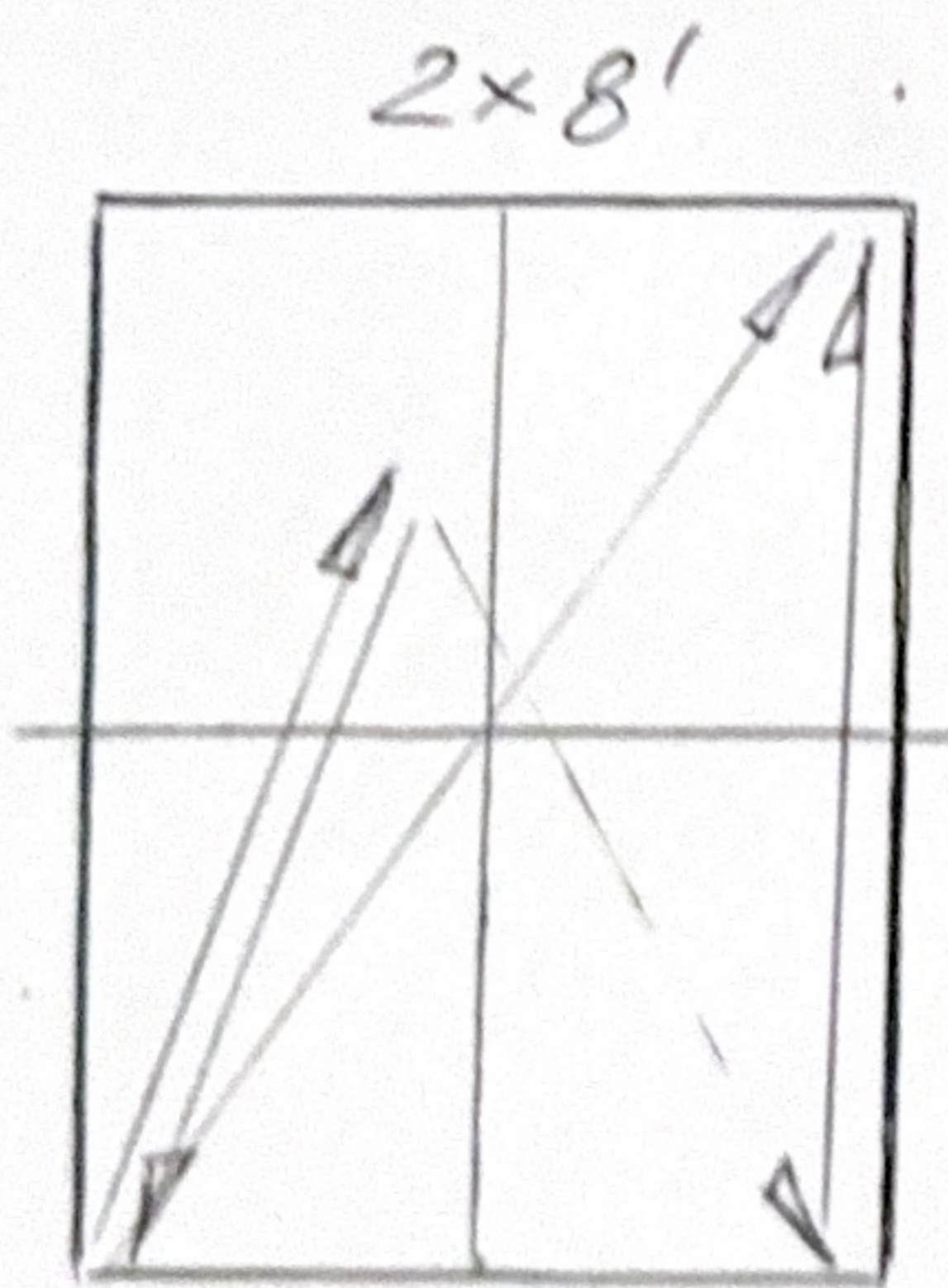
BH 5'  
FH 5'



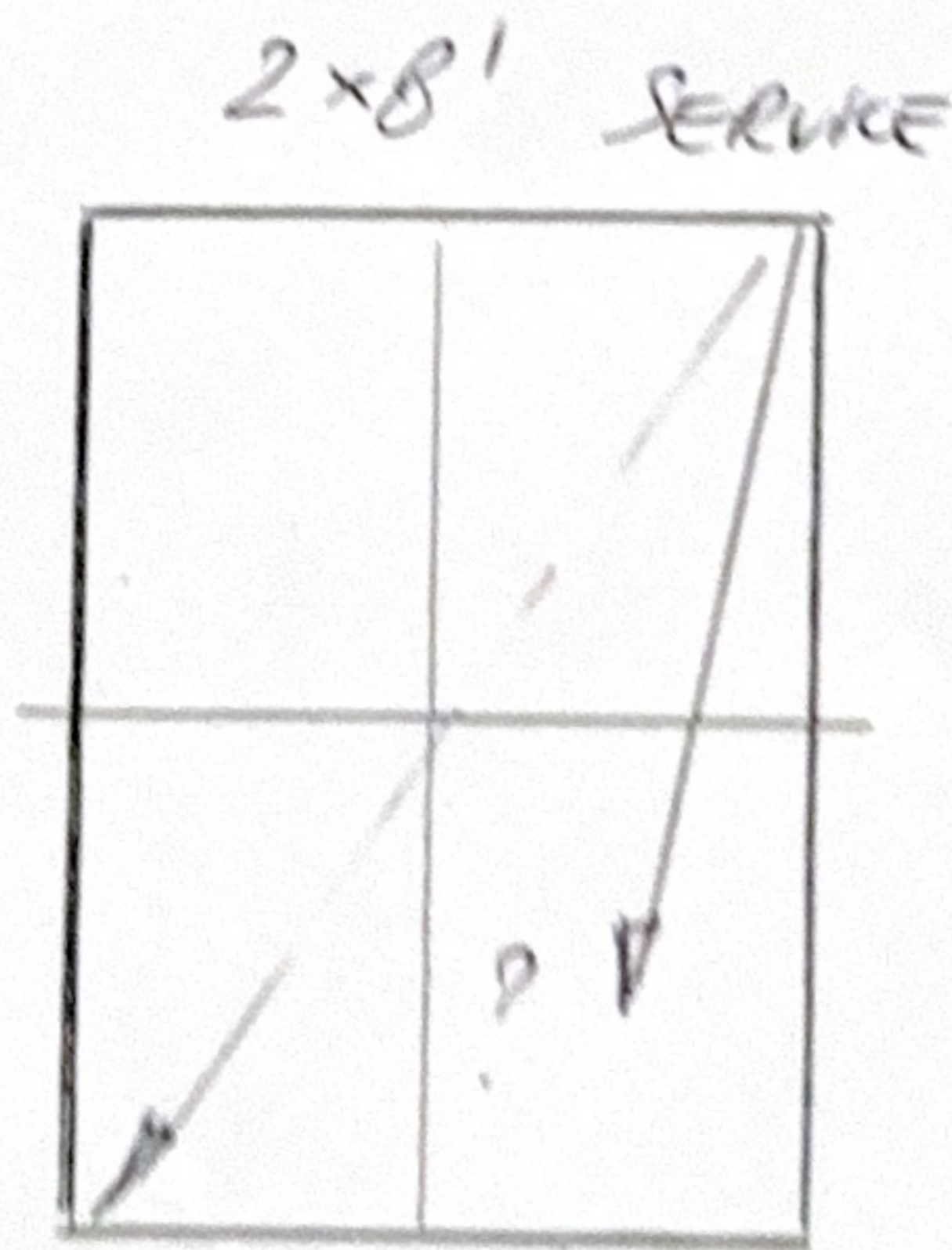
ALL TABLE  
FREE  
NO SPIN (DUS DRIVE)



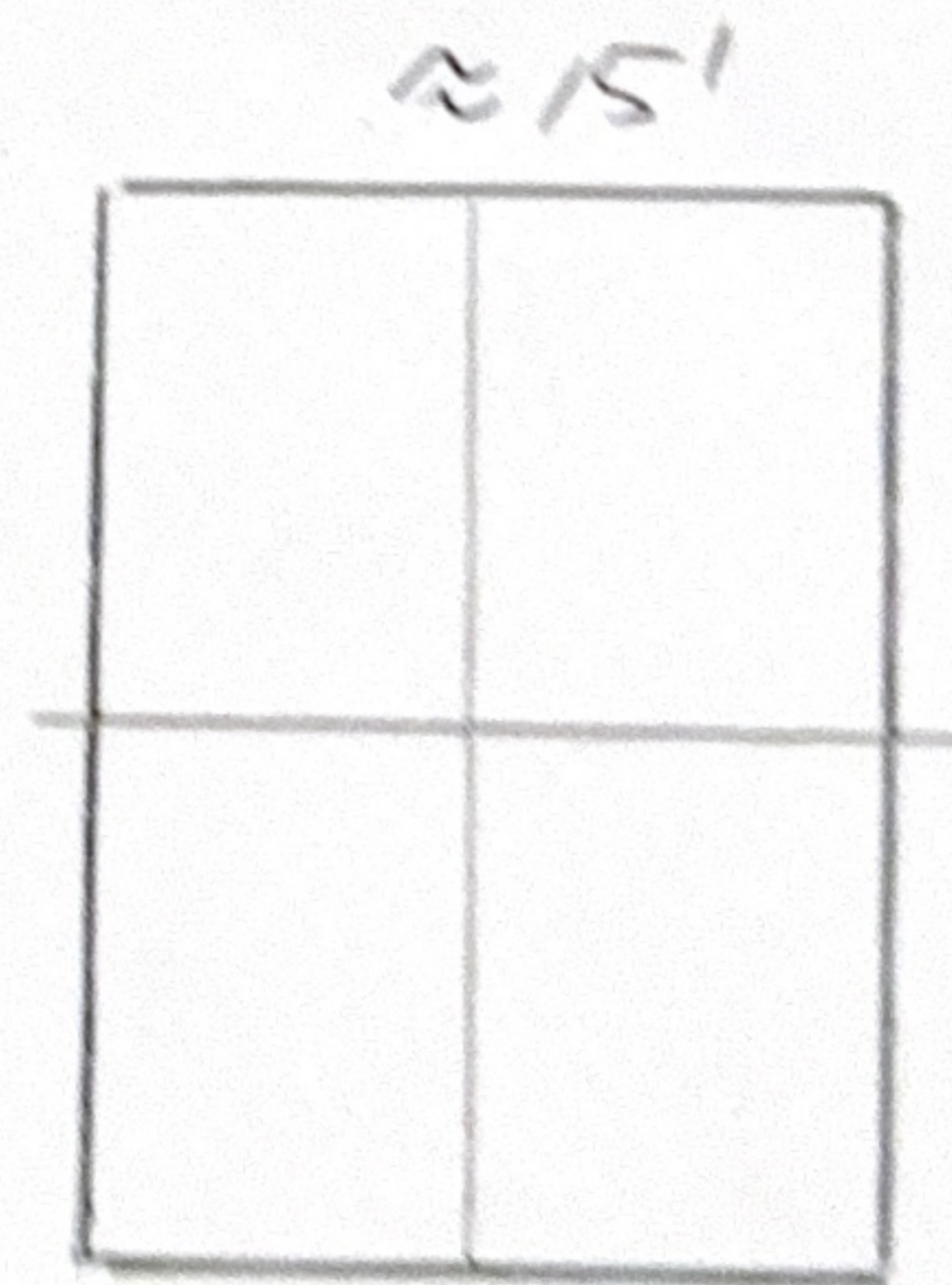
BH 2 ? FH 1 ? FH 2



SERVICE ? FH 1  
BH OR FH 1



SWIFT TO FH  
OR  
LONG TO BH



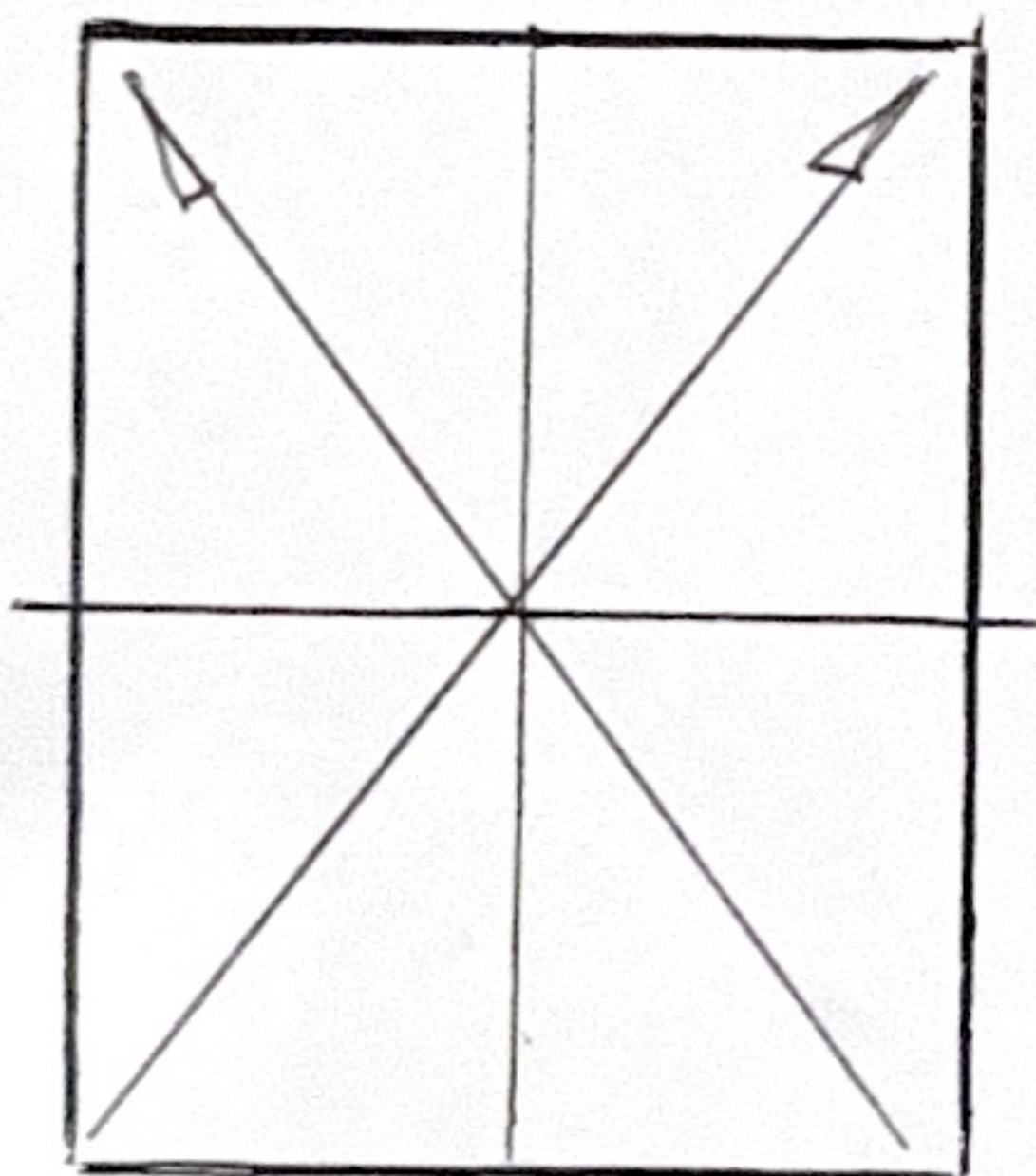
UP AND DOWN

25.04 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. SERVICE PRACTICE 3. 3<sup>rd</sup> BALL ATTACK

4. UP AND DOWN SETS

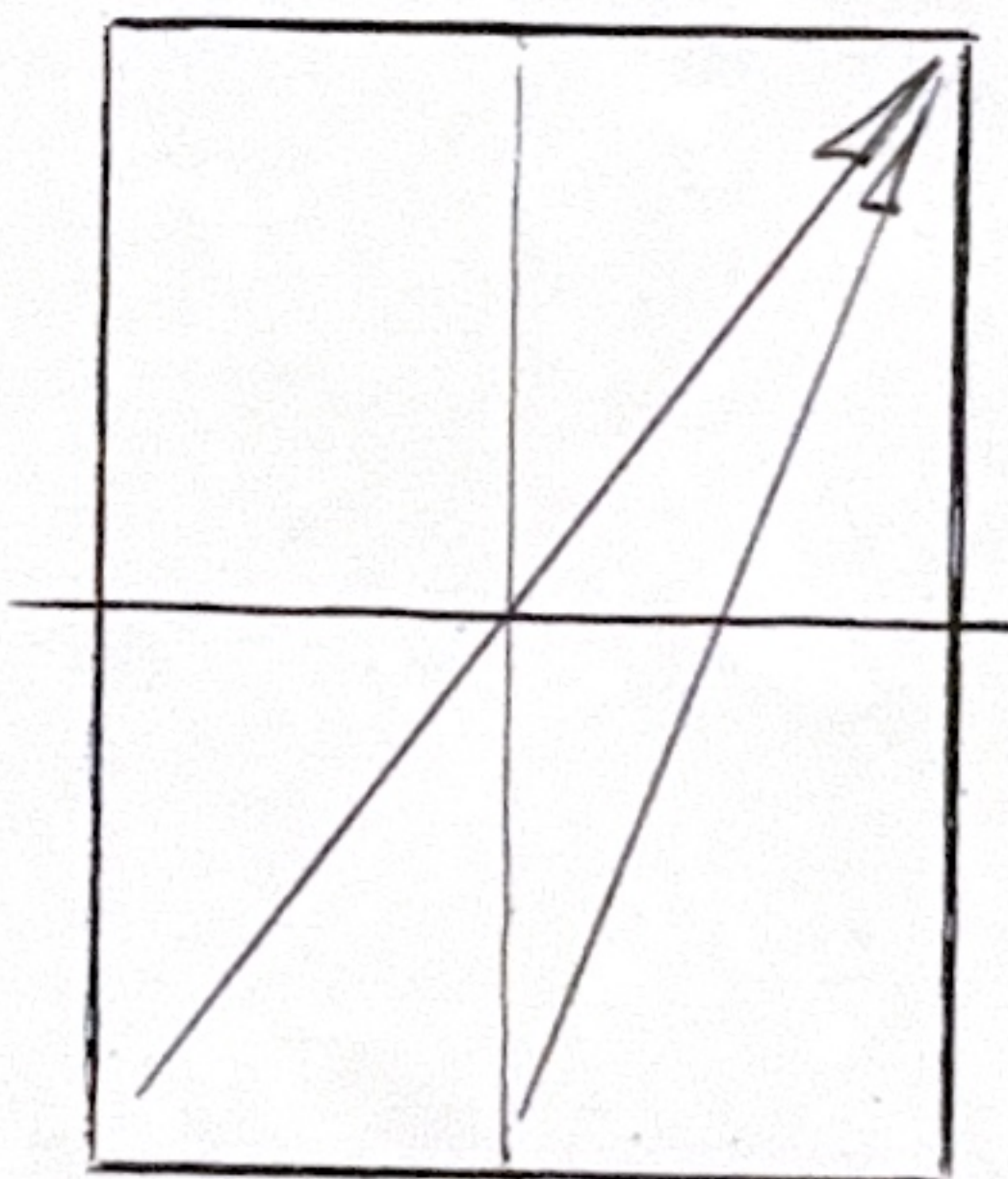
10'



BH  
5'

FH  
5'

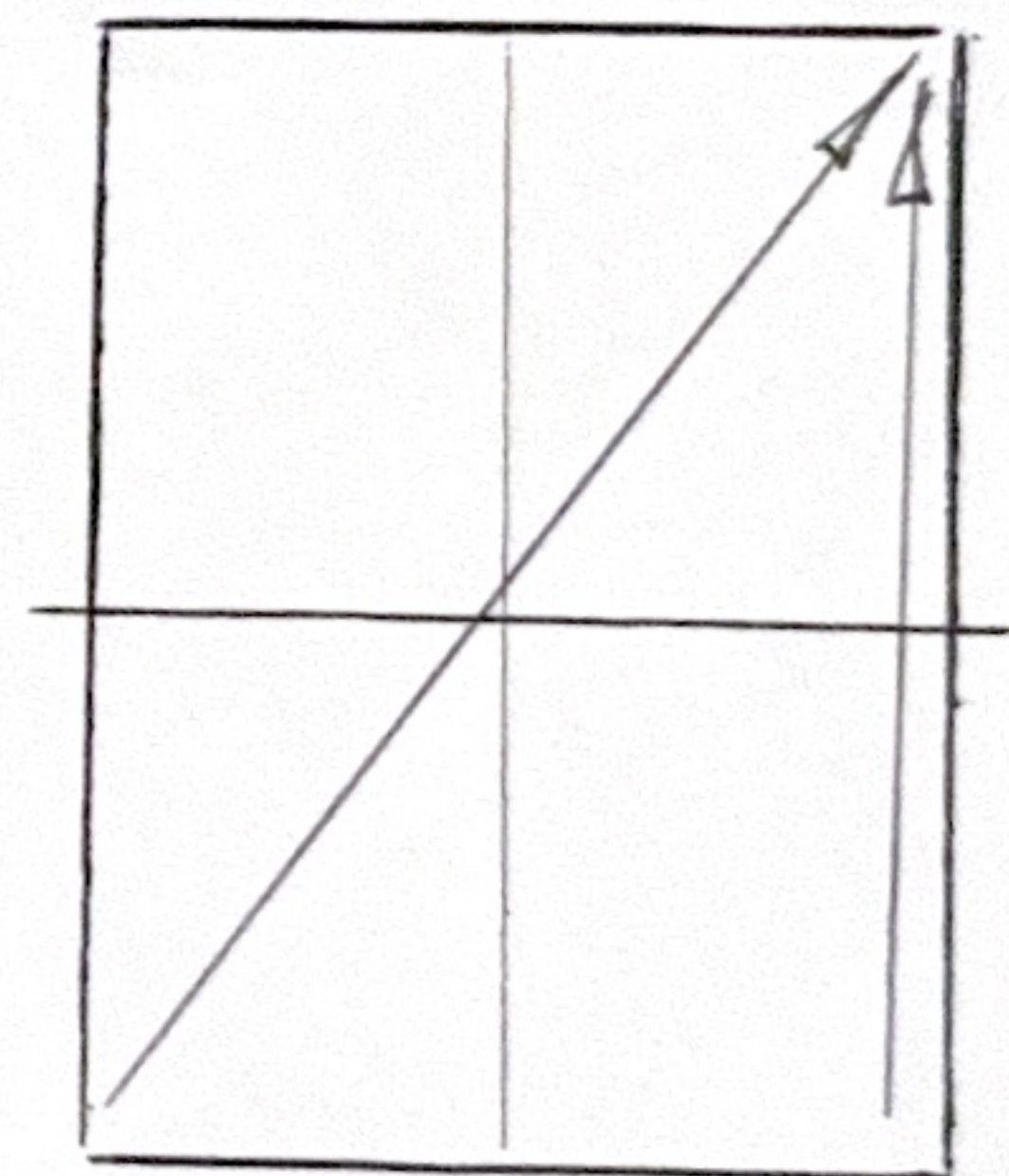
2x5'



BH  
1

FHS  
2

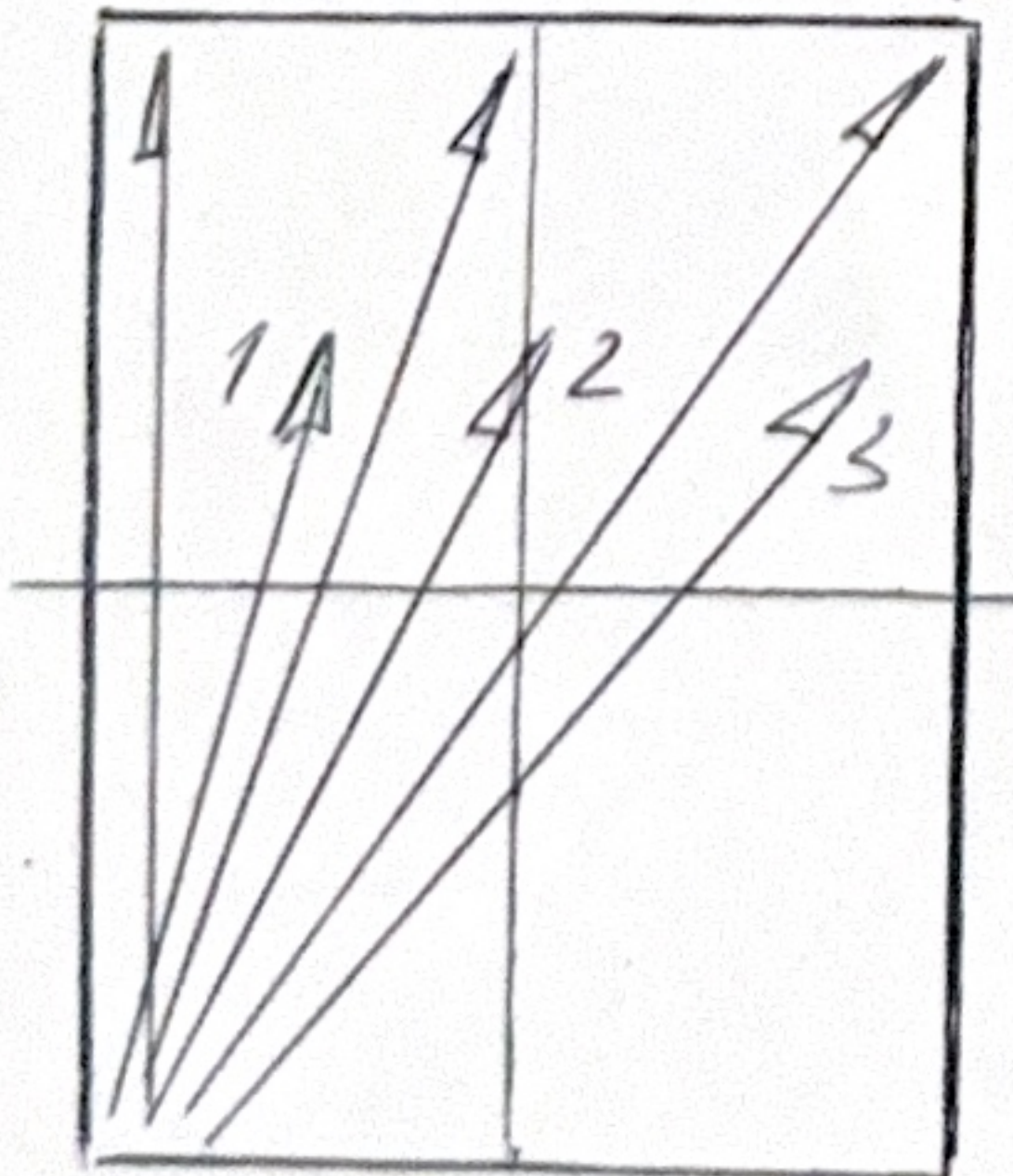
2x5'



BH  
1

FHS  
2

6 5 4

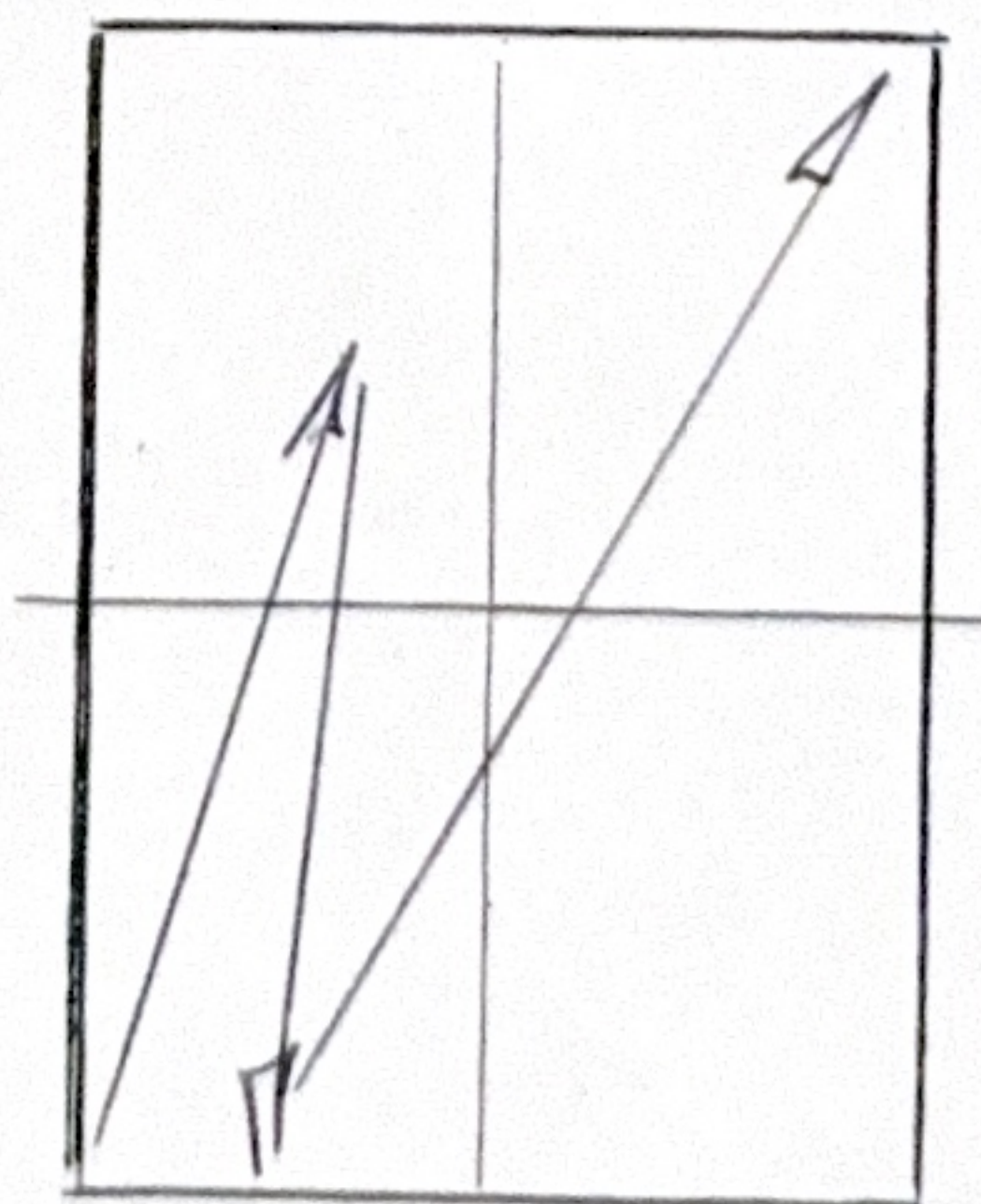


SERVICE

SHORT - 10'

LONG - 10'

2x8'



SERVICE

BH / FHS FROM 1/2

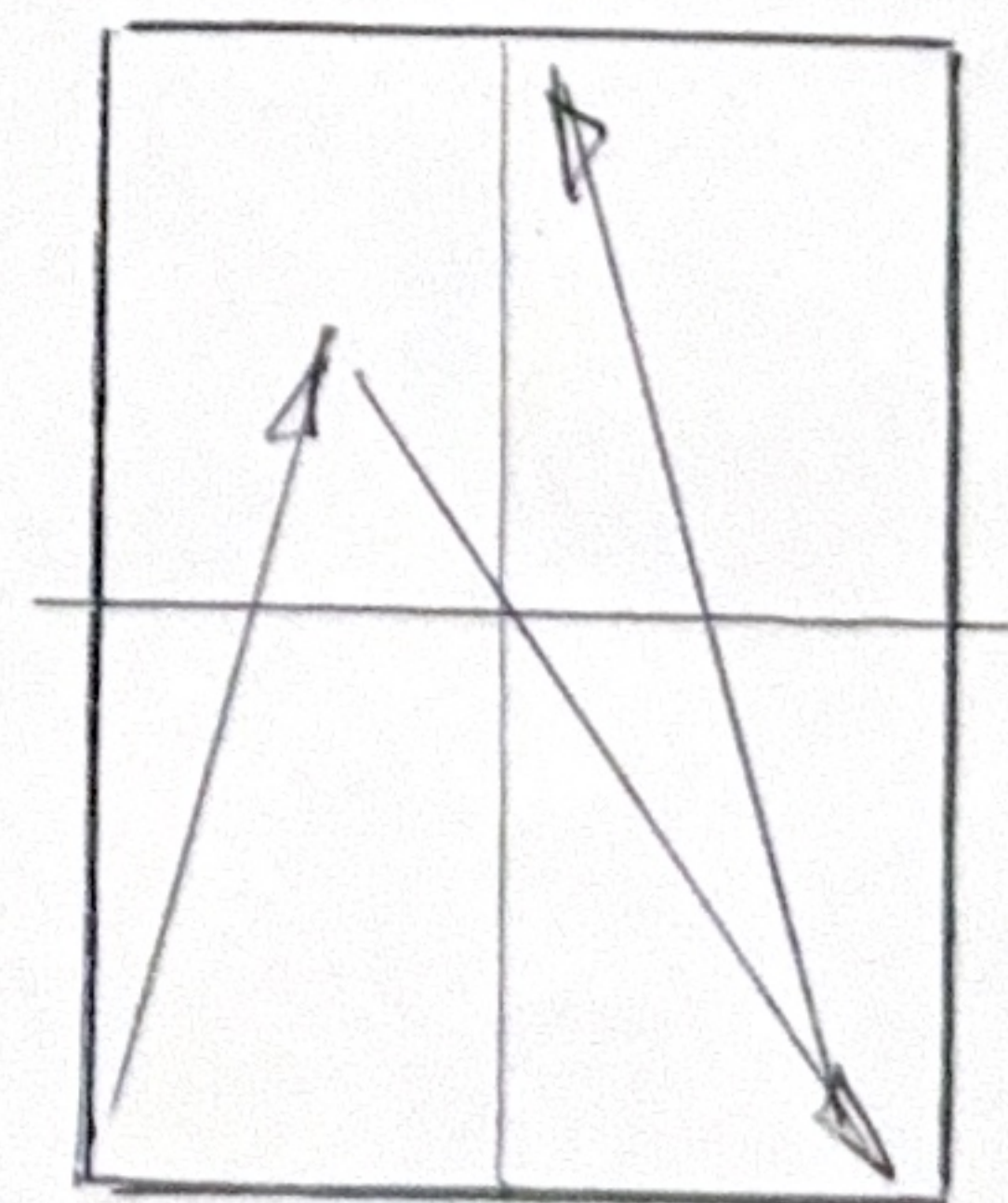
1 OF

TABLE

ONLY SERVE + 3<sup>rd</sup> BALL

NO POINT FREE

2x8'



SERVICE

FHS

1

ONLY SERVICE

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

NO POINT FREE