

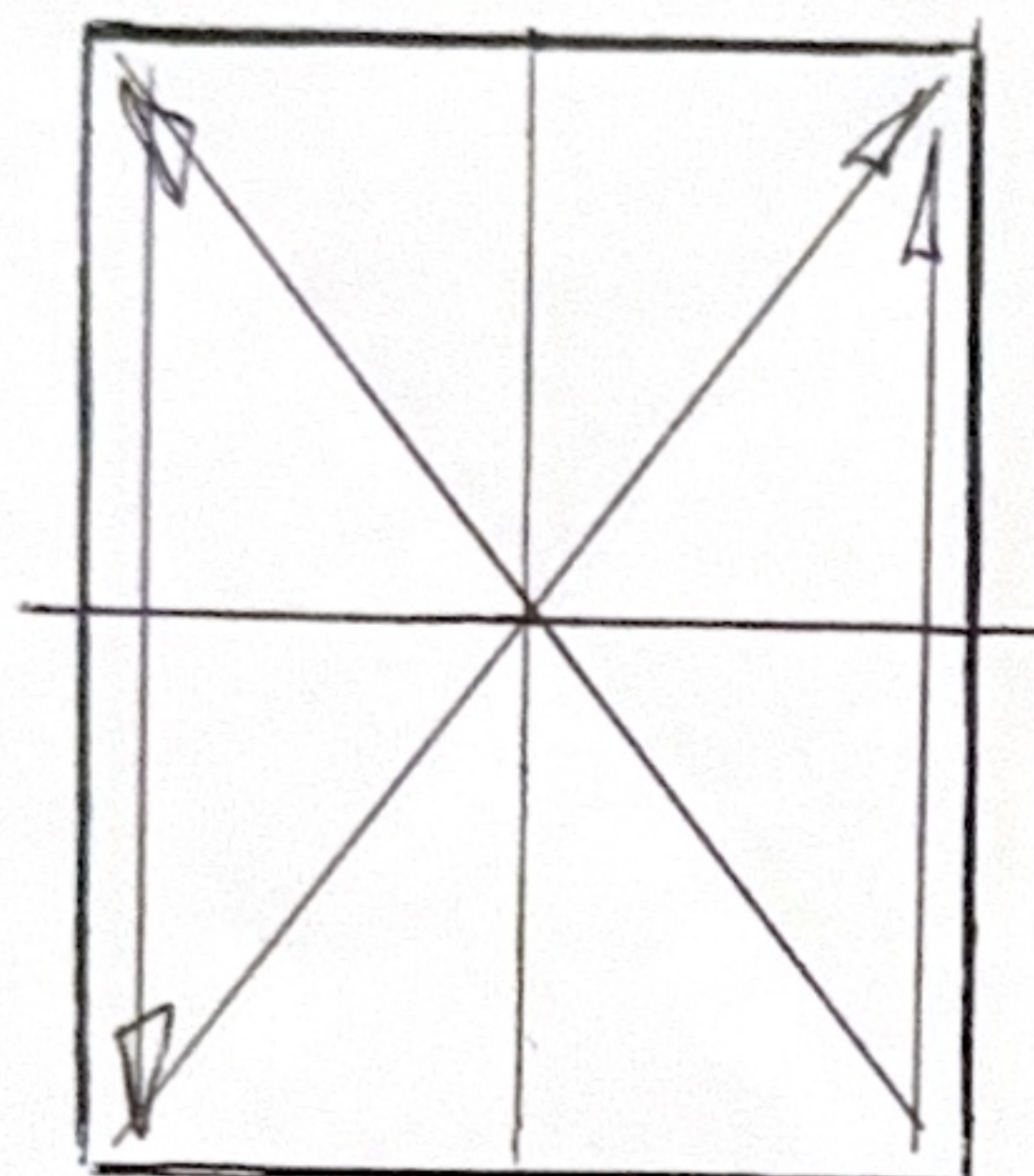
19.04.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. SPEED OF ATTACKING

STROKES PHYSICAL: SPEED OF FOOTWORK 5'x20"x20"

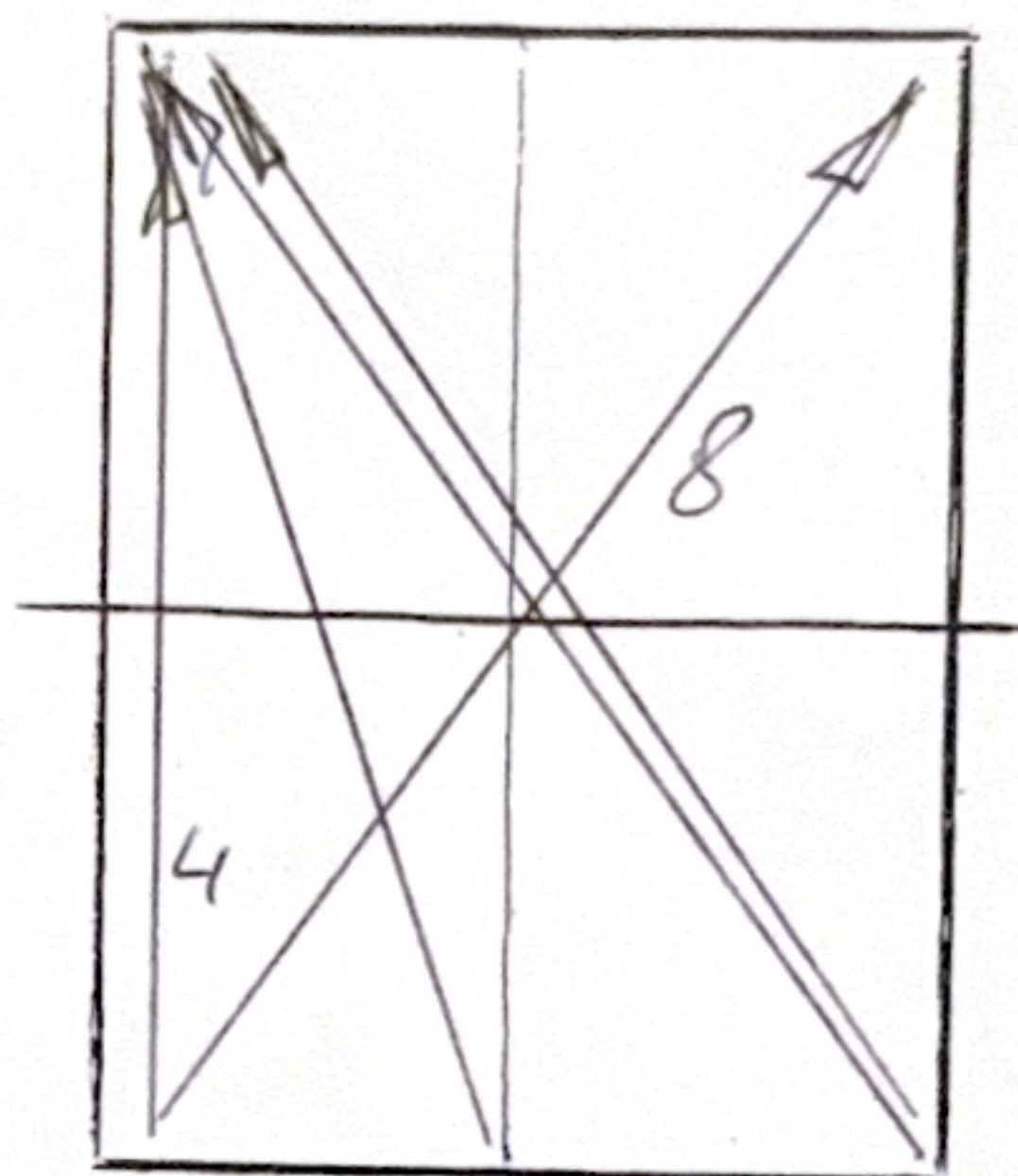
WARMING-UP: THERABANDS

15'



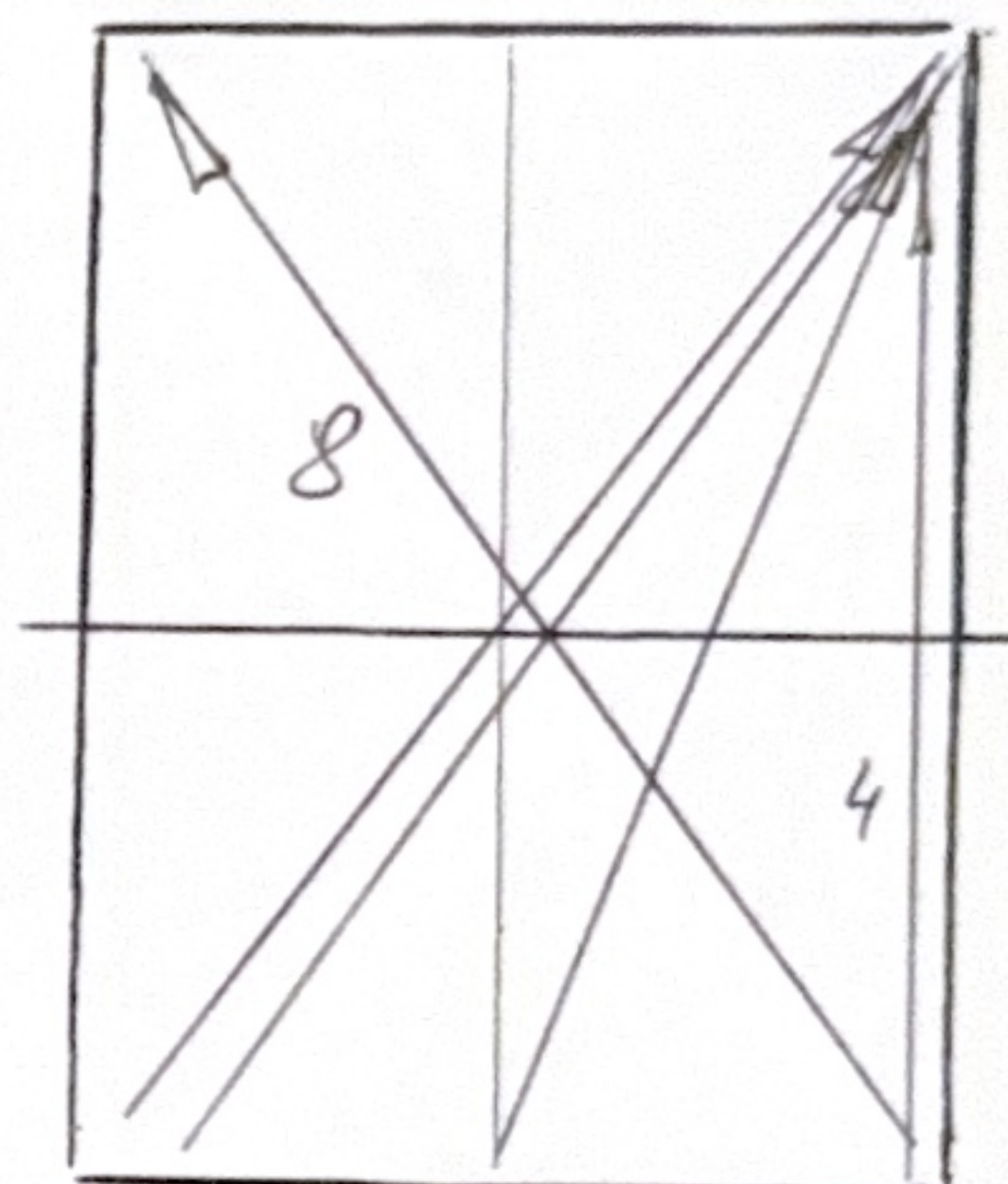
BH DOWN THE FH  
5' LINES 5' 5'

2x8'



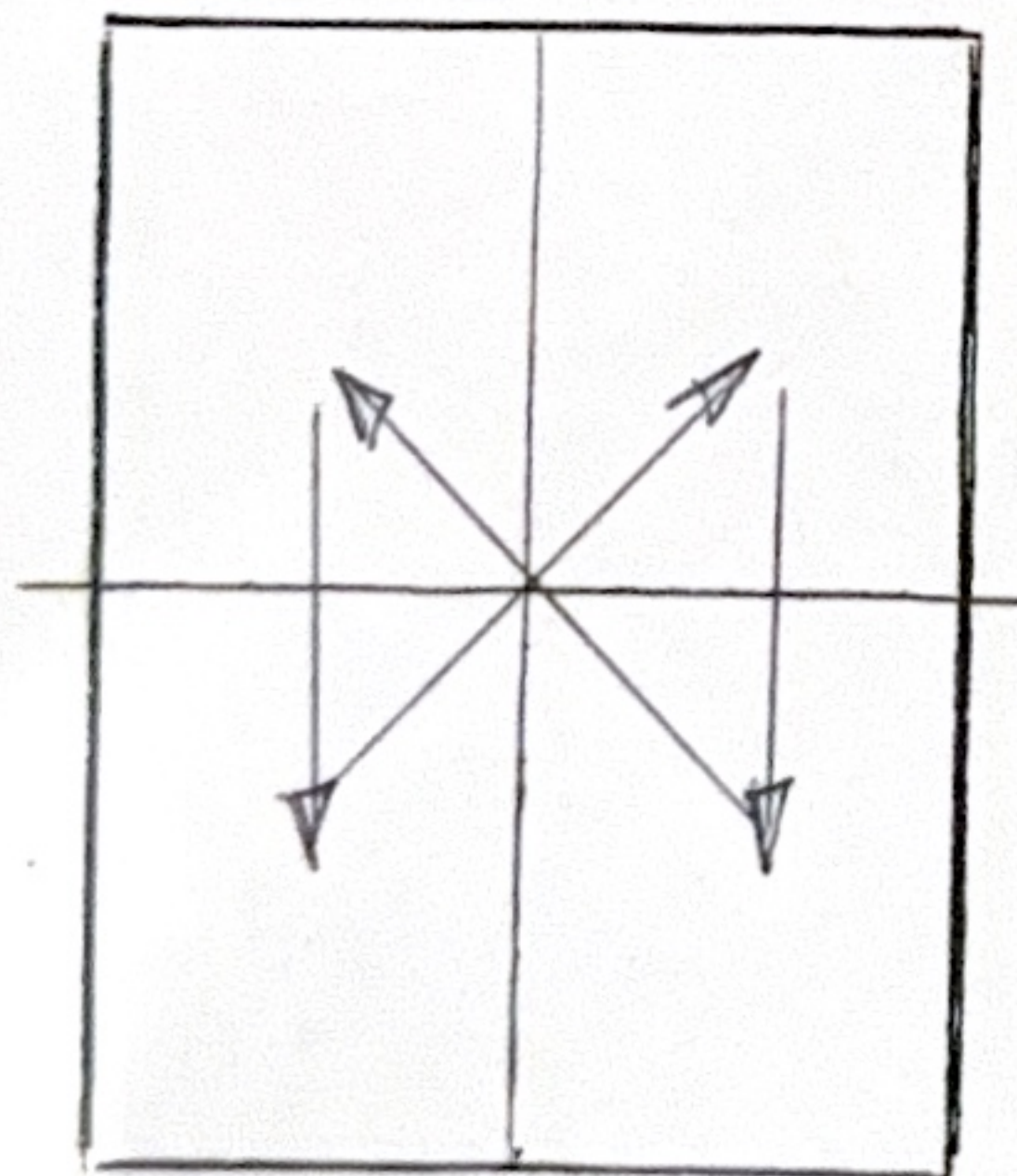
BH FHS FHS  
4,8 2,6 1,3  
AFTER 8 BALLS  
ALL TABLE FREE

2x8'



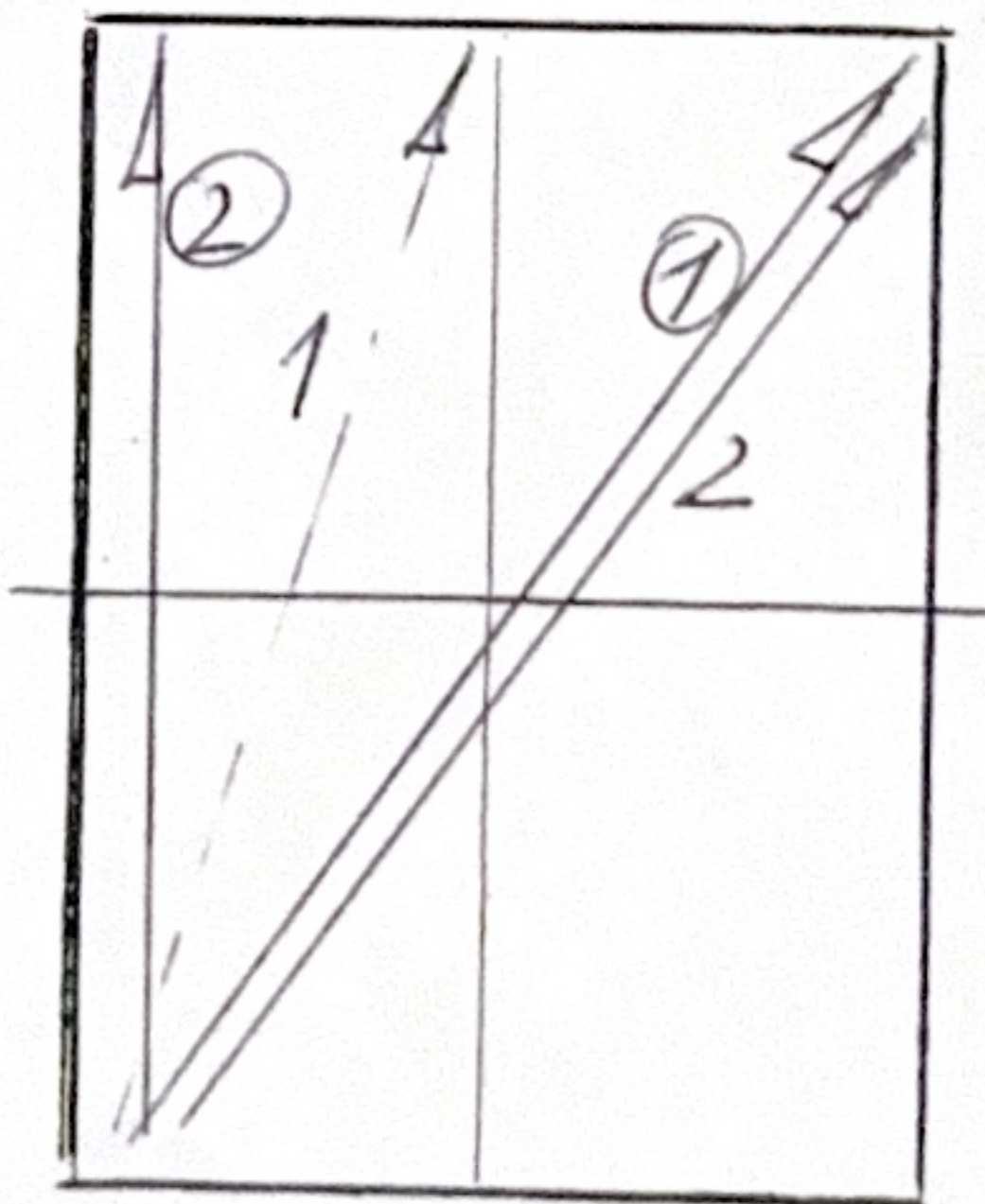
BH FHS FHS  
1,3 2,6 4,8  
AFTER 8 BALLS  
ALL TABLE FREE

2x4'



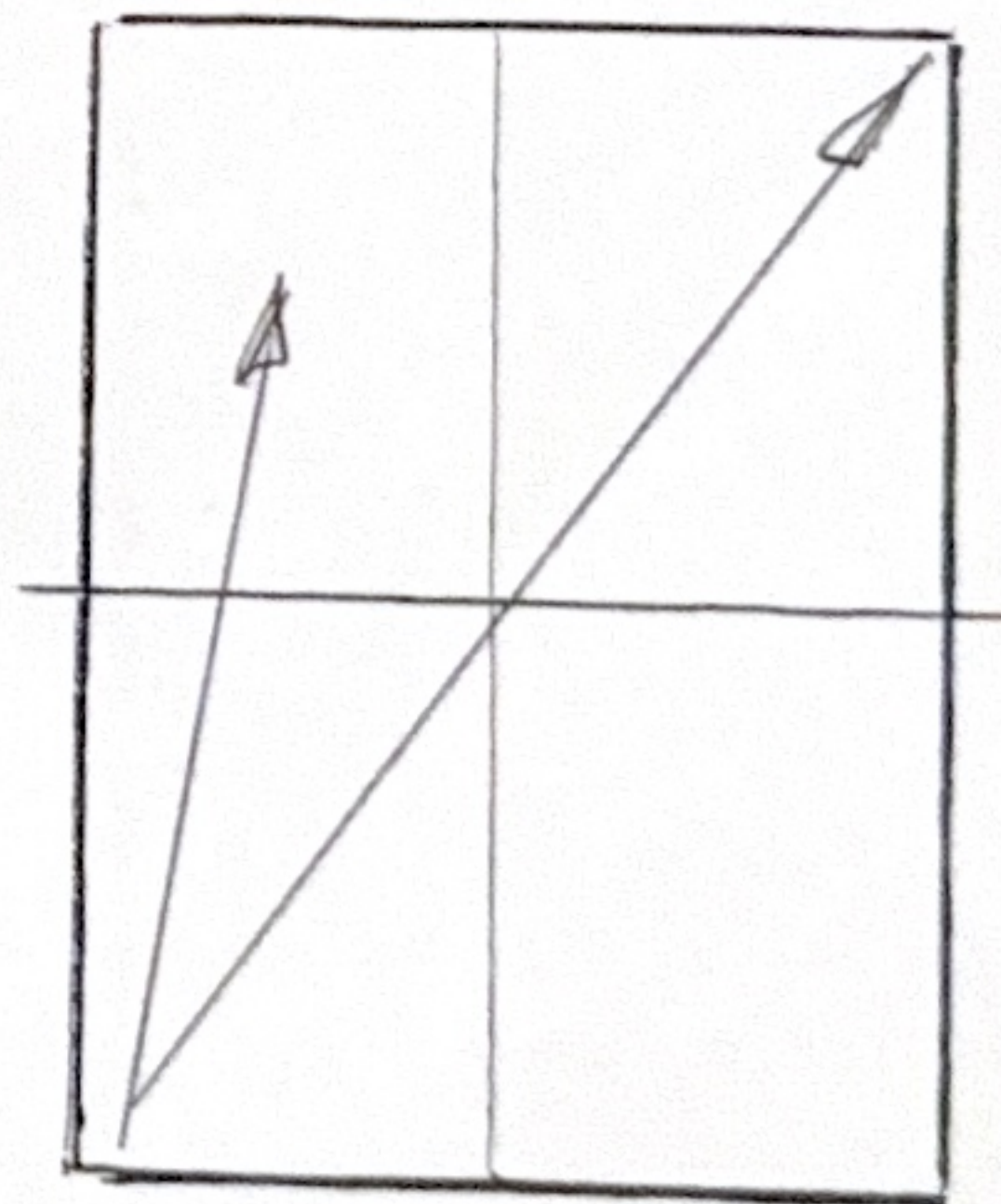
SHORT CHOP  
N 8.

2x8'



SERVICE LONG  
AFTER FREE  
BH / FHS  
IF SERV. TO BH  
→ ATTACK TO FH  
IF SERV TO MIDDLE  
→ ATTACK TO BH

≈ 20'

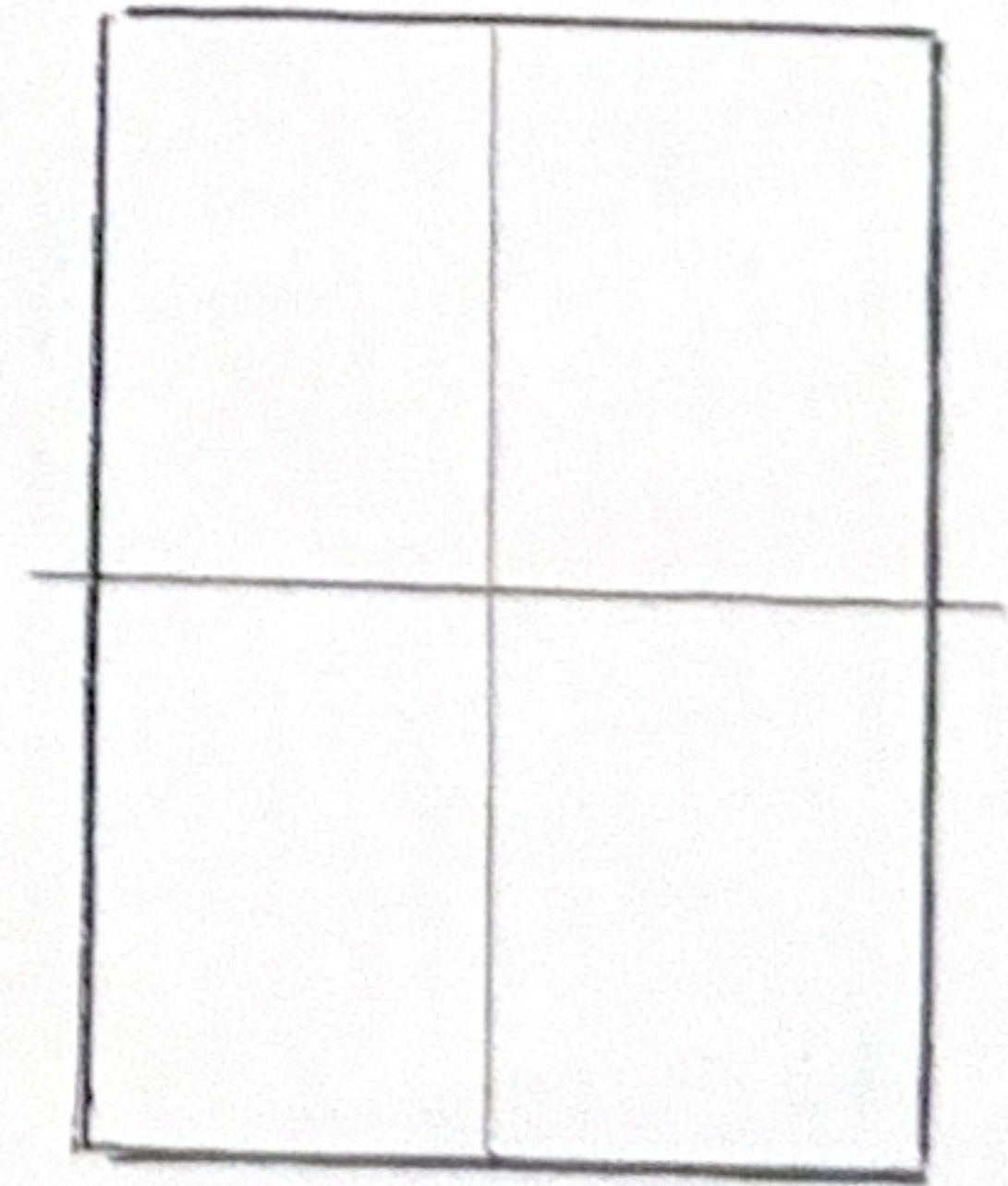
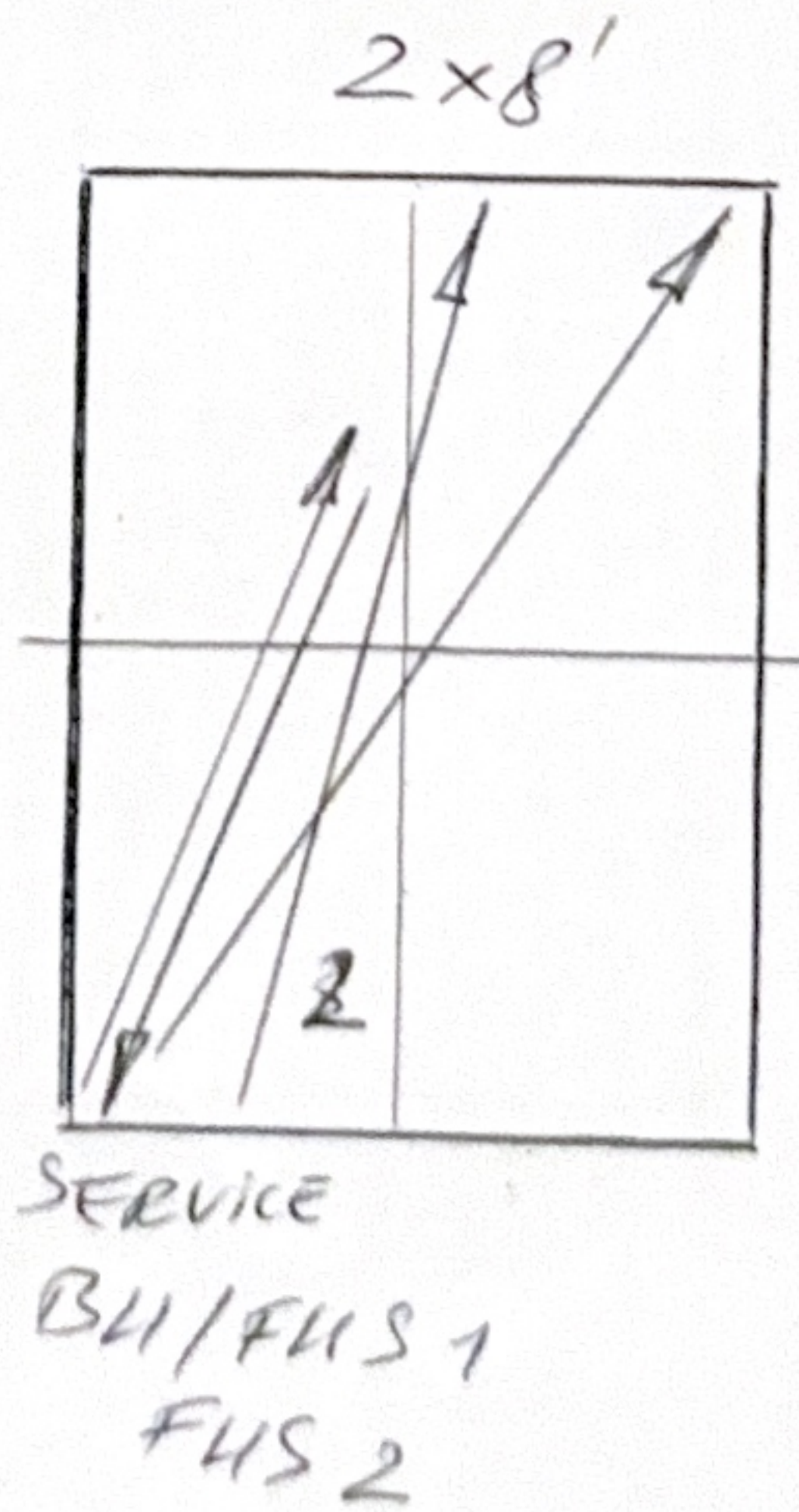
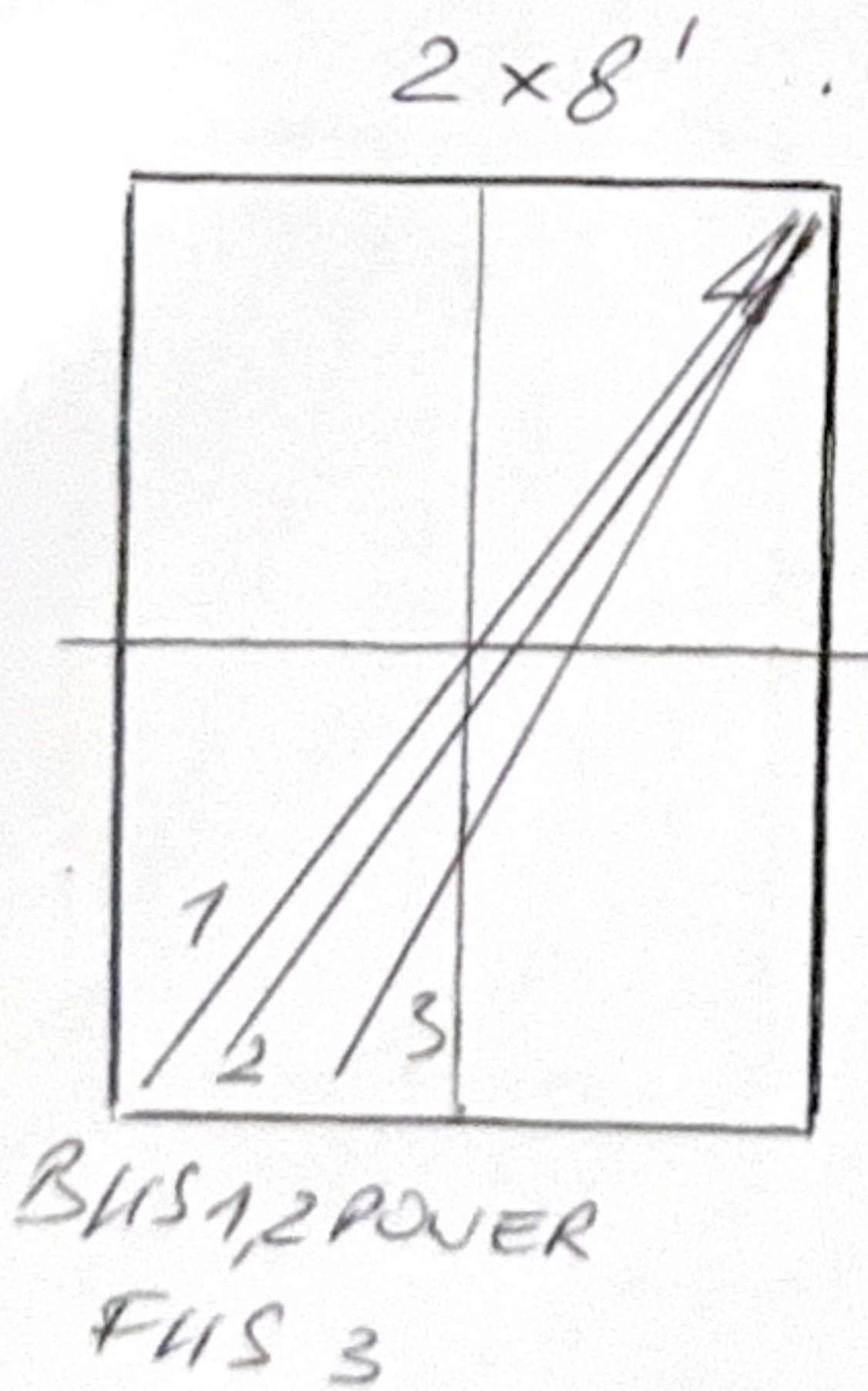
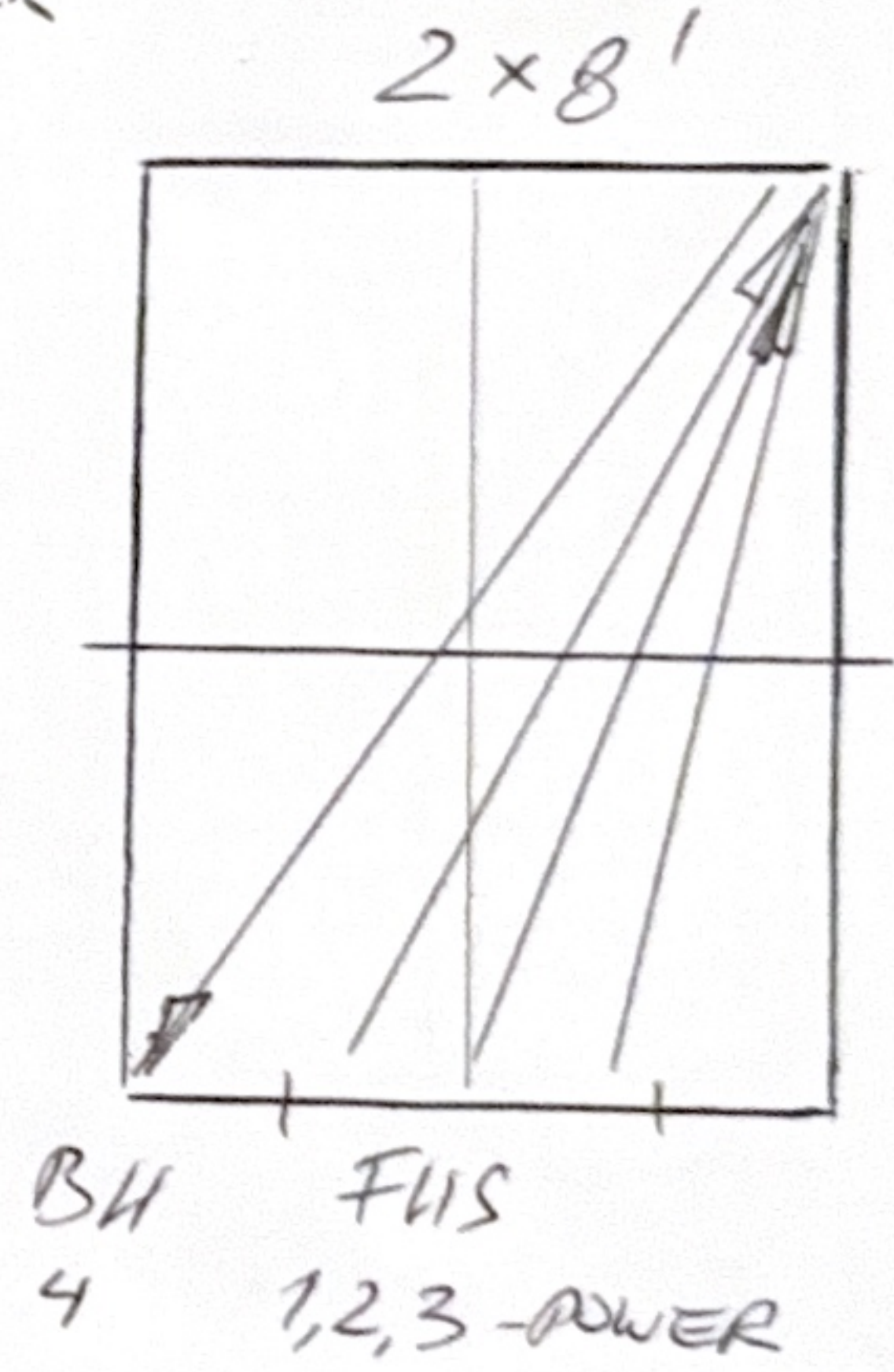
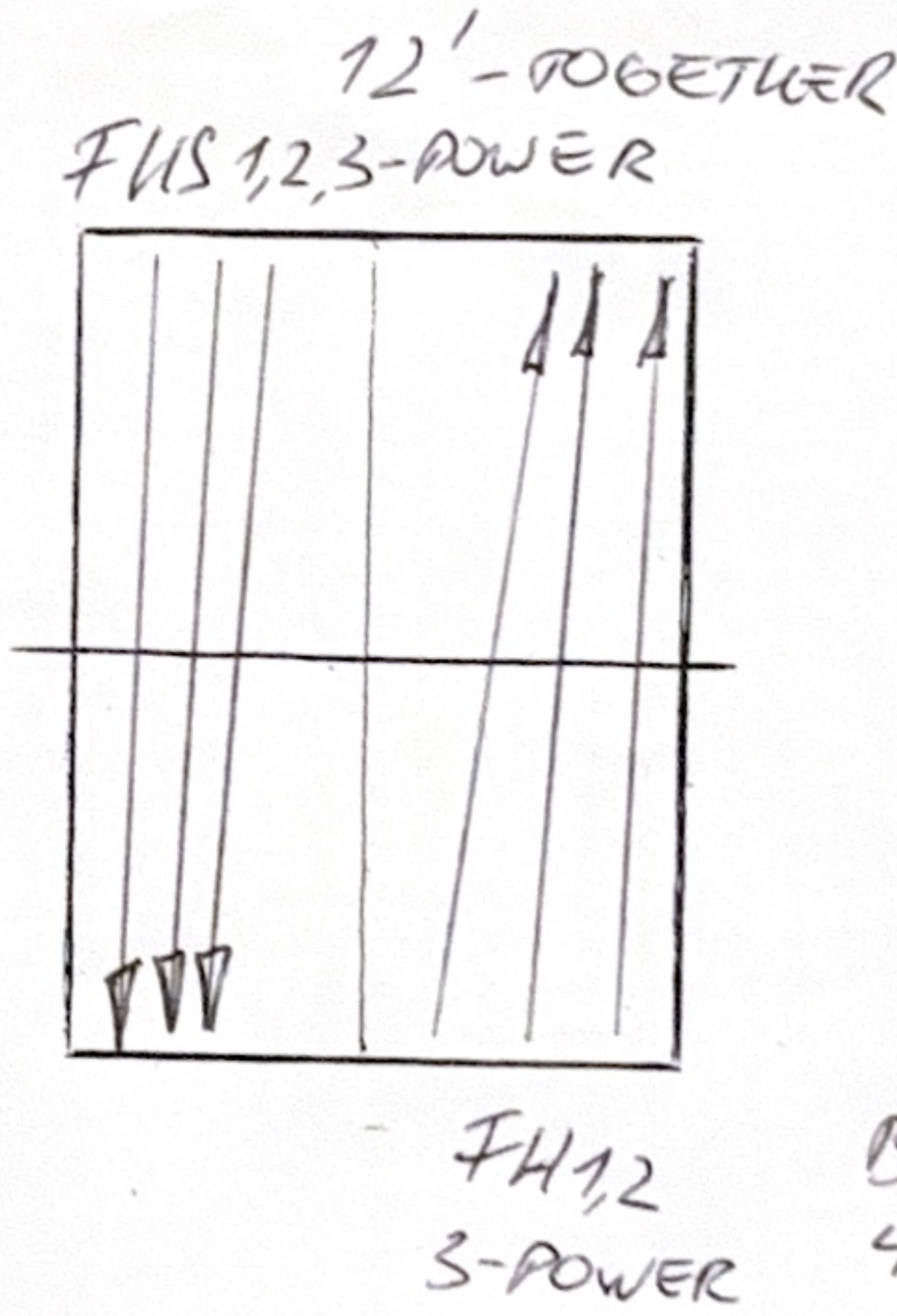
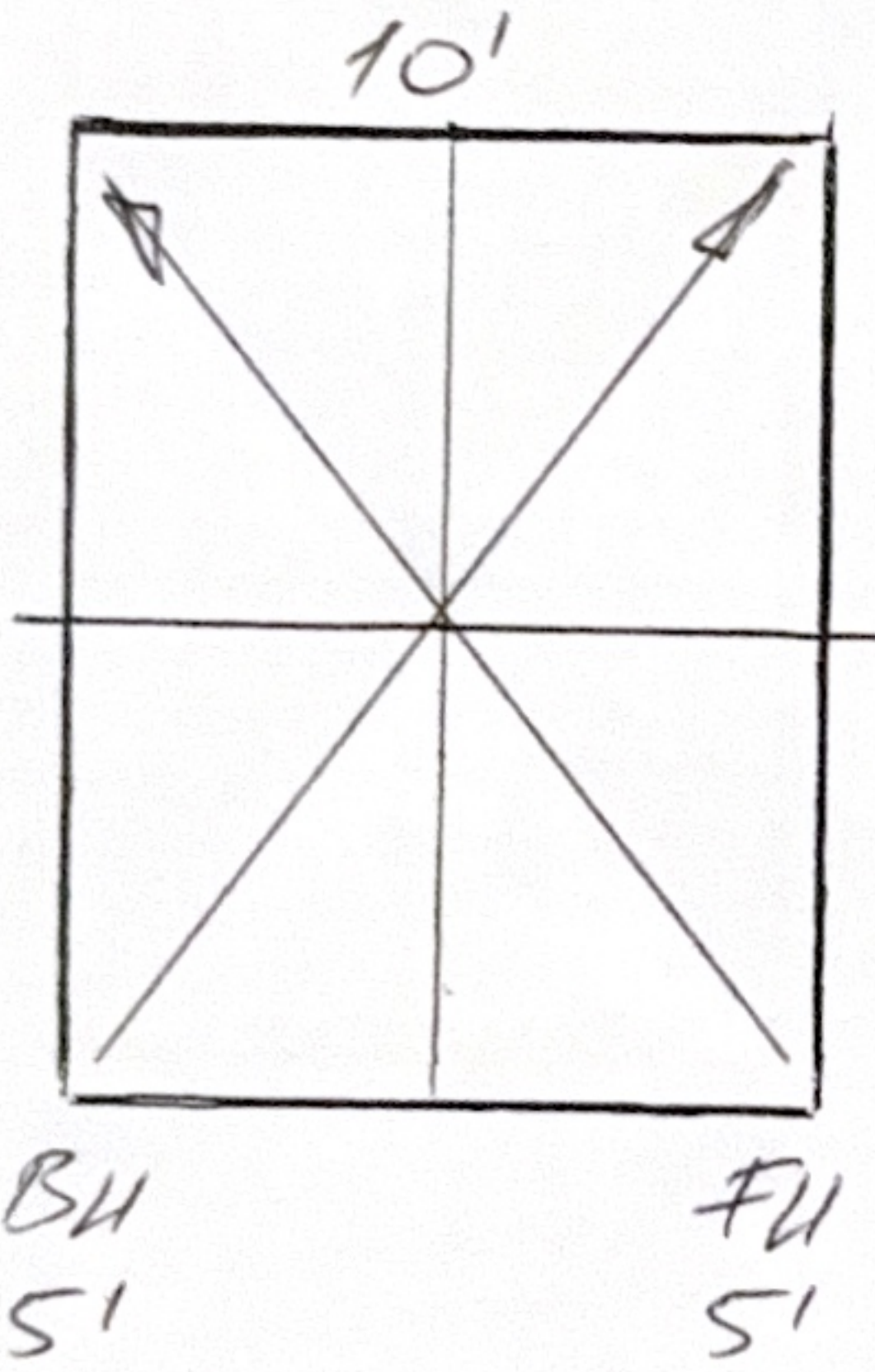


UP AND DOWN  
SERV LONG TO BH  
OR SHORT TO FH

21.04.2026 TUESDAY 19:15-21:15 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. POWER OF ATTACKING STROKES 4 PHYSICAL: SKIPPING ROPES ≈ 15' 7 EXERCISES

WARMING-UP → THERABANDS



25.04.2026 SATURDAY 15.30-18.00 ECIFE SQUAD

1. TECHNIQUE 2. REACTION 3. BALANCE / STABILITY OF POSITION  
WARMING UP - THERABANDS

PHYSICAL: REACTION (AUDIO SIGNAL) BEFORE TRAINING ON TABLE 6 x 20" x 20"

