

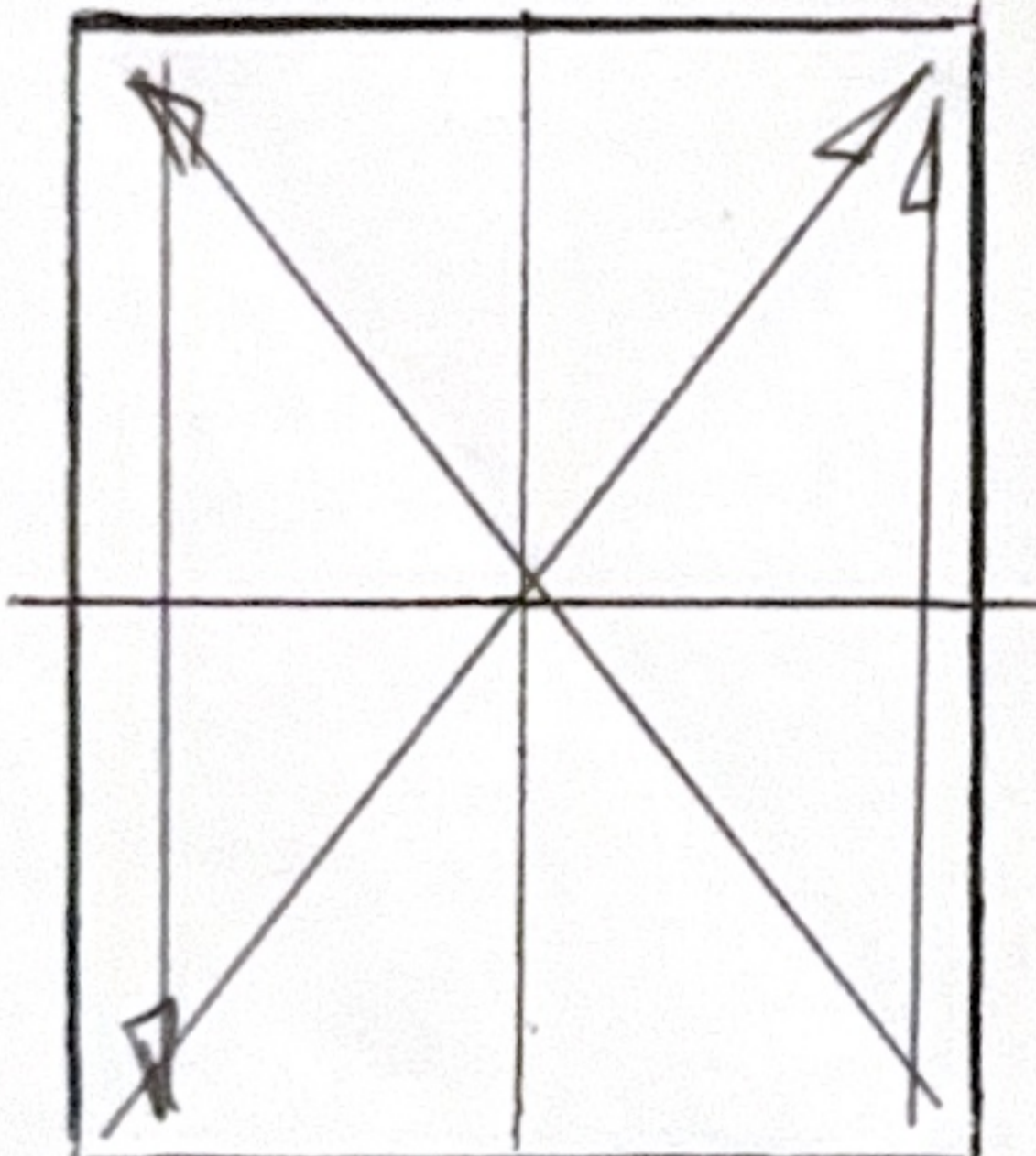
19.04.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. SPEED OF APPROACHING STROKES

PHYSICAL: SPEED OF FOOTWORK (SIDES OF TABLE) 6x20"x20"

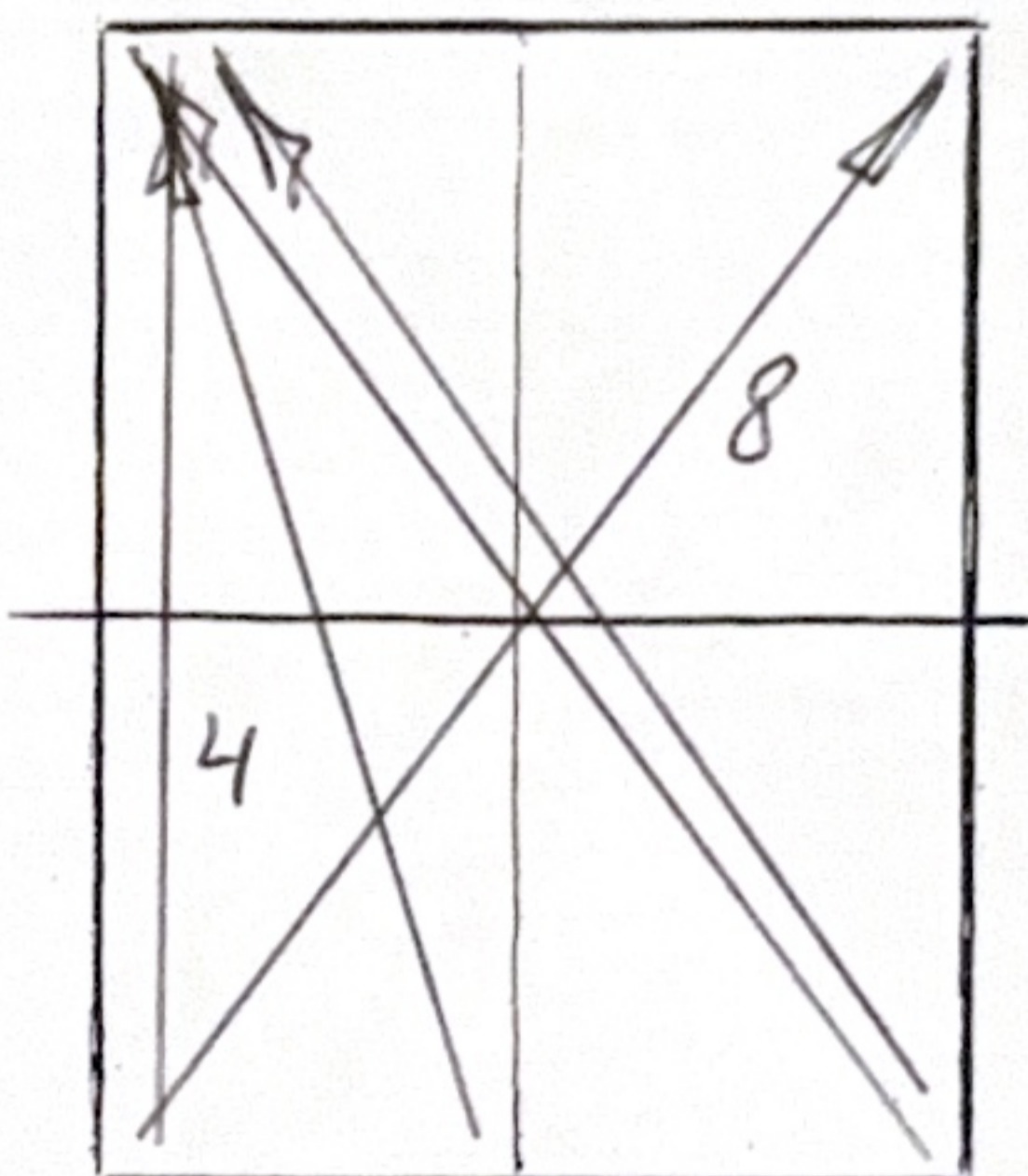
WARMING-UP THERABANDS

15'



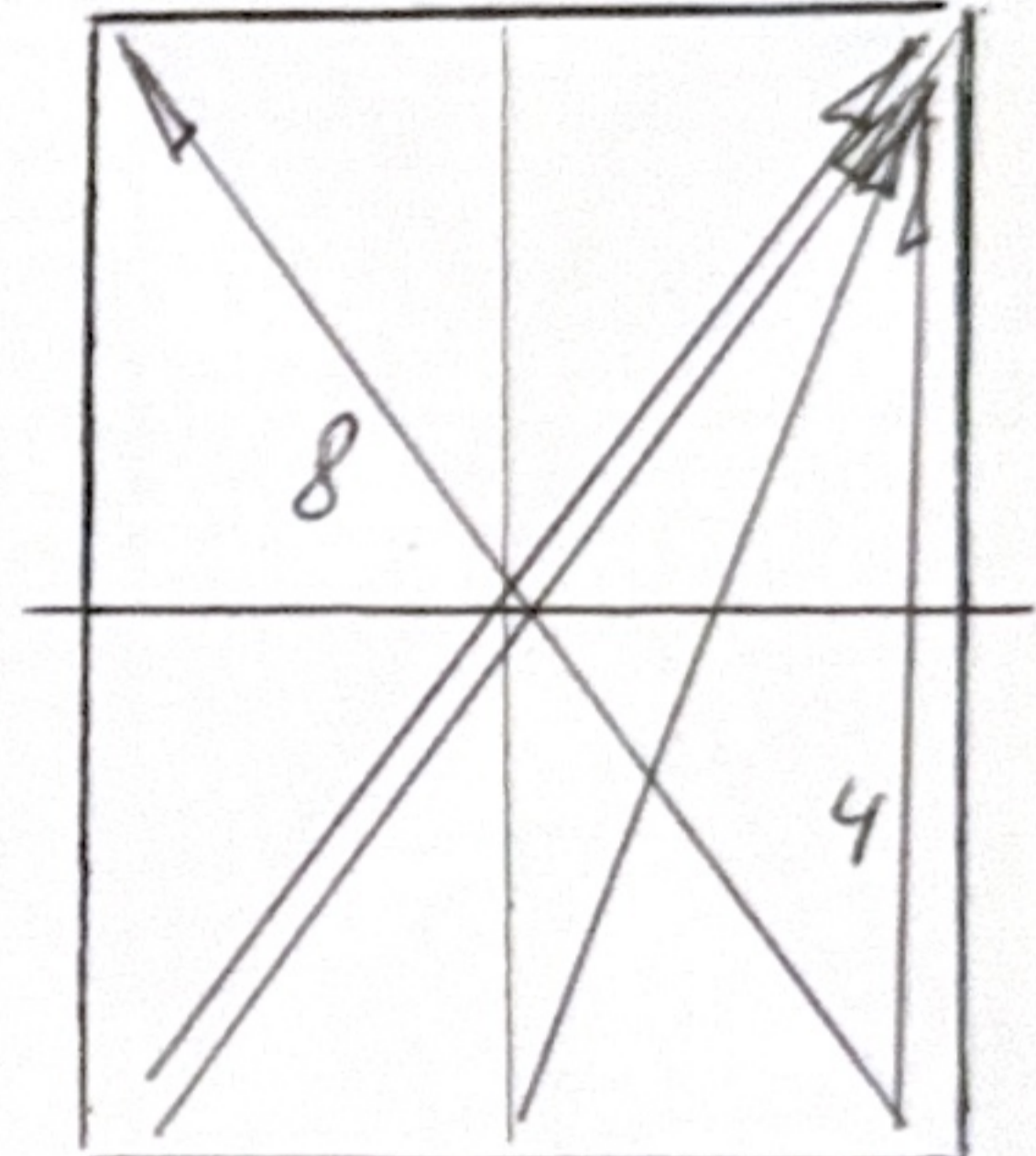
BH DOWN THE FH  
SIDE LINE SIDE

2x8'



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

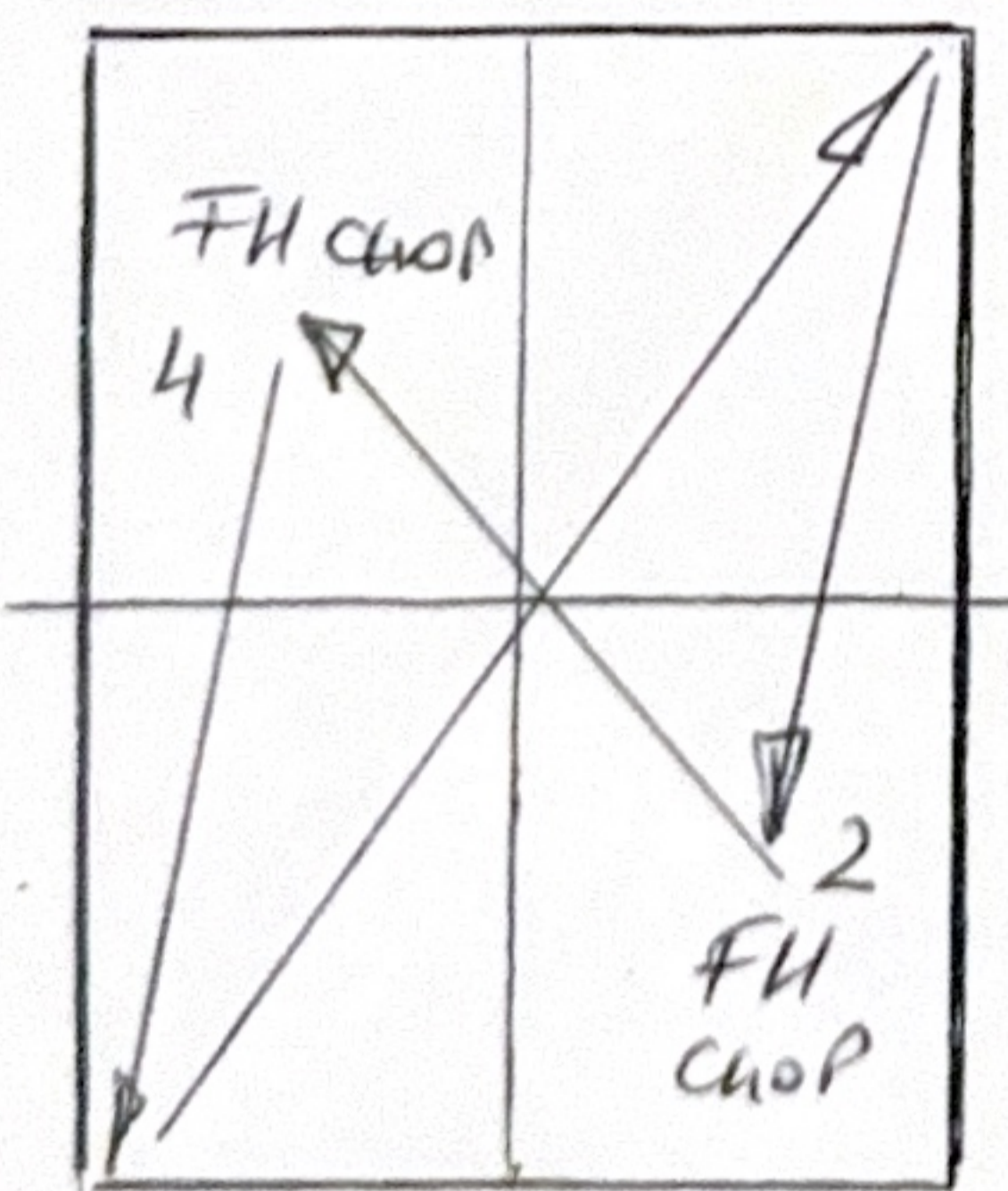
2x8'



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

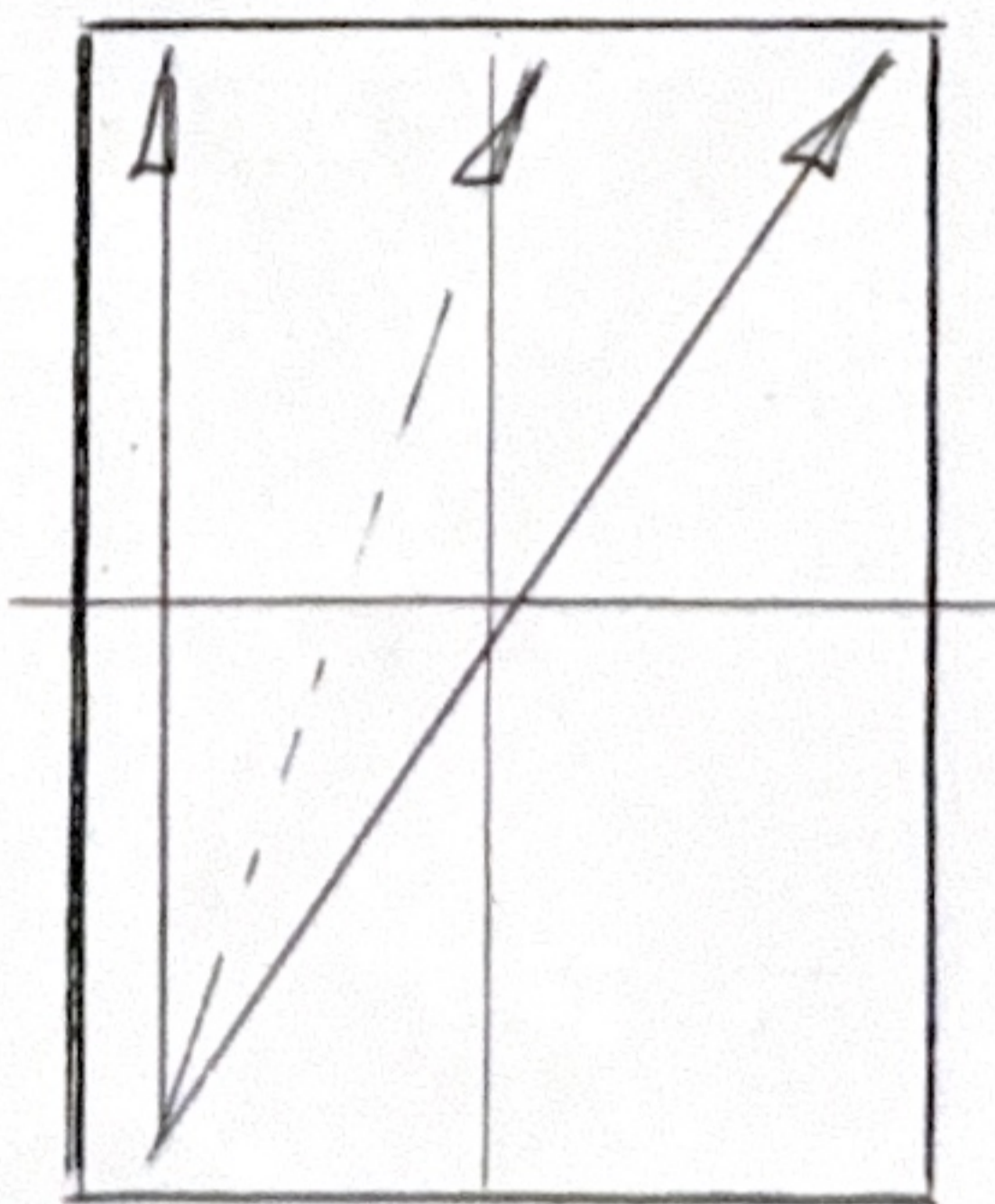
2x4'

BH chop



BH  
CHOP  
1

2x8'



SERVICE LONG  
BH OR FH TO FH



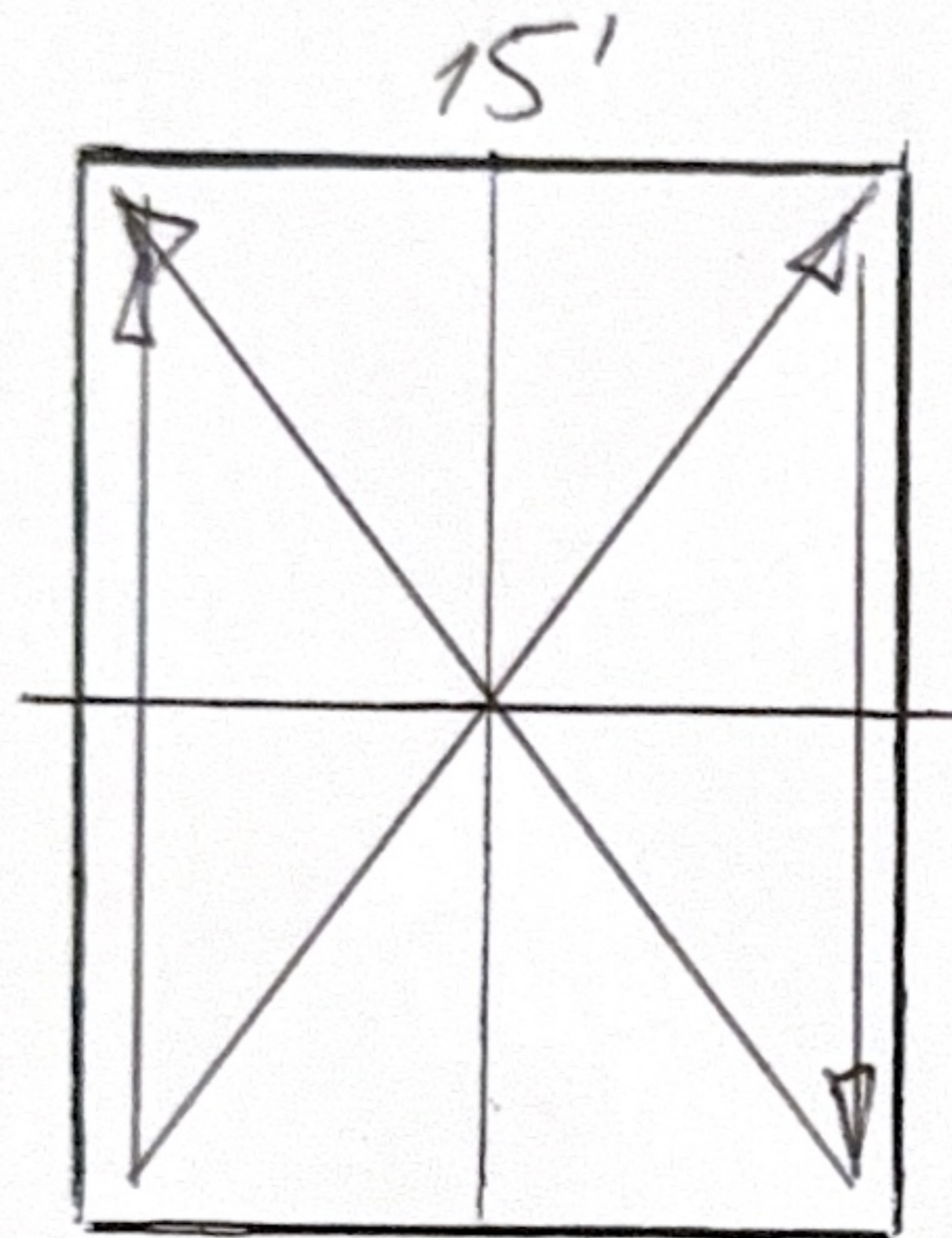
UP AND DOWN  
≈ 20'  
SERVICE ONLY LONG

20.04.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

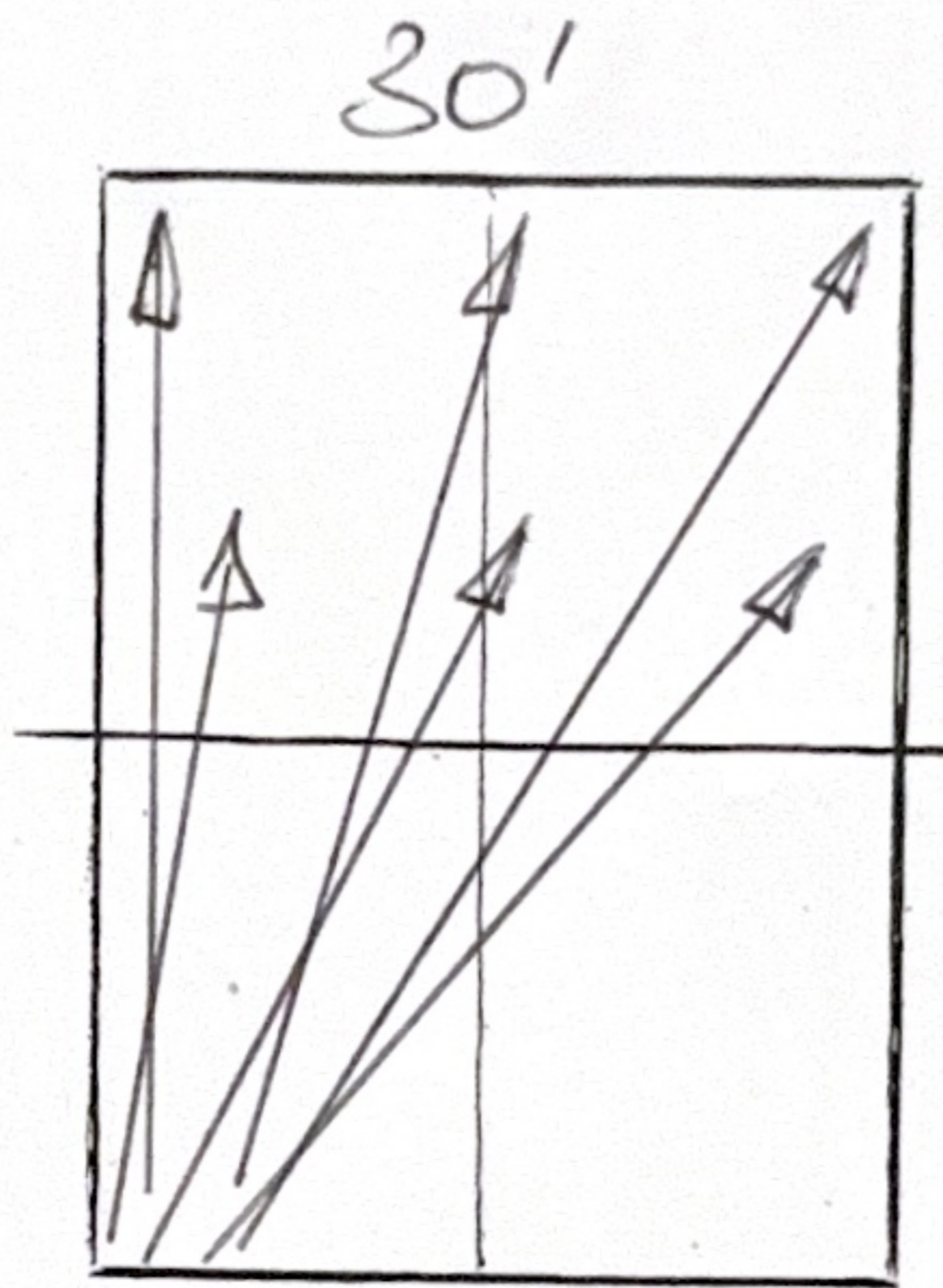
1. MULTIBALLS → TECHNIQUE, STABILITY, TECHNIQUE

RECOVERY 2. SERVICE PRACTICE

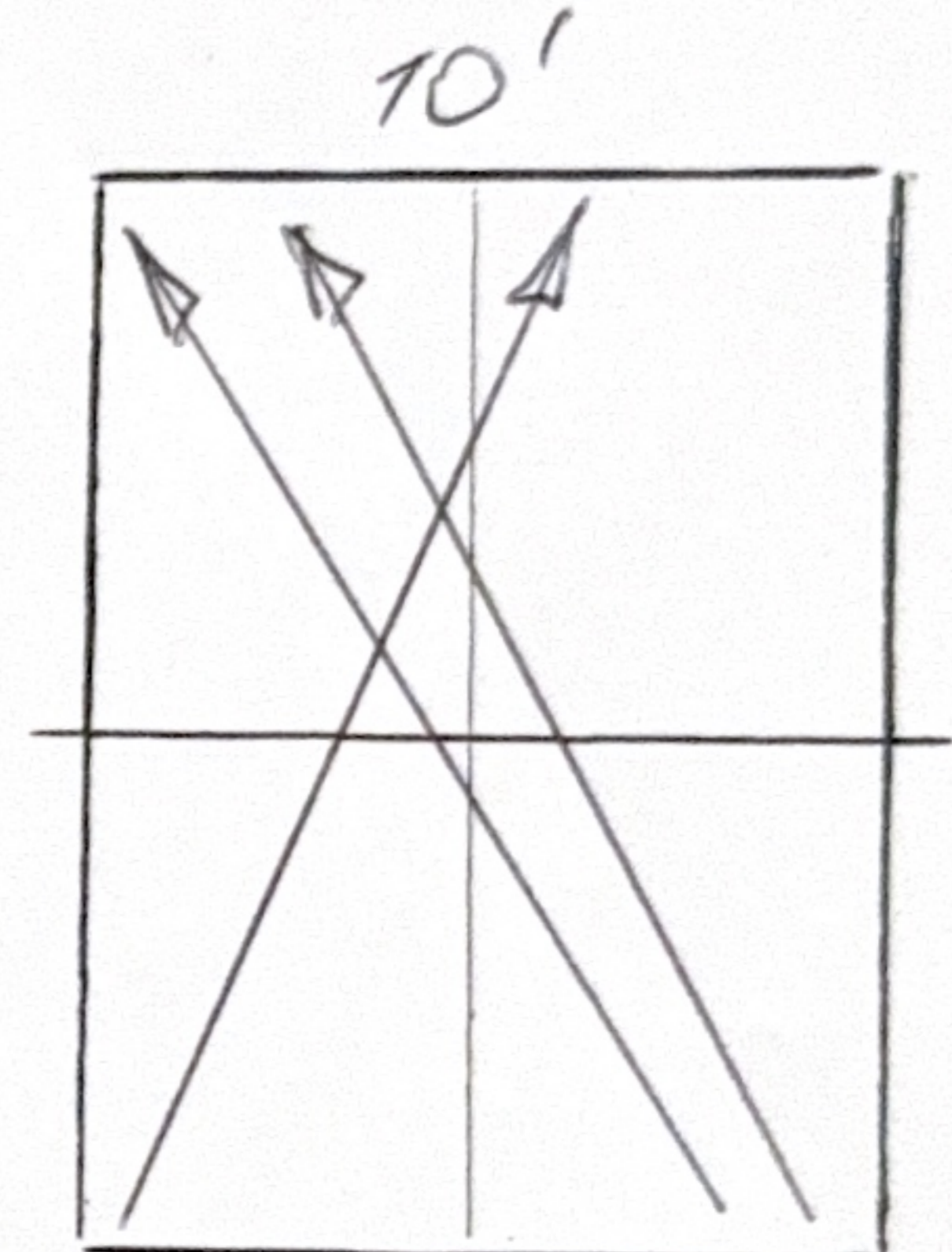
WARMING-UP → THERABANDS PHYSICAL - SKIPPING



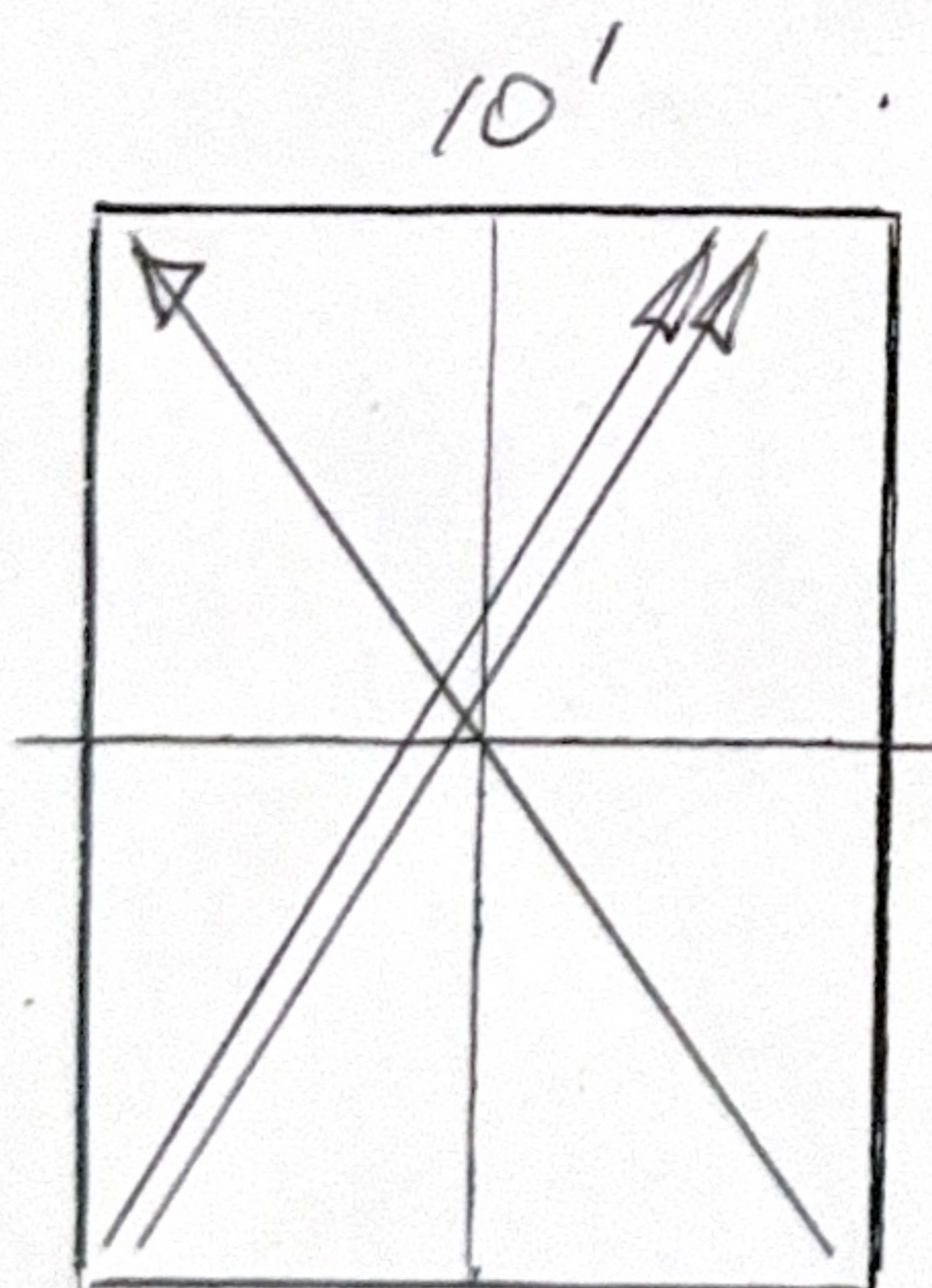
BH DOWN FH  
5' THE LINE 5'  
5'



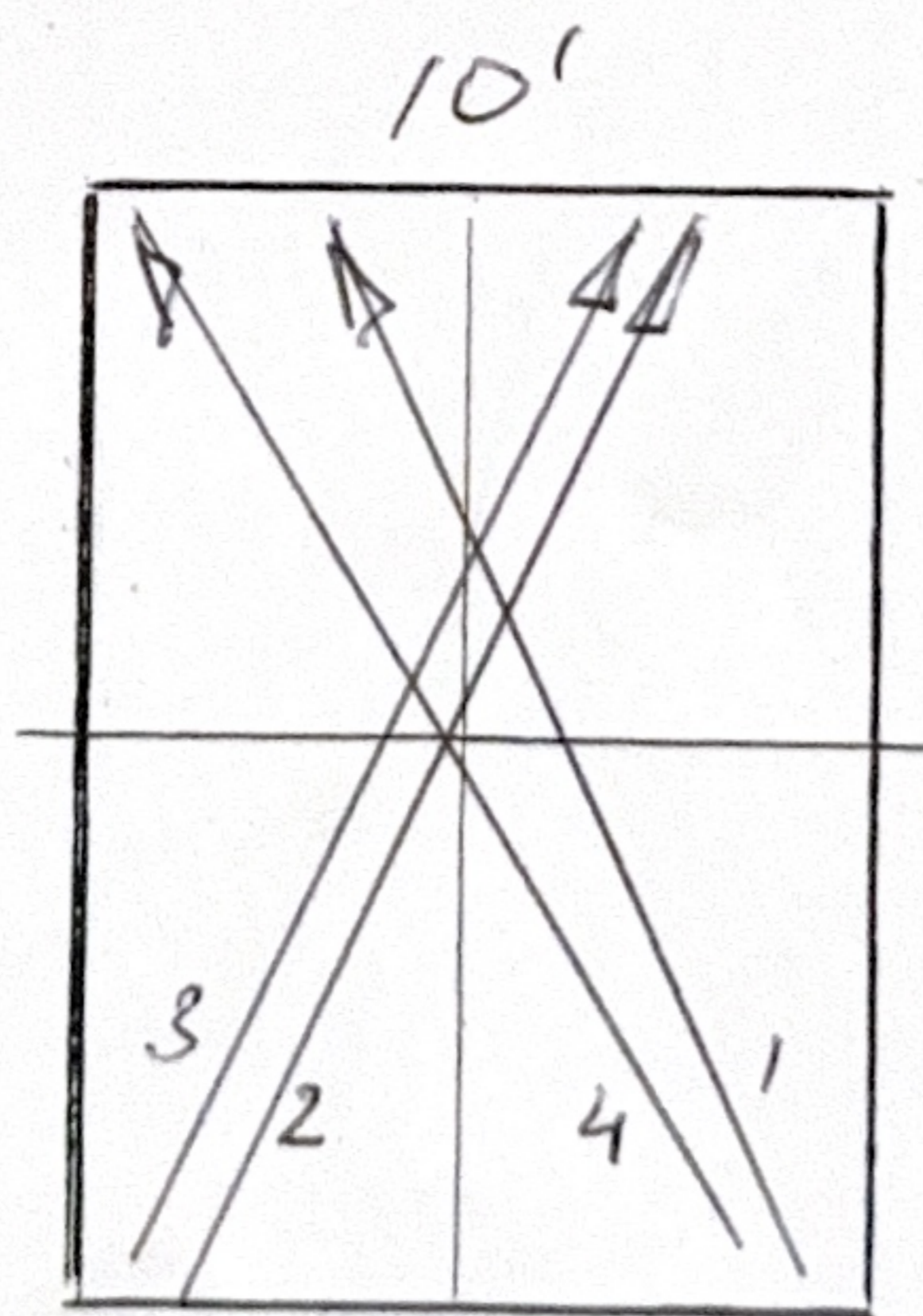
SERVICE  
SHORT - 15'  
LONG - 15'



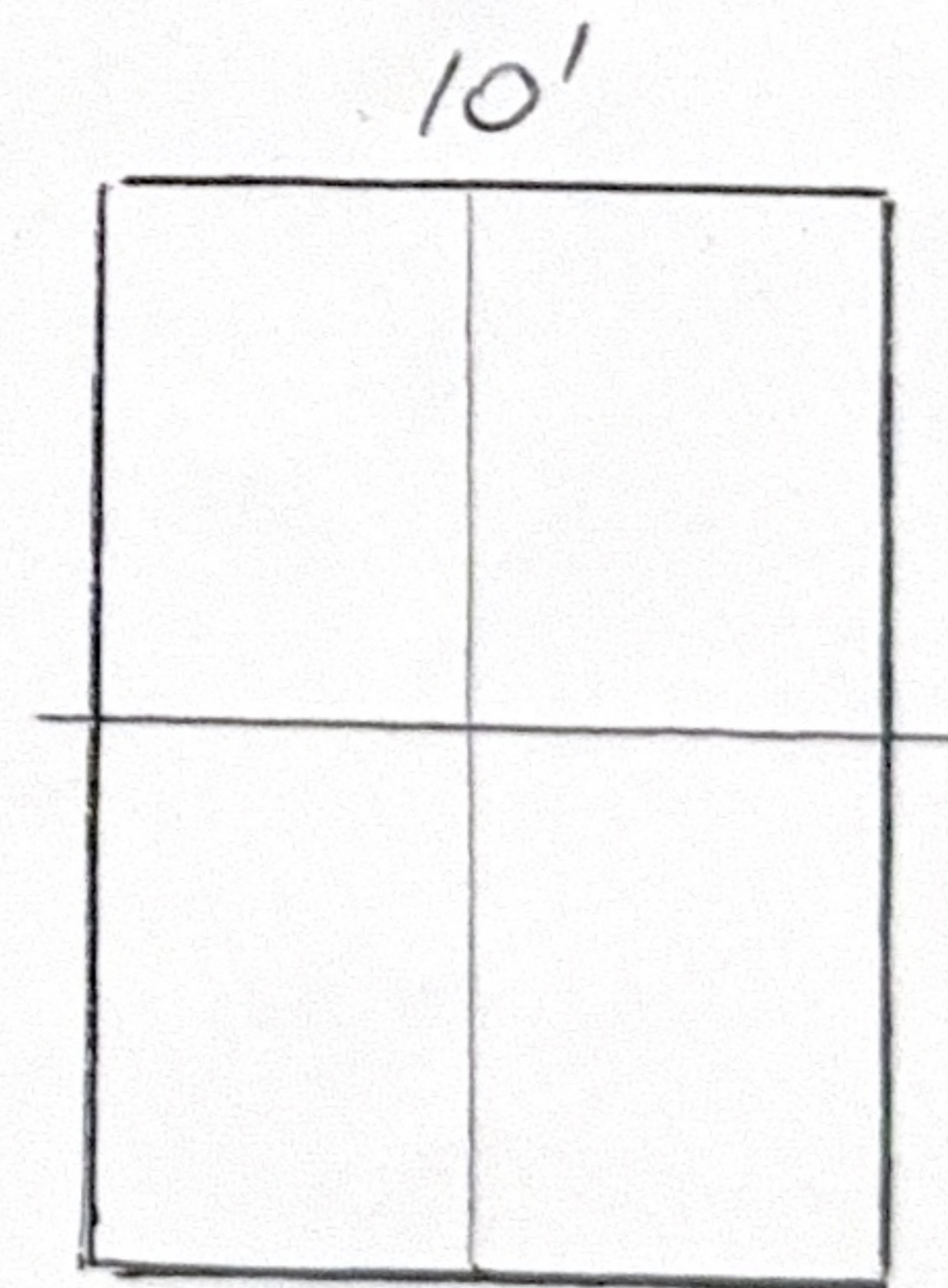
BH 3  
FHS  
1 VS BIS  
2 VS FIS



BHS  
1 VS BIS  
2 VS FIS  
FHS  
3



BH  
2 VS FIS  
3 VS BIS  
FHS  
1 VS BIS  
4 VS FIS



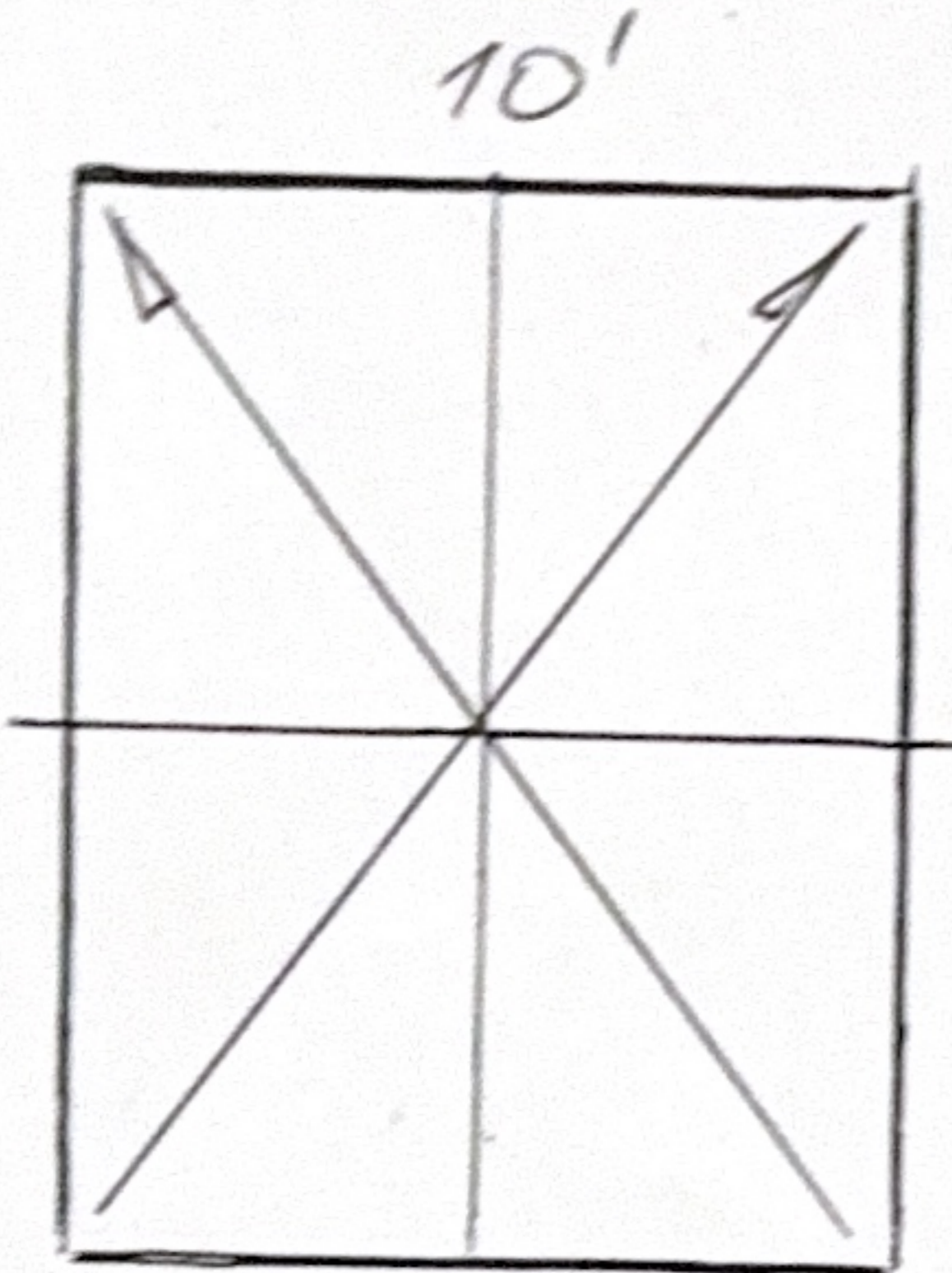
INDIVIDUAL

21.04.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

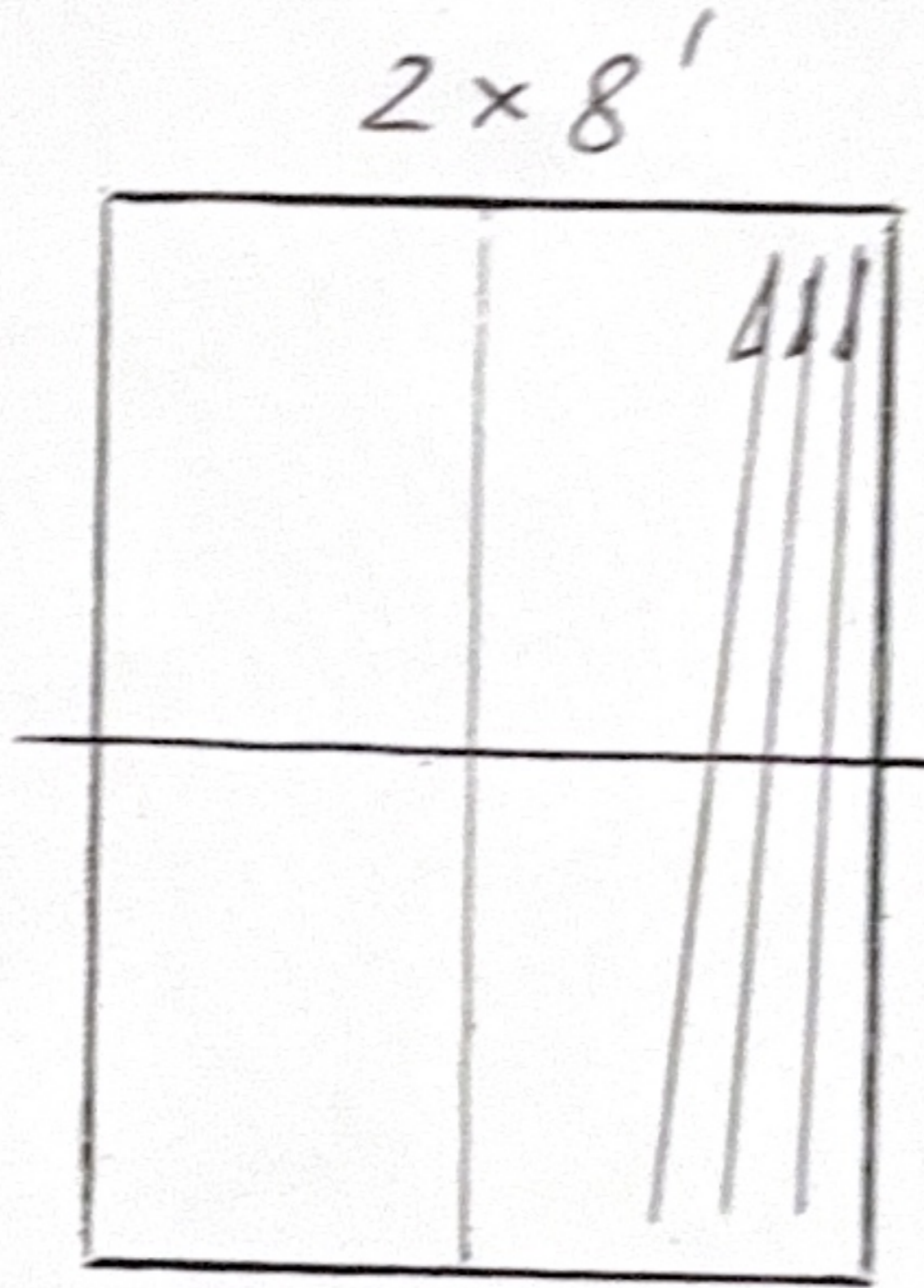
1. TECHNIQUE 2. PLACEMENT 3. POWER

PHYSICAL: BEFORE TRAINING ON TABLE: EXPLOSIVE POWER

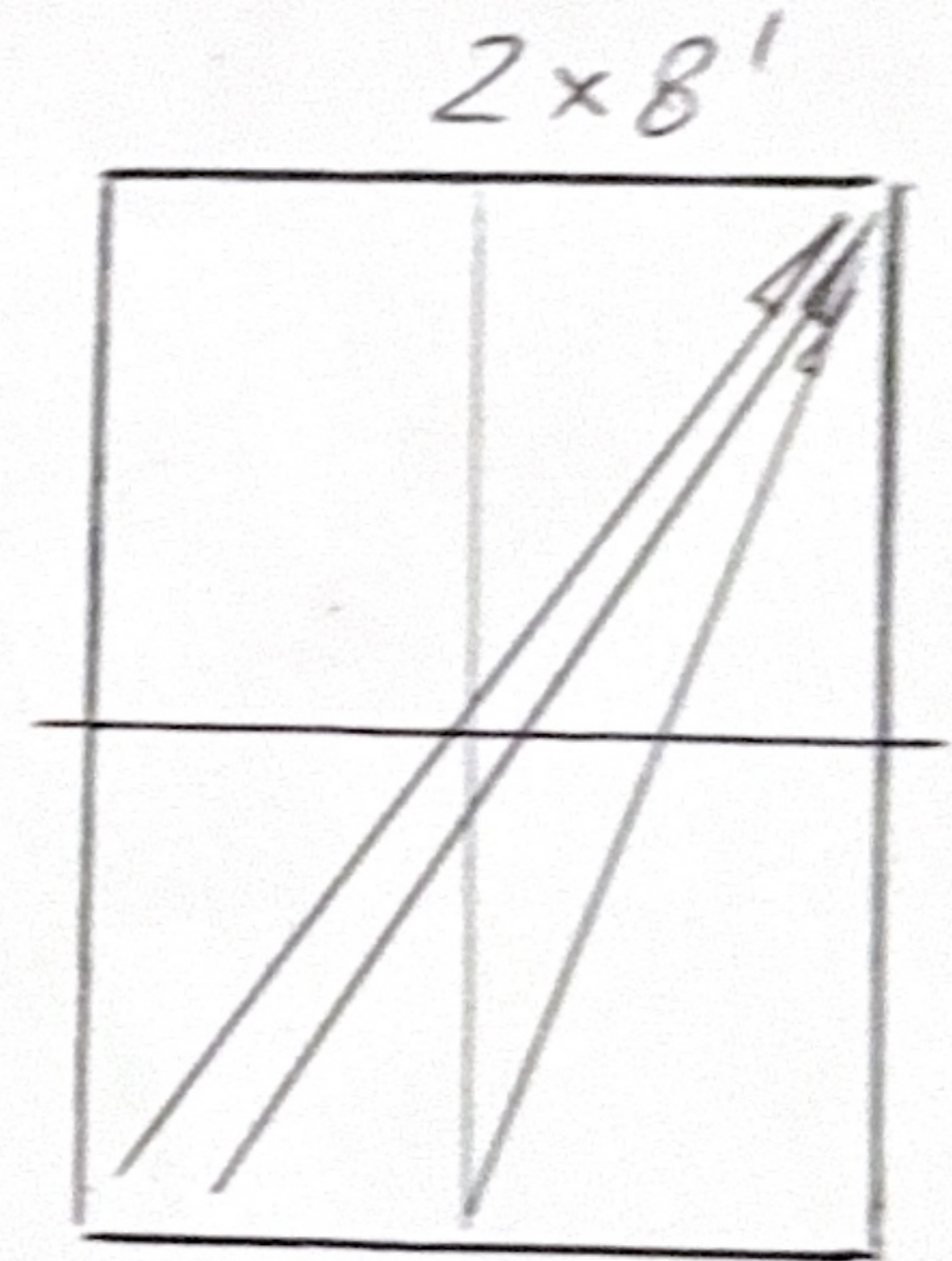
6 x 30" x 30" WARMING-UP → THERABANDS



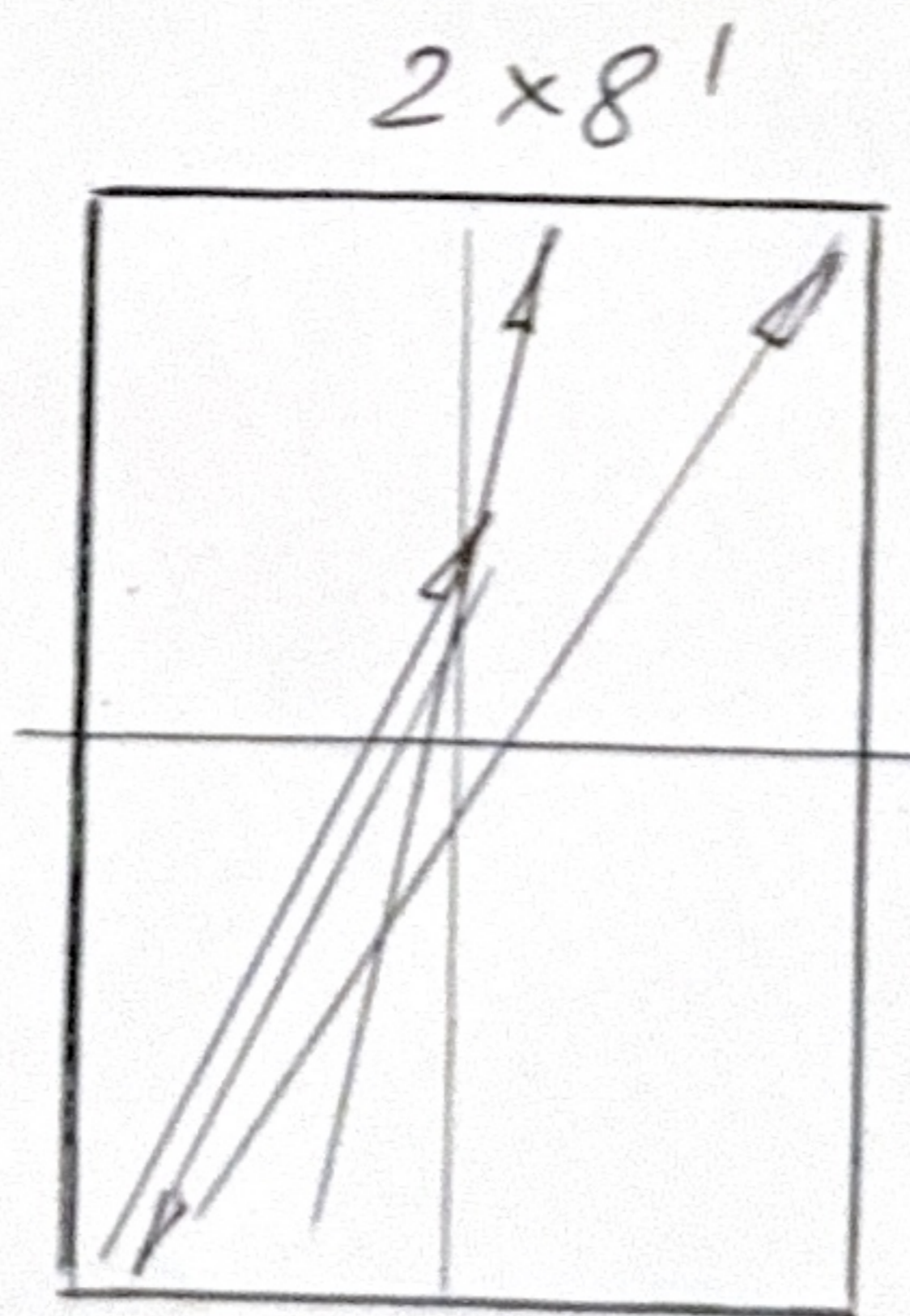
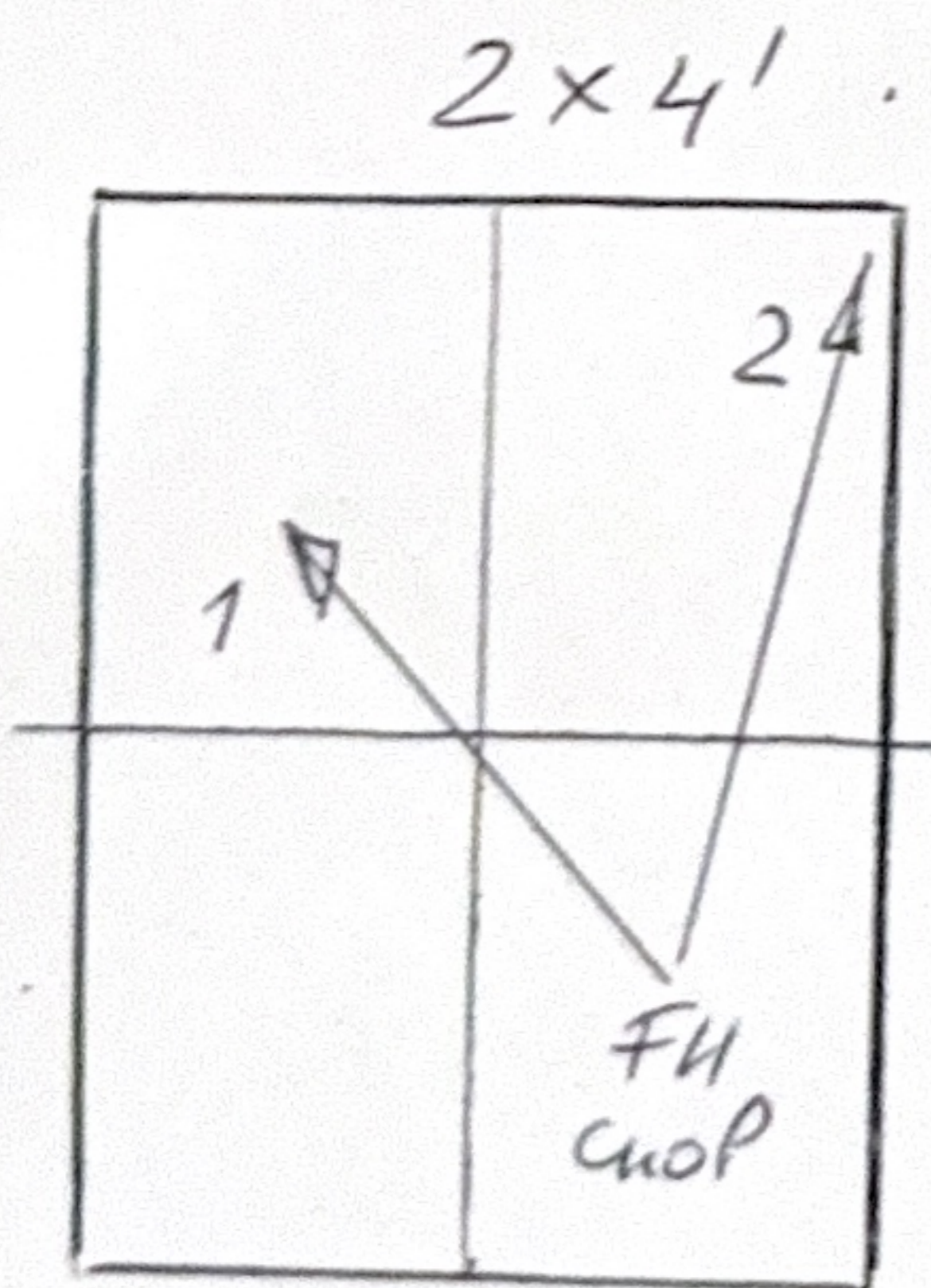
BH 5'  
FH 5'



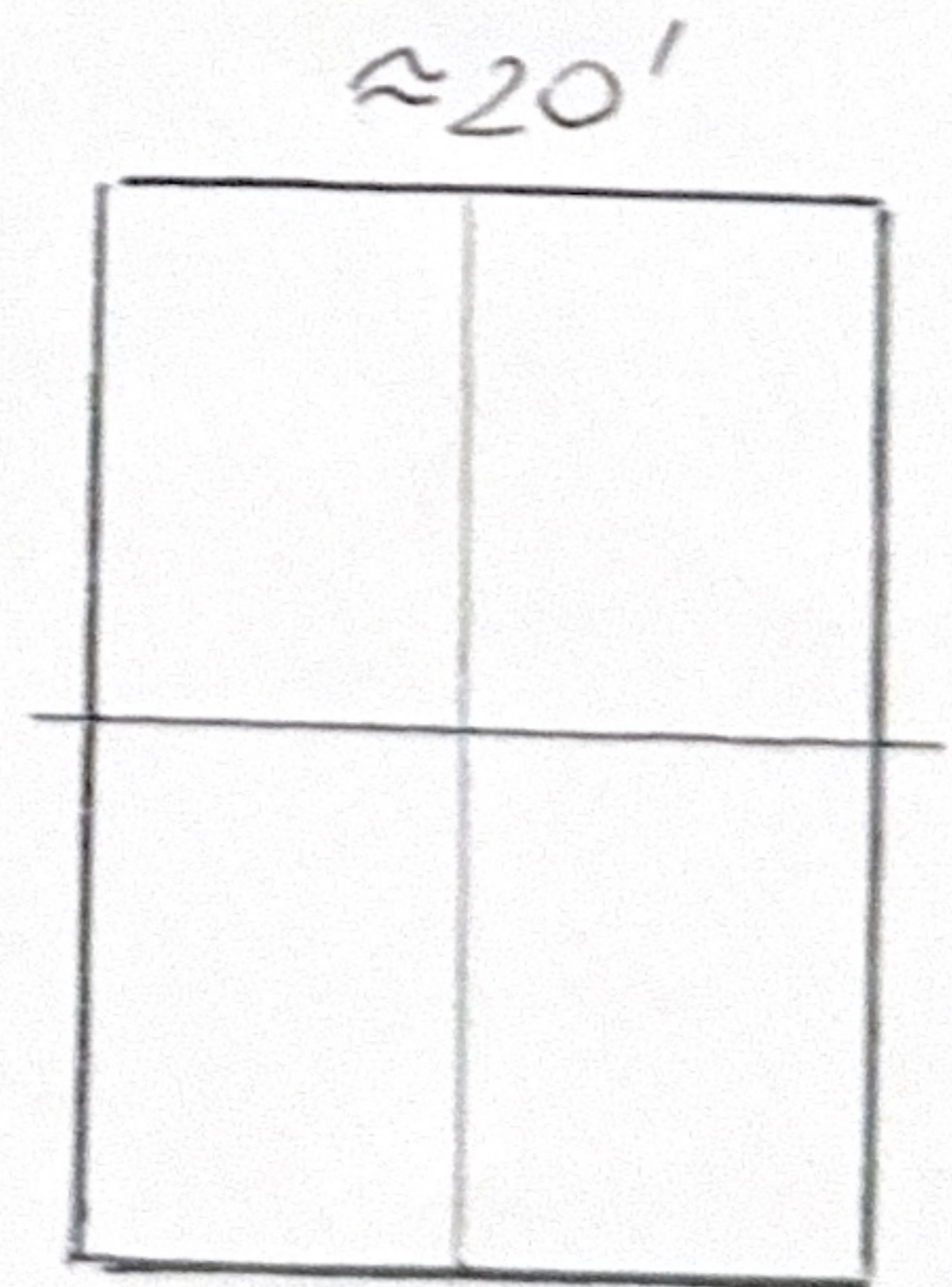
FROM 1/2 FHS  
TABLE 1,2  
FH 3-POWER



BH 1,2  
FHS 3  
2-POWER



SERV. FHS 2-POWER  
BH/FH 1



UP AND DOWN  
WIN YOUR SERVE