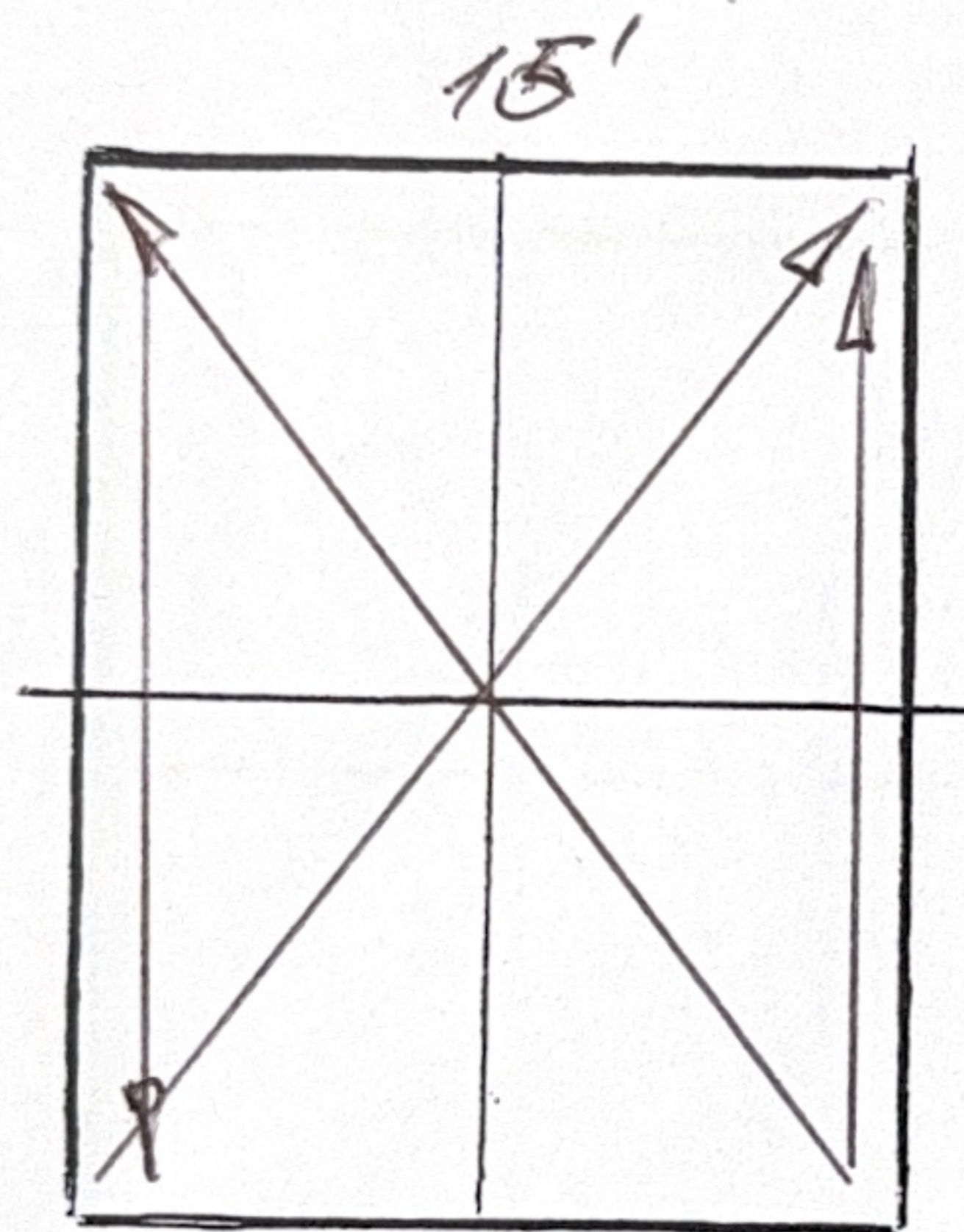


26.04.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

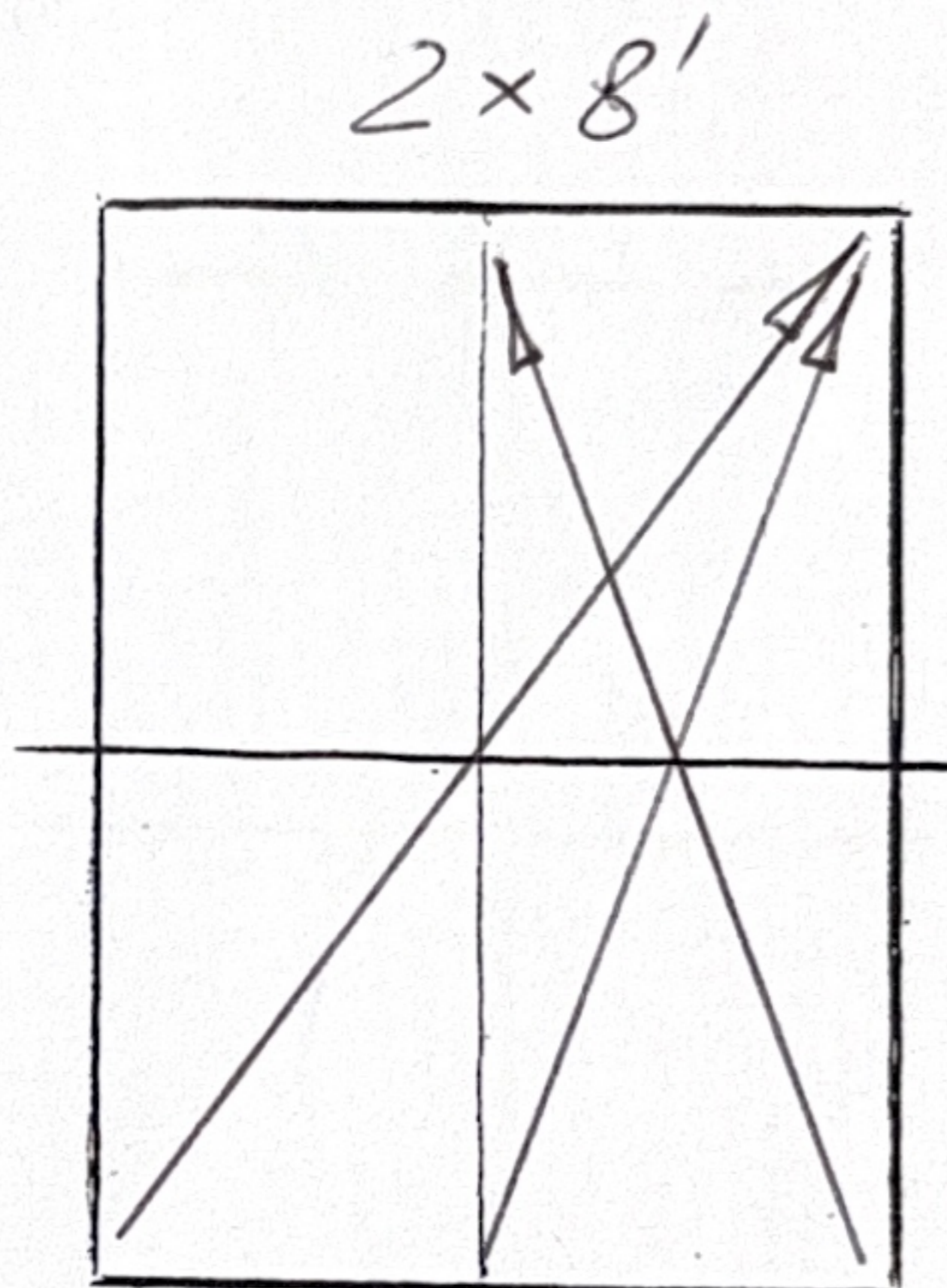
1. PLACEMENT 2. SPEED OF ATTACKING STROKES

3. 3rd BALL ATTACK (FAST LONG SERVE)

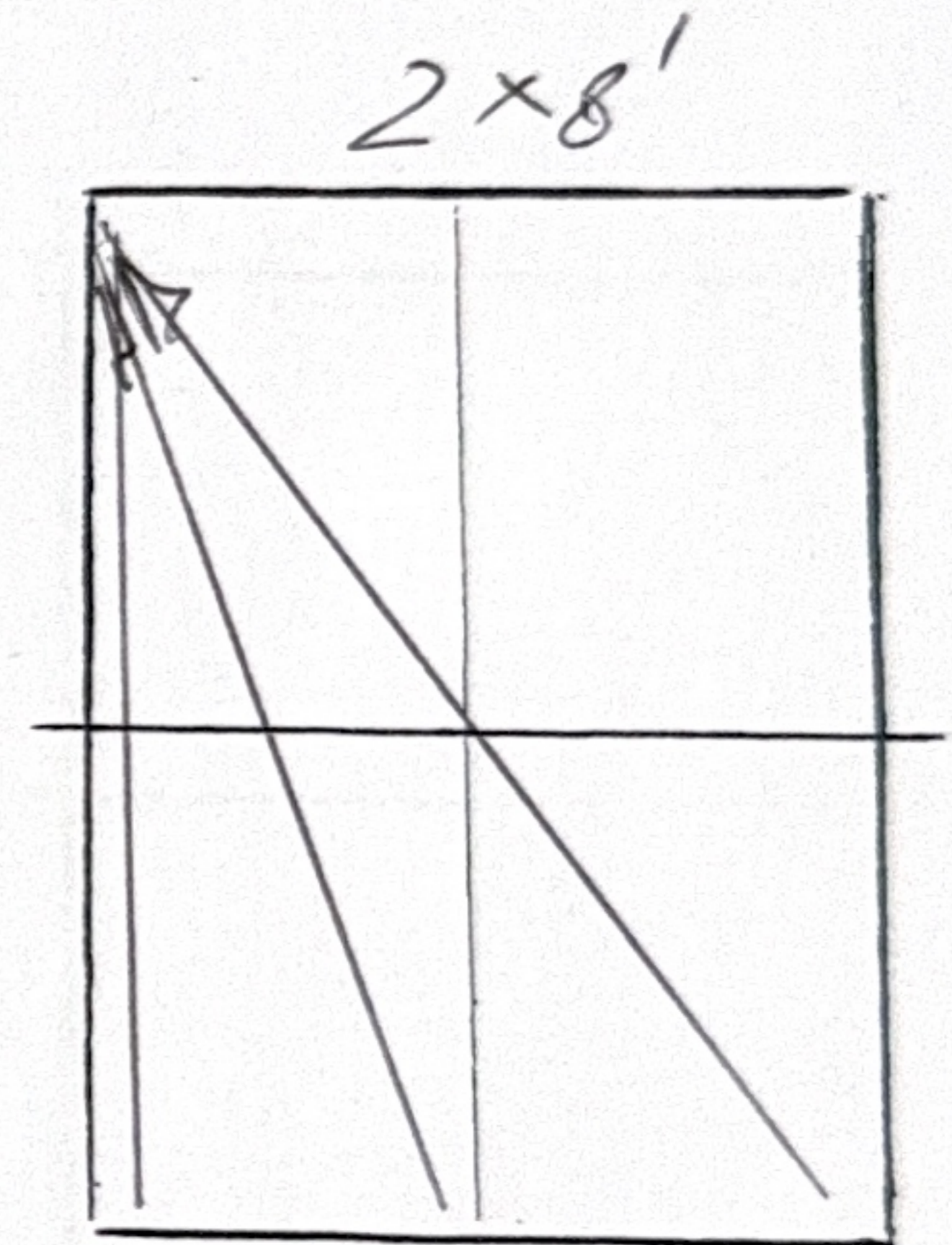
FOOTWORK FOR WARMING UP 5x20"x20"



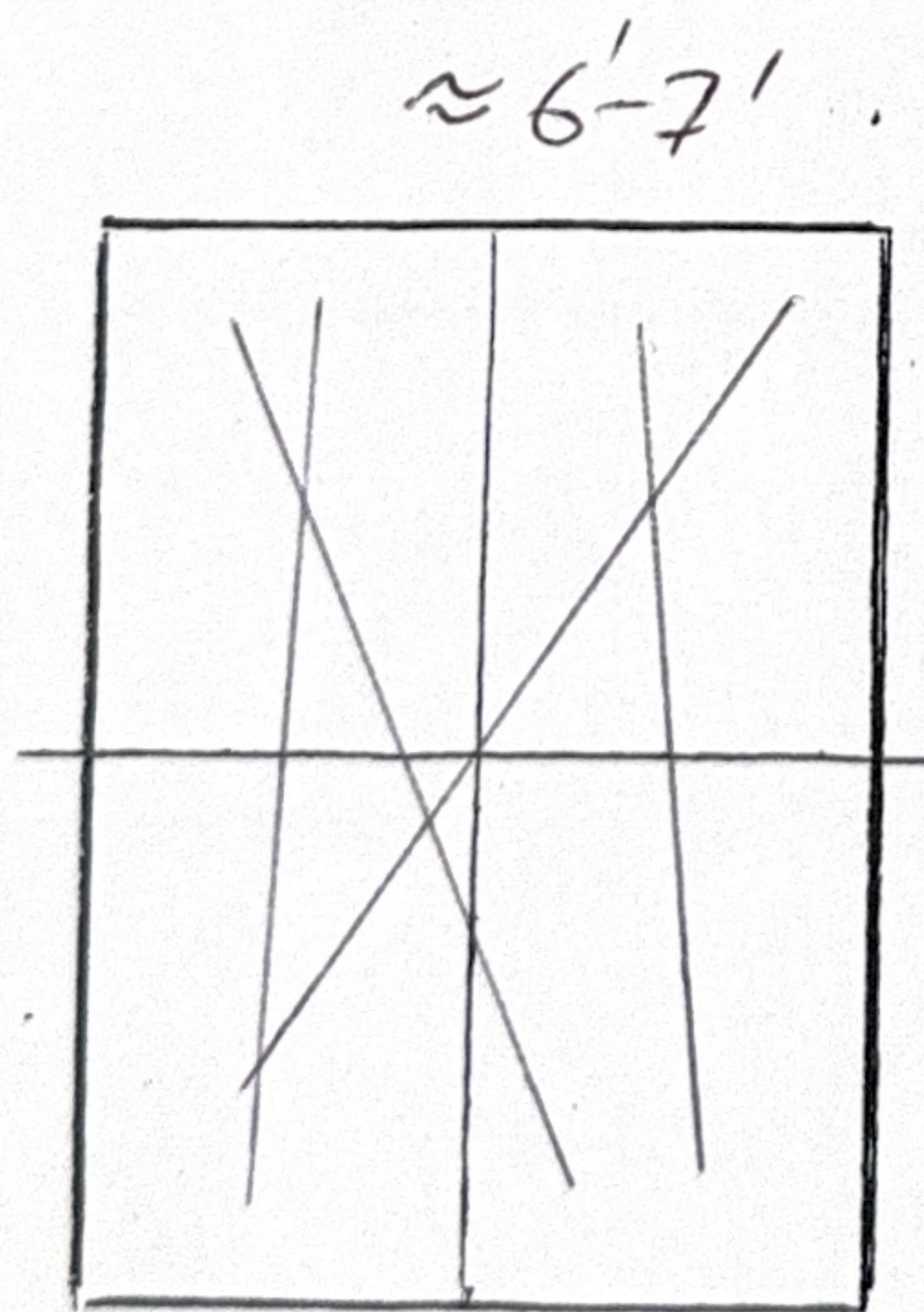
BH DOWN THE FH
5' LINES 5'



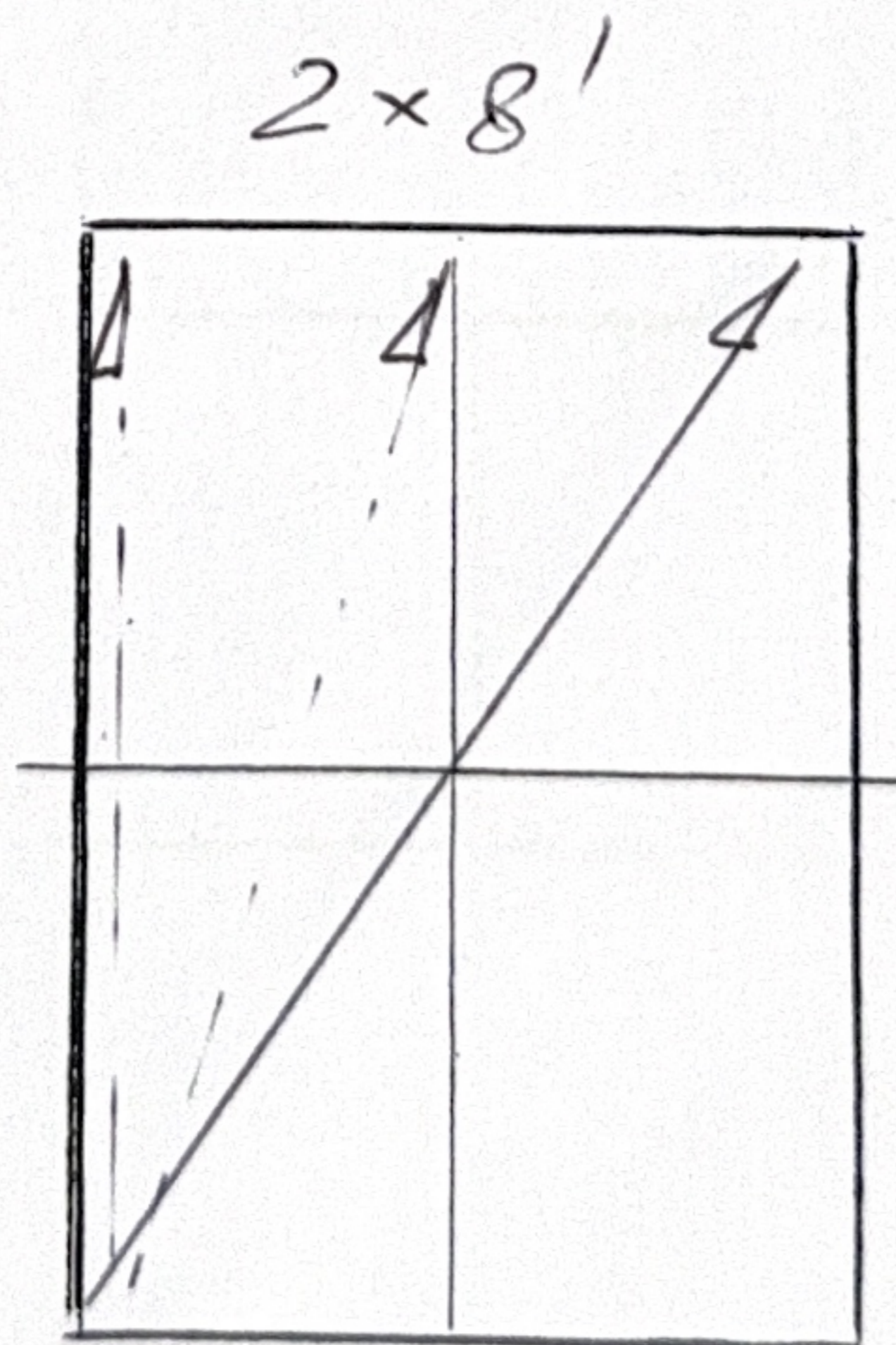
BH FHS FHS
1 2 3



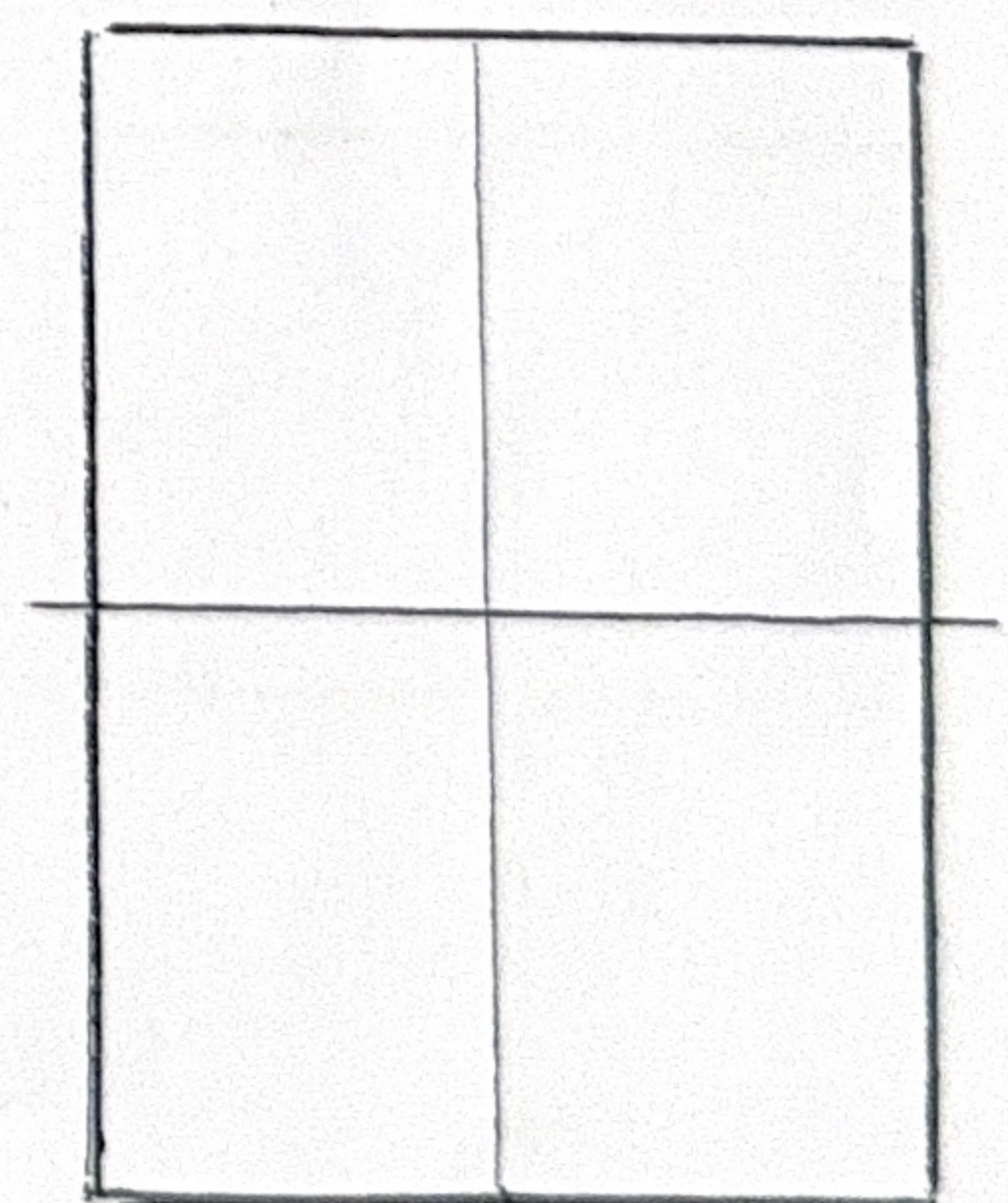
BH FHS FHS
3 2 1



ONE SER
ALL TABLE
CHOP



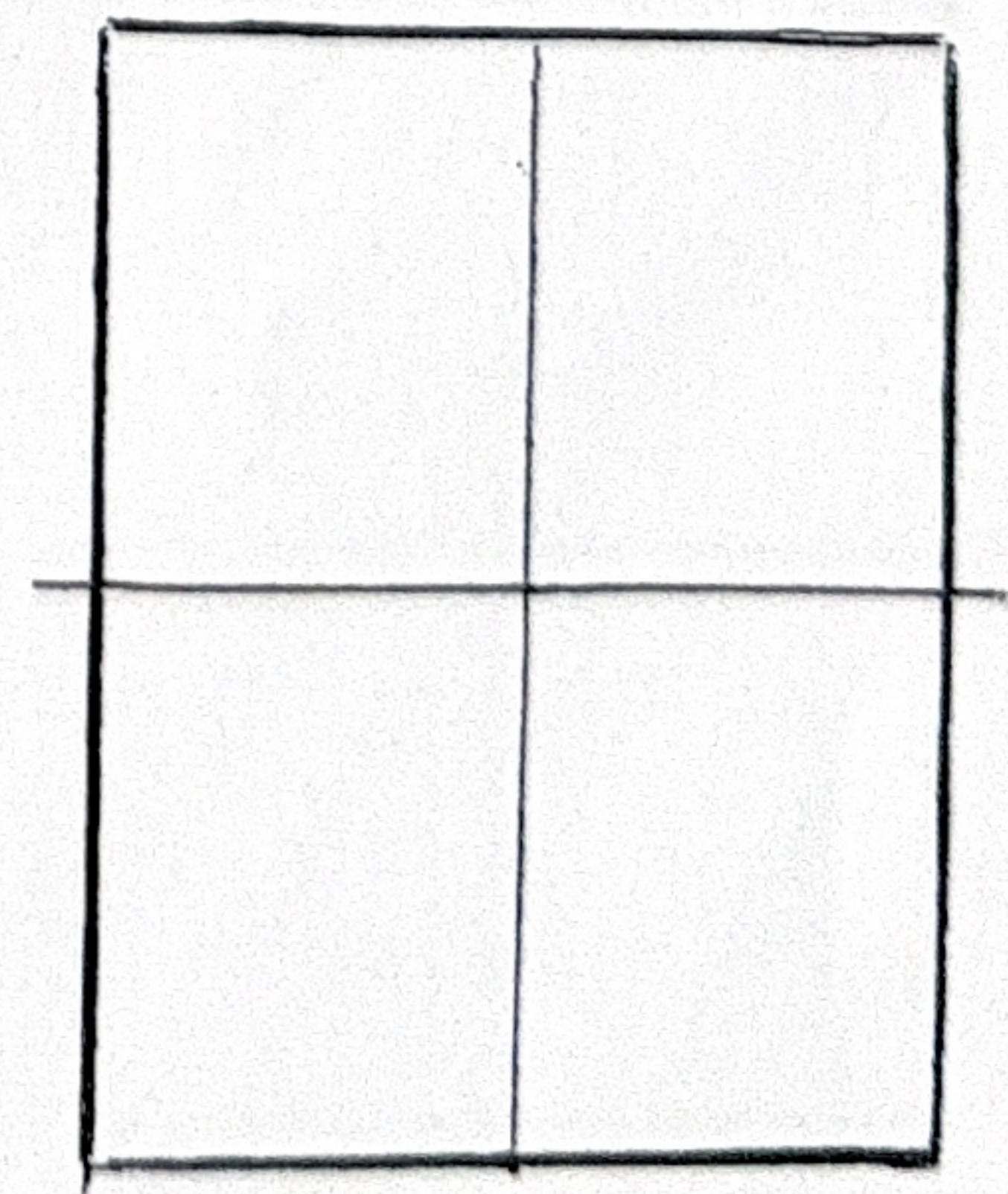
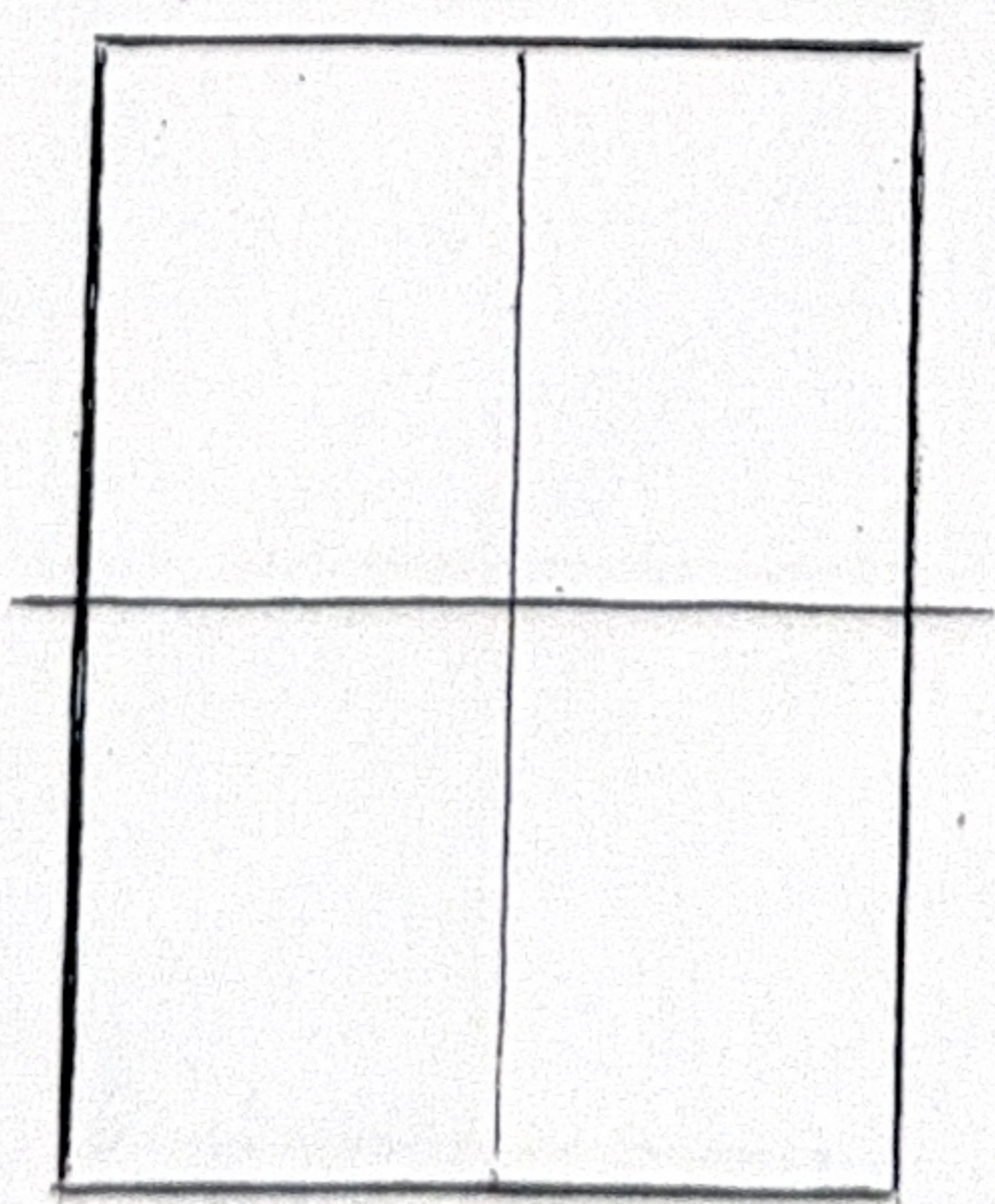
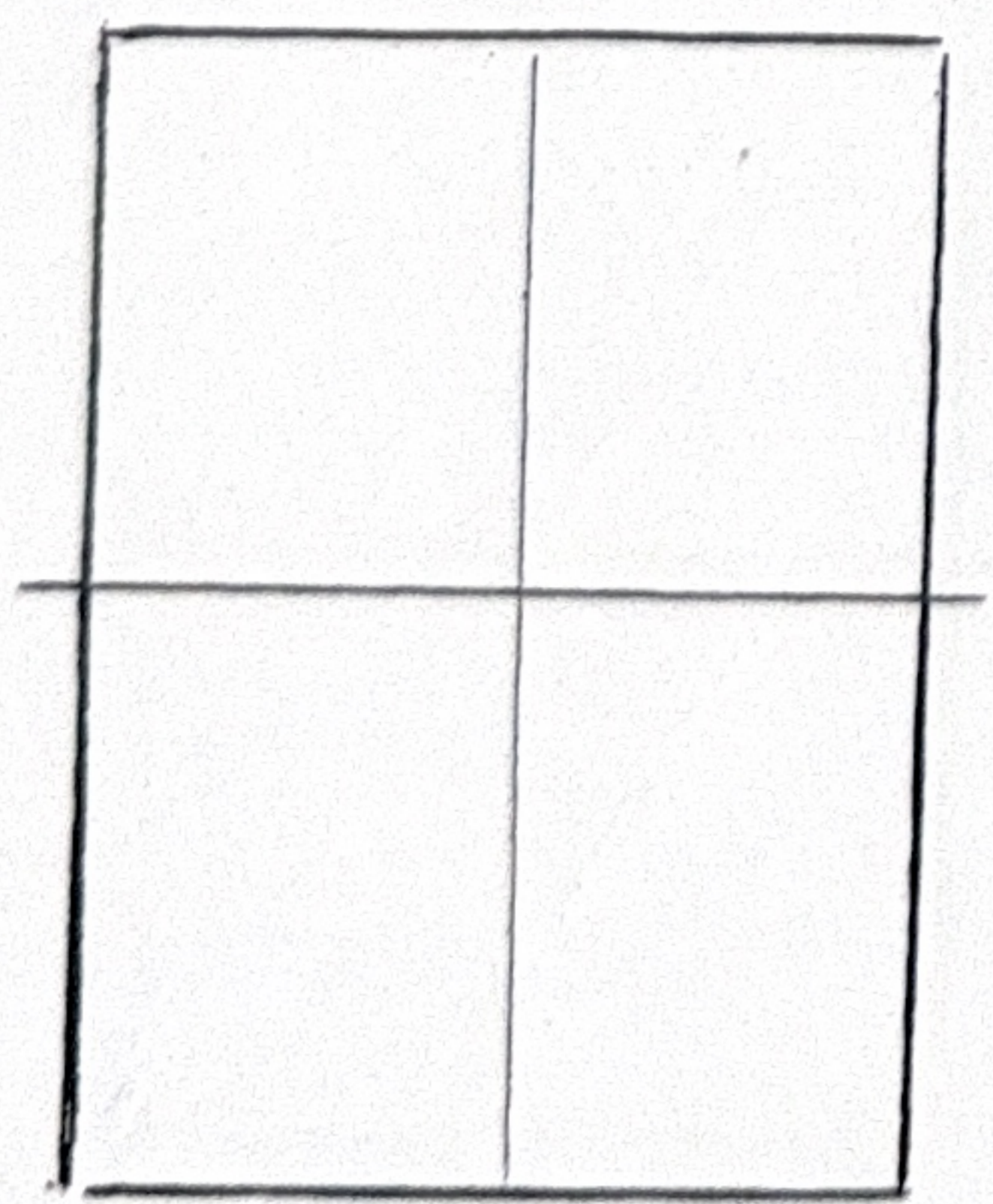
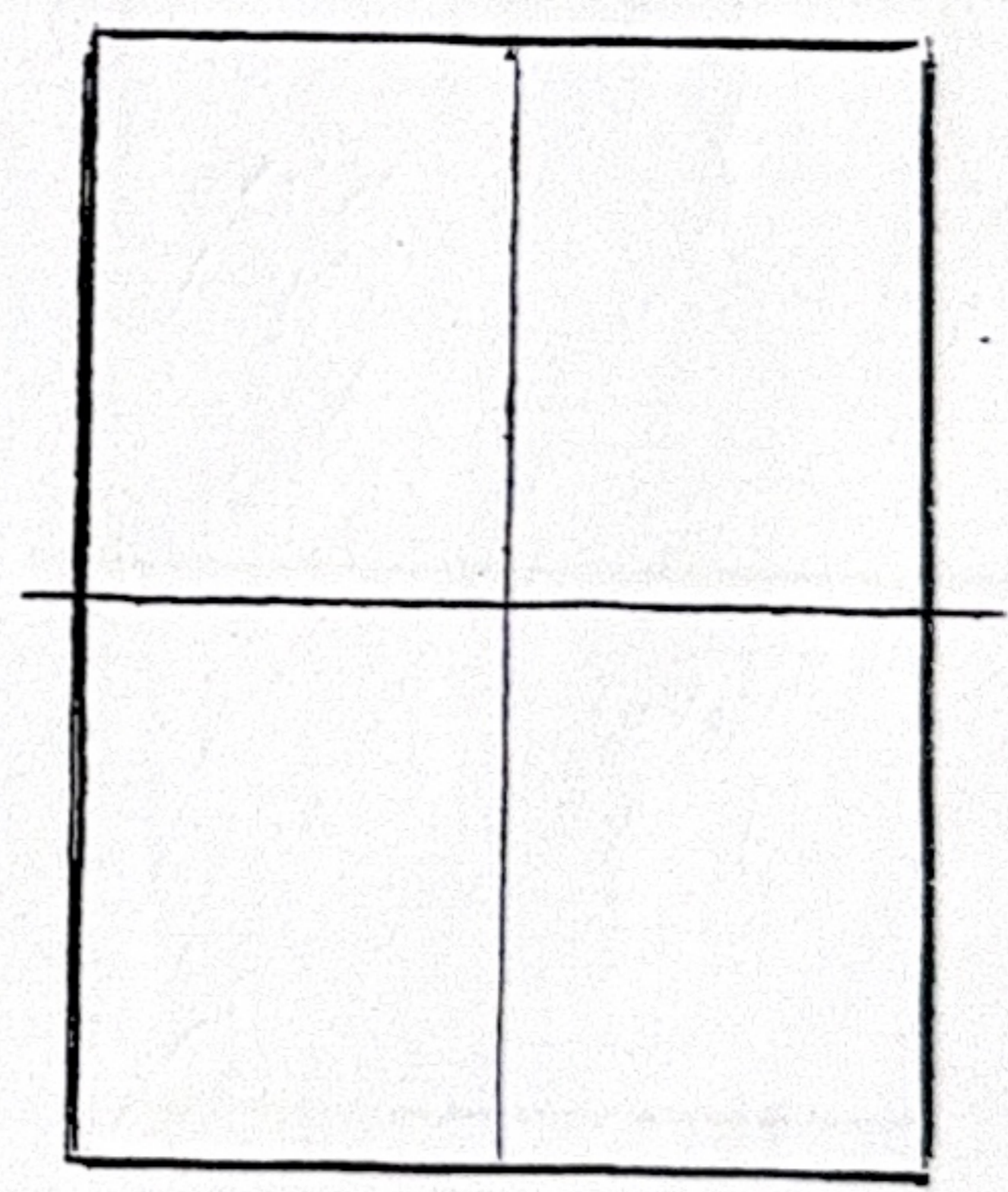
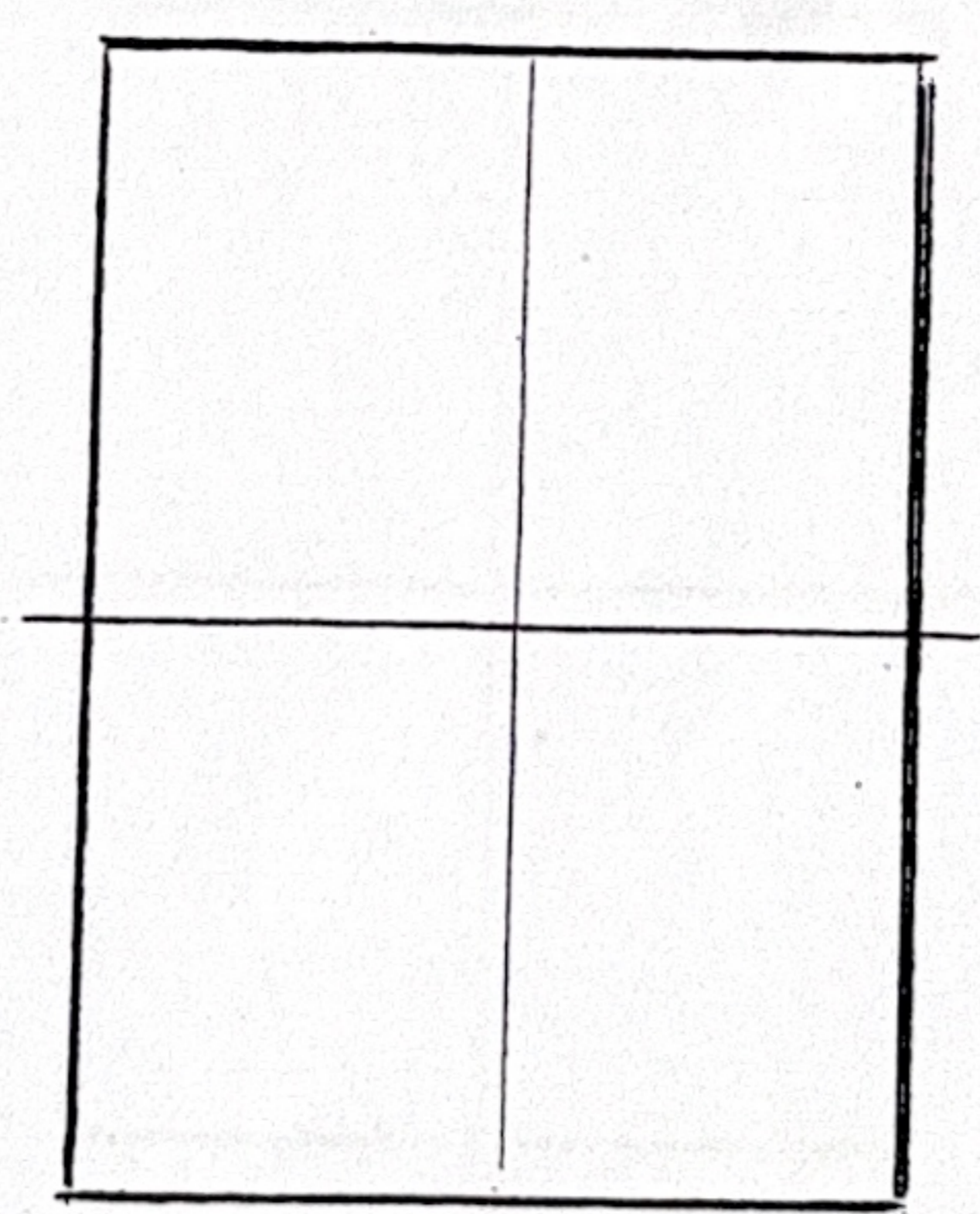
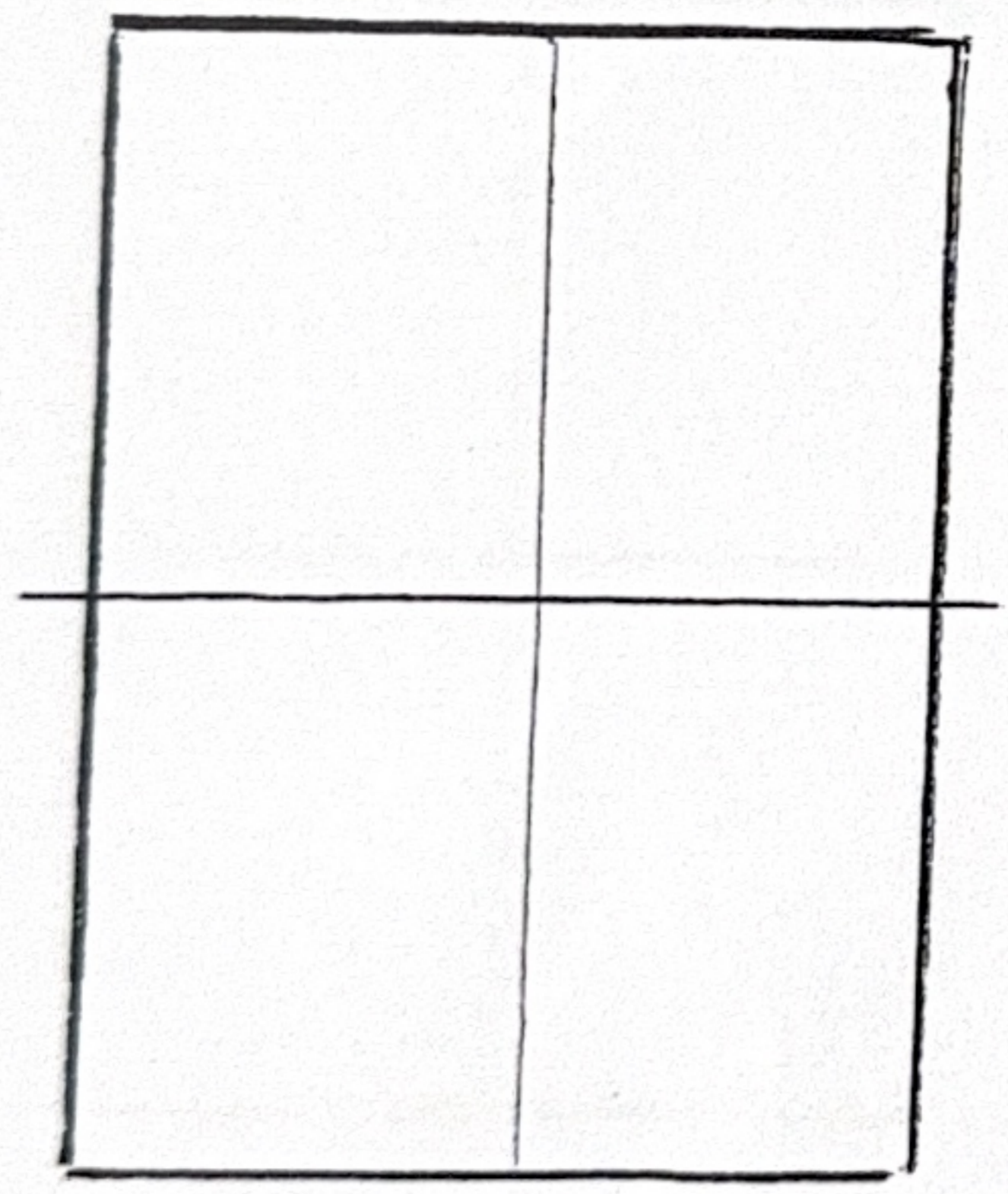
SERV. FAST LONG
+ POINT FREE



LIP AND DOWN
≈ 25'

29.04.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

QUALIFICATION TOURNAMENT 2



02.05.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

QUALIFICATION TOURNAMENT 2 (CONCLUDES)

