

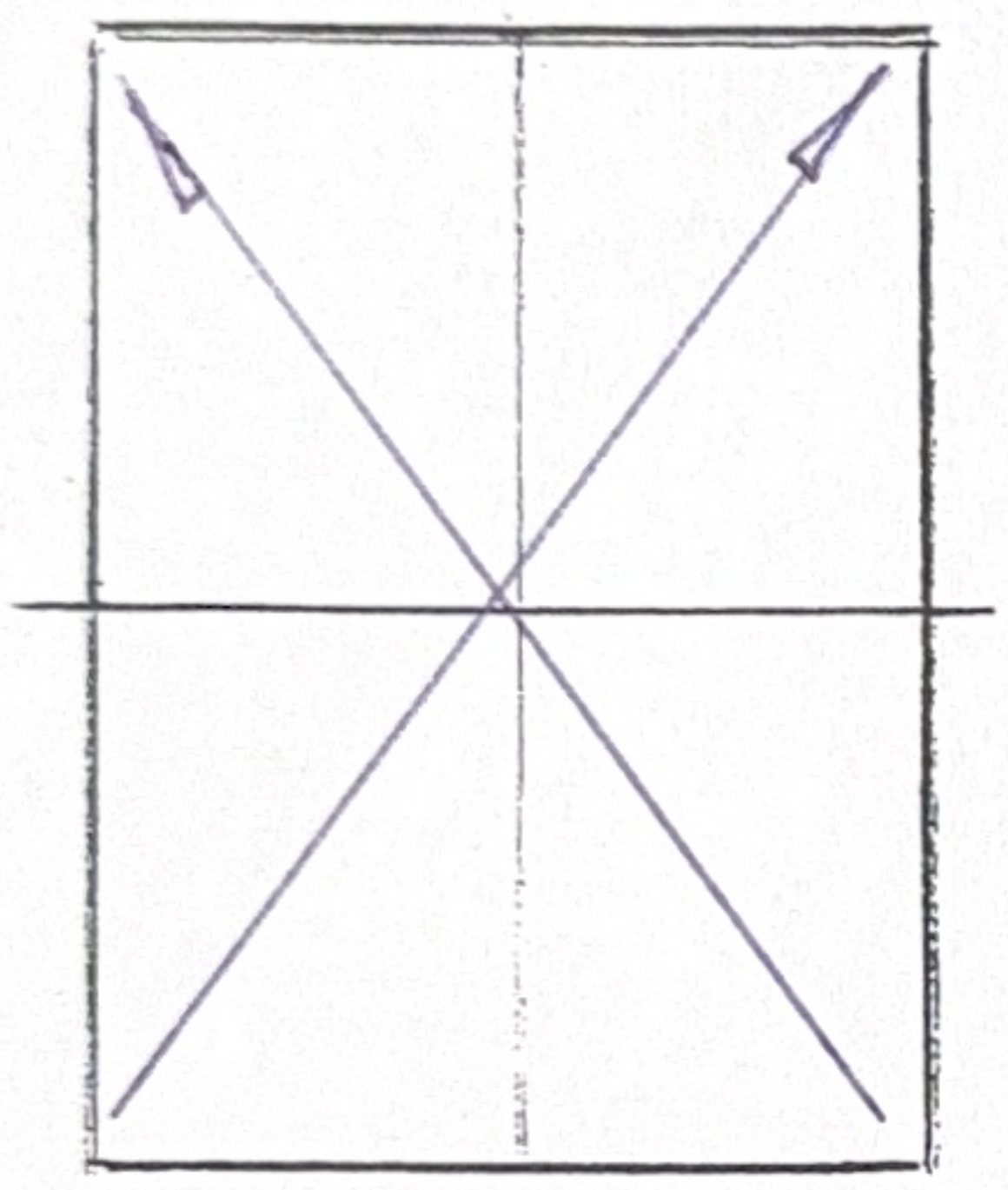
03.05.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK SIDE STEP

PIVOT, CROSSOVER WARMING-UP -> THERABANDS

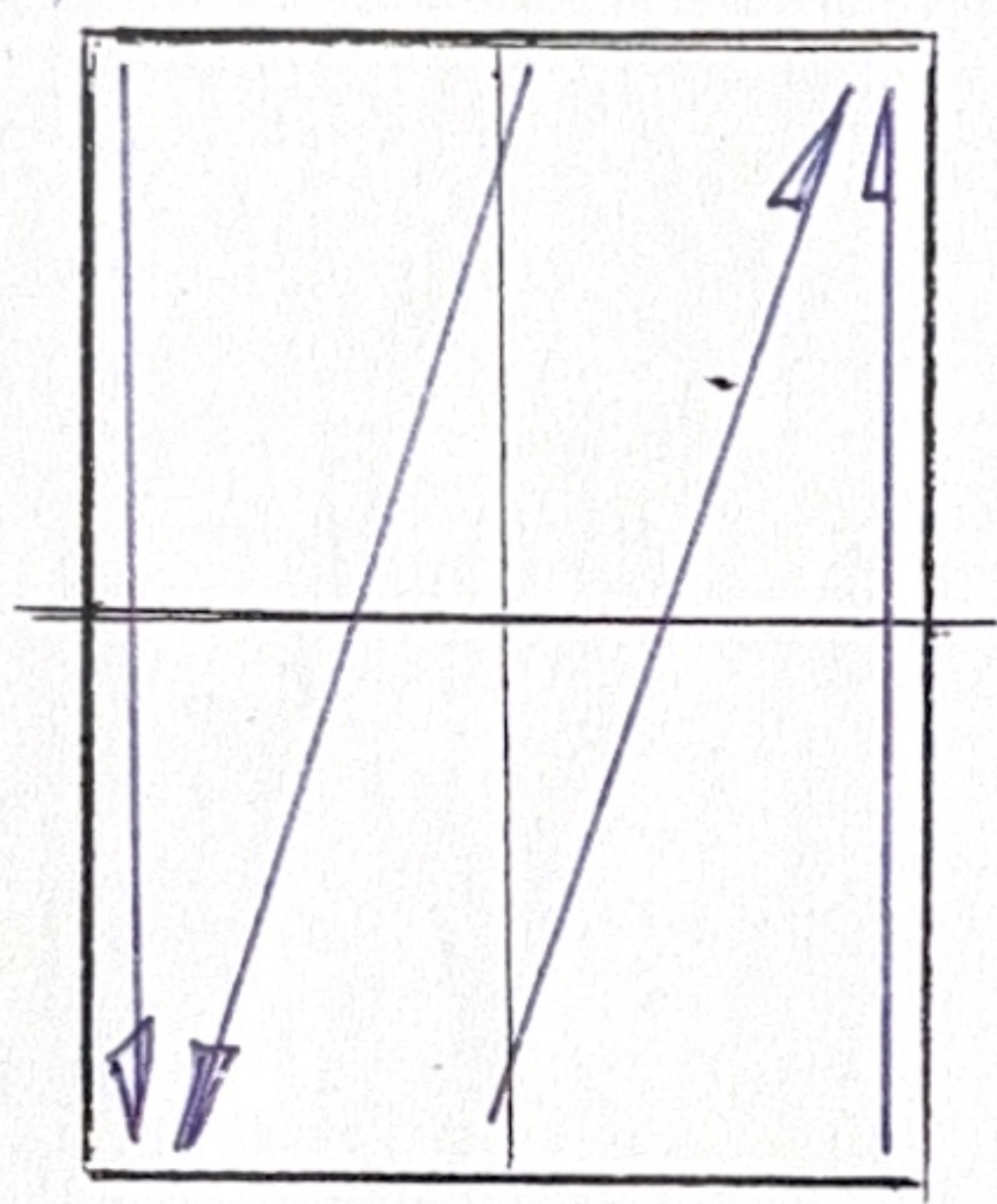
FOOTWORK WITH TURNS CLOSE TO TABLE 6x20"x20"

10'



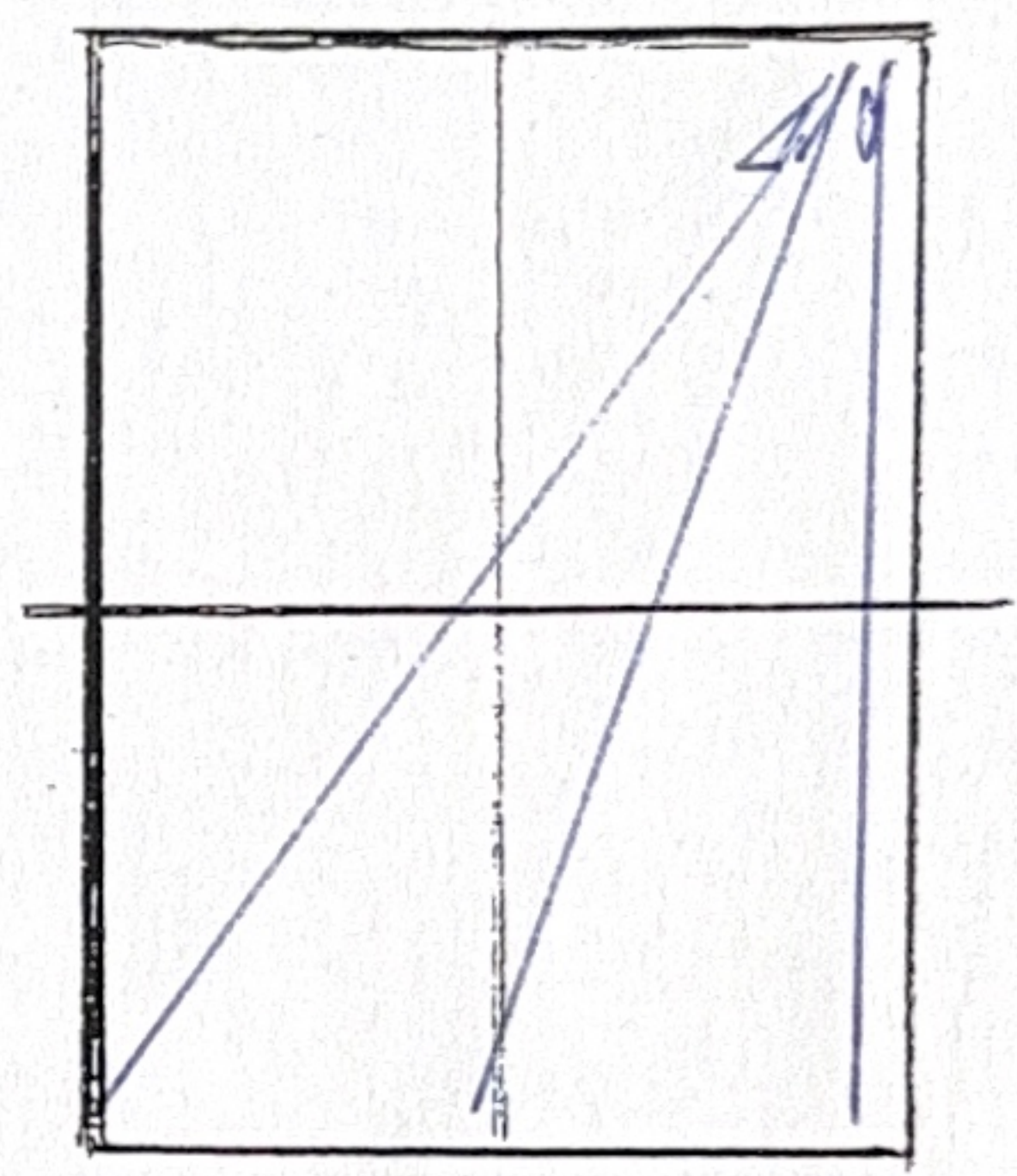
BH 5'  
FH 5'

5,7 FUS  
6,8 FUS



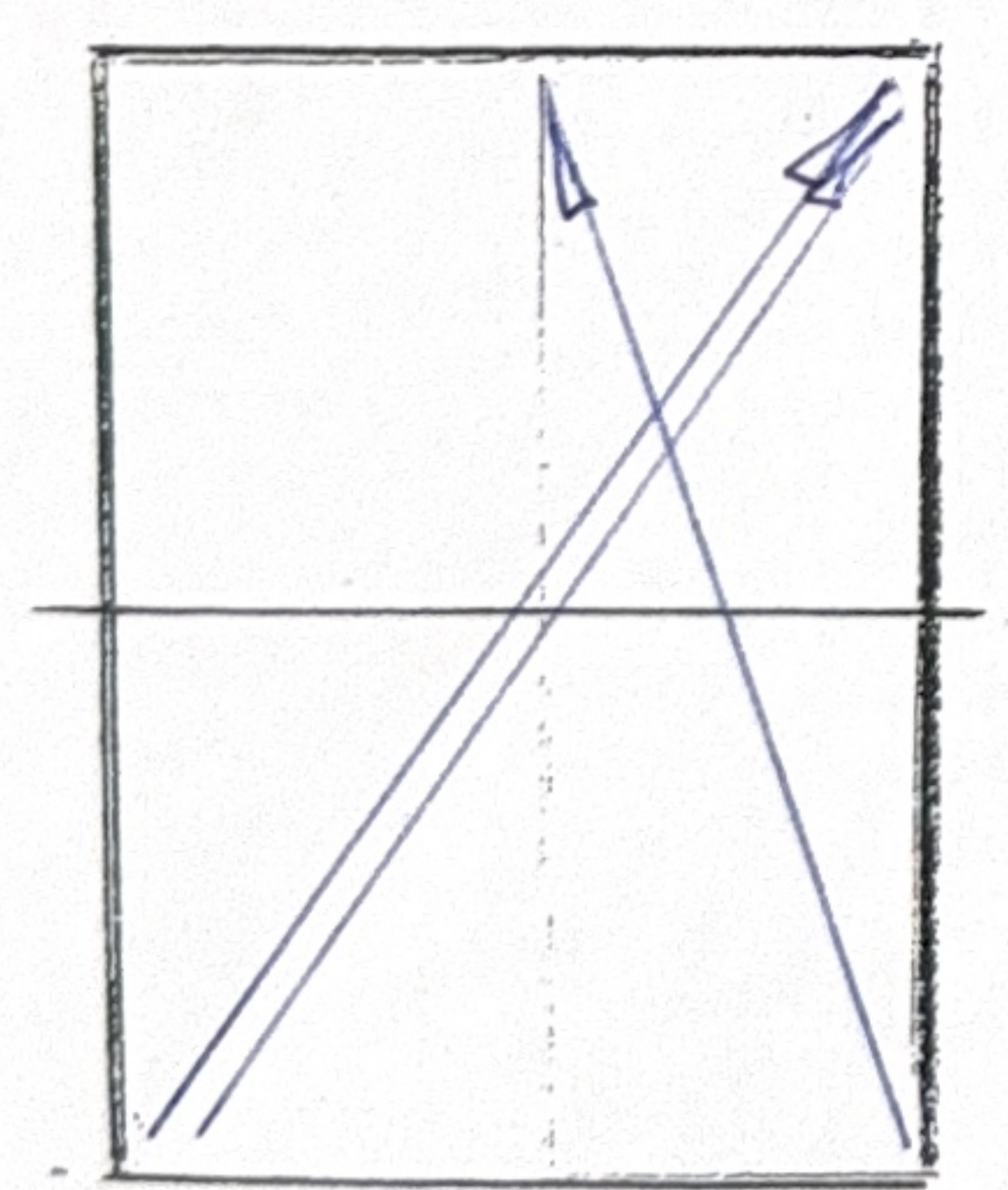
FUS 2,4  
FUS 1,3  
12' - TOGETHER

2x8'



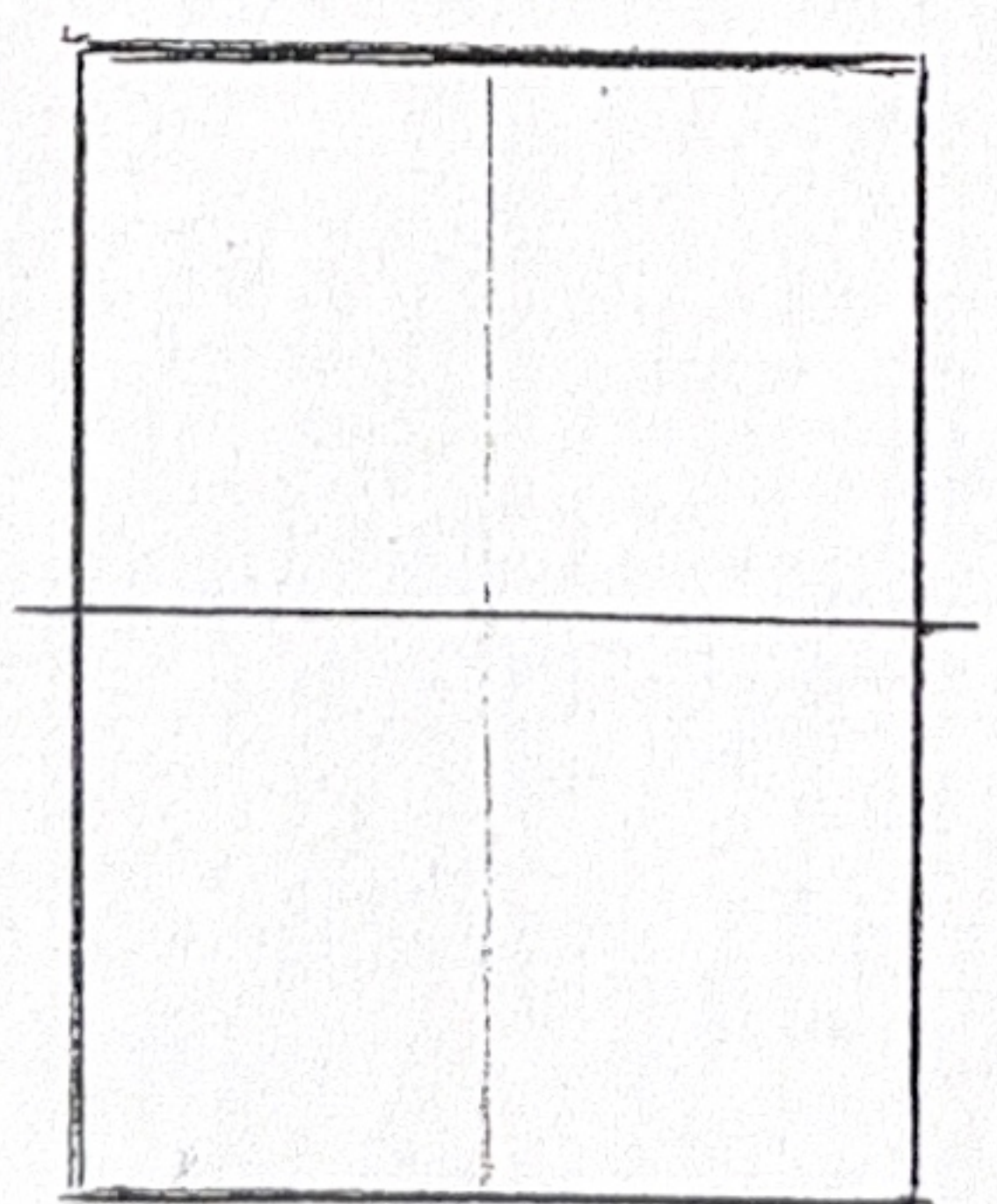
FUS 3  
FUS 2  
FUS 1

2x8'



BH1  
FUS2  
FUS 3

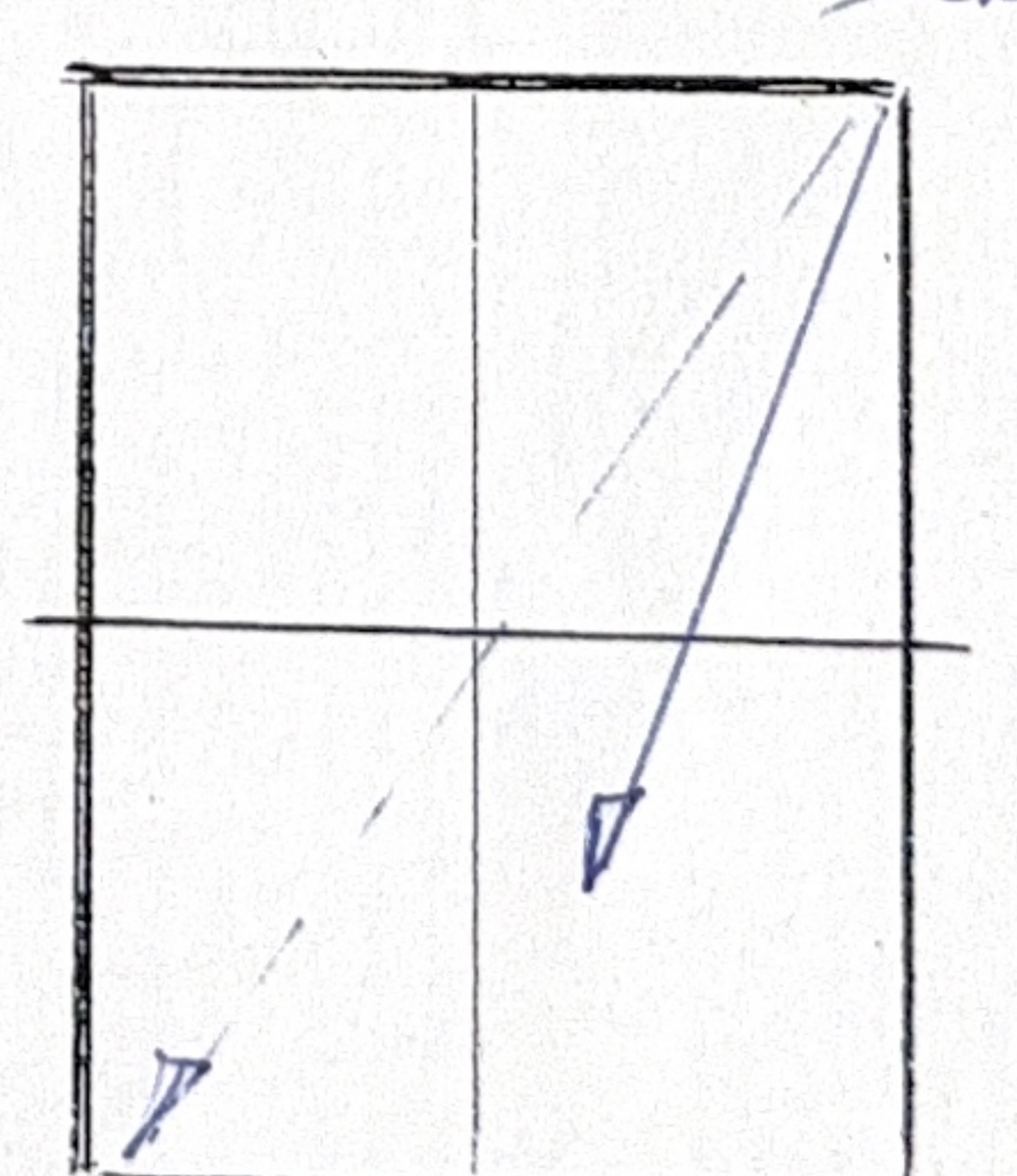
2x8'



INDIVIDUAL  
FROM SERVICE

10'

SERVICE



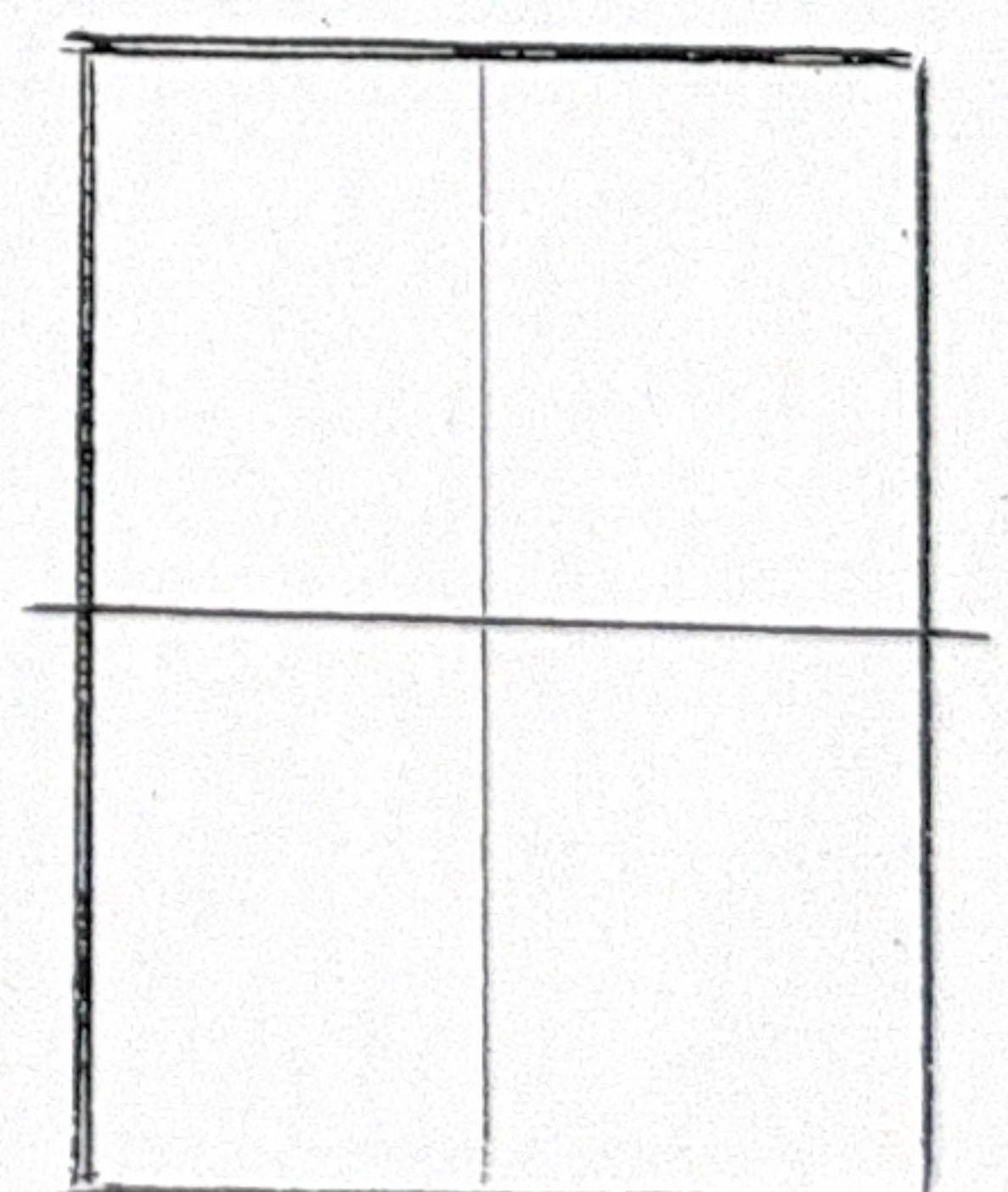
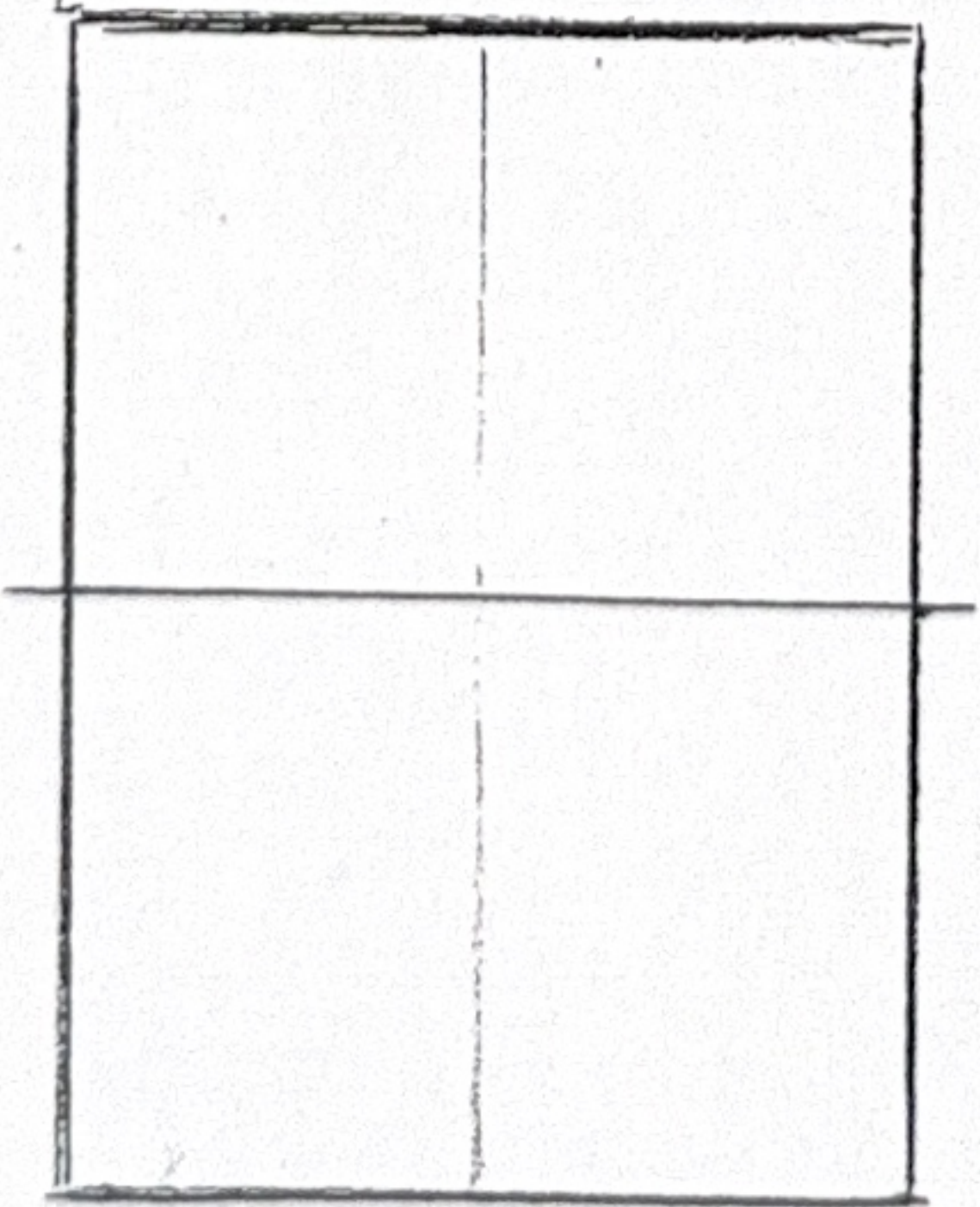
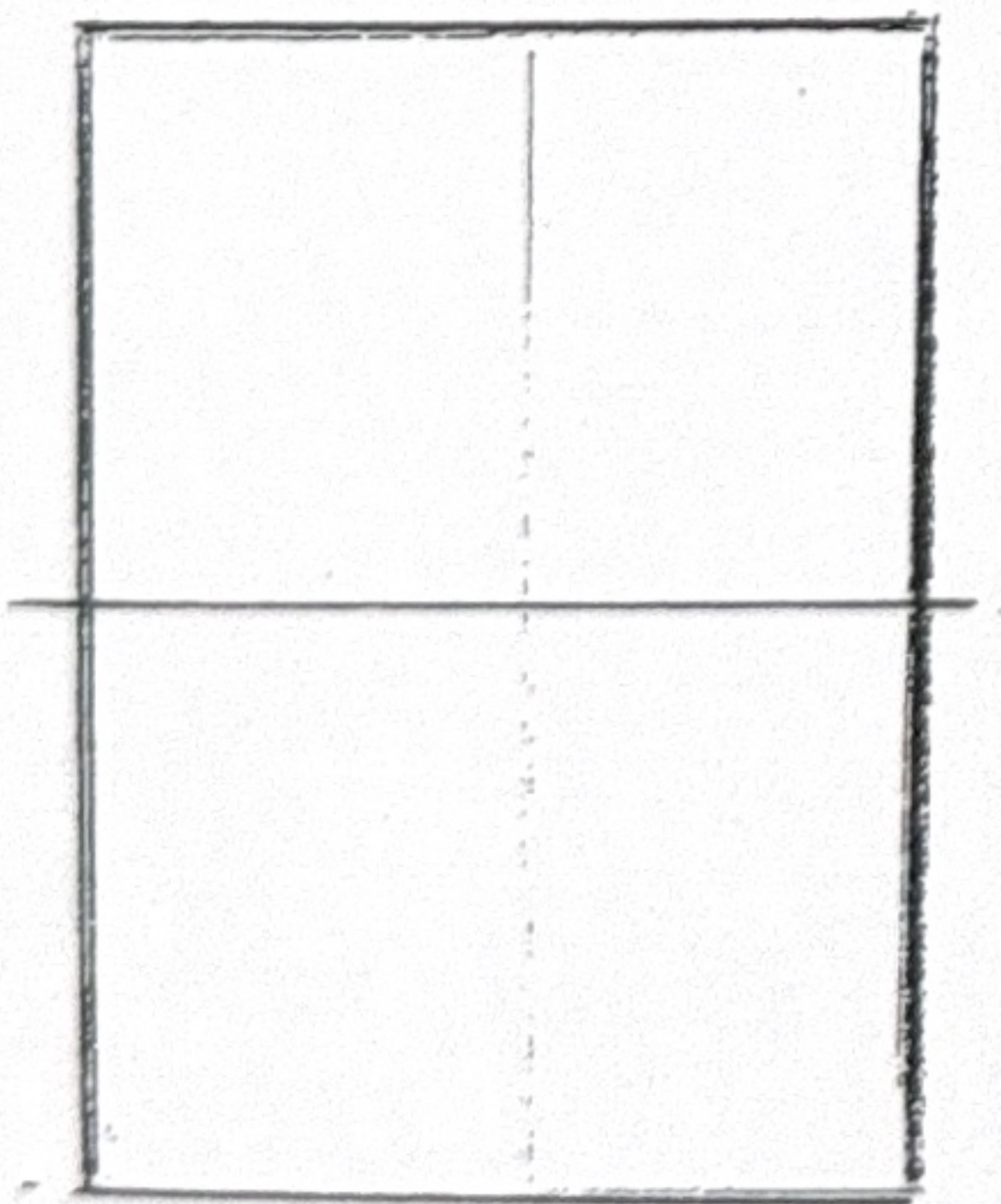
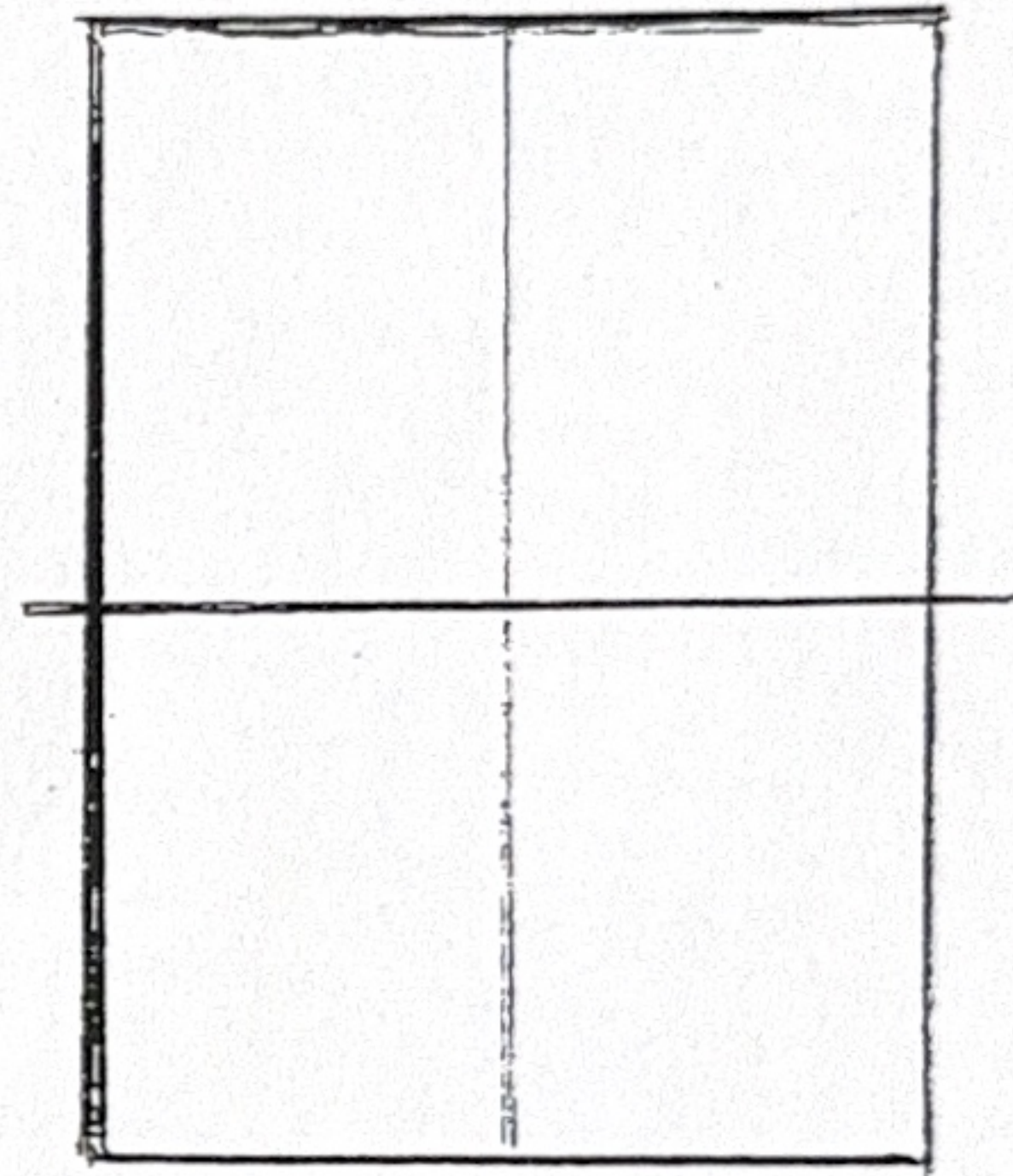
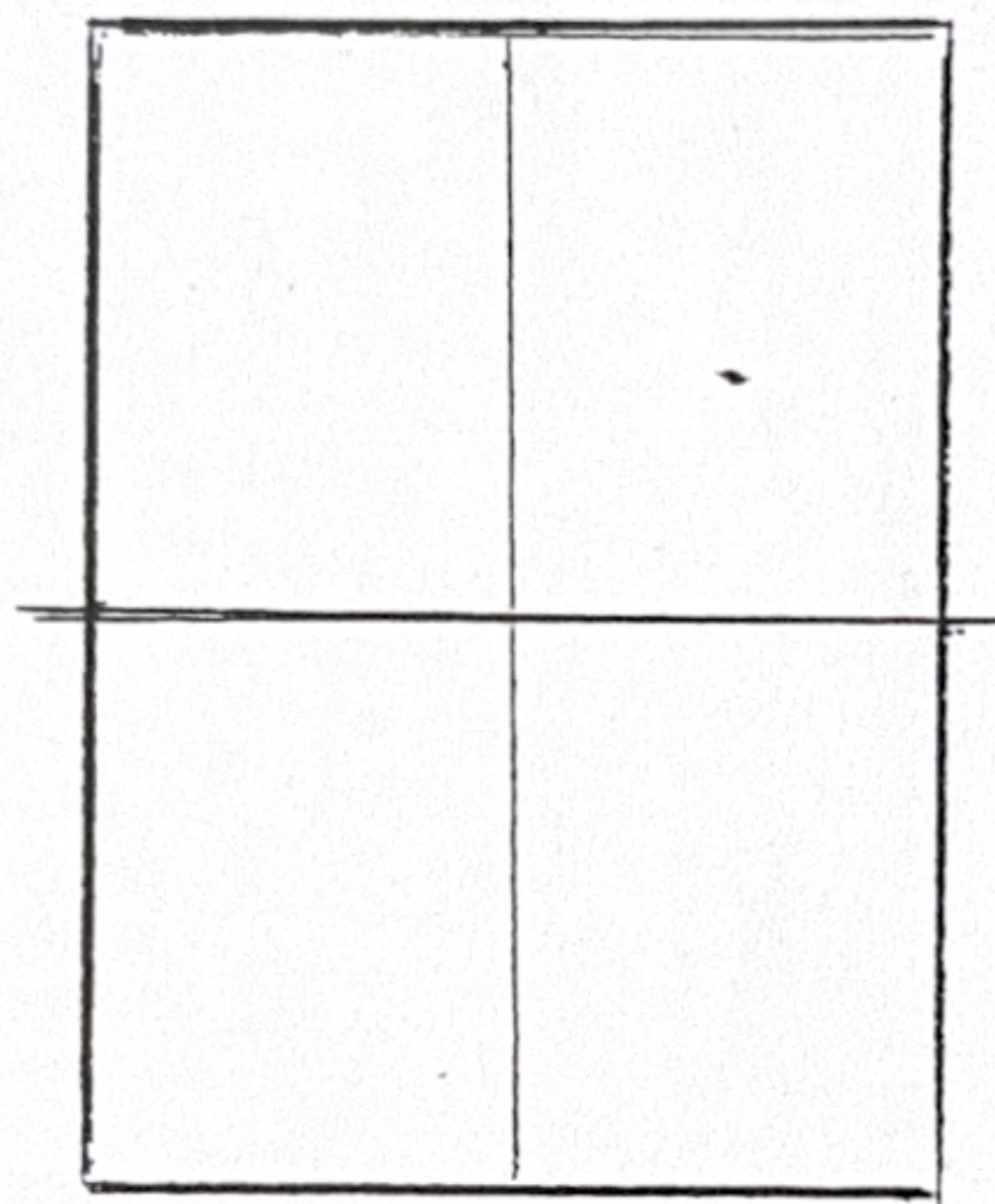
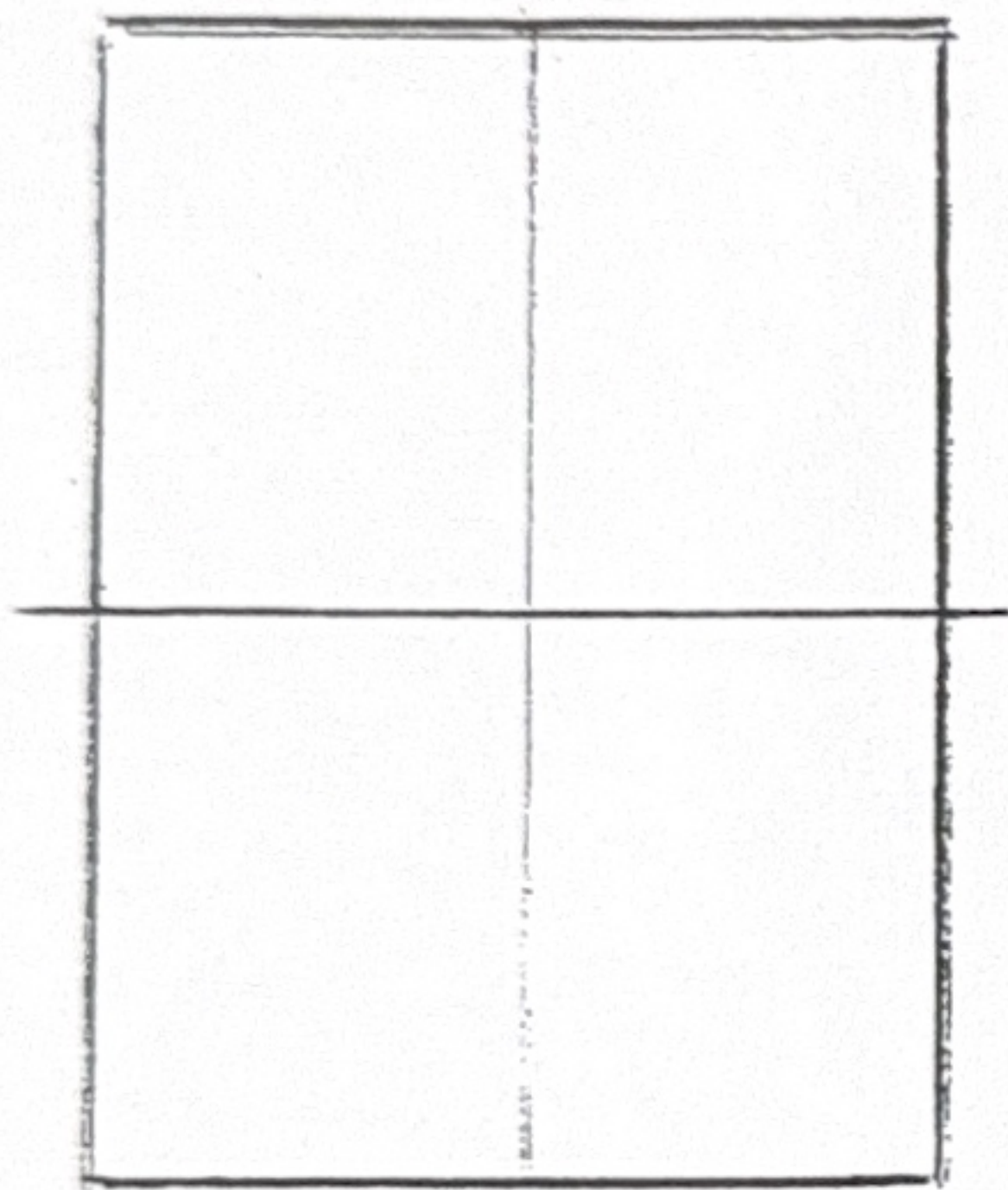
SHORT TO FH  
OR  
LONG TO BH  
BY 2 MISTAKES

05.05.2026 TUESDAY 19.15-21.15. ELITE SQUAD

MULTIBALLS TRAINING INDIVIDUAL EXERCISES

4x 10' + SERVICE + RECEIVE SERVICE PRACTICE

10' - SHORT, 10' LONG (1/2 LONG)



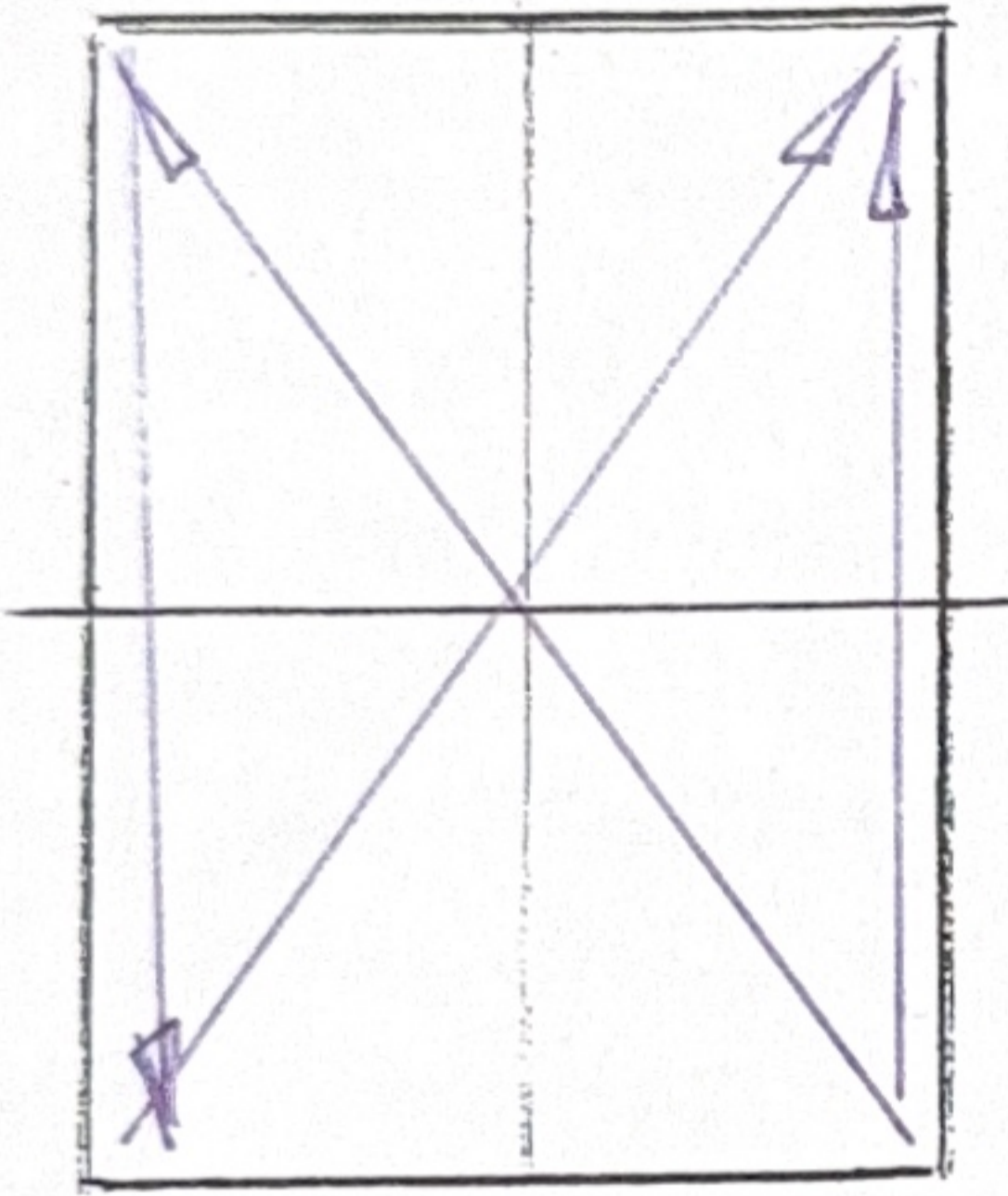
09.05.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. REFLEX EXERCISES 3. TACTICAL

FROM SERVE / RECEIVE

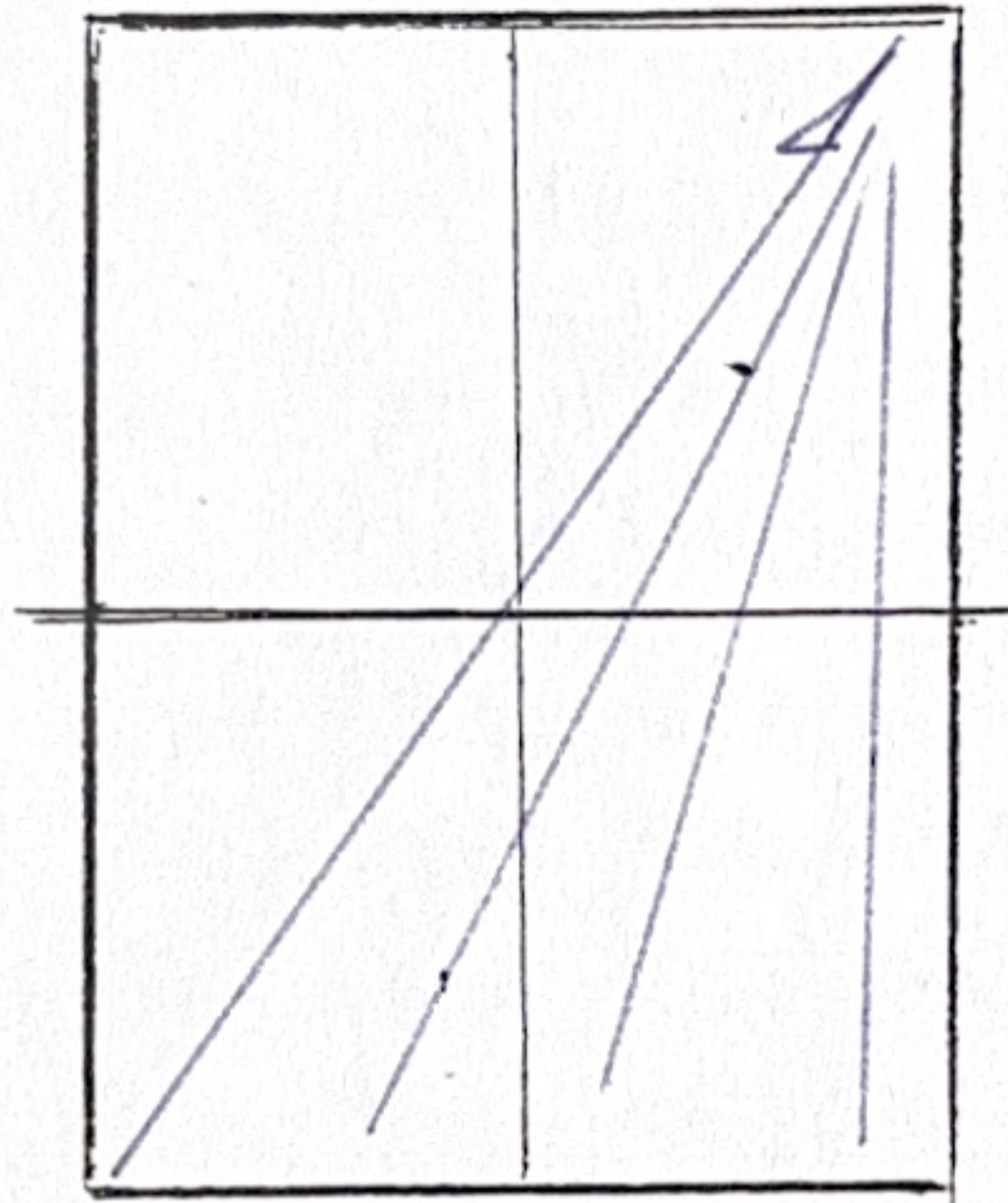
WARMING UP - THERABANDS

15'



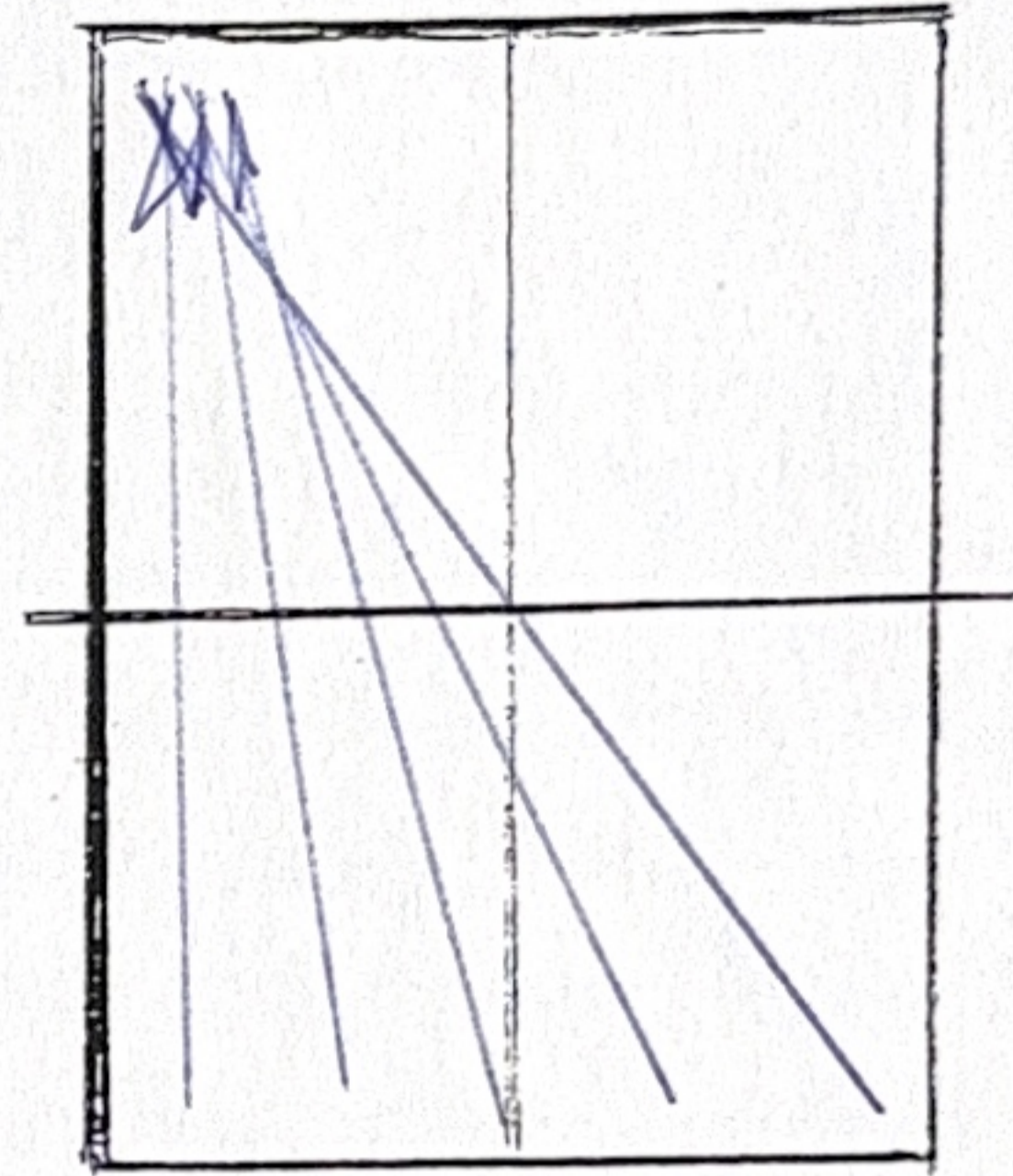
BH DOWN THE FH  
SI LINE SI SI

2x8'



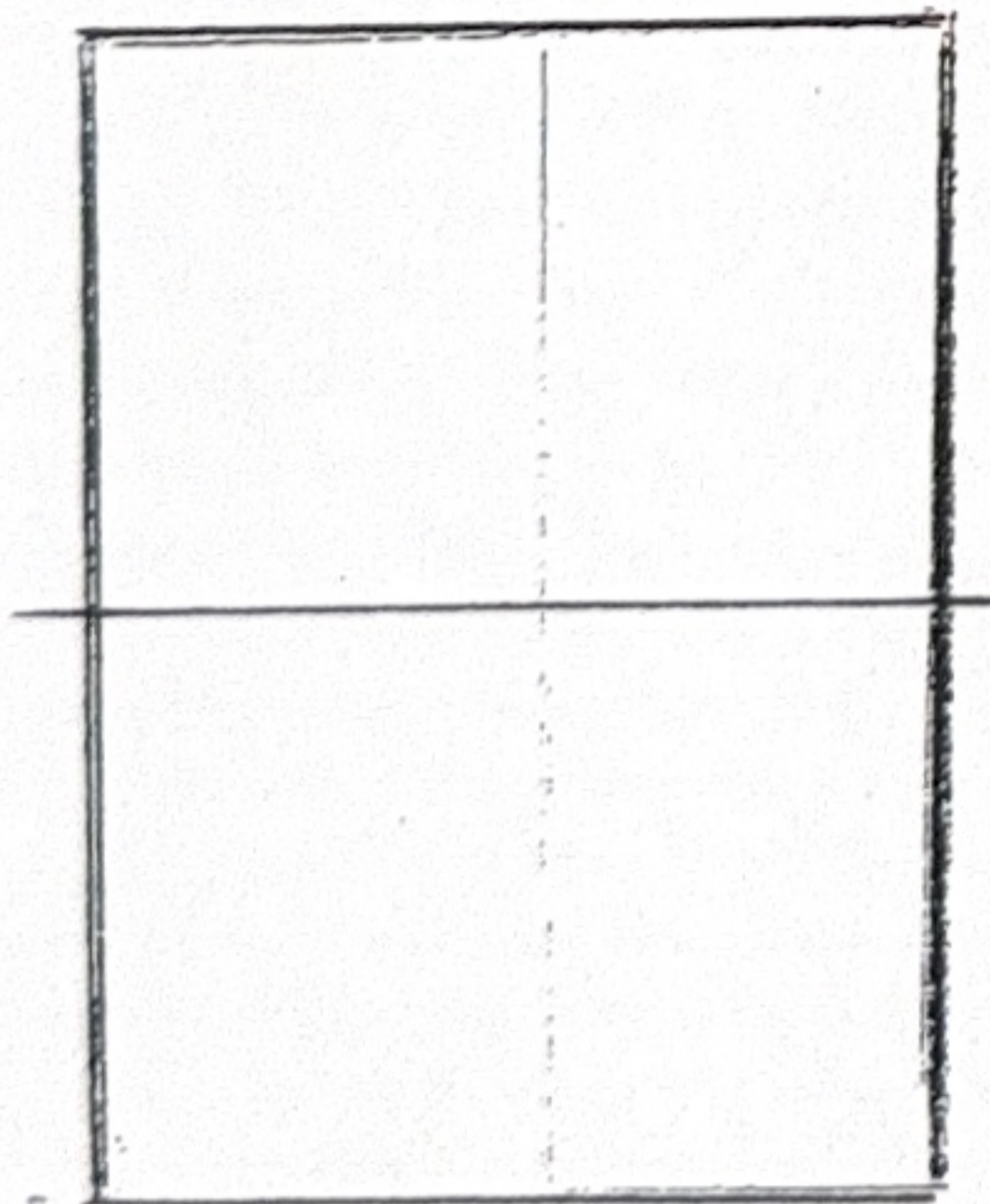
BH + FREE  
1,3,5,7...

2x8'



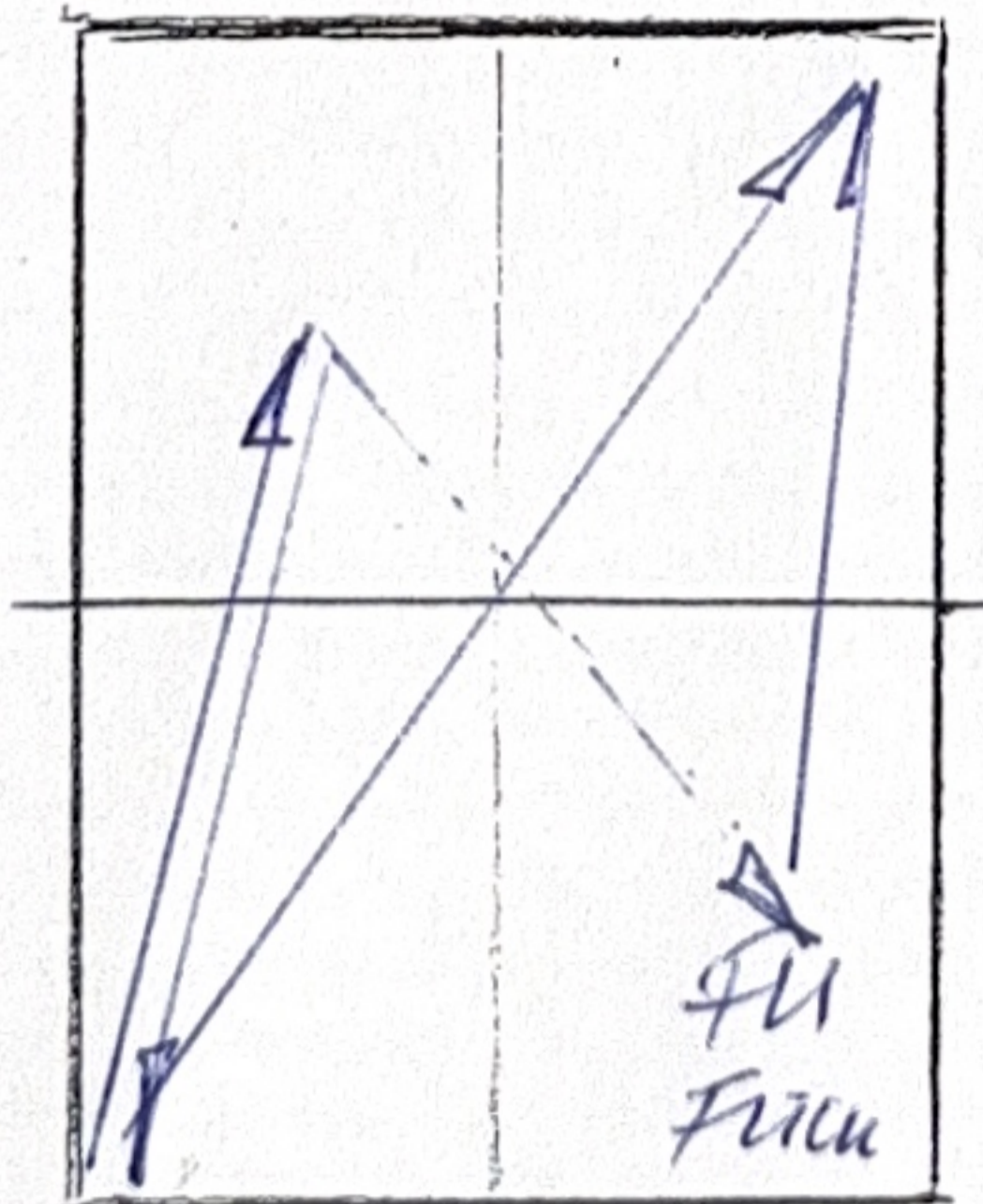
+ FREE FUS  
1,3,5,7...

2x8'



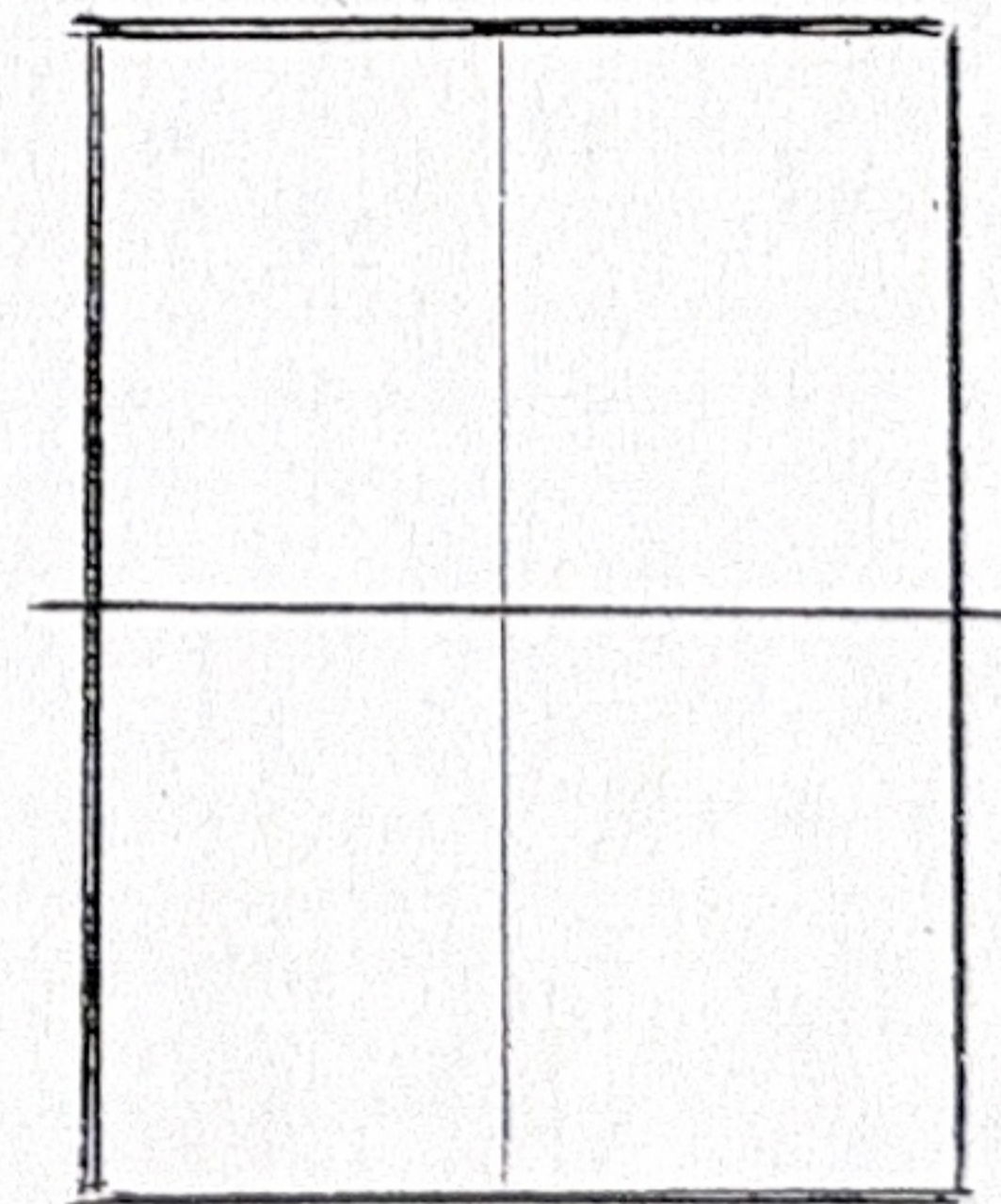
INDIVIDUAL  
FROM  
SERVICE

2x8'



BH/FUS 1  
1 ?

~20'



UP AND DOWN  
BEST OF 3 POINTS