

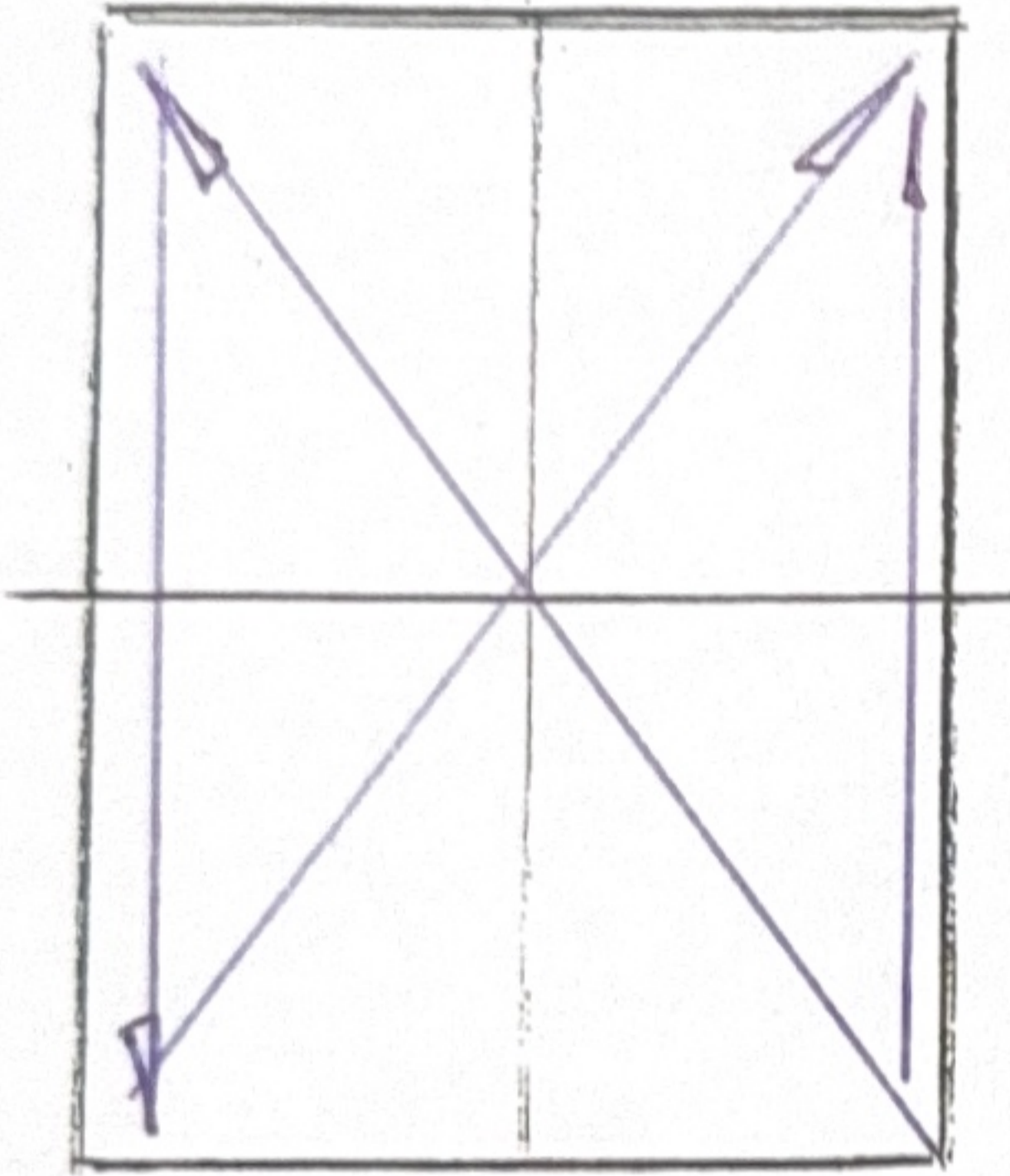
03.05.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK: SIDE STEPS, PIVOT,

CROSSOVER 3. WARMING-UP: FOOTWORK 5'x20'x20'

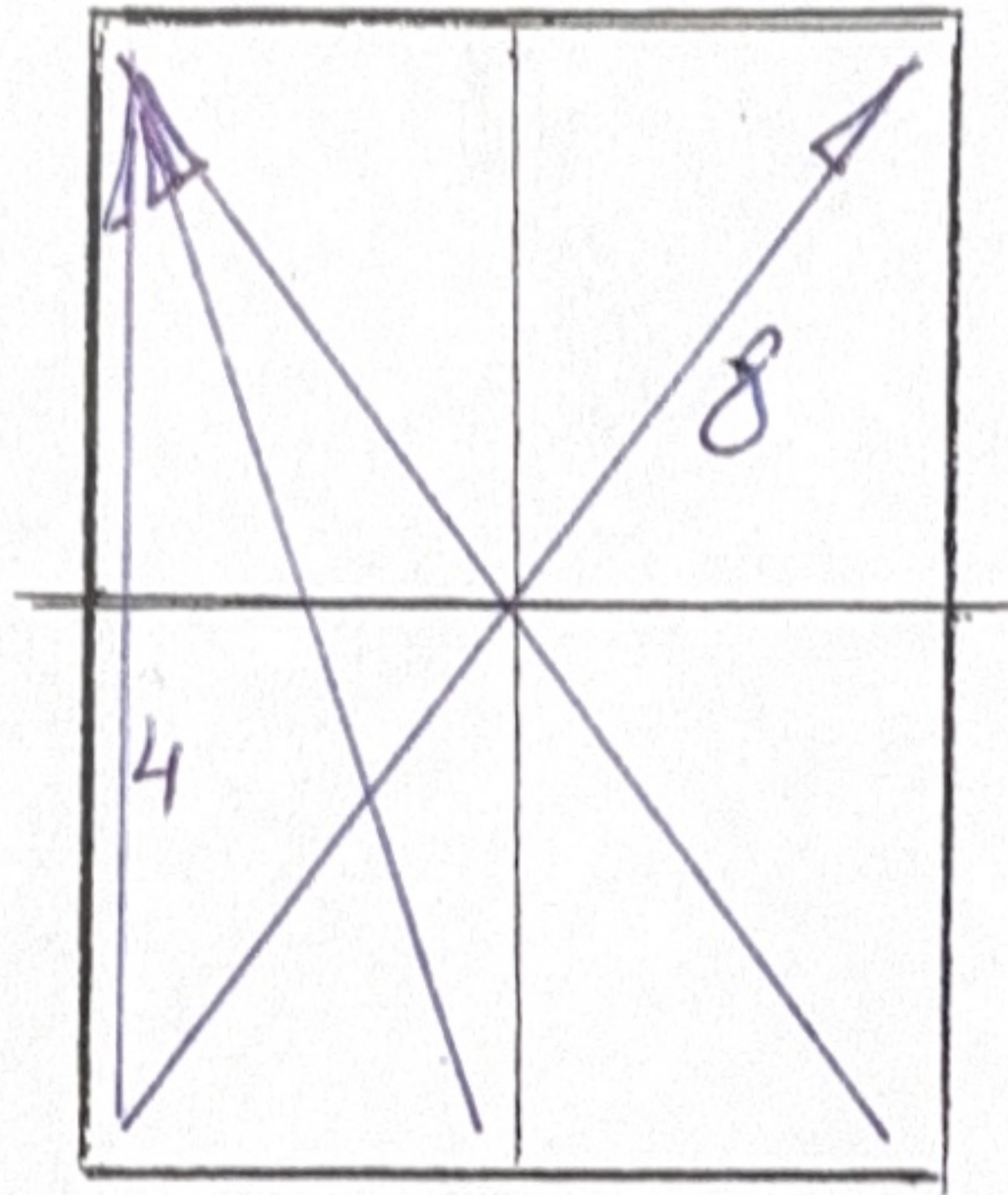
- ONE TABLE FOR MULTIBALLS -

15'



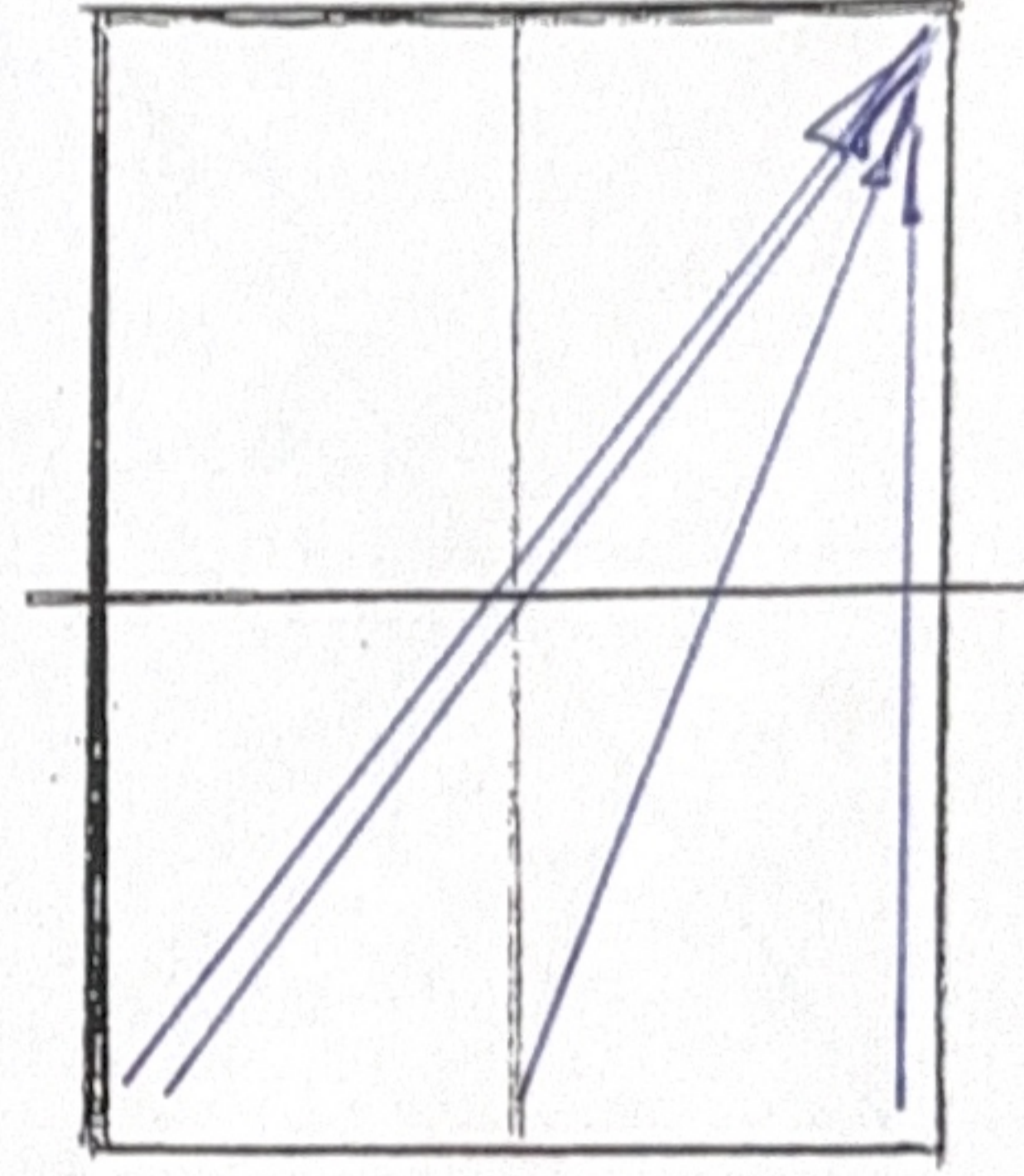
BH DOWN THE FH
SI LINE SI SI

2x8'



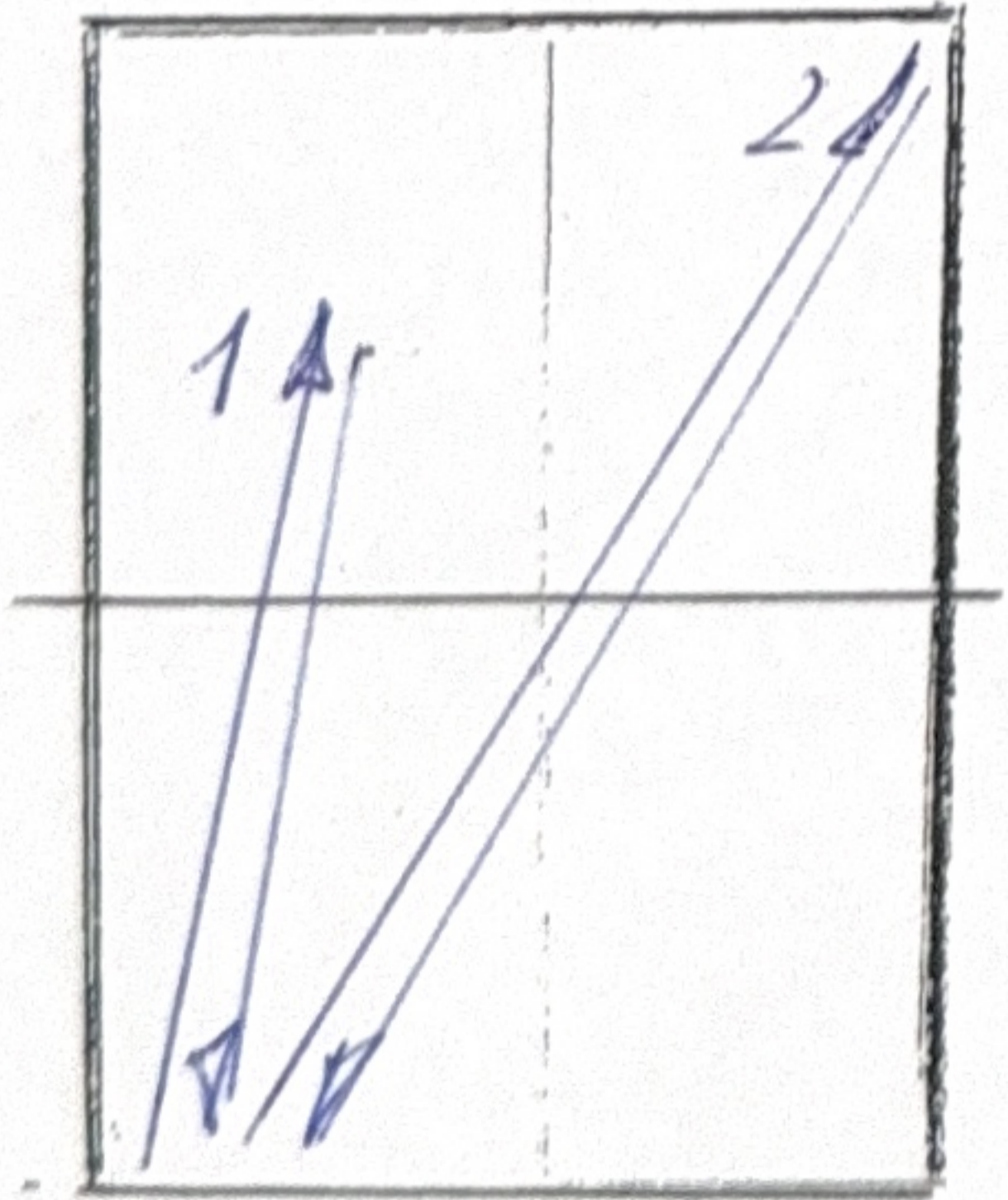
BH FUS FUS
4,8 2,6 1,3
AFTER BH OR BH 5,7
FREE

2x8'



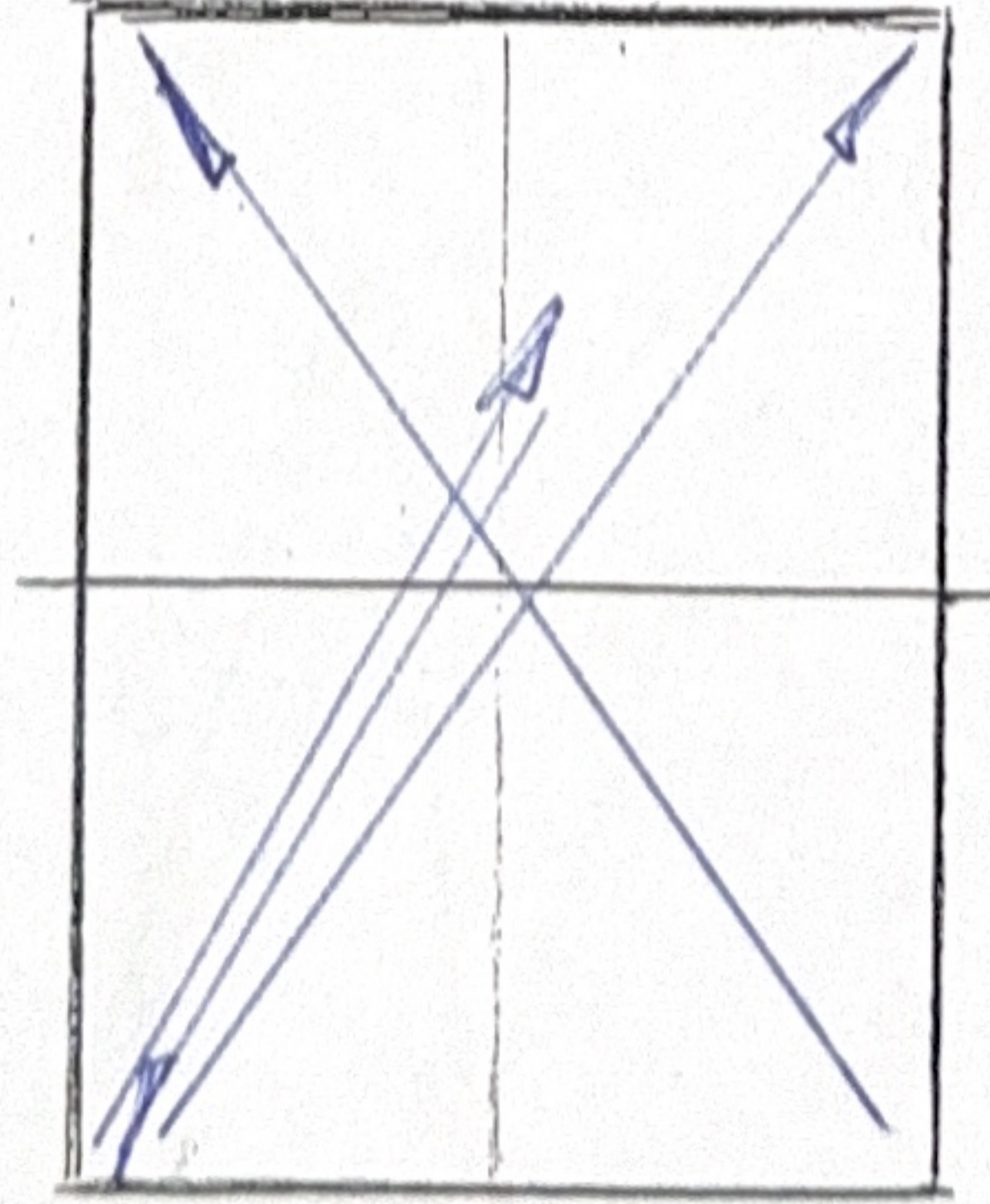
BH FUS FUS
1,4 3 6
FUS
2,5

2x4'

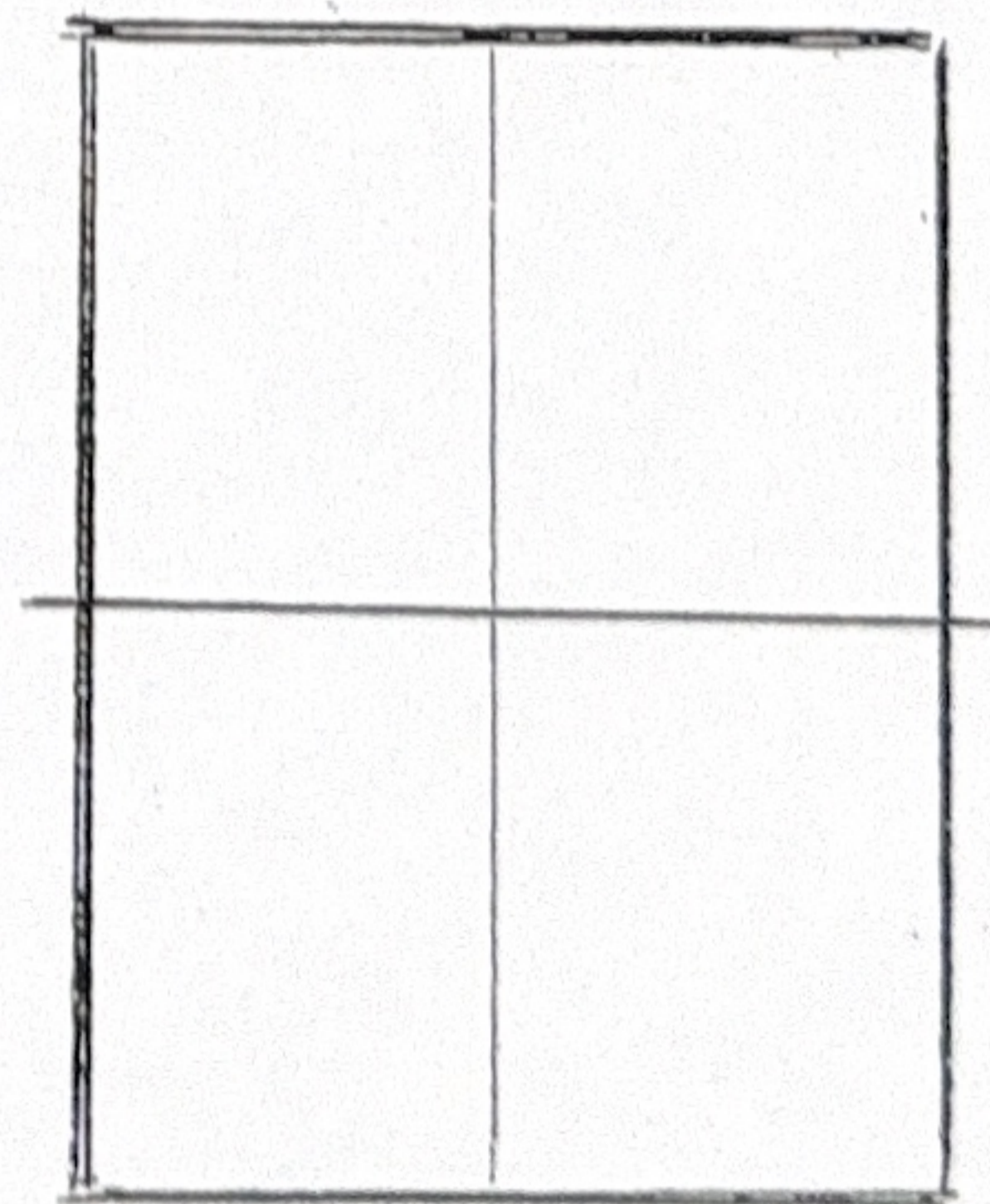


BH SHORT TO FH
CHOP LONG TO BH

2x8'



SERVICE FUS
BH OR FUS 2
1



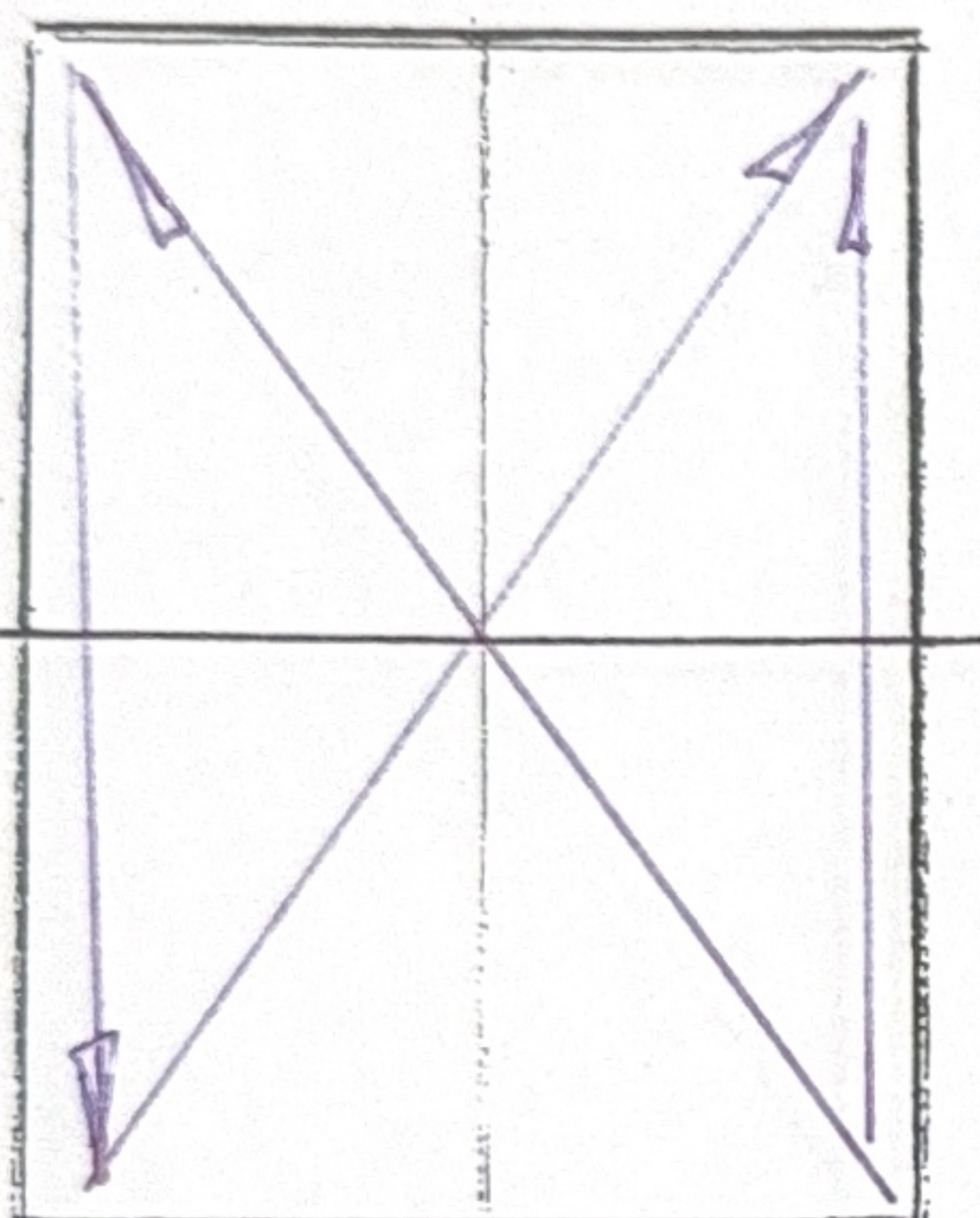
UP AND DOWN
~20'

06.05.2026 WEDNESDAY 17.30-19.00 FIGURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

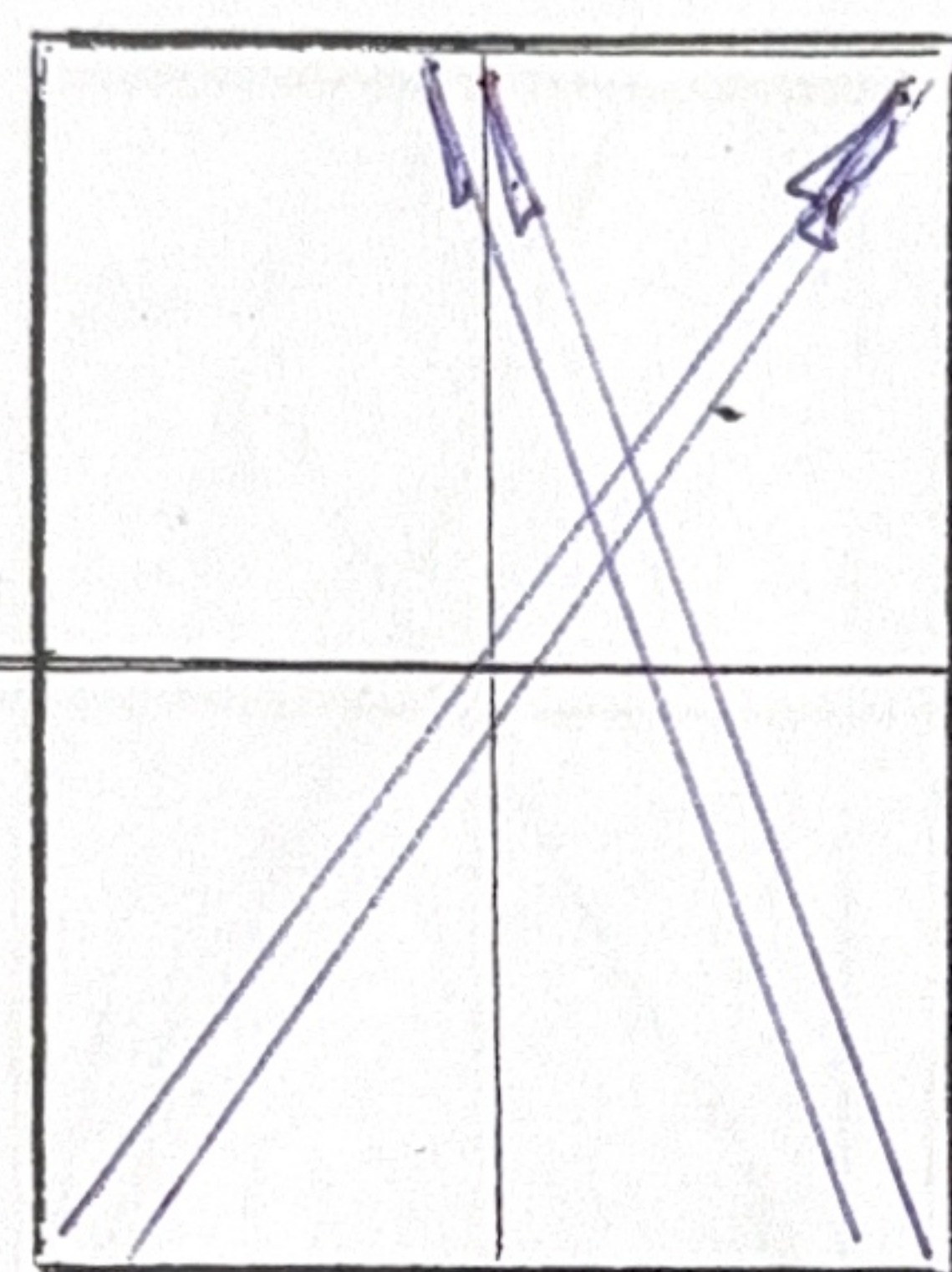
WARMING UP - FOOTWORK CLOSE TO TABLE 5'x20" x 20"

15'



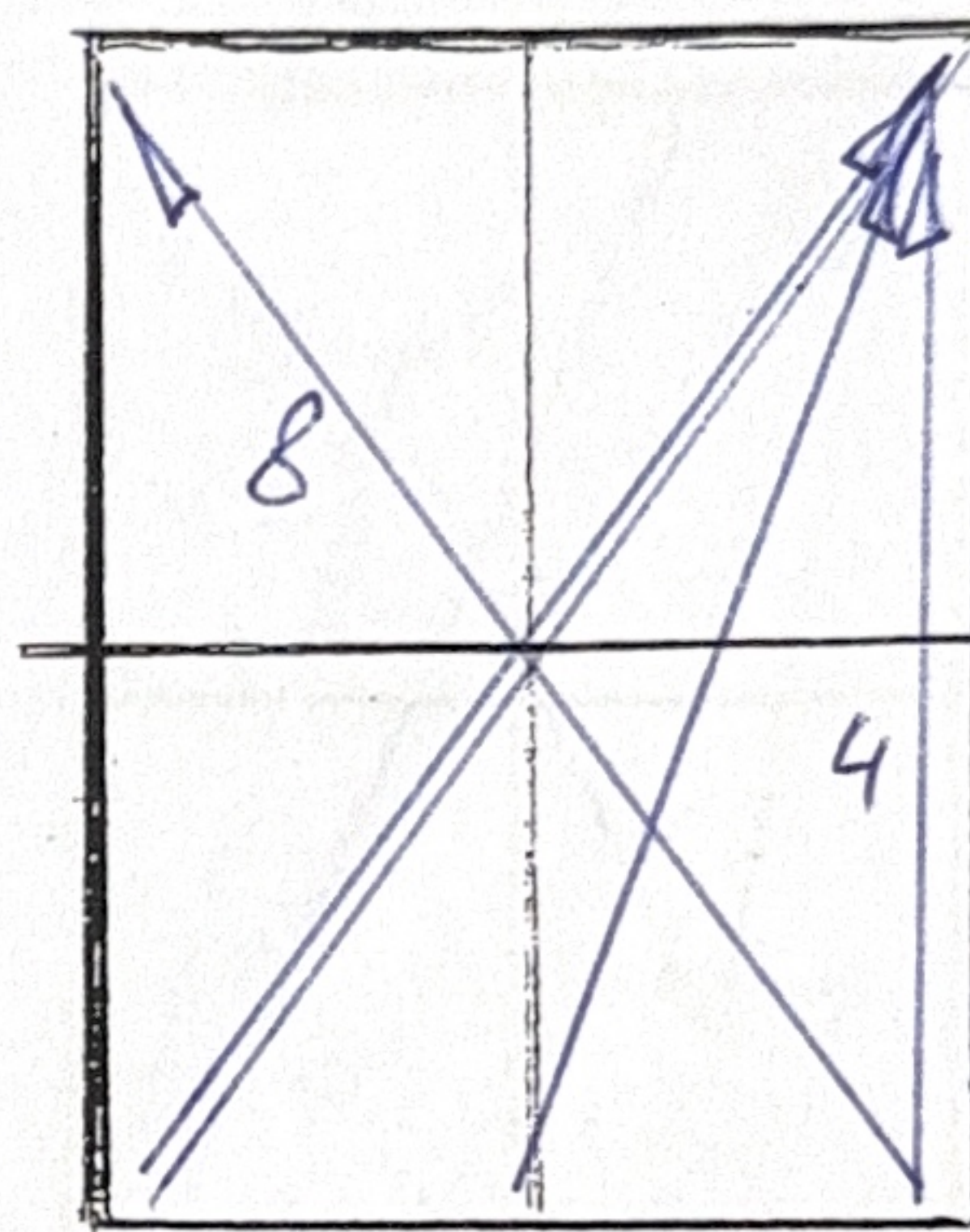
BH DOWN FH
5' THE LINE 5' 5'

2x8'



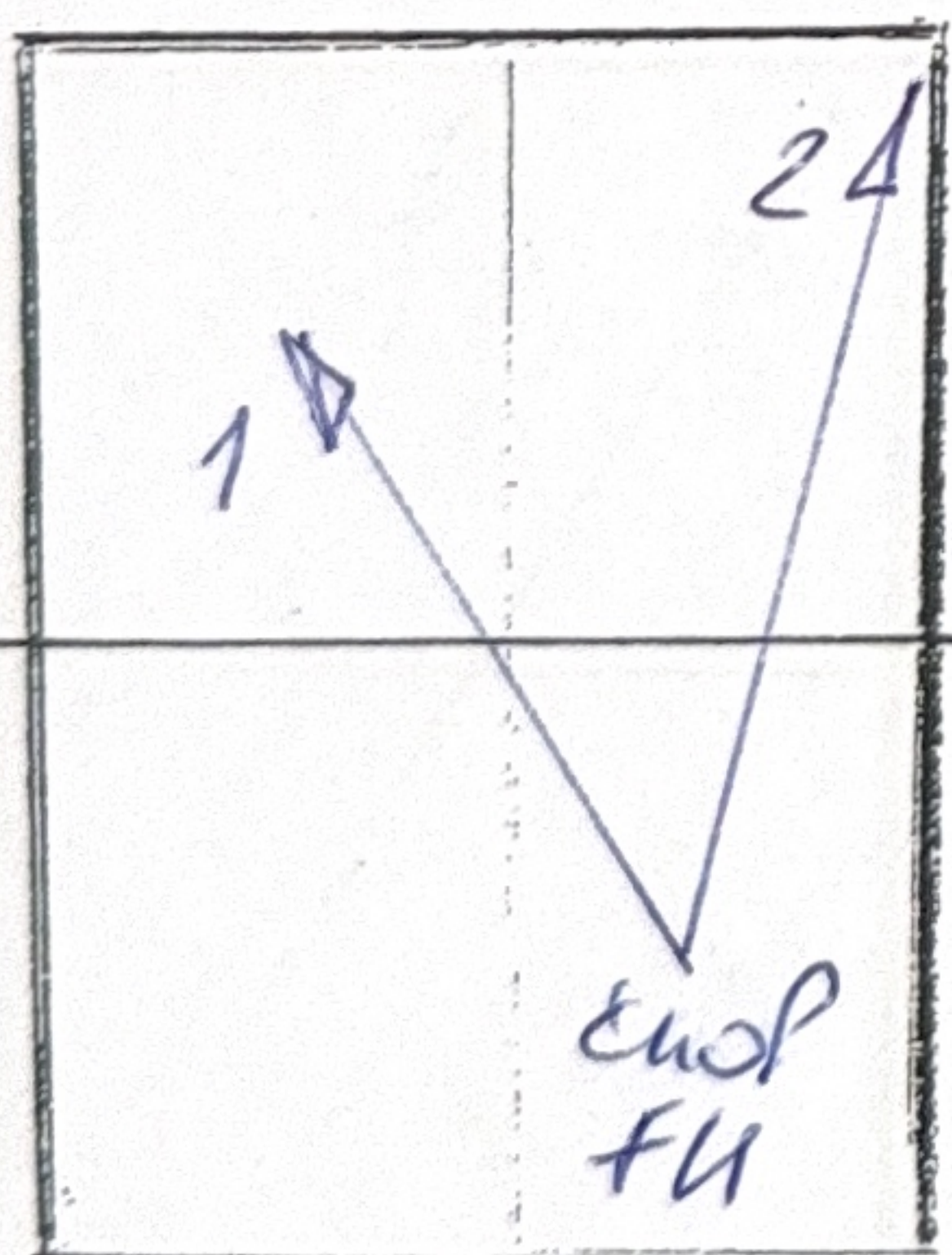
BH FHS
1,2 3,4

2x8'

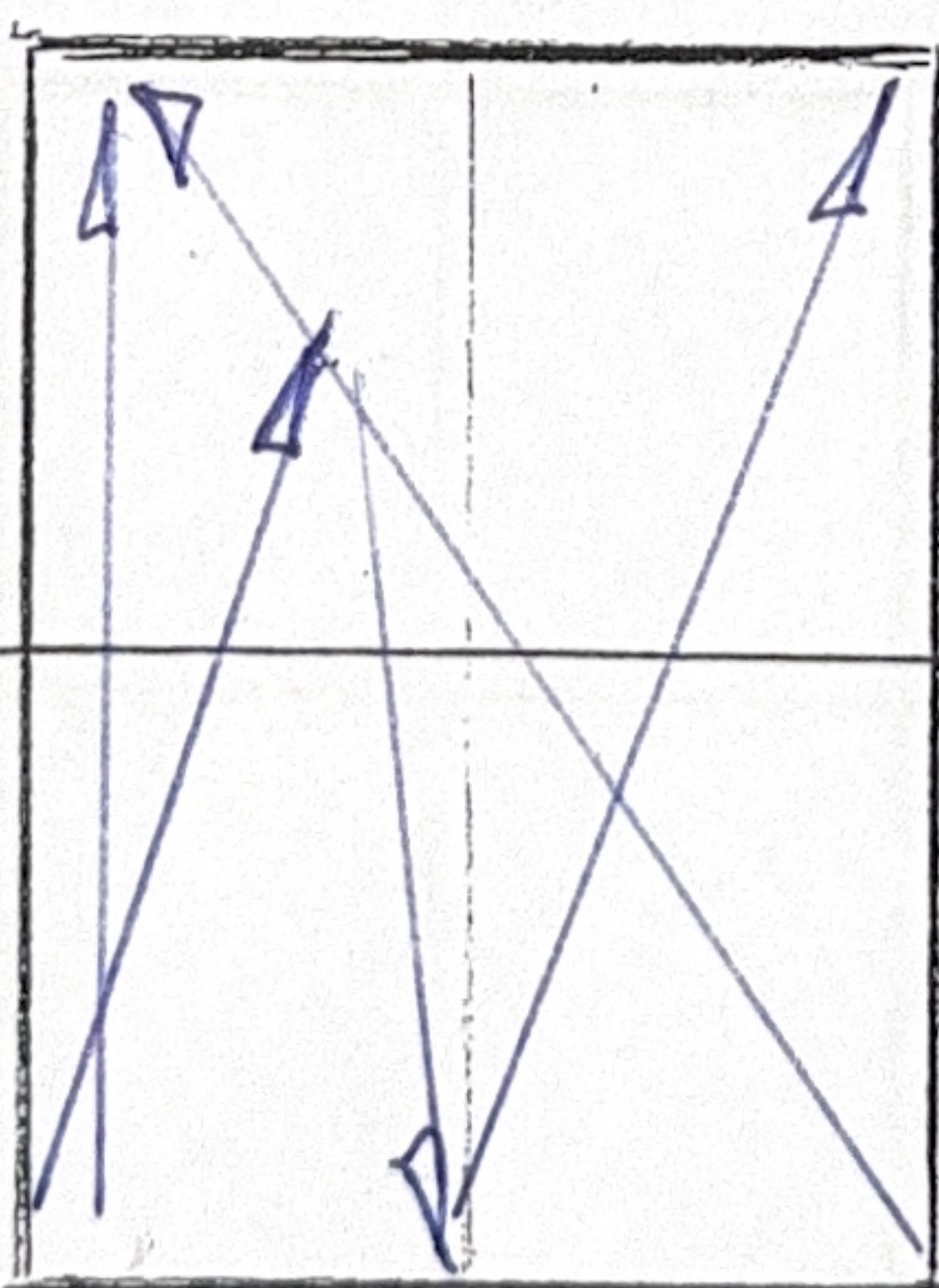


BH FHS FHS
1,3 2,6 4,8
5,7 AFTER 8TH BALL
FREE ALL
TABLE

2x4'



2x8'



SERVICE FHS FHS
BH 1 0 2
2

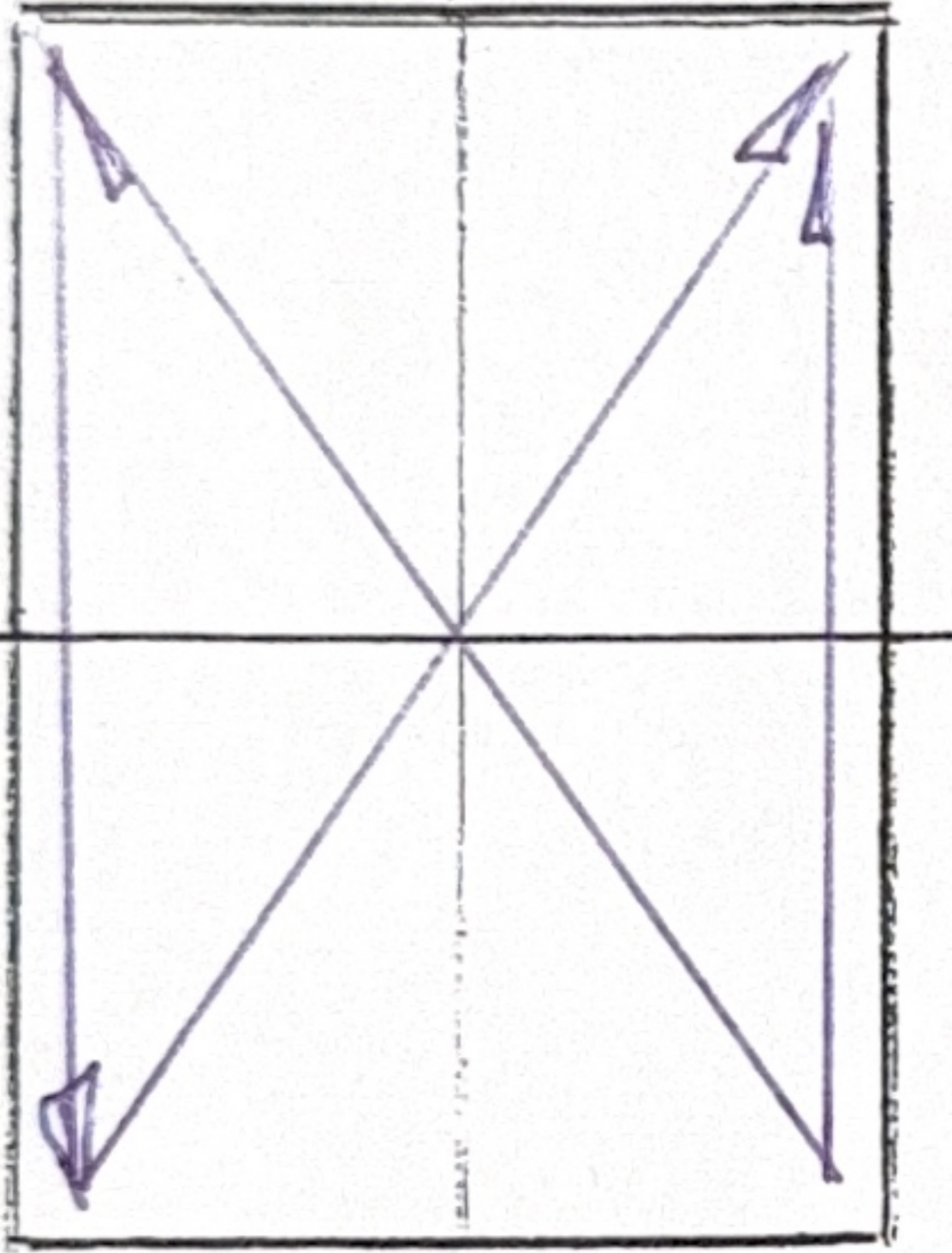
ONE TABLE
FOR
MULTI BALLS

09.05.2026 SATURDAY 15.30 - 17.30 FUTURE SQUAD

1 TACTICAL FROM SERVICE (ADVANTAGES)

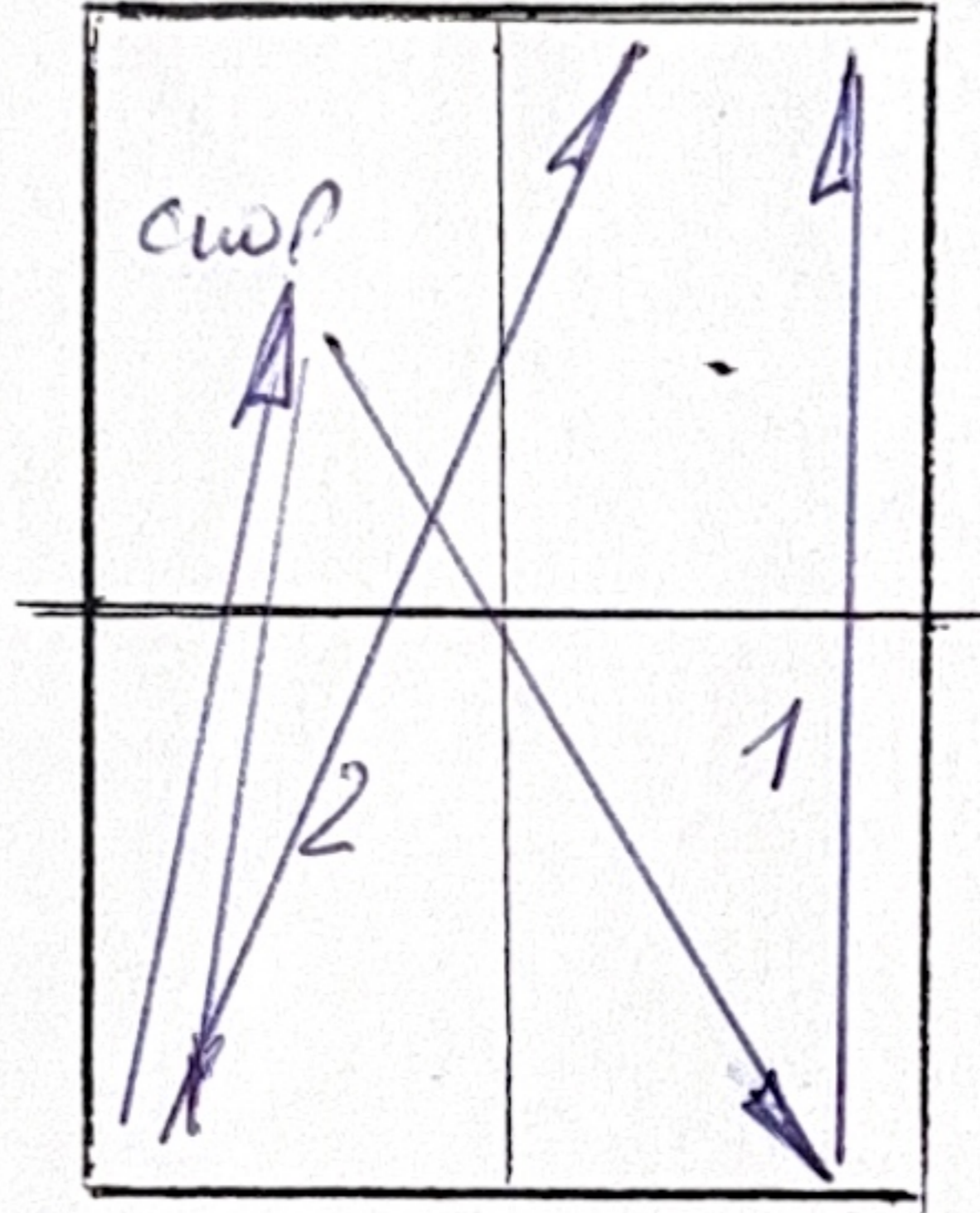
WARMING UP FOOTWORK 5 x 20" x 20"

15'



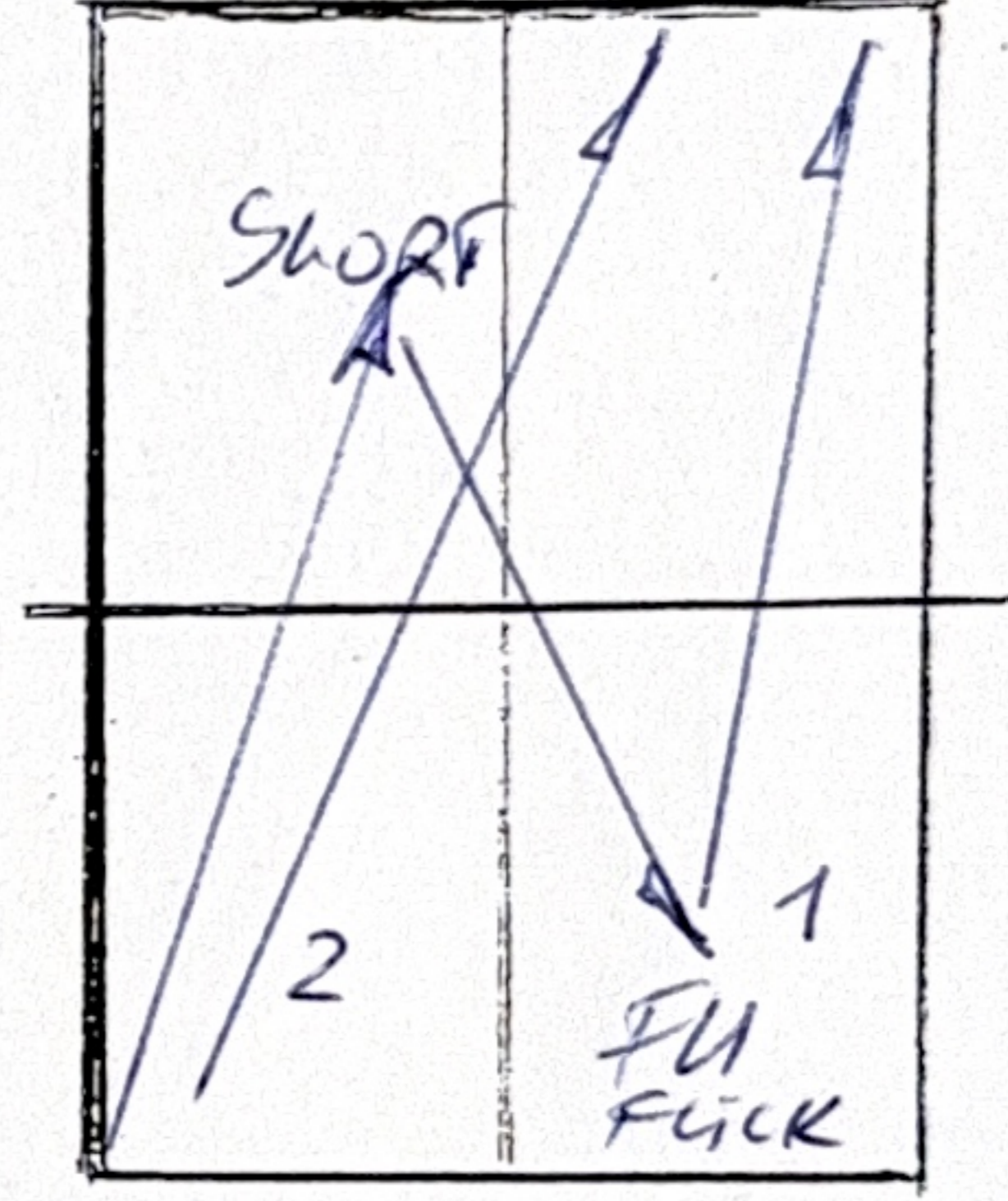
BU DOWN FU
SI THE LINE SI
SI

2x8'



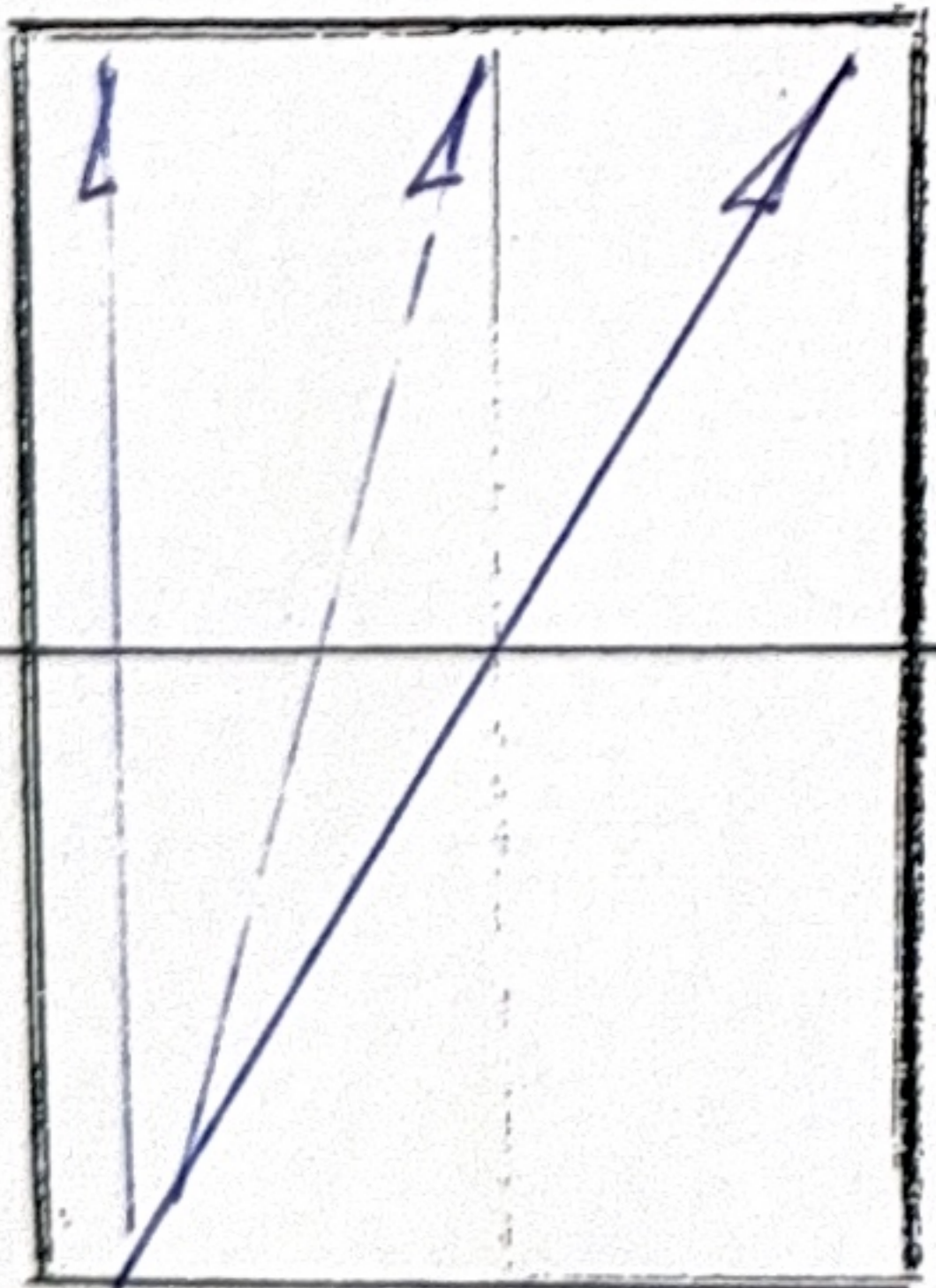
SERVE FUS
BU NO POINT 1
2 FREE

2x8'



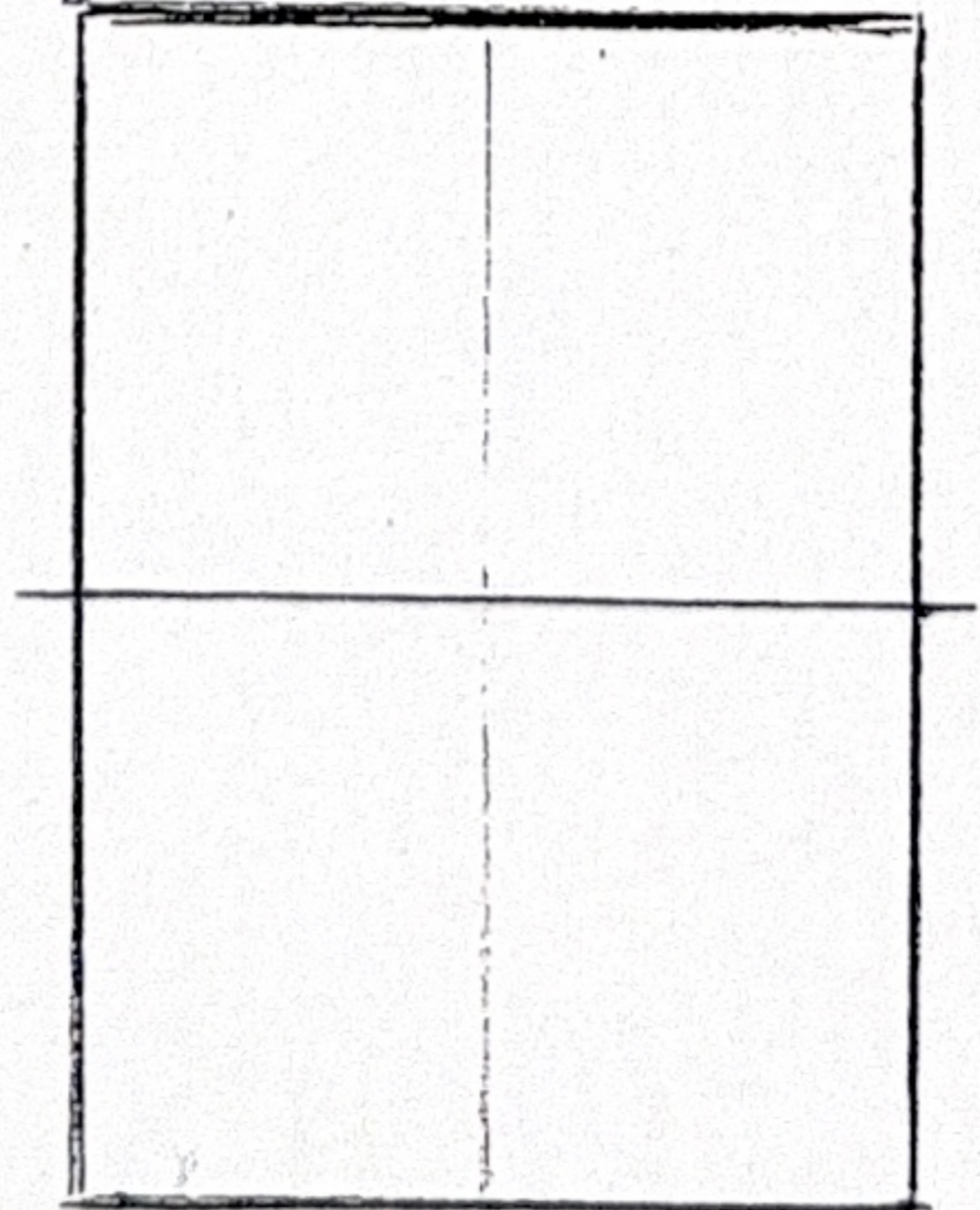
SERVE
BU/FU 2
NO POINT FREE

2x8'



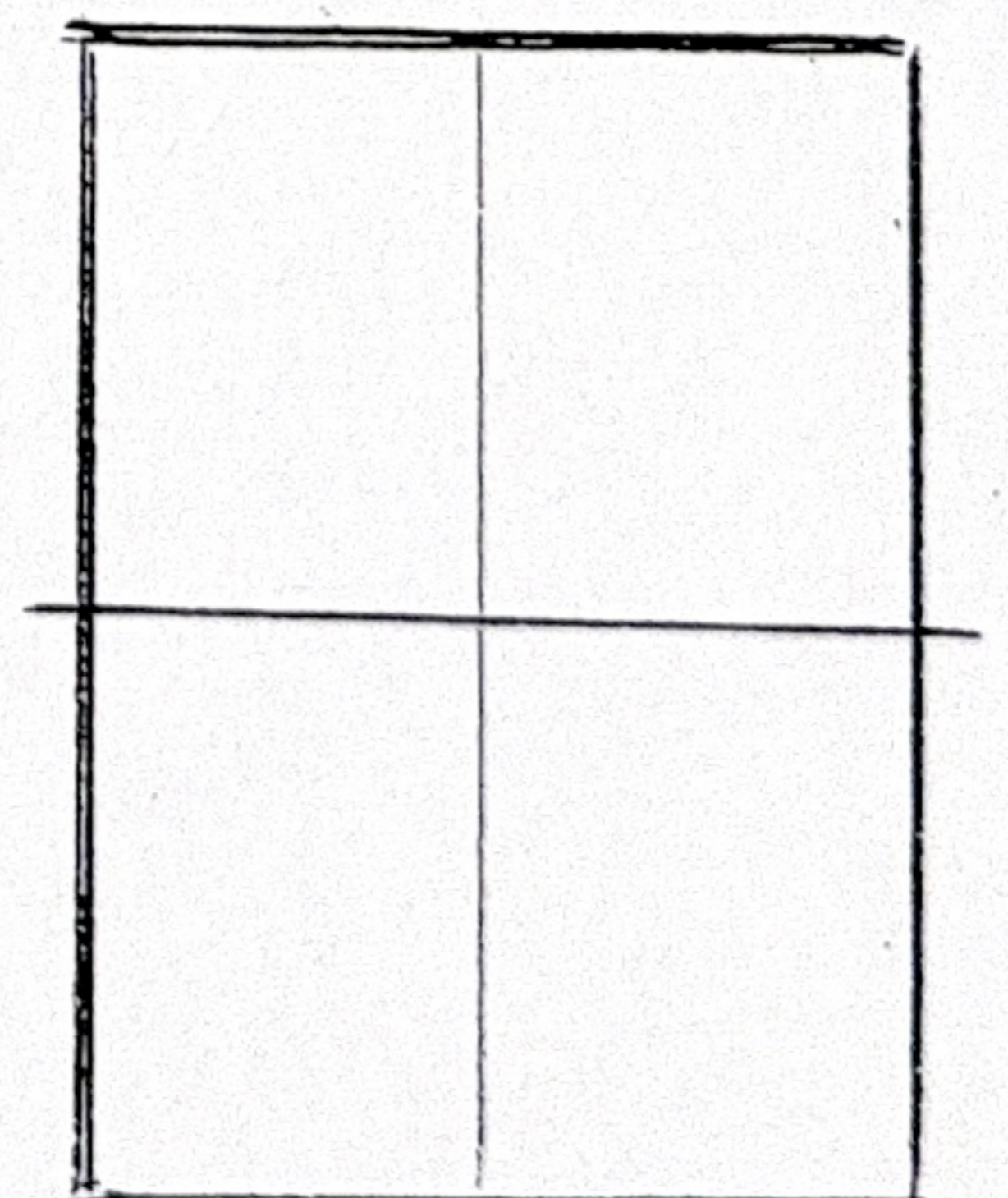
SERVICE LONG
+ POINT FREE

2x8'



INDIVIDUAL
COACHES / SPARRING
HELPS

≈ 20'



UP-AND DOWN
ONE SET