

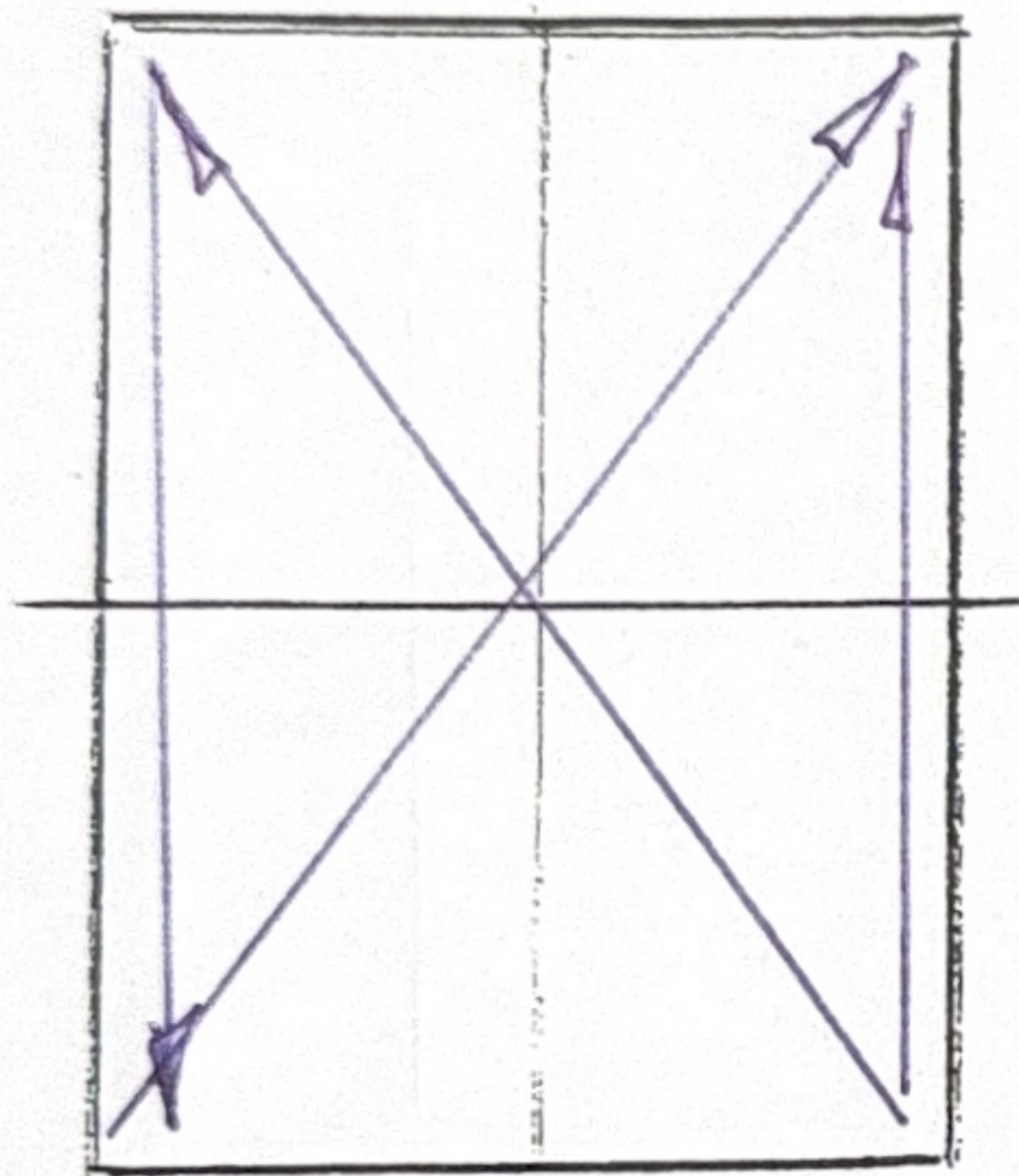
03.05.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDESTEPS,

PIVOT, CROSSOVER 4. WARMING UP - THERABANDS

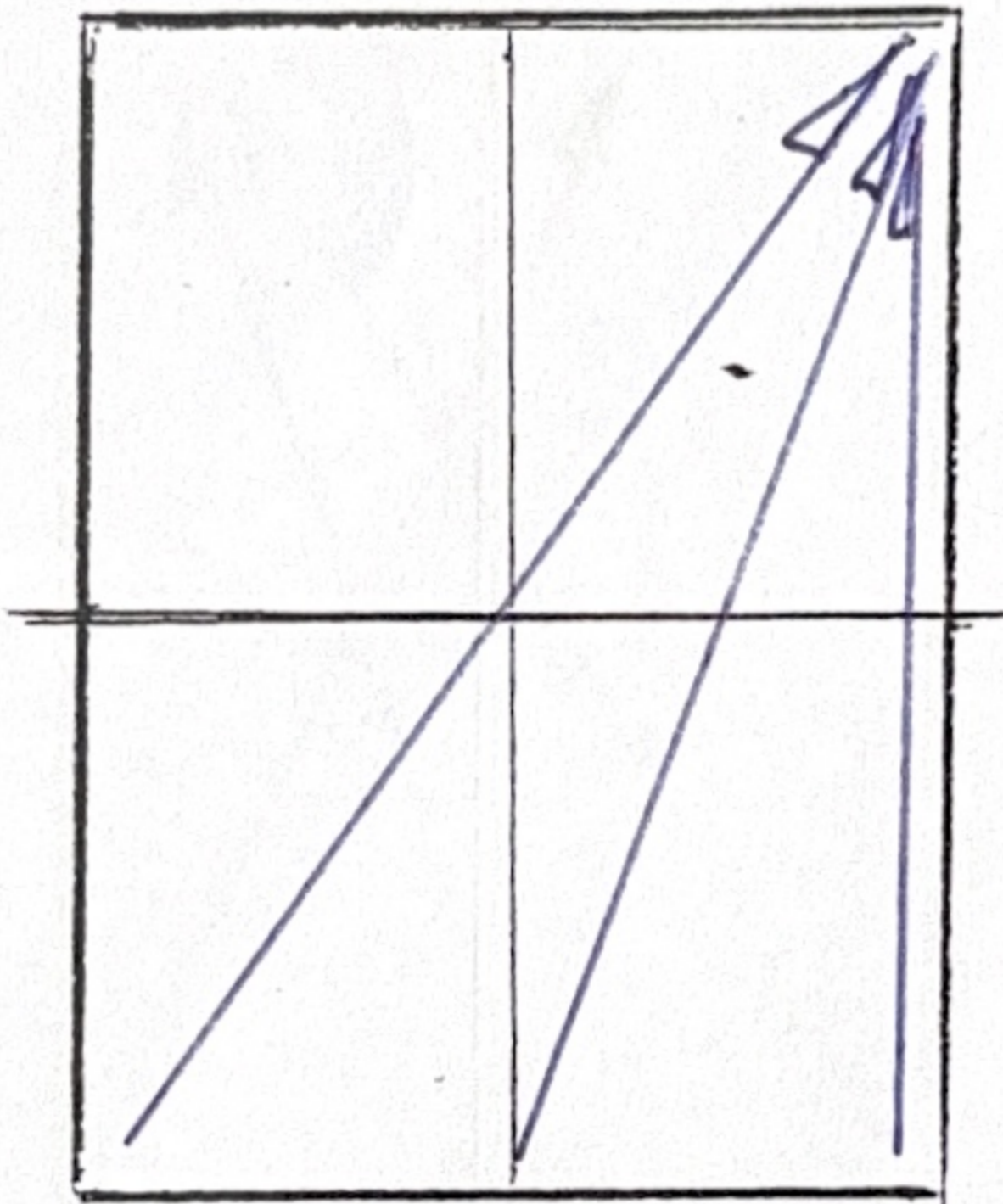
PHYSICAL: SKIPPING ROPES + LADDER

15'



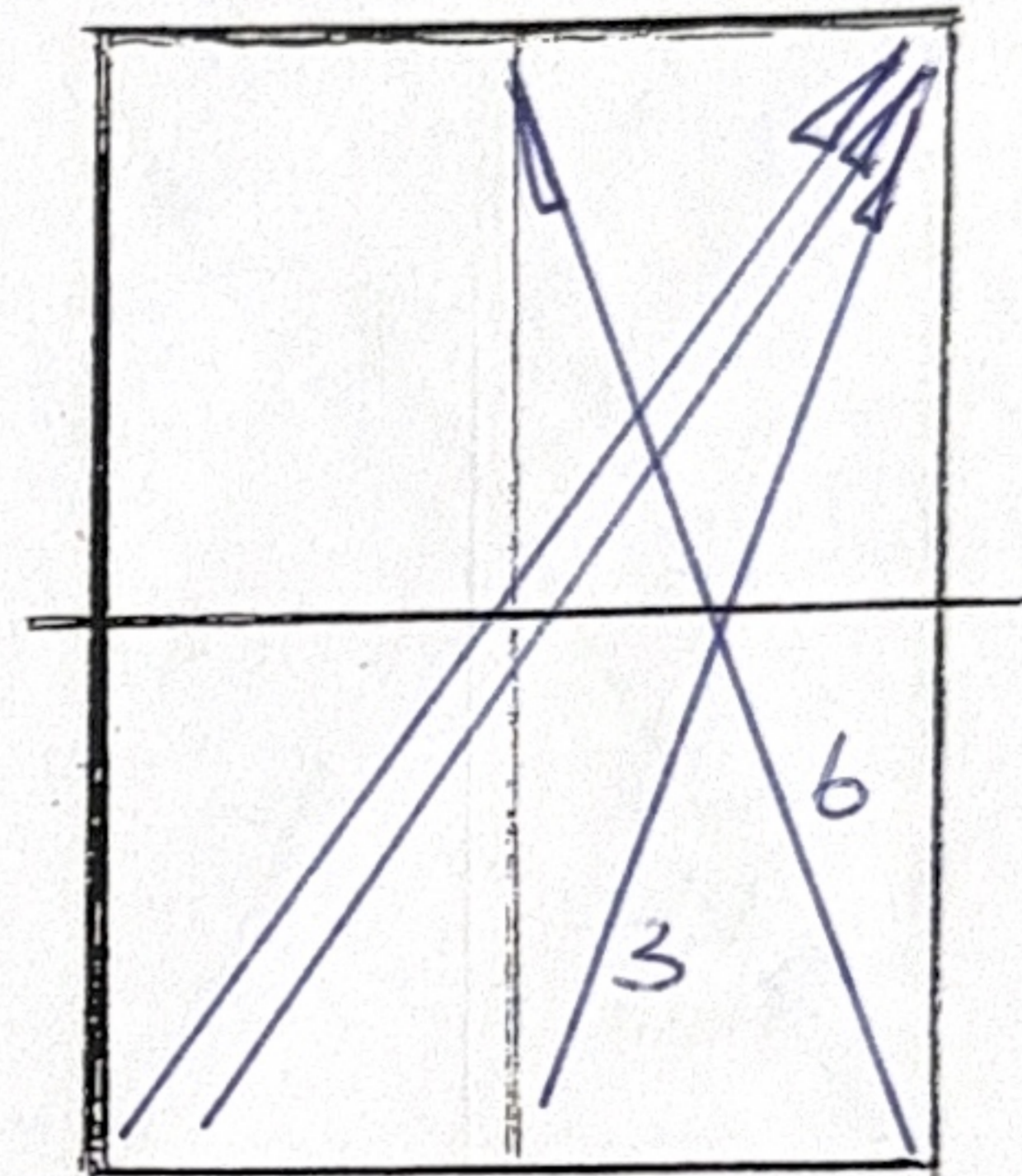
BH DOWN THE FH
SI LINESI SI

2x8'



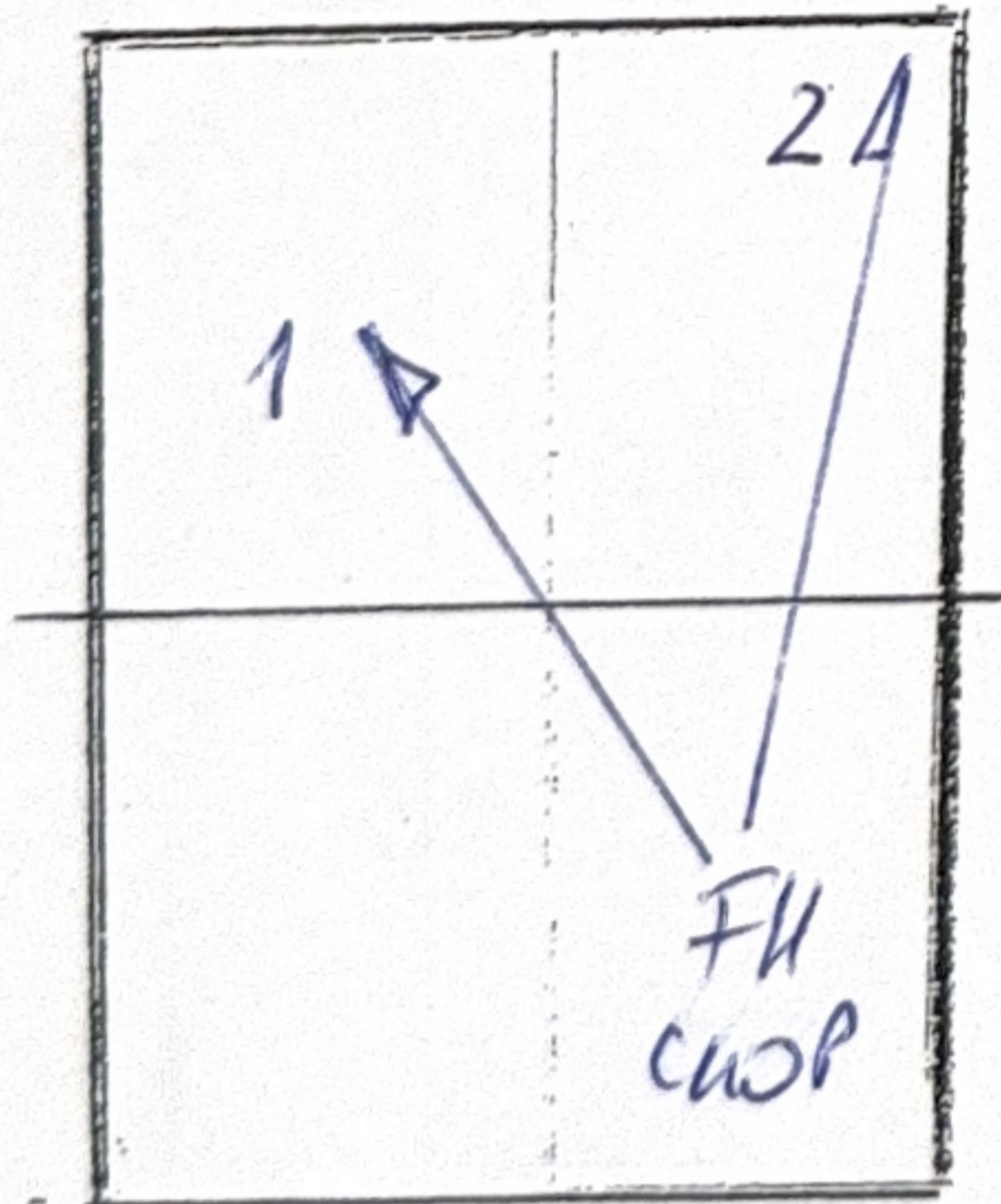
FHS FHS FHS
1,5 2,4,6 3,7

2x8'



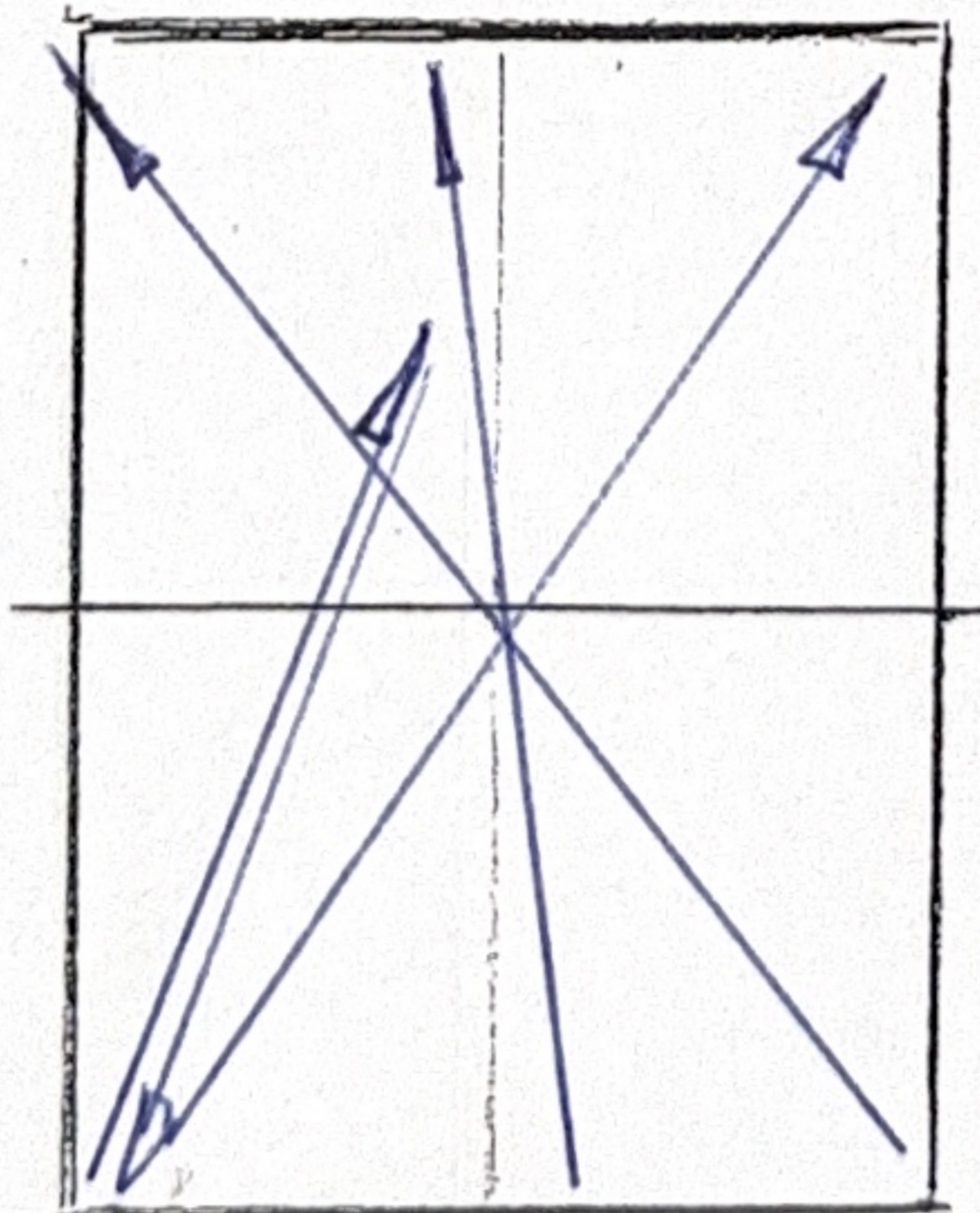
BH 1,4 FHS FHS
FHS 2,5 3 6
4

2x4'



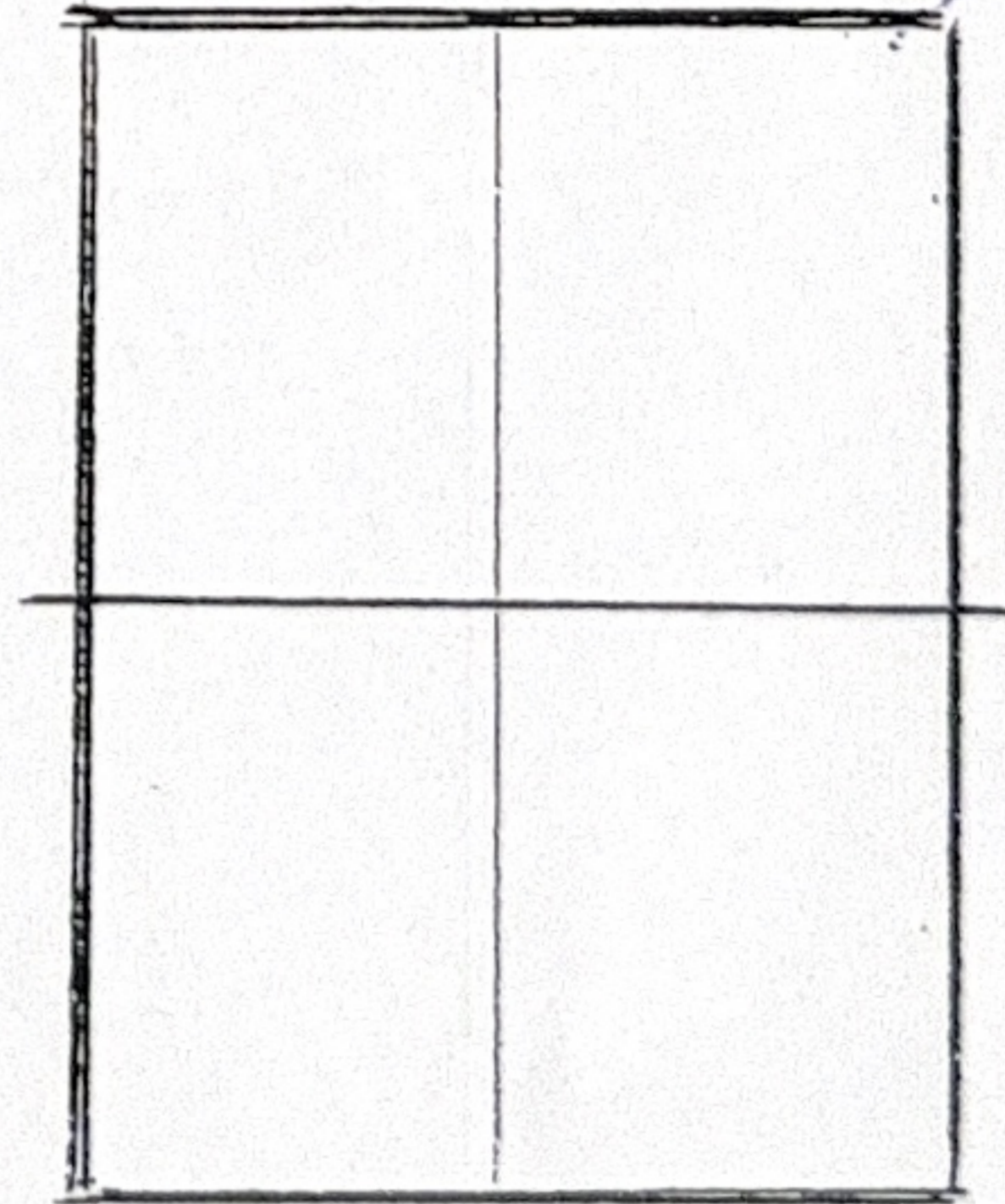
FH
CROP

2x8'



SERV. FHS FHS
BH OR FHS 3 2
1

ONE SET (11)



UP AND DOWN
25'

04.05.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

MULTIBALLS TRAINING, SERVICE + RECIEVE TRAINING

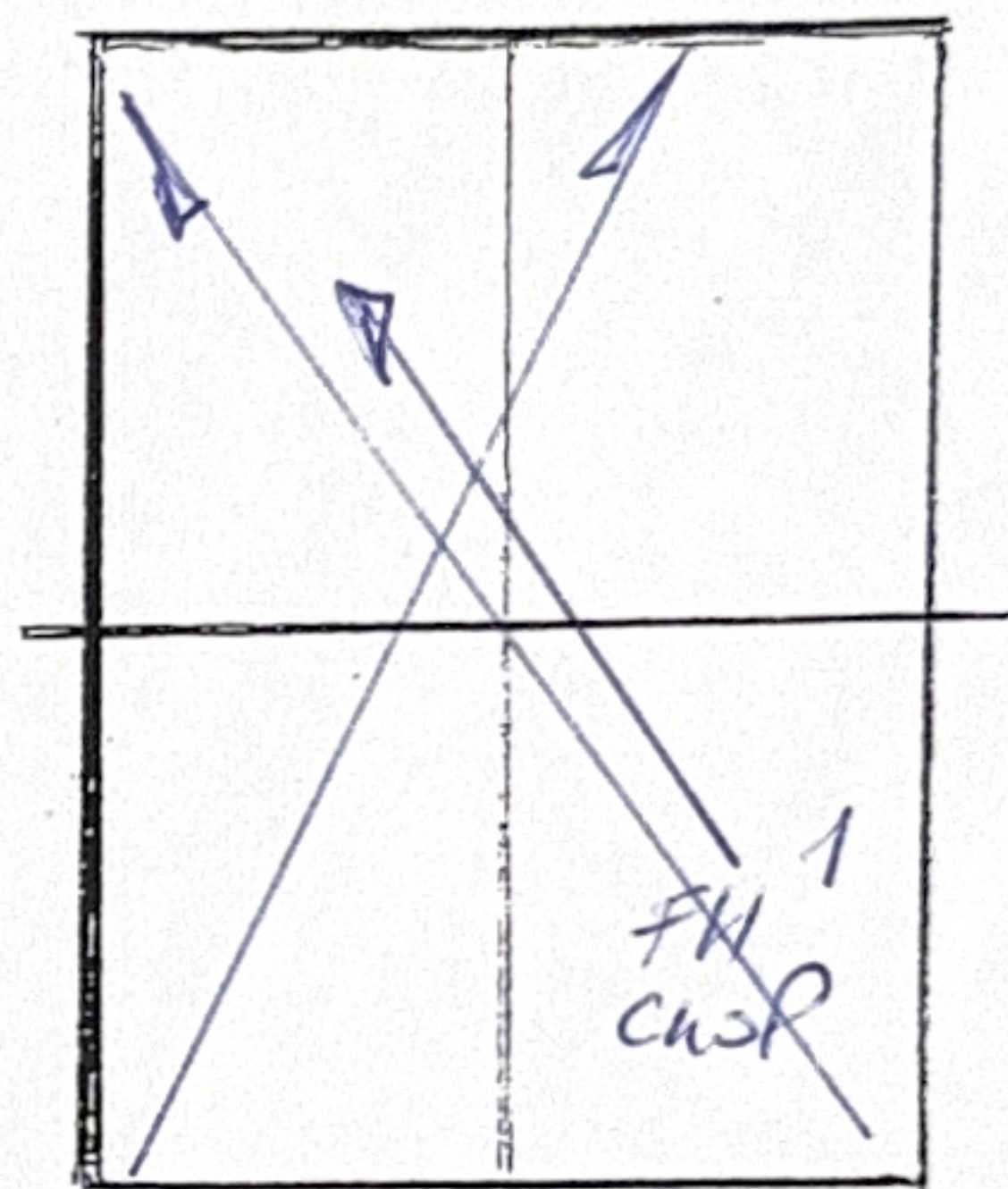
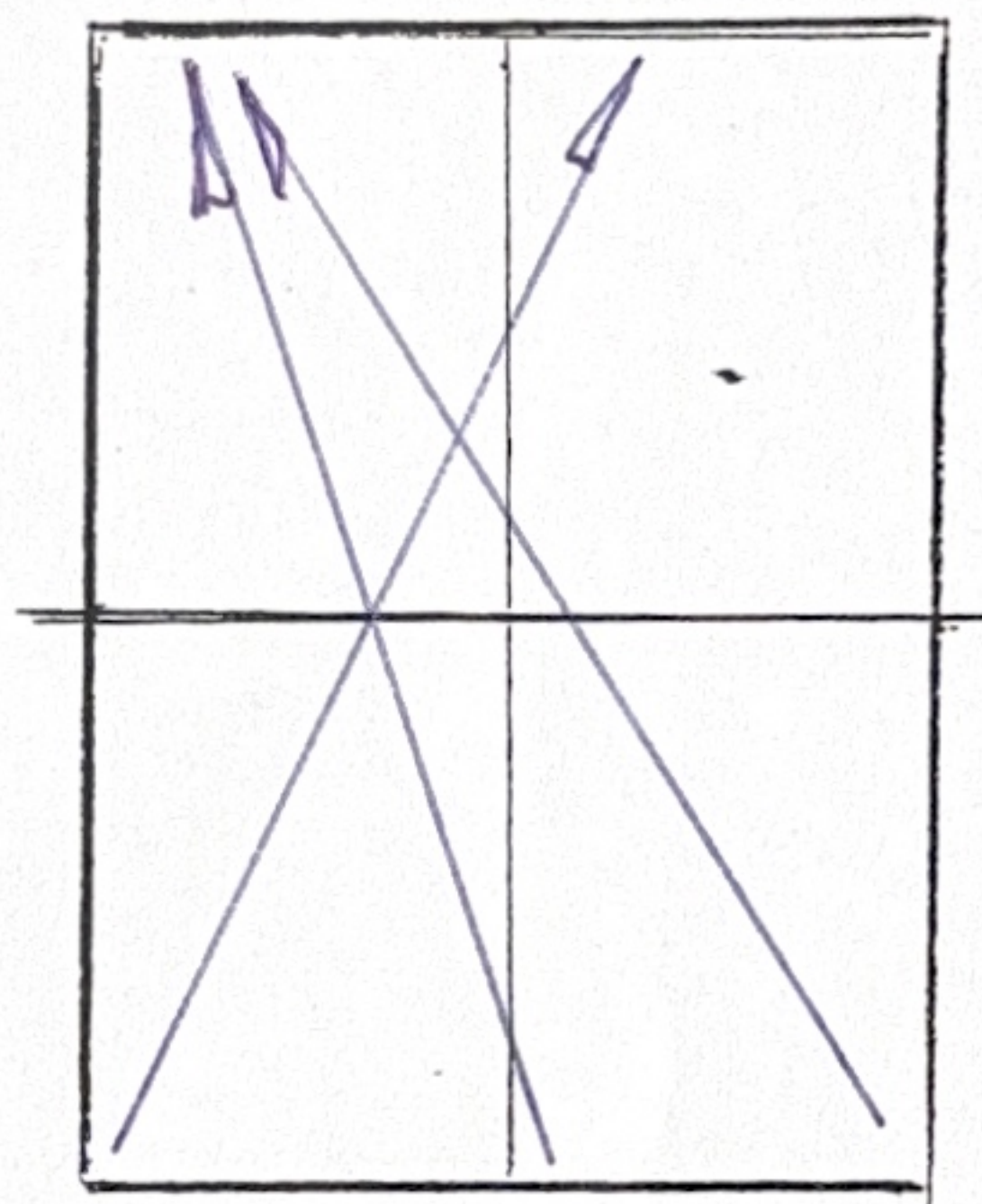
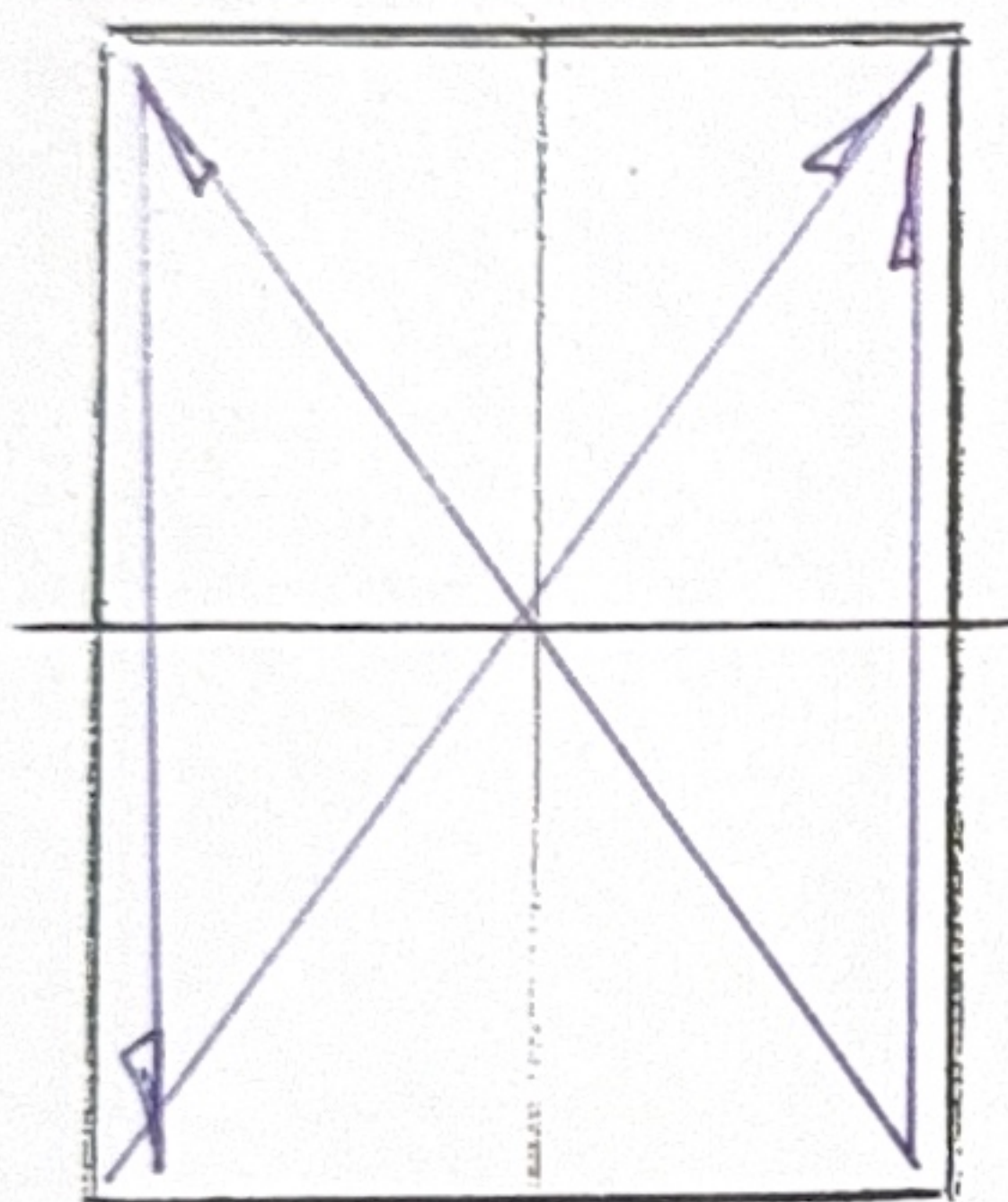
WARMING-UP - THERABANDS PHYSICAL: BEFORE TRAINING

FOOTWOR SPEED 6x20" x 20"

15'

10'

10'



BH DOWN THE FH
SI LINE SI

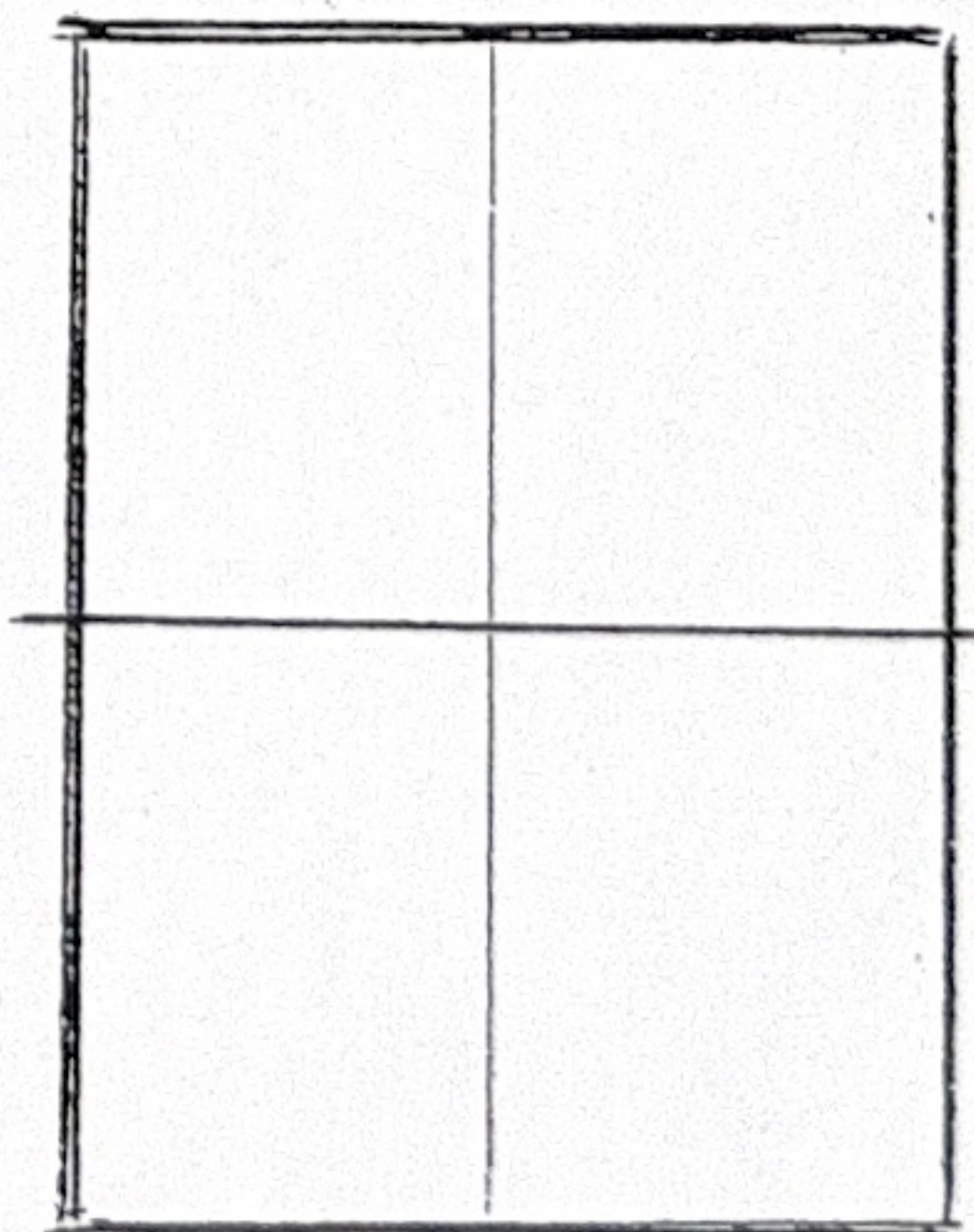
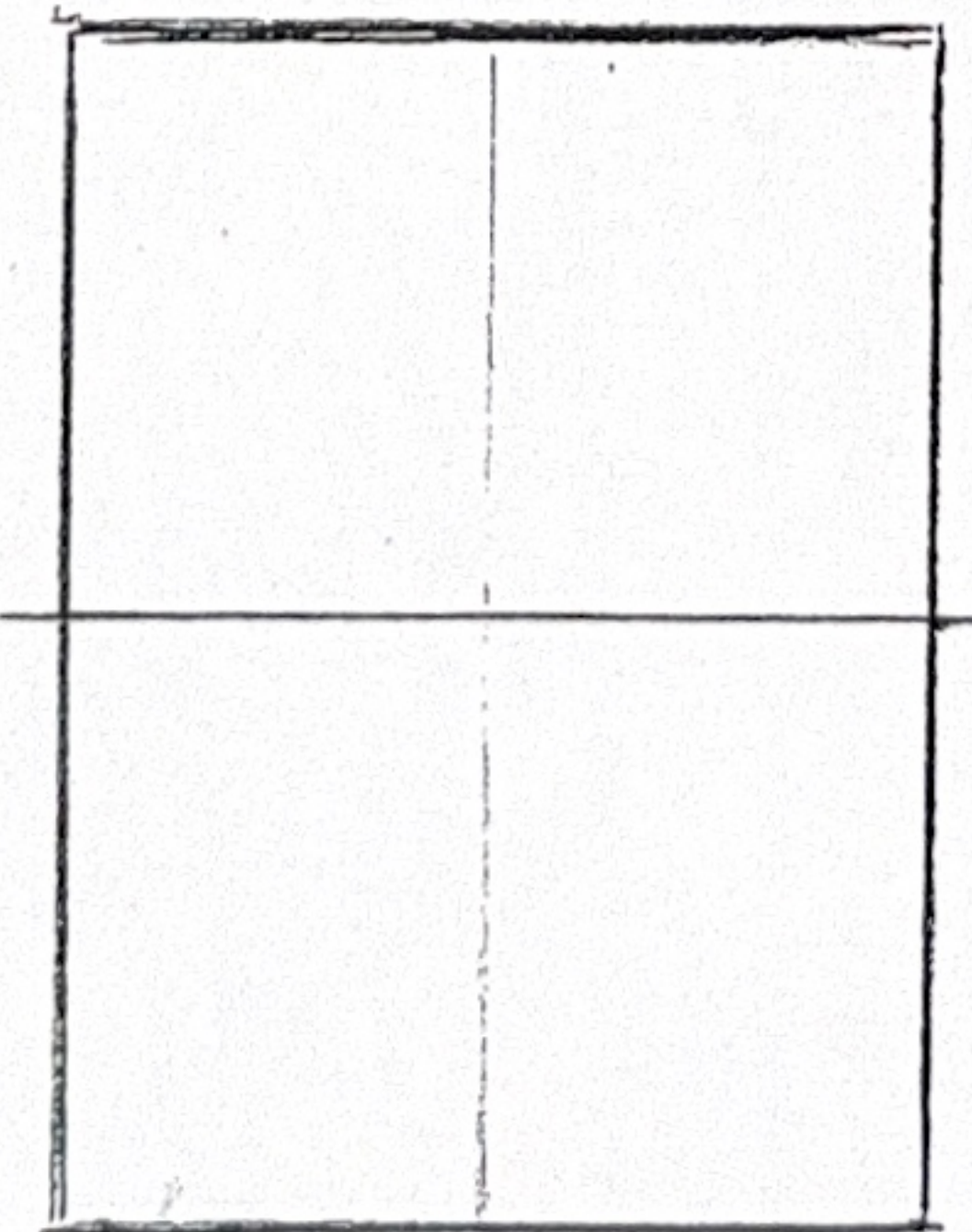
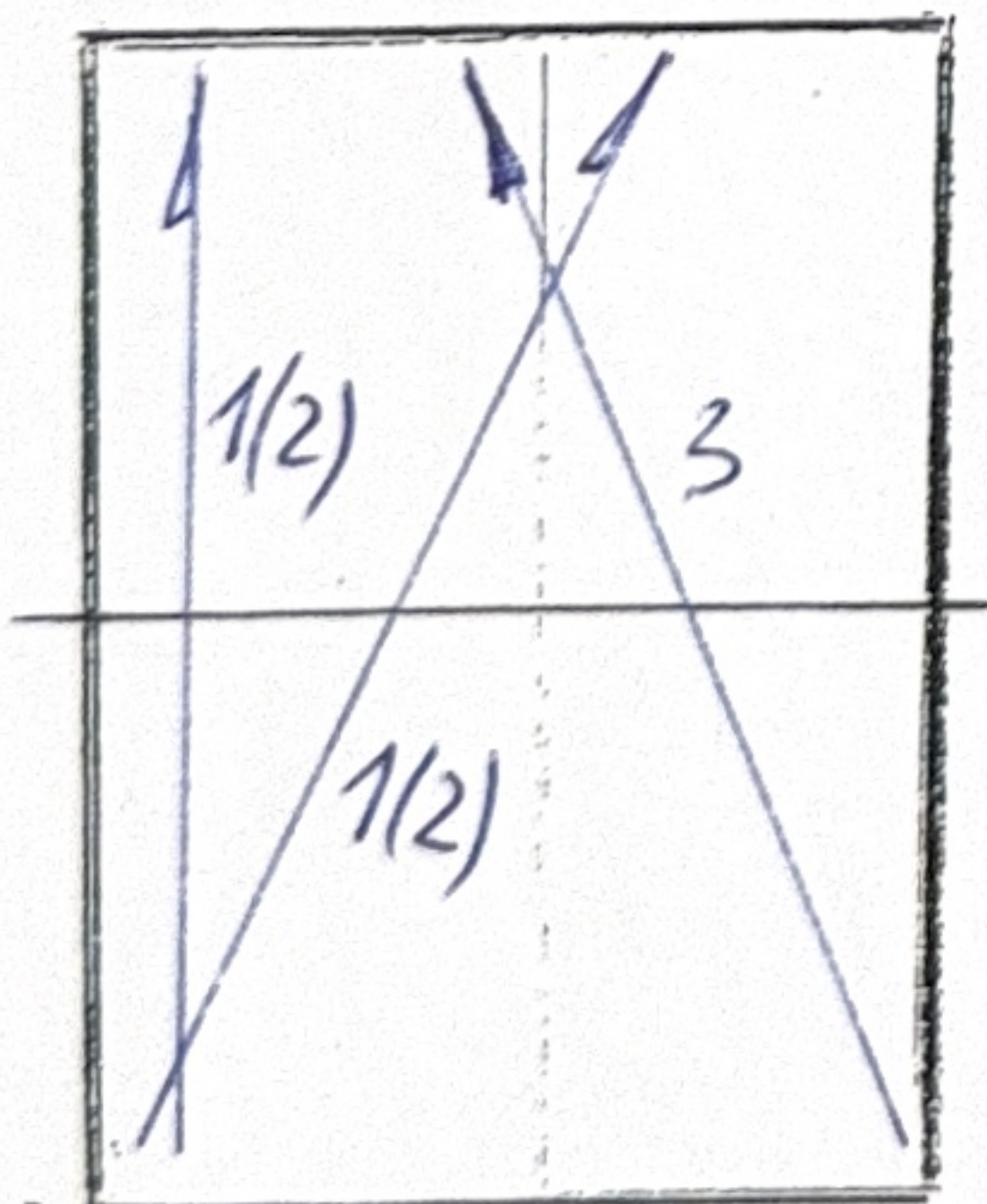
BH FUS FUS
3 1 2
VSCWOP

BH/FUS FUS
2 3

10'

10'

RECIEVE



BHS FUS
1,2 3

INDIVIDUAL

SERVICE
10' - (SHORT + 1/2 LONG)
10' - LONG

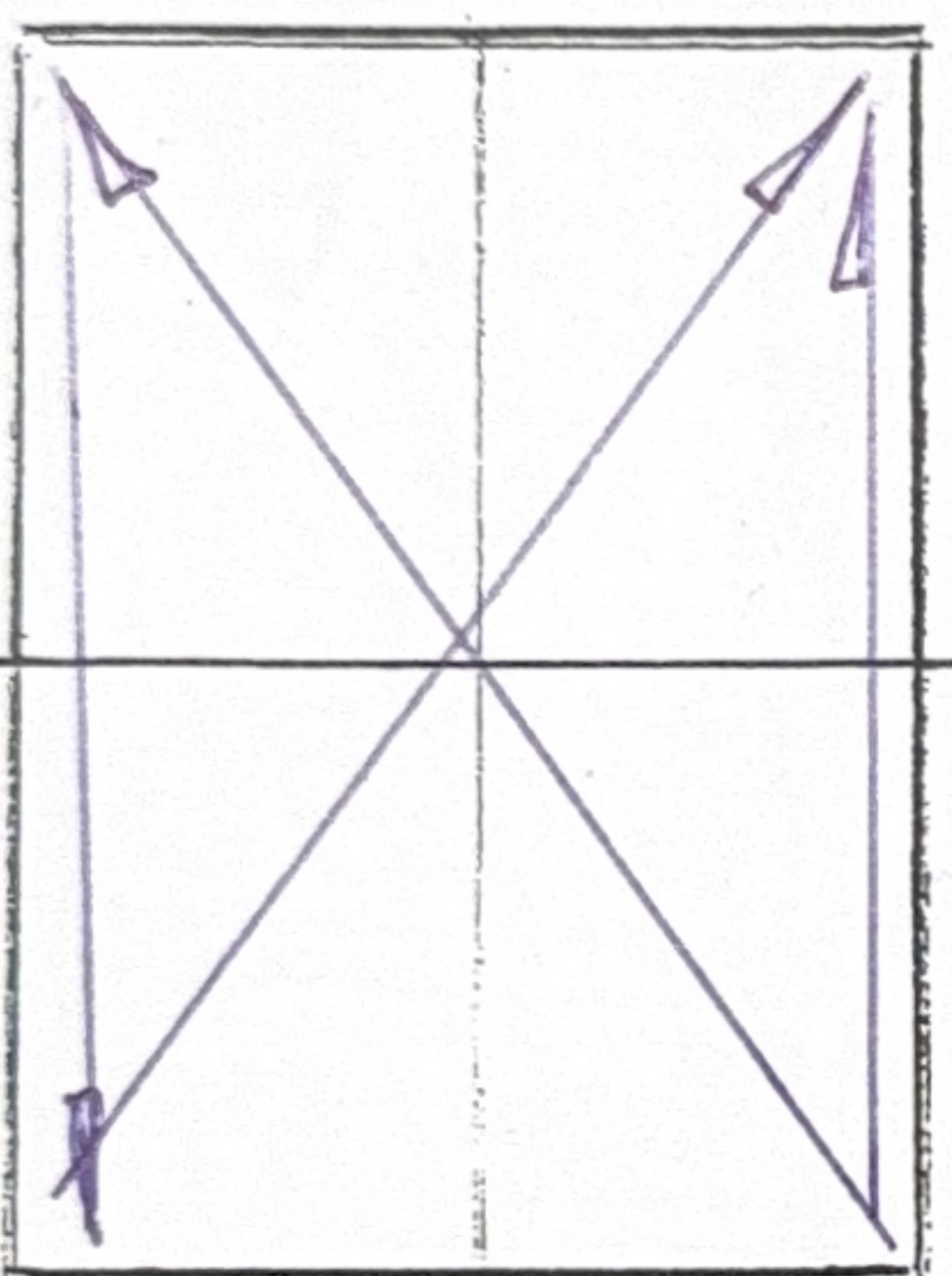
05.05.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

TACTICAL EXERCISES FROM SERVICE

WARMING-UP - THERABANDS, FOOTWORK STEPPING WITH

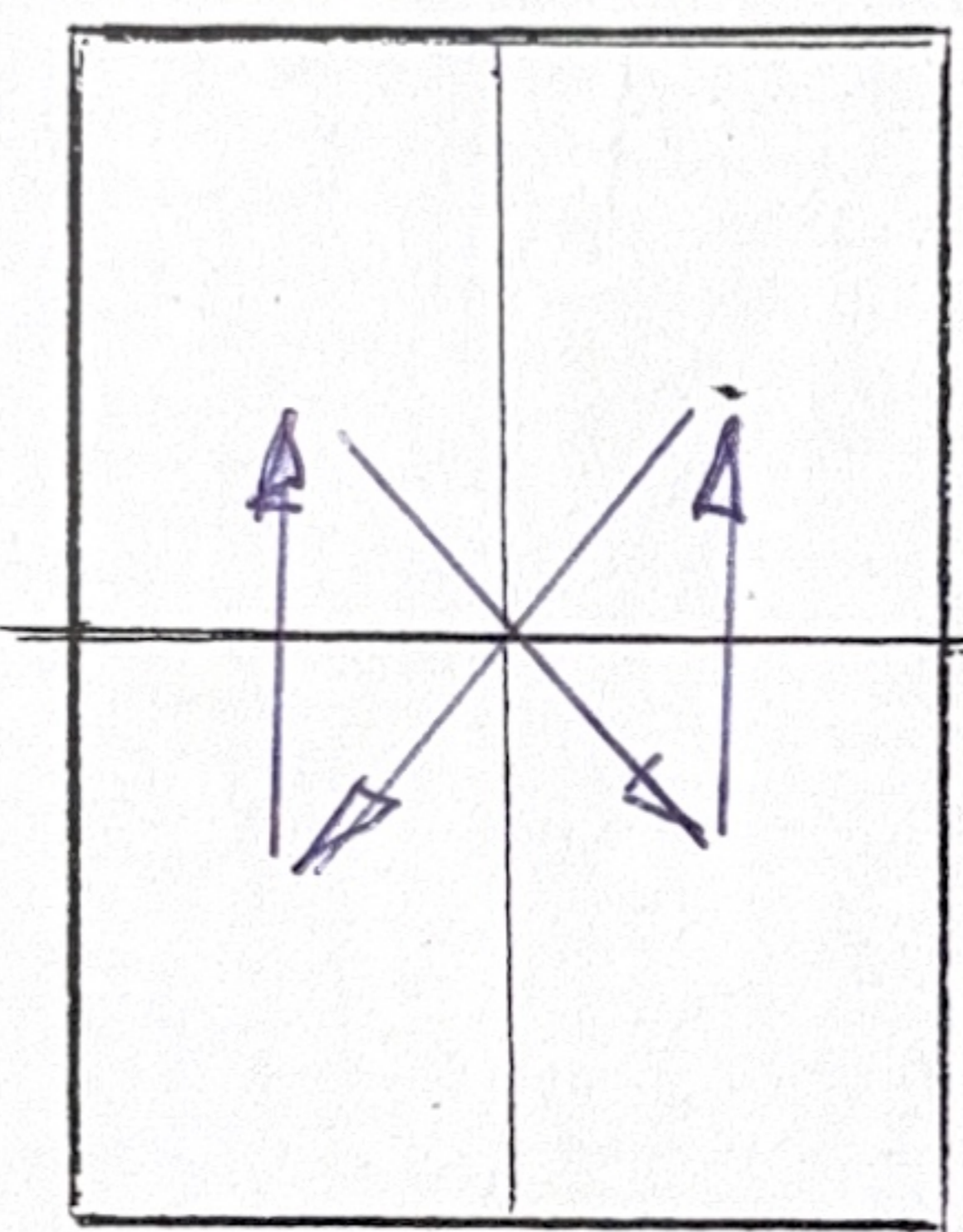
JUMPS BY SIGNAL 6x20" x 20"

15'



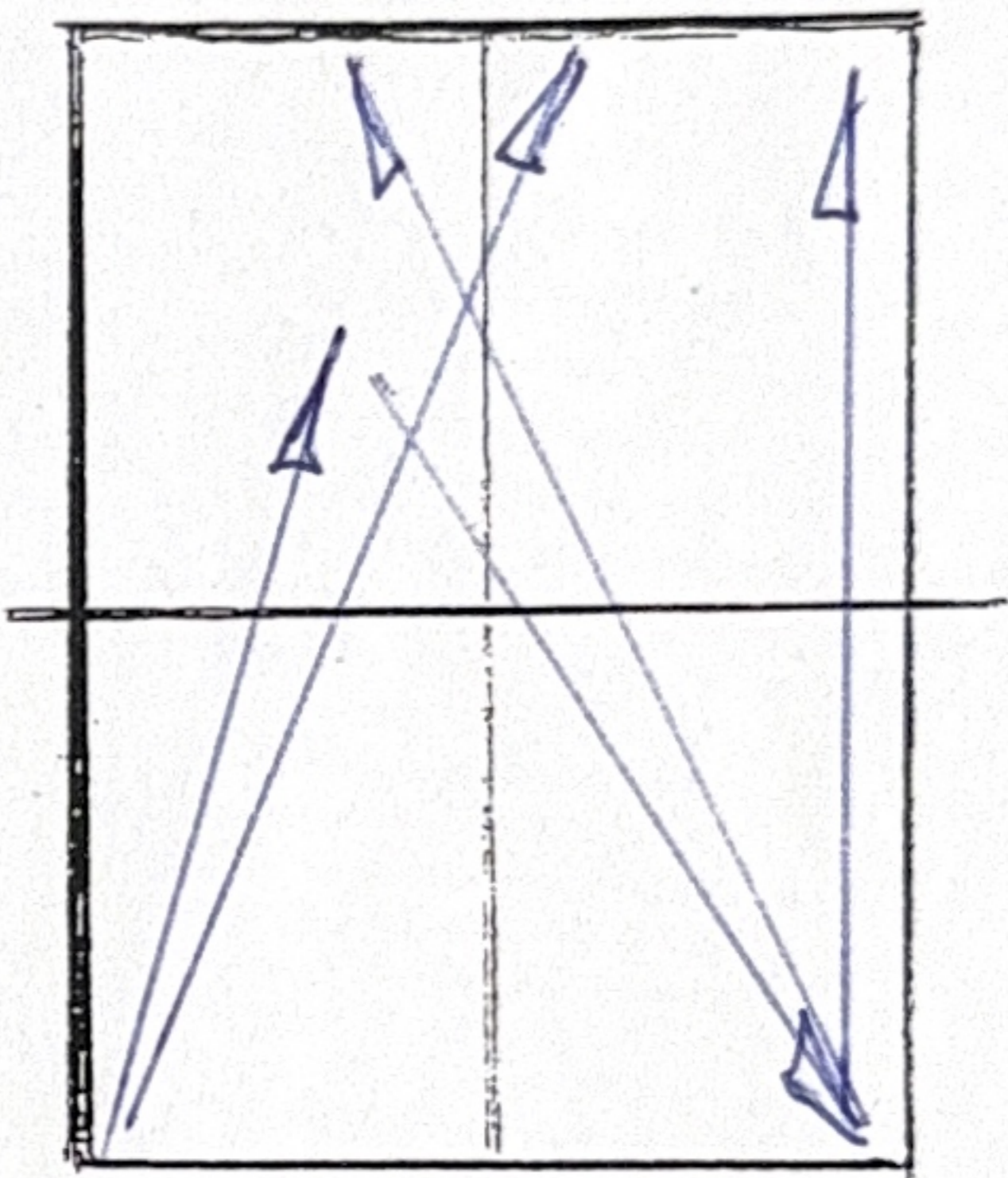
BH DOWN THE FH
SI LINES! SI

2x4'



SHORT CHOP
N8

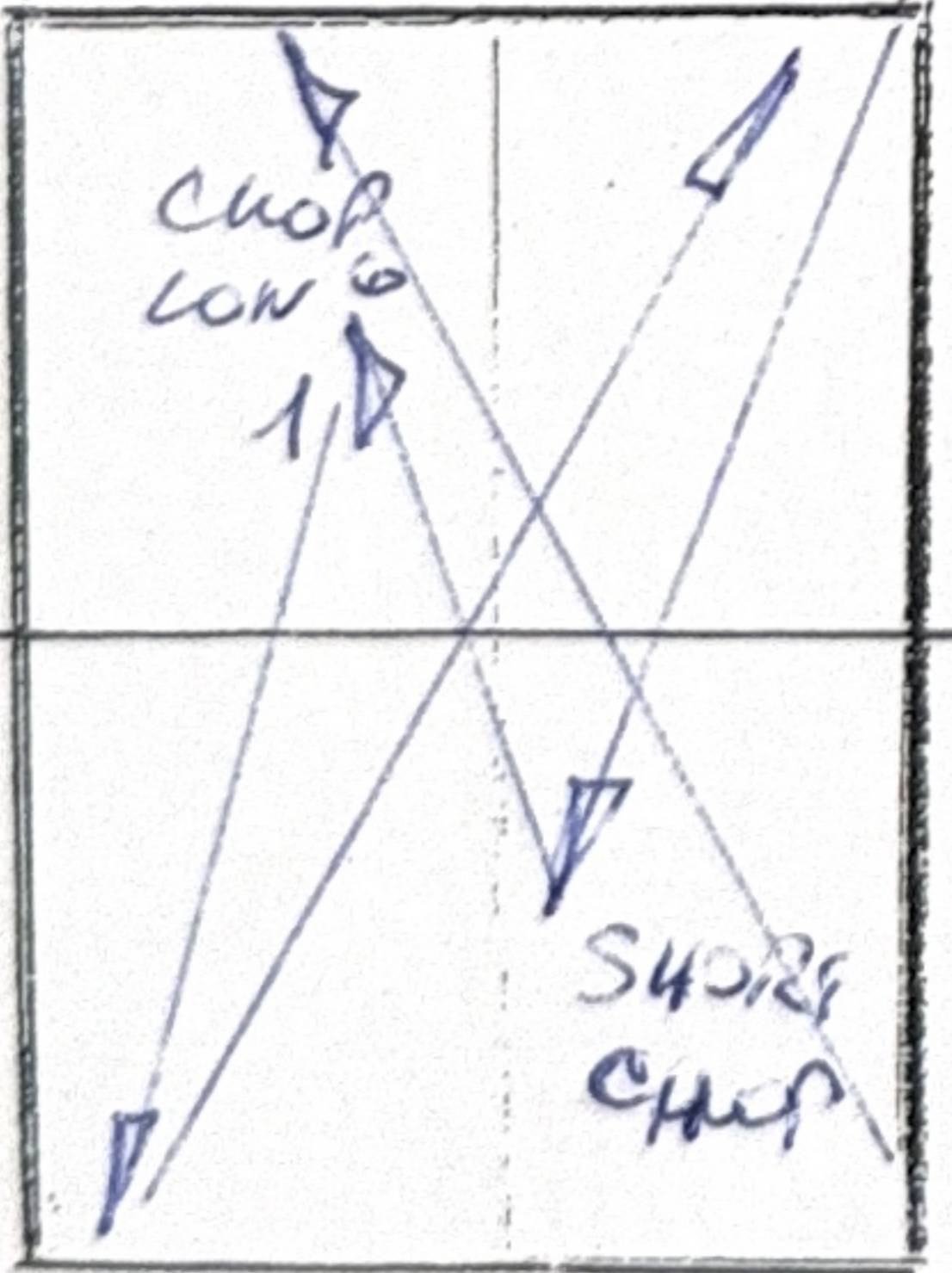
2x8'



SERVICE FUS
BH 2 ? FUS 2

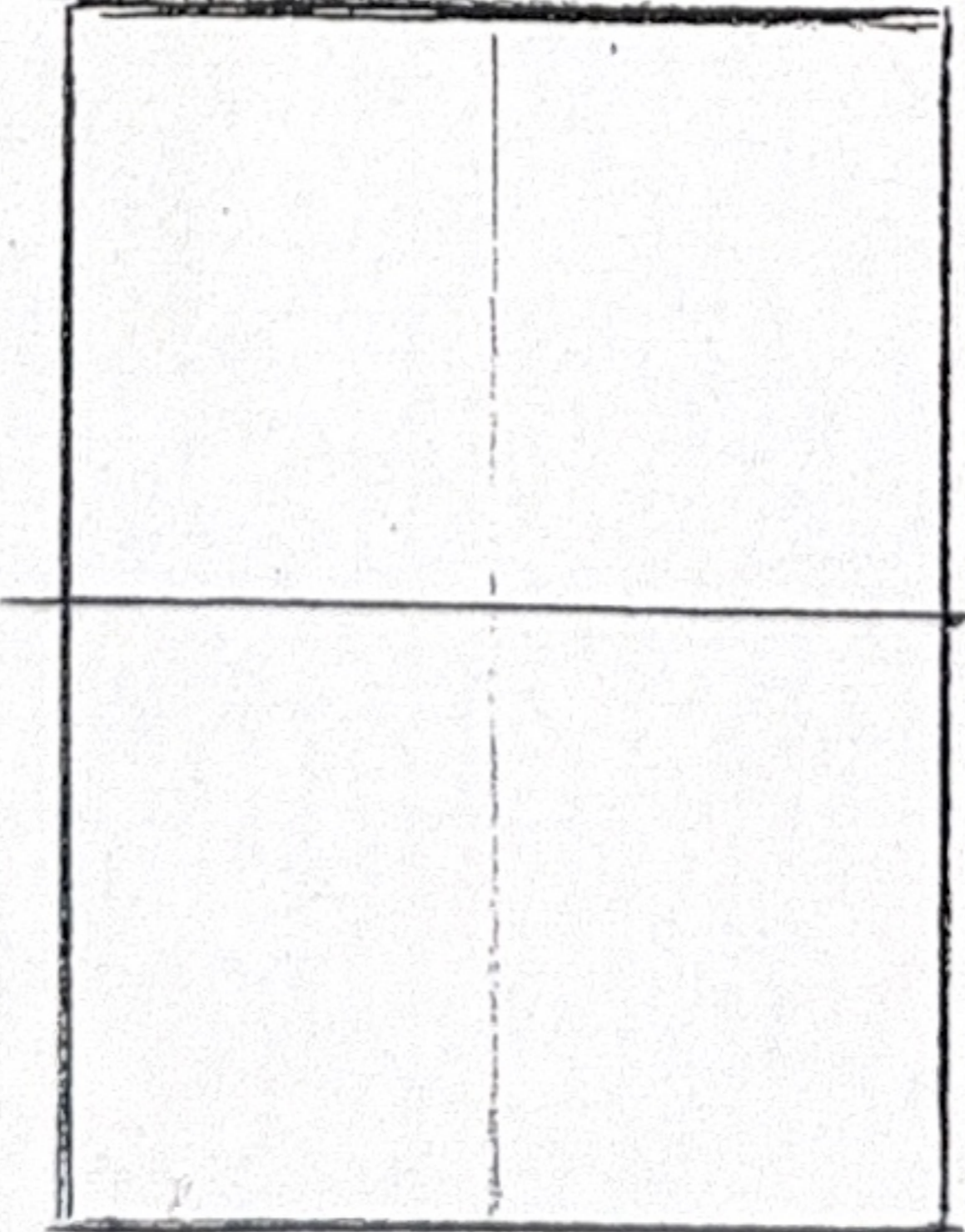
2x8'

SERVICE



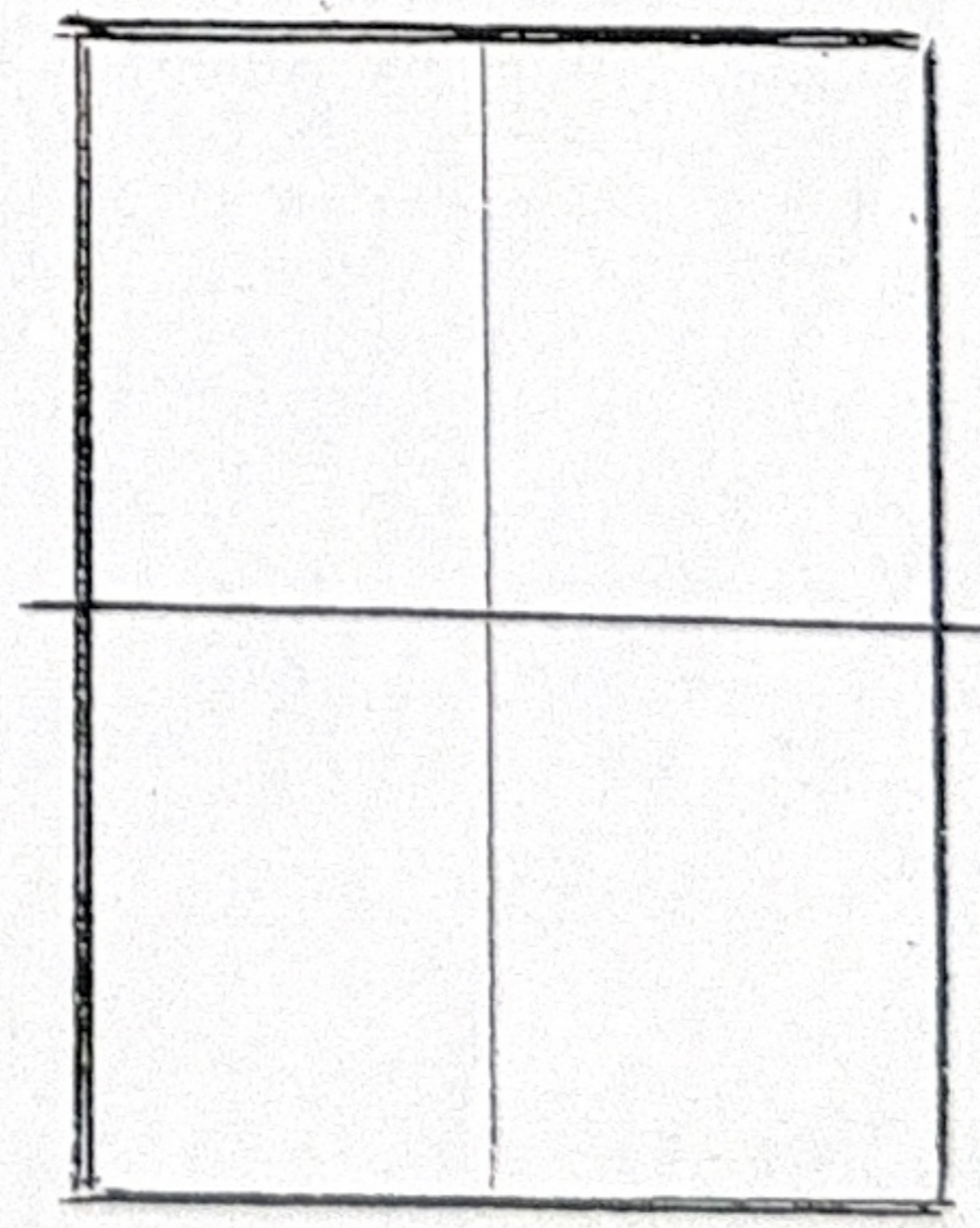
BH/FUS 1 FUS 2

2x8'



INDIVIDUAL

~20'



UP AND DOWN
IF WILL HAVE
TIME