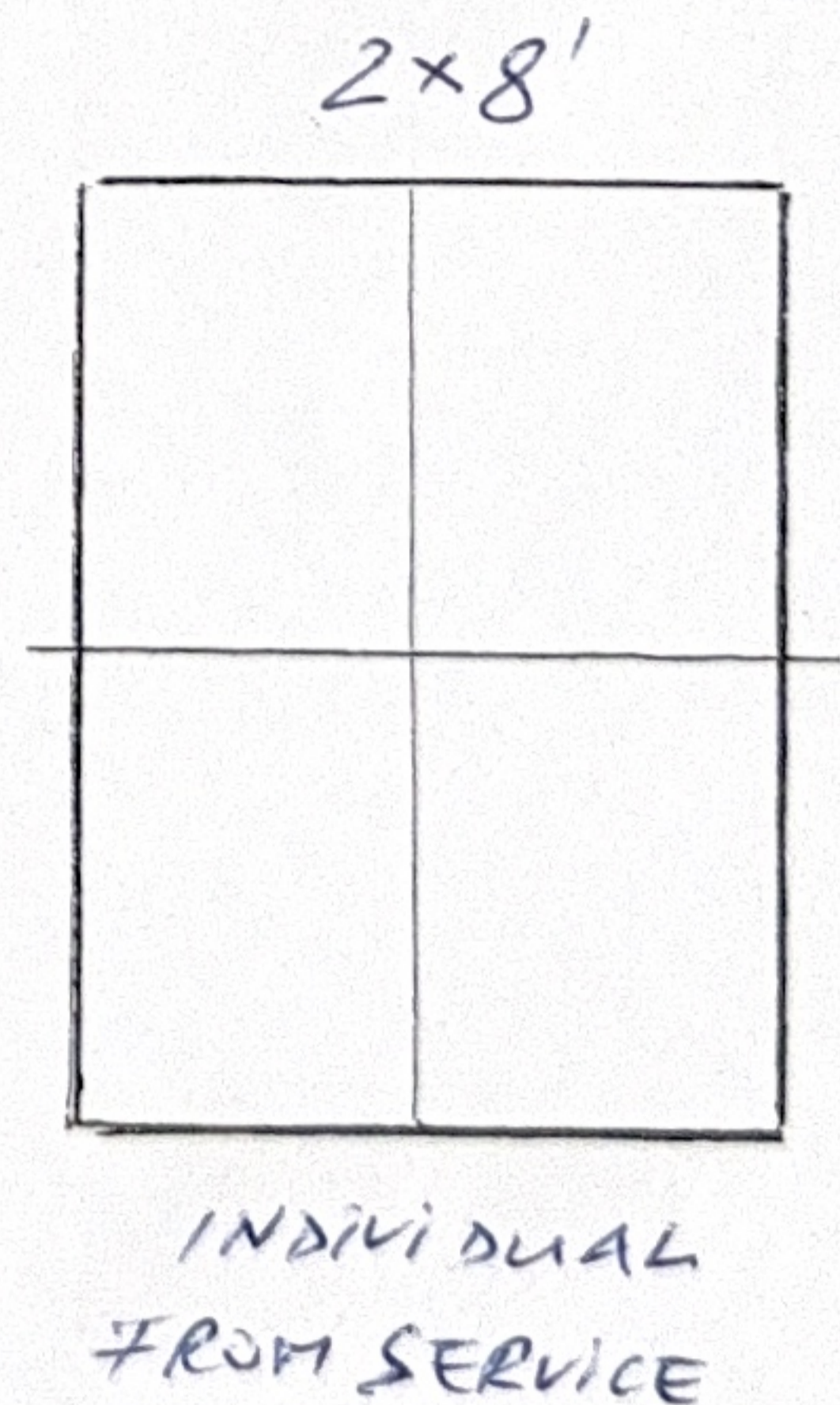
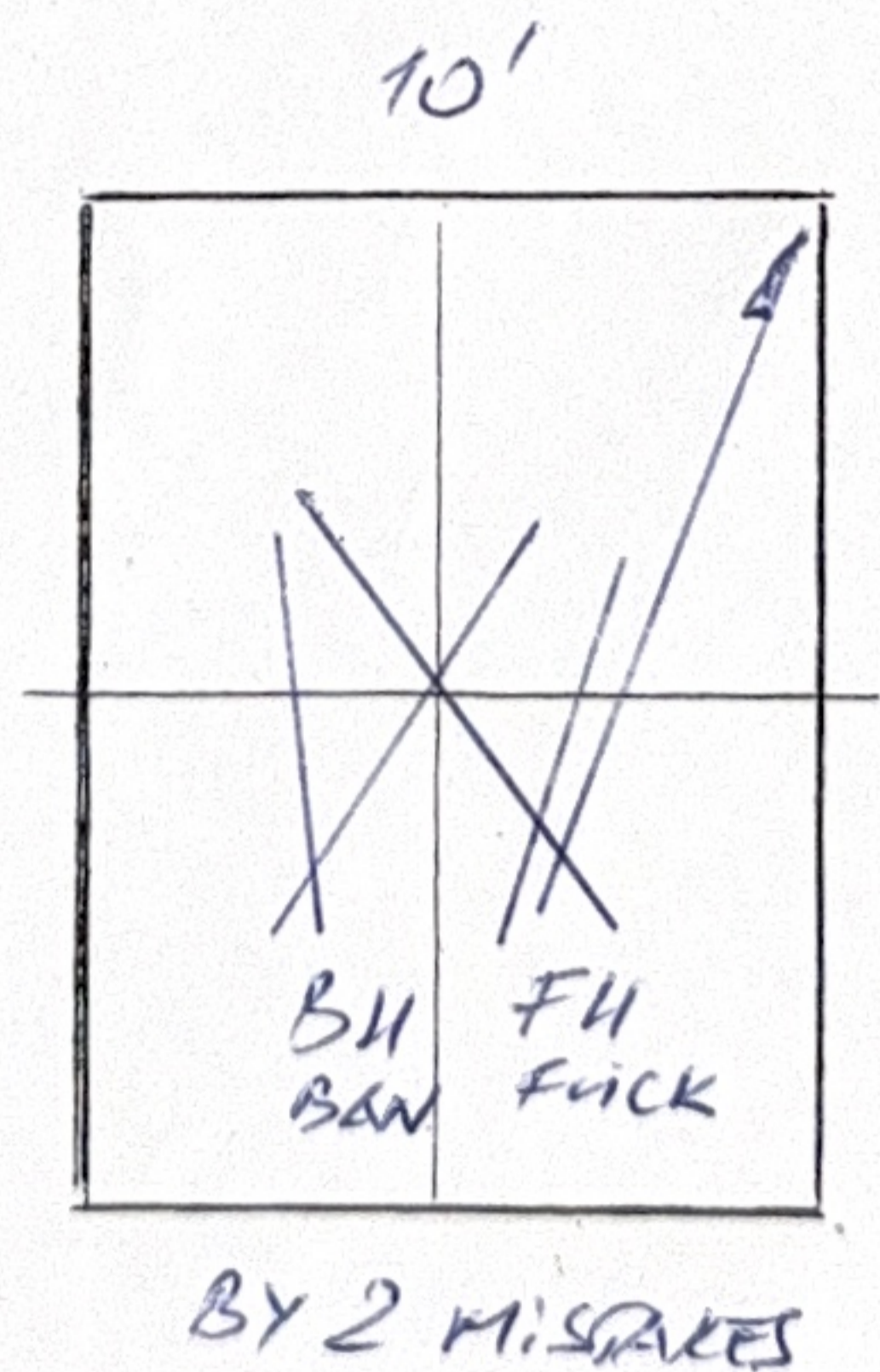
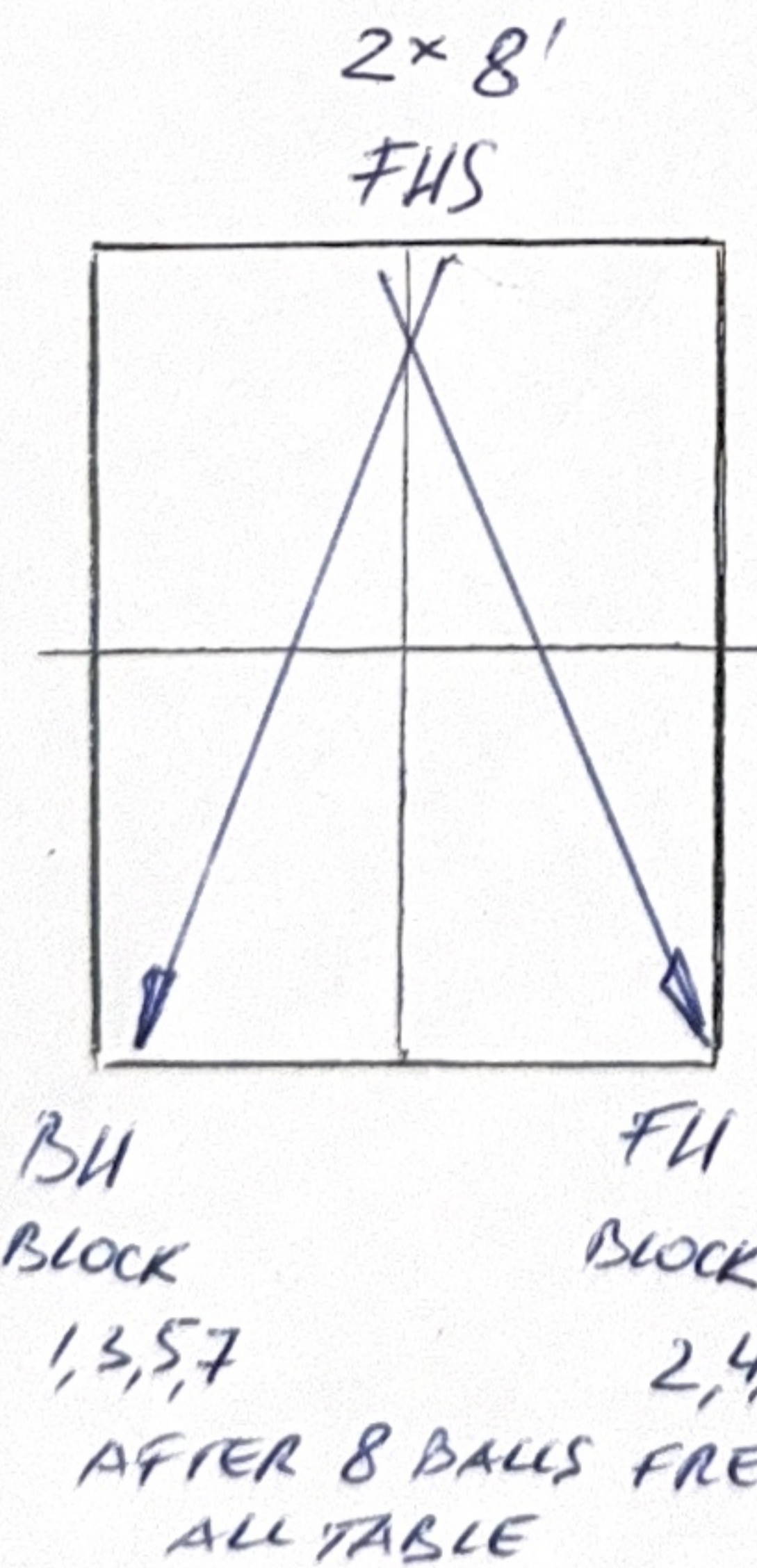
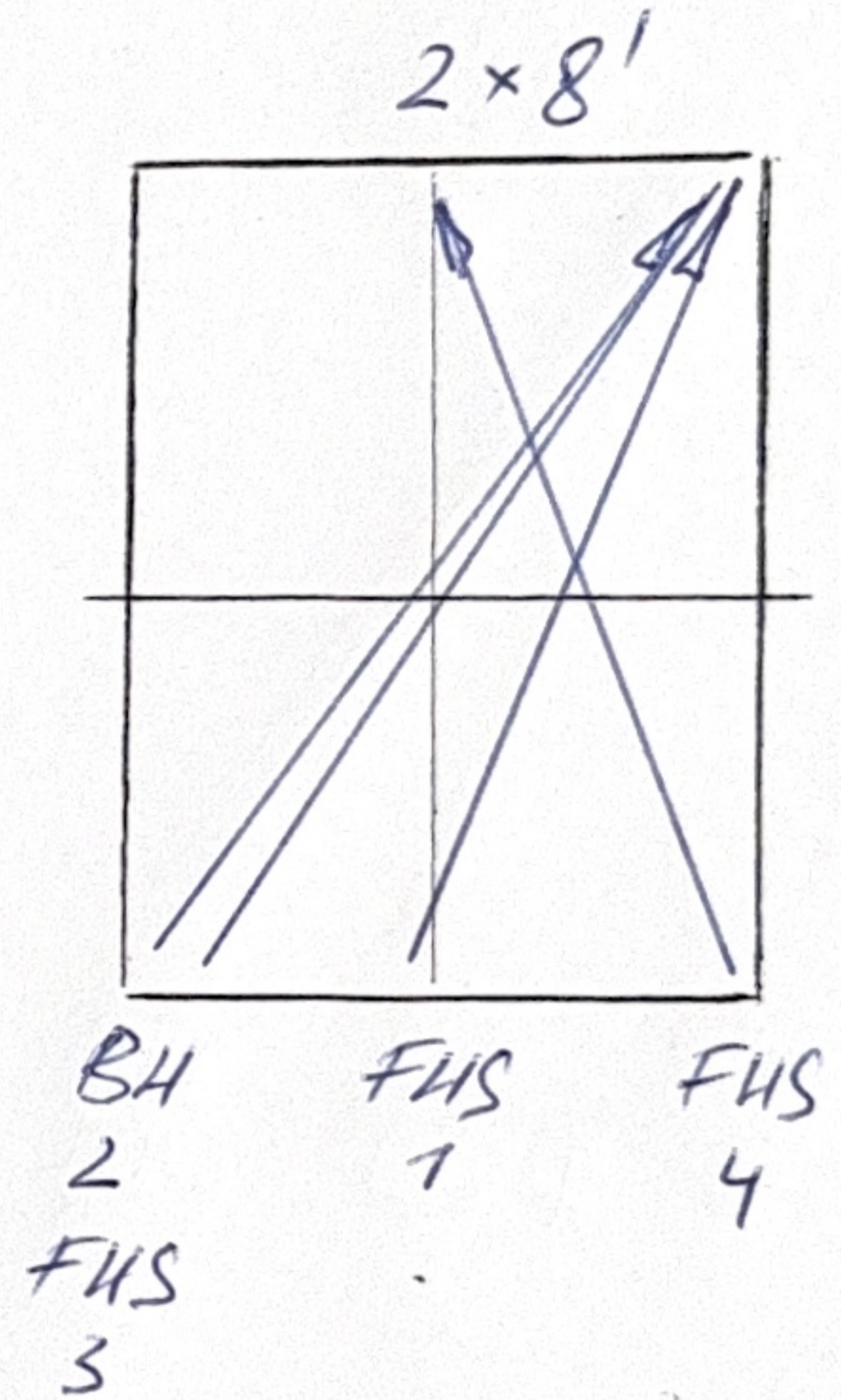
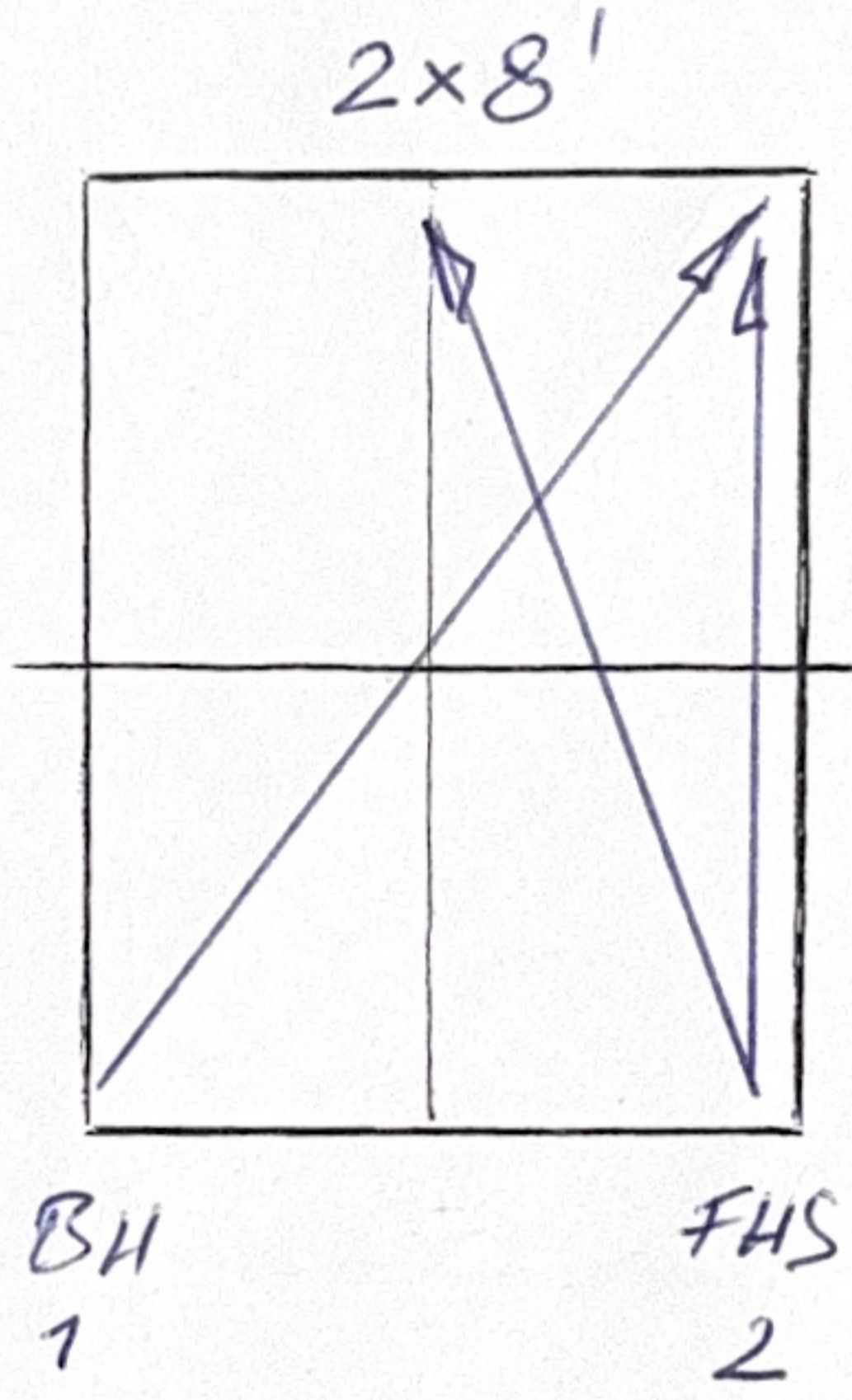
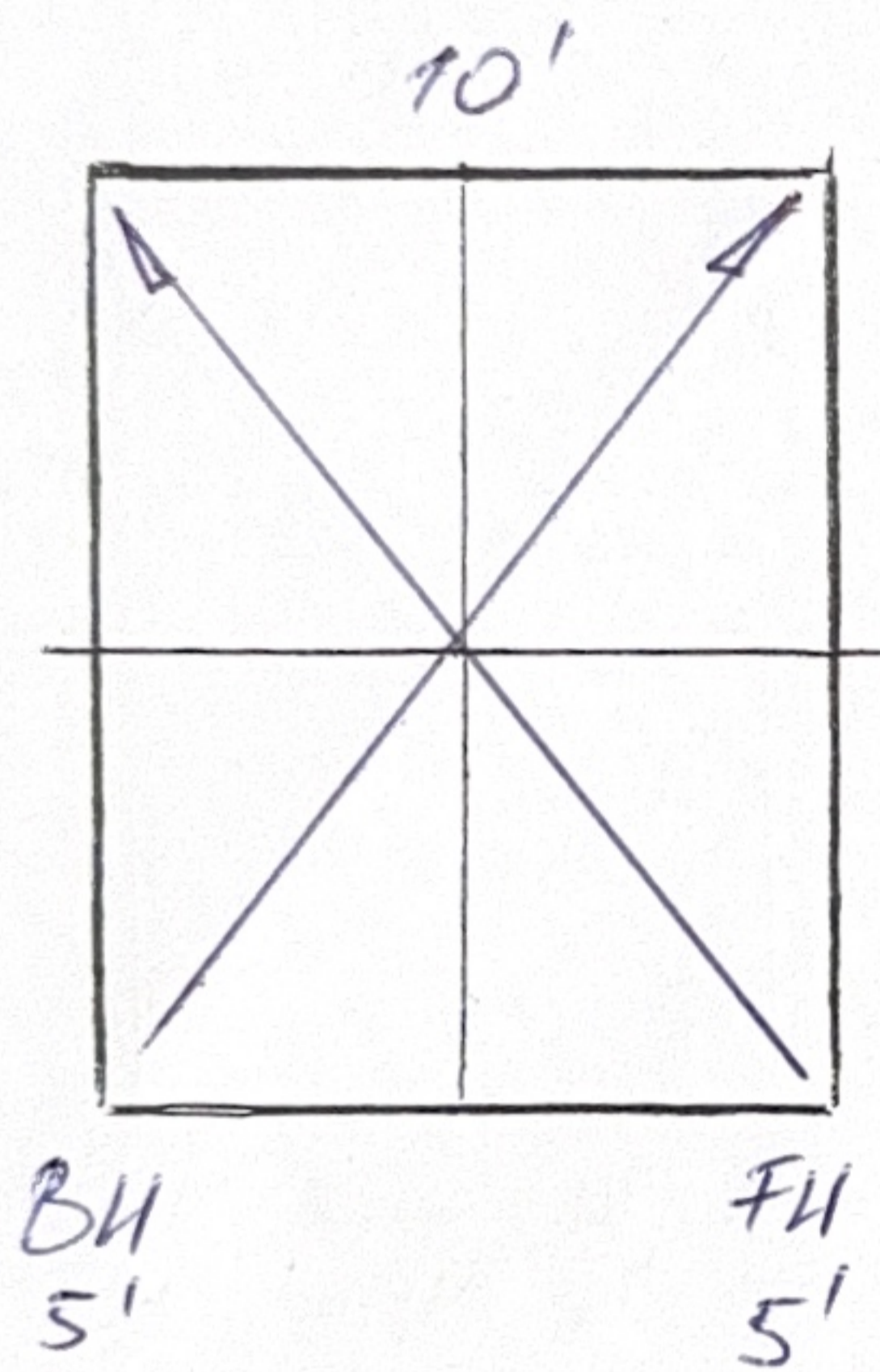


10.05.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDE STEP, PIVOT, CROSSOVER 4. 3RD BALL ATTACK

WARMING UP → THERABANDS, FOOTWORK BEFORE TRAINING
6x20"x20"

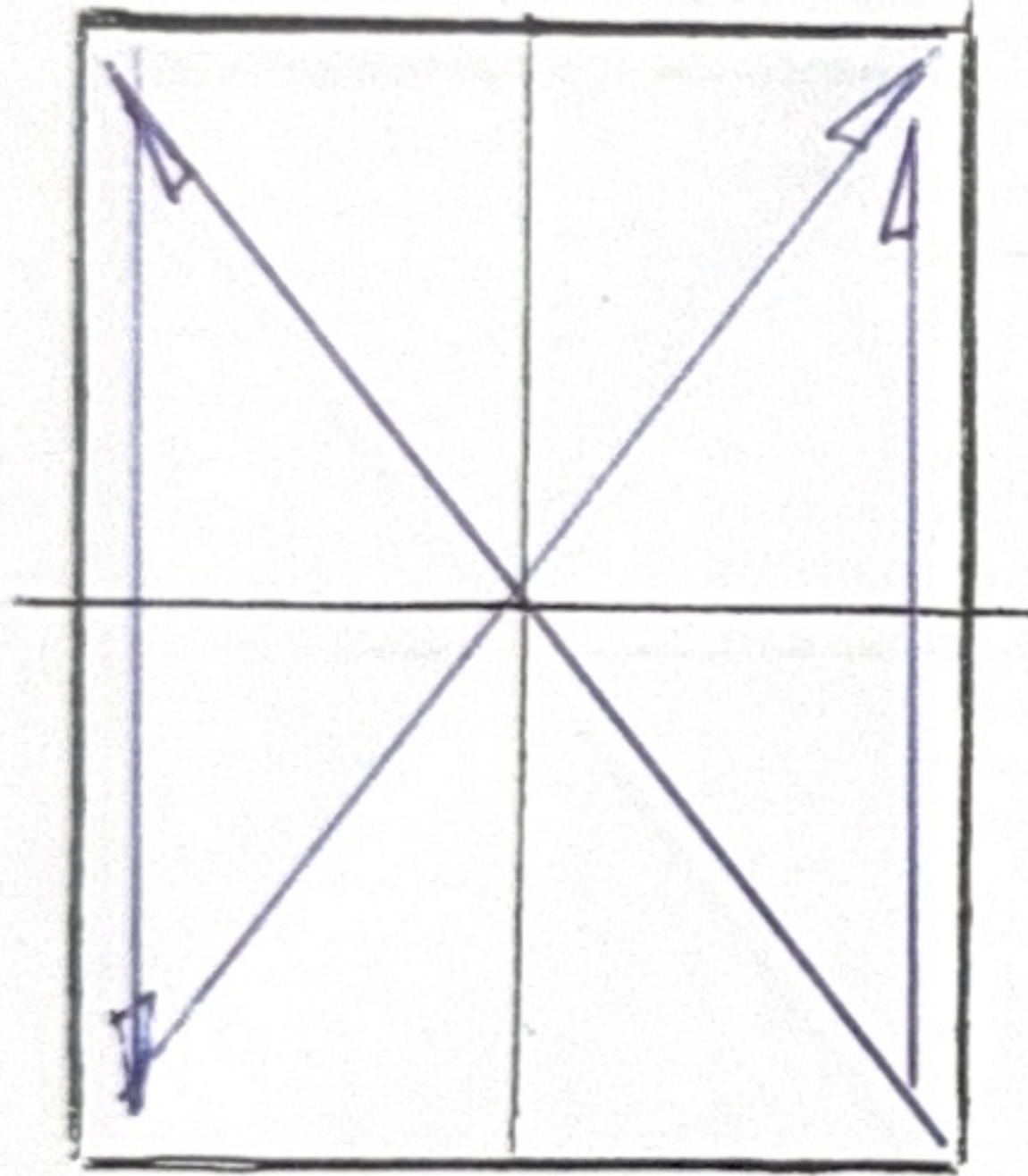


12.05.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. PSYCHOLOGICAL SESSION (MENTAL PREPARATION)

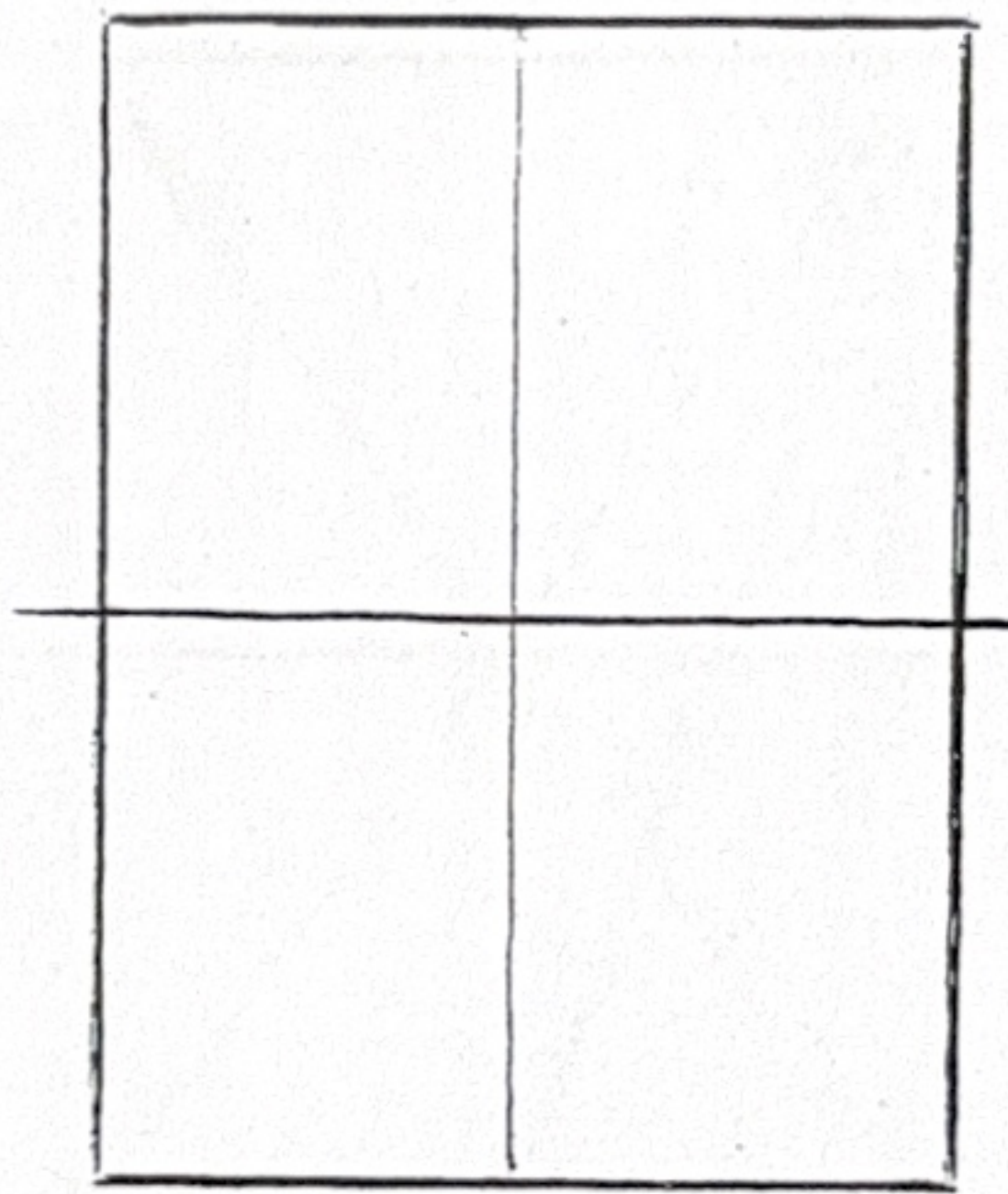
2. ONE HOUR : INDIVIDUAL WORK

15'



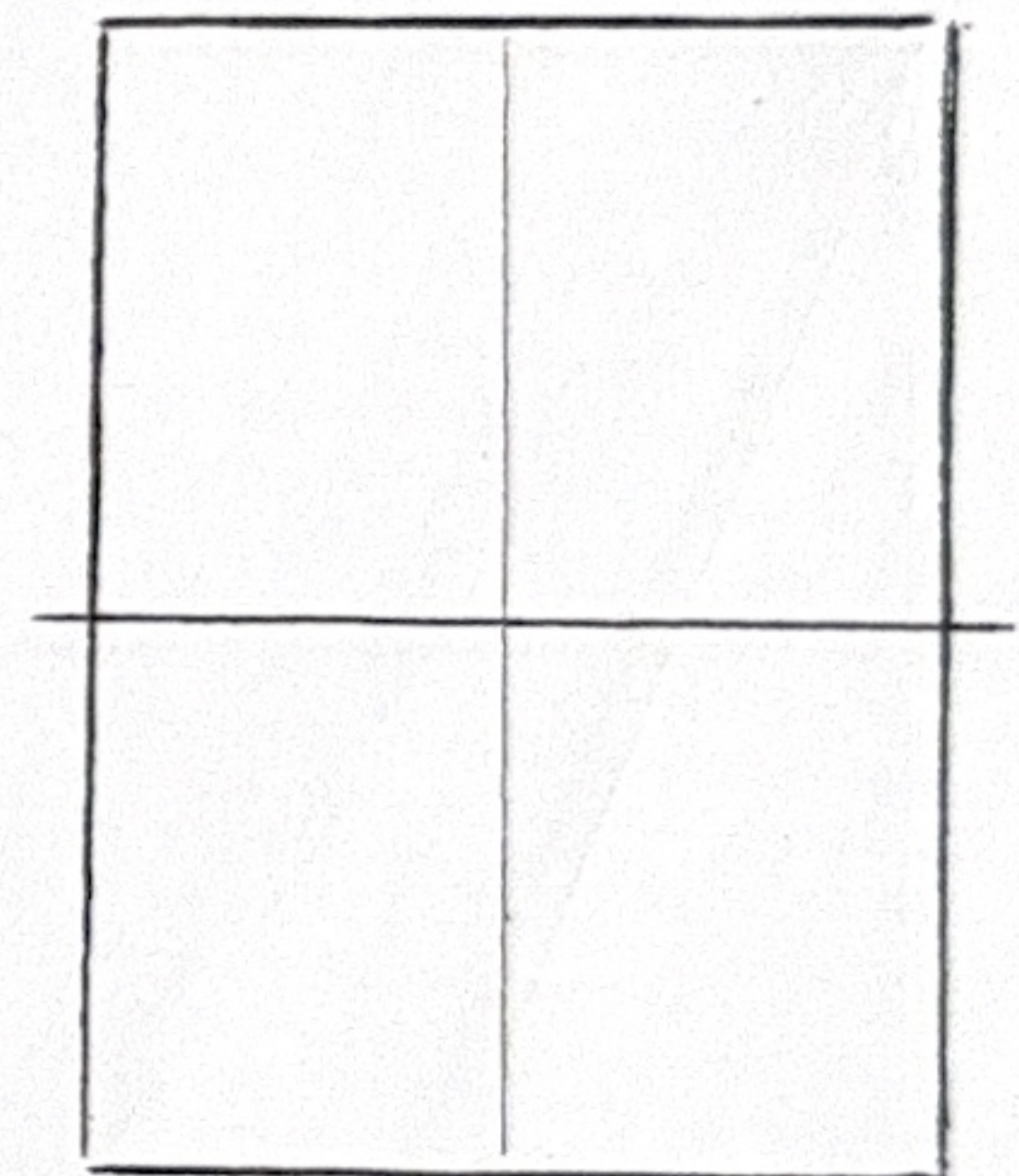
BH DOWN THE FH
5' LINE 5' 5'

2x8'

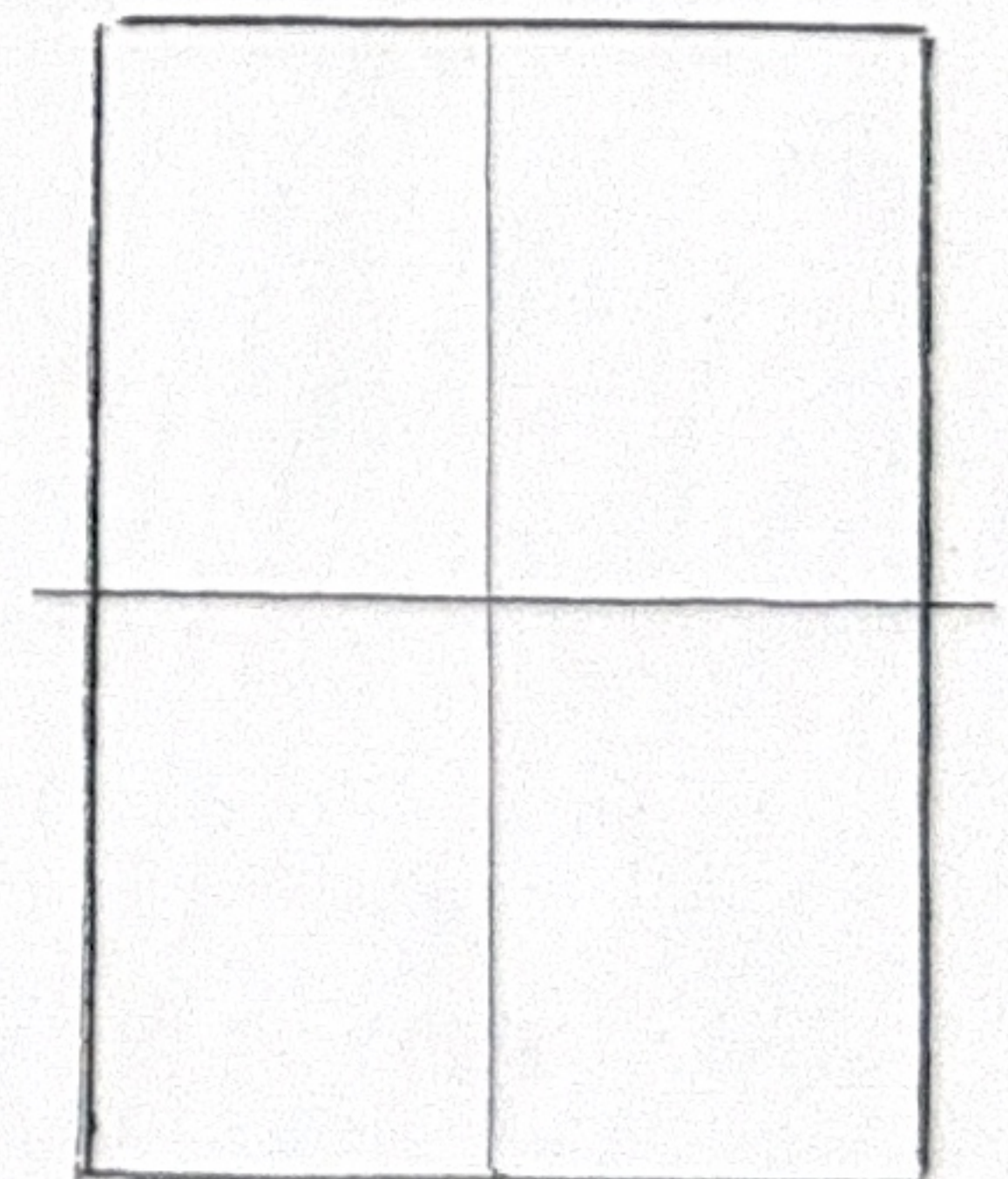
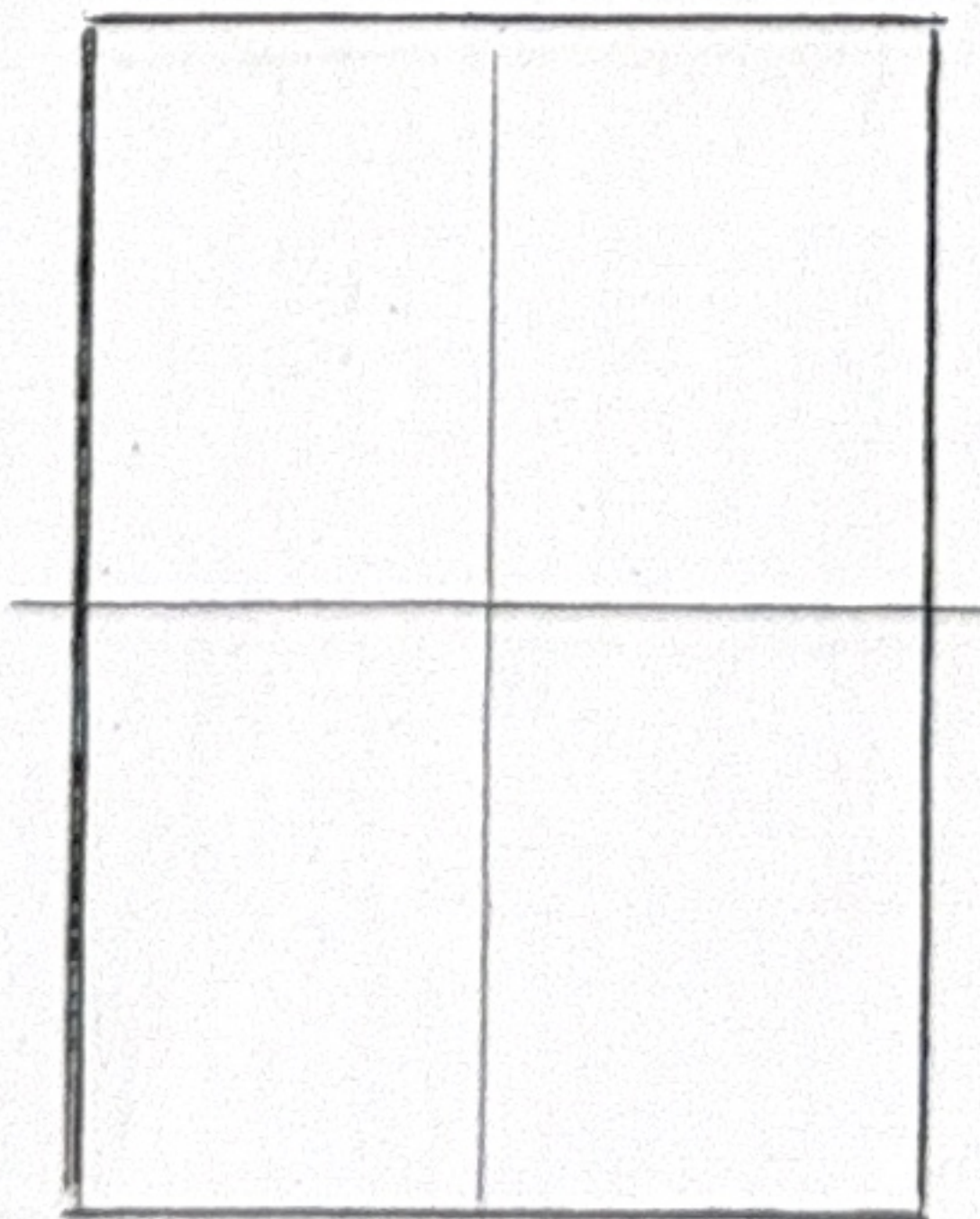
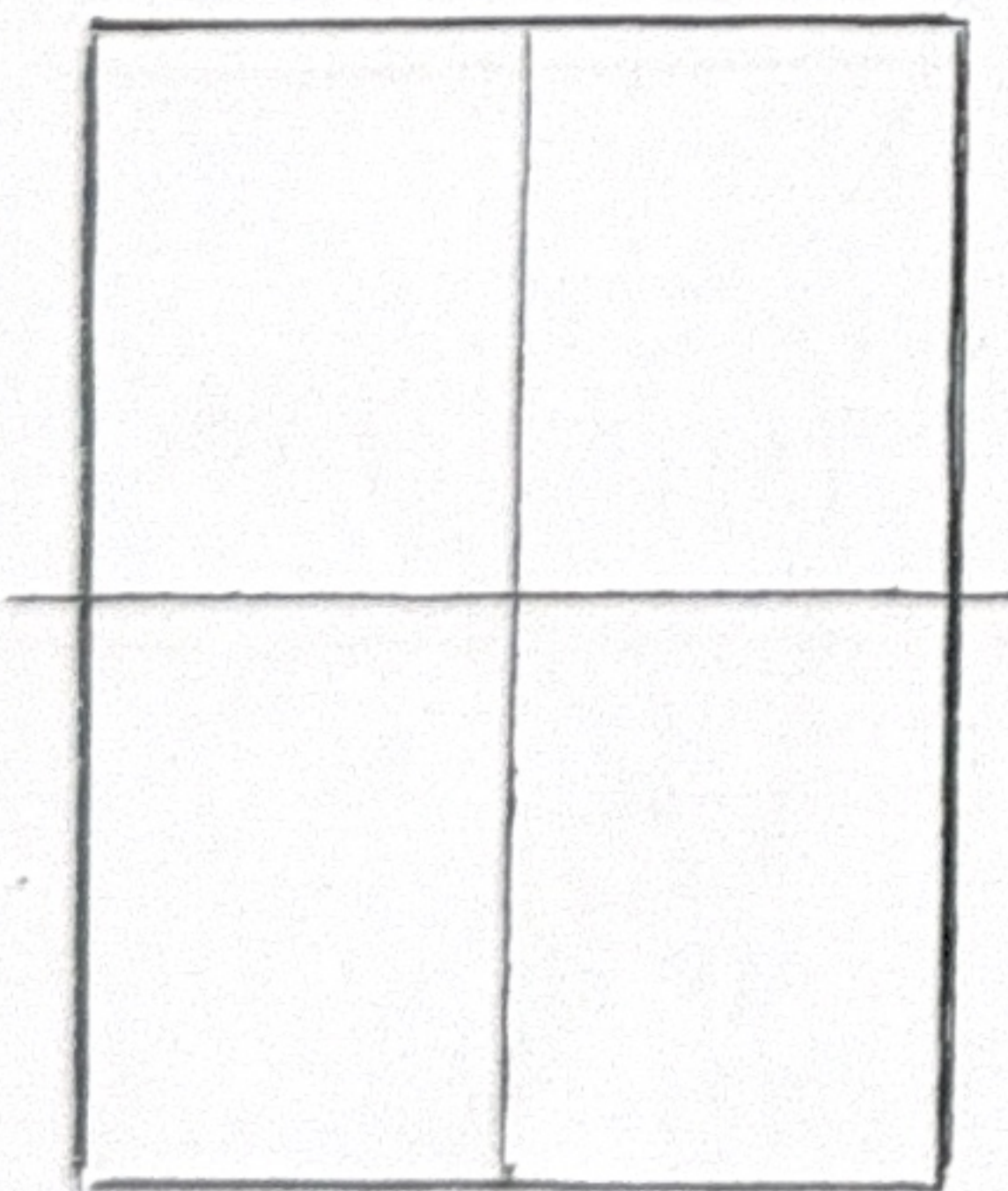


INDIVIDUAL

2x8'



INDIVIDUAL



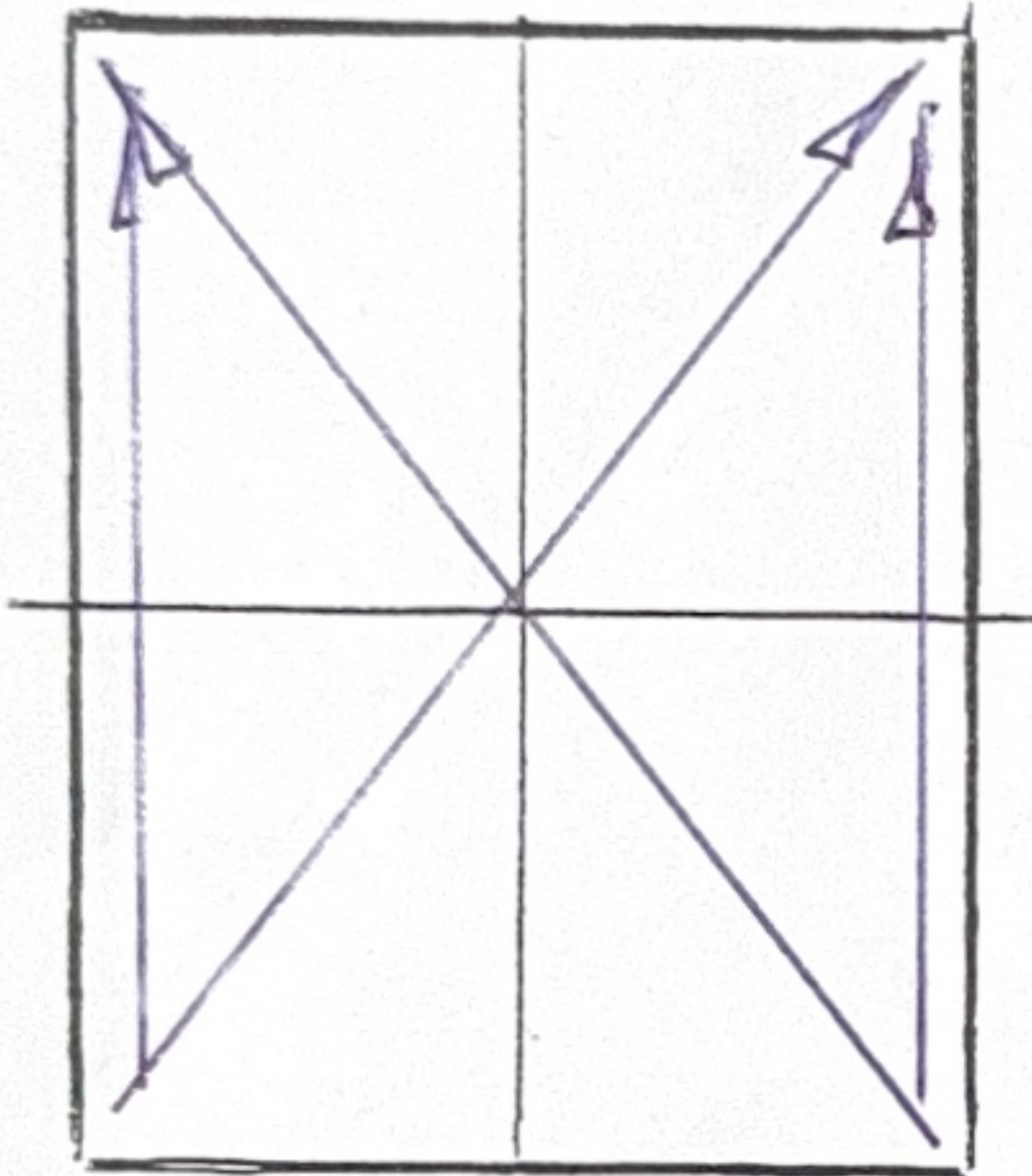
16.05.2026 SATURDAY 15.30 - 18.00 ELITE SQUAD

1. TECHNIQUE 2. REACTION 3. STABILITY 4. BALANCE

5. TACTICAL FROM SERVICE

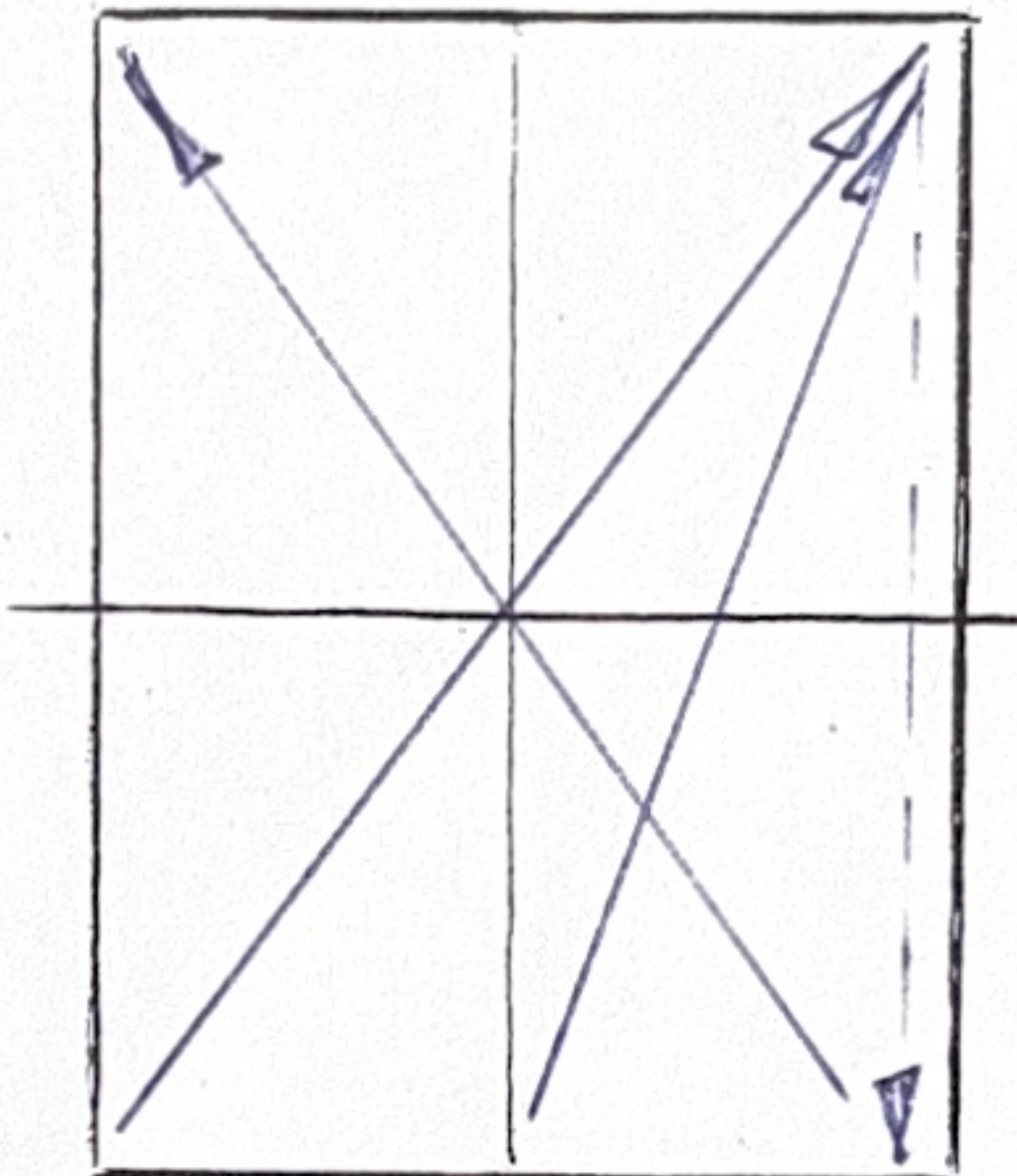
WARMING UP - THERABANDS FOOTWORK - REFLEX 6x20" x 20"

15'



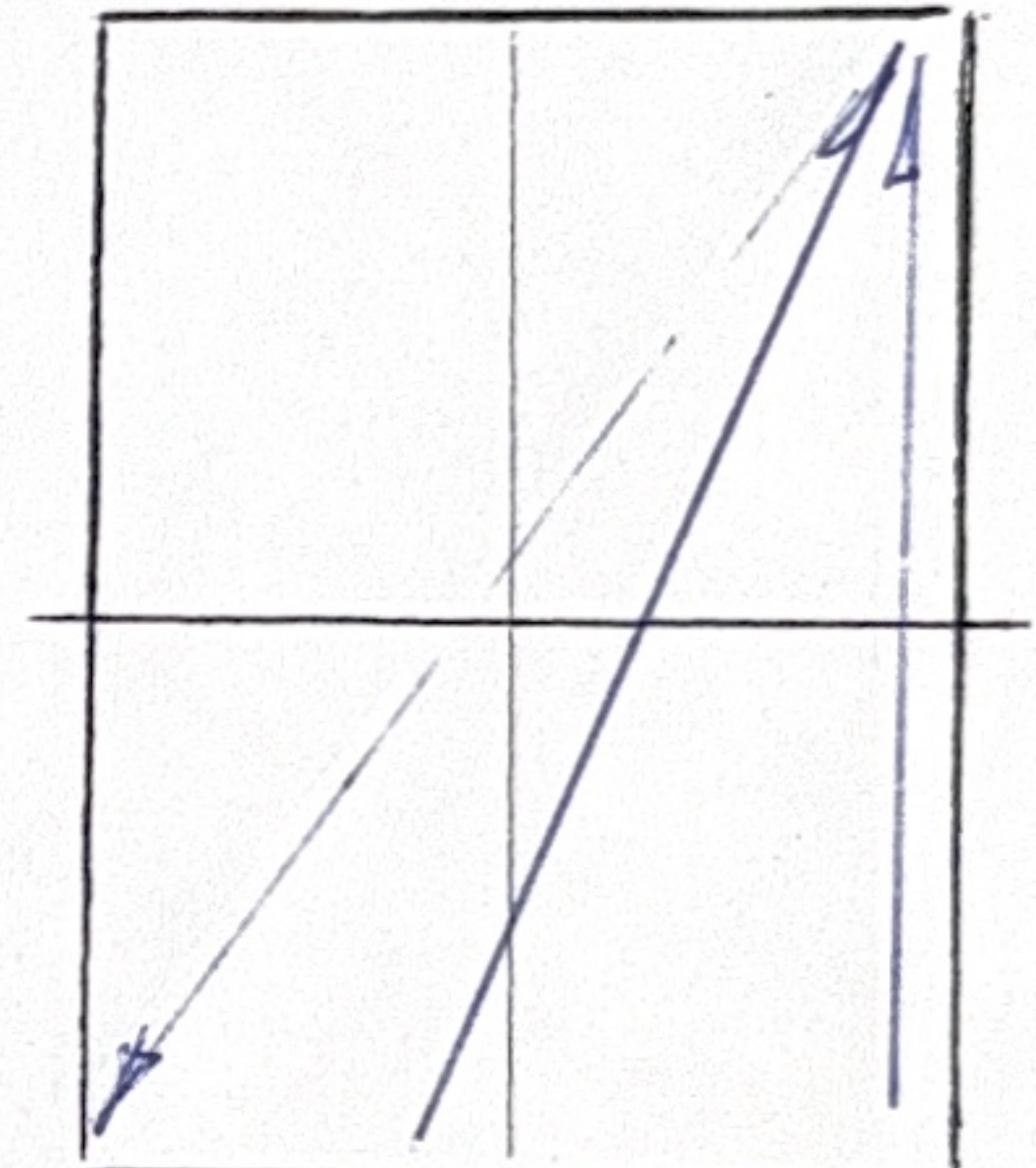
BH DOWN THE FH
5' LINES 5'

2x8'



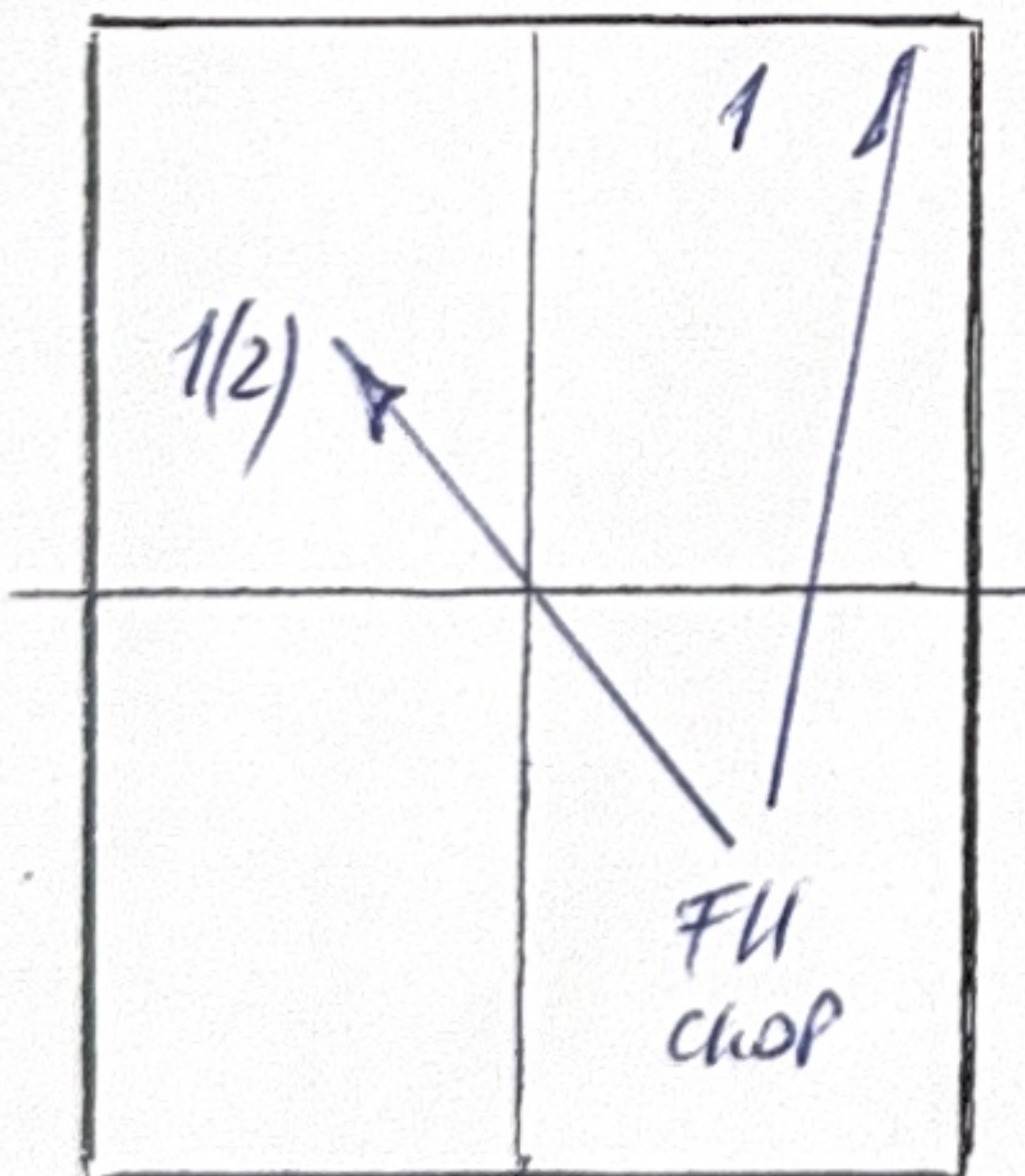
BH FHS FHS
FREE
AFTER 7-8-9 BALLS
BLOCK TO FH + FREE
FH TO FH

2x8'



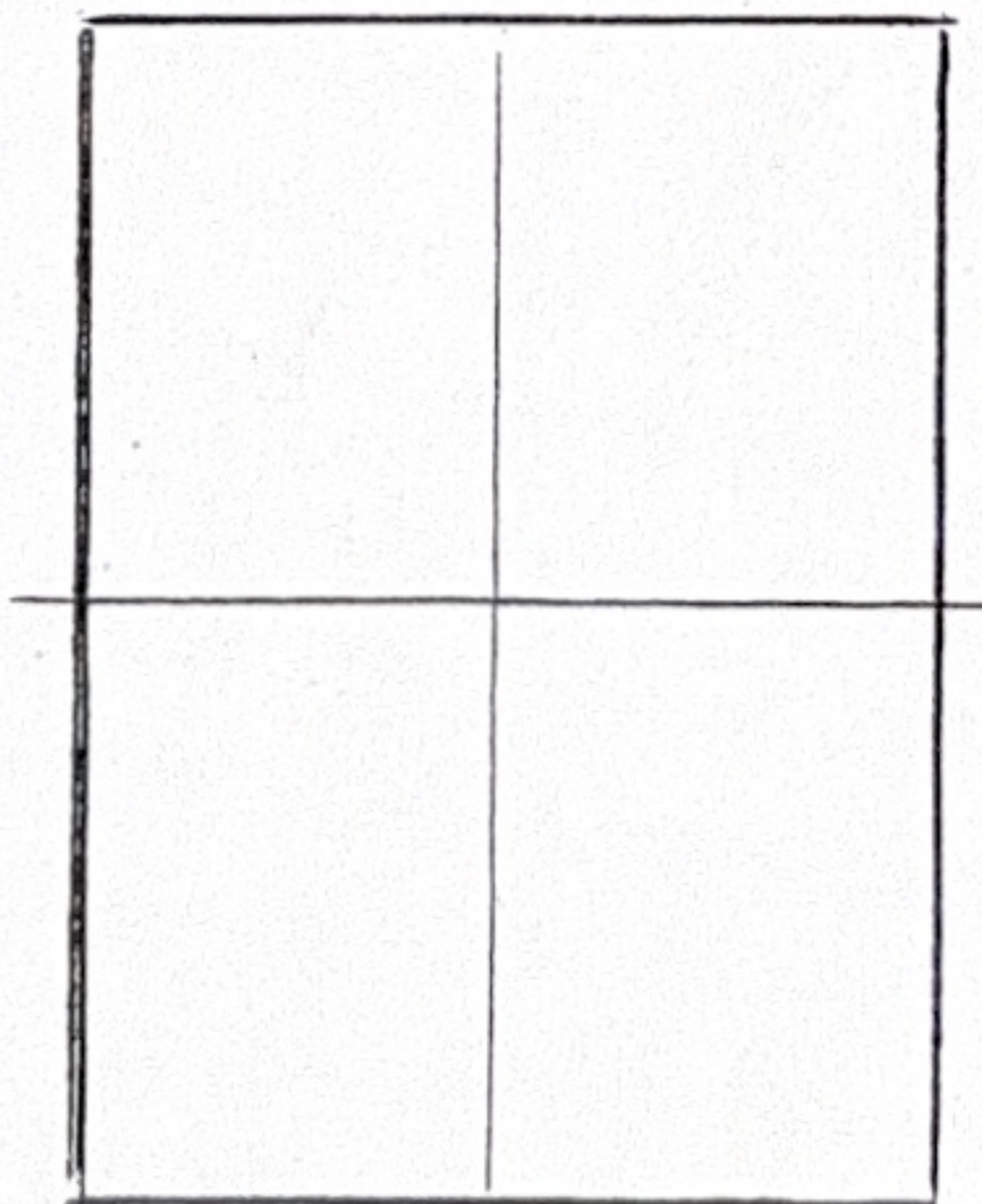
FHS FHS
1/2 1/2
AFTER 8-9-10 BALLS
BLOCK TO BH + FREE

2x4'



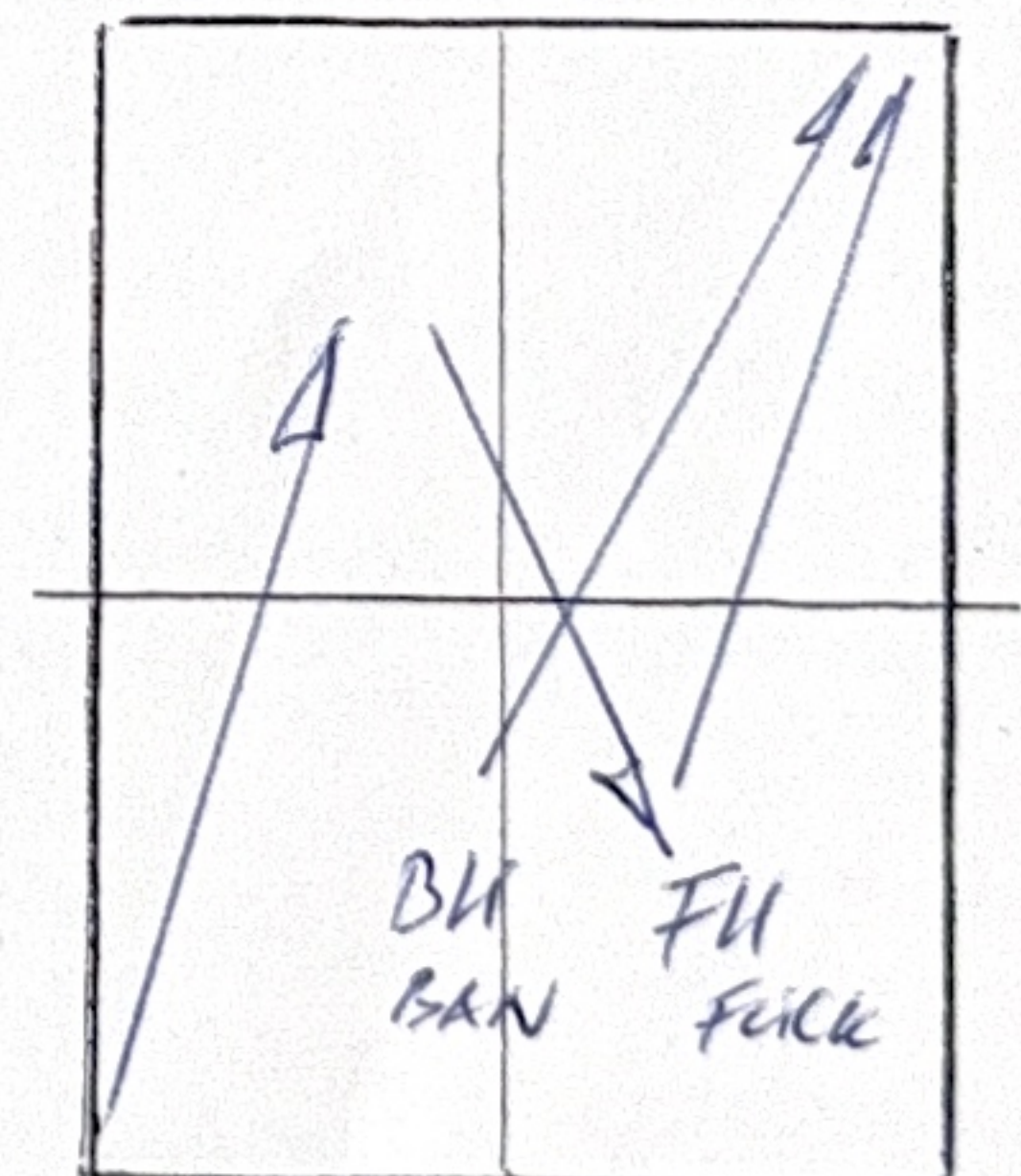
FH
CHOP

2x8'



INDIVIDUAL
FROM
SERVICE

2x8'



BH BH
BAN FICK

+ FREE FROM
ALL TABLE TO BH