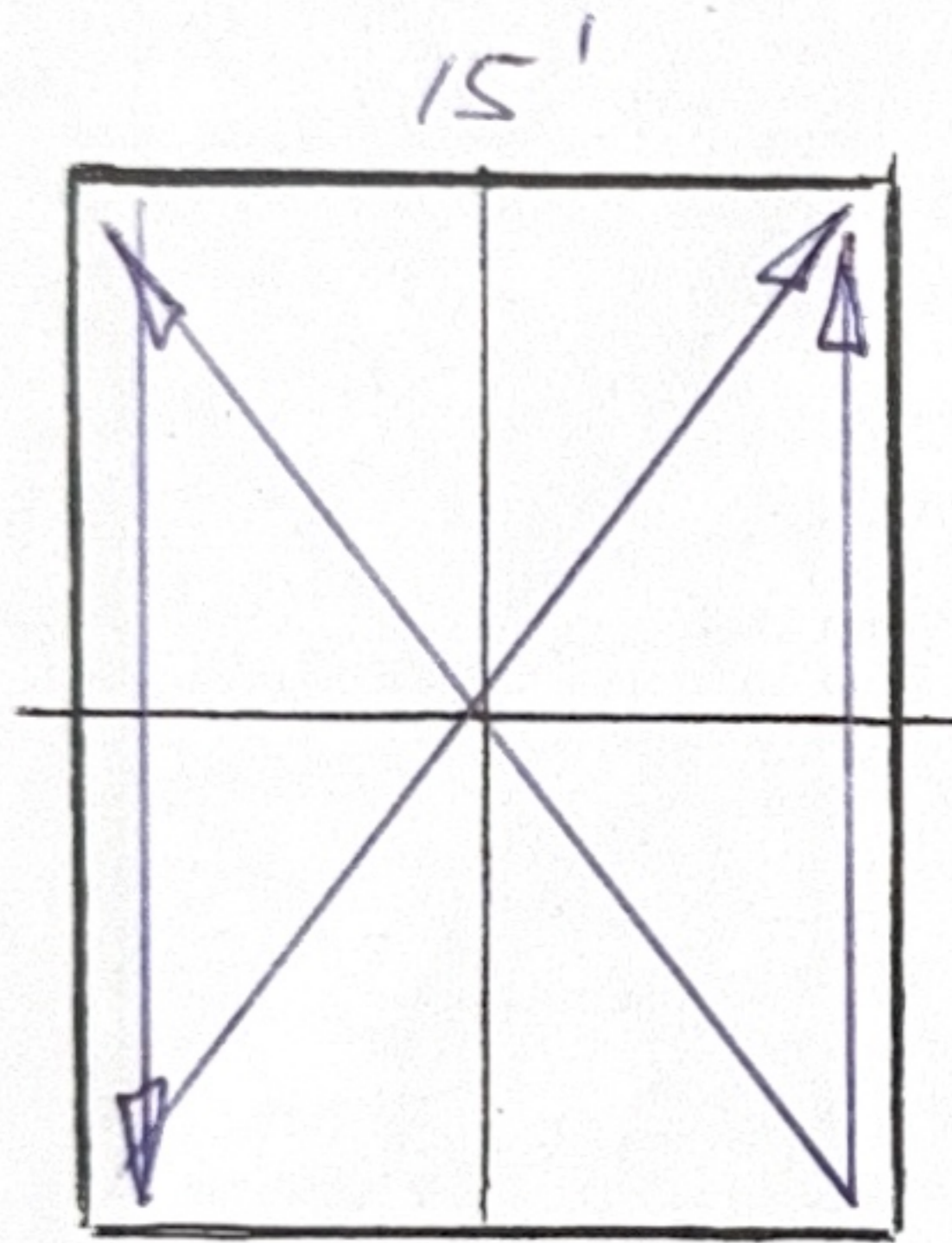


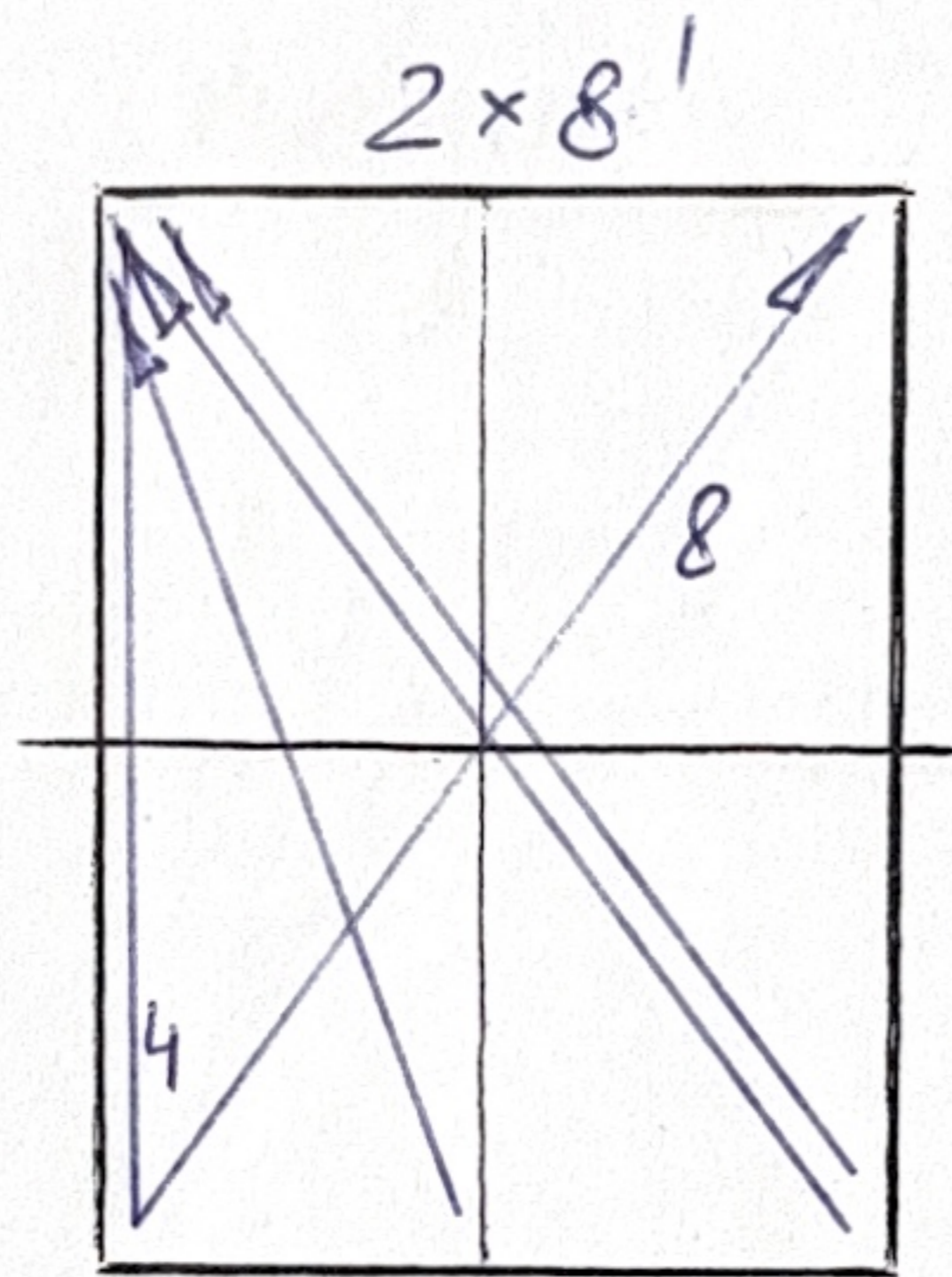
10.05.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDESTEPS, PIVOT, CROSSOVER 4. 3rd BALL ATTACK

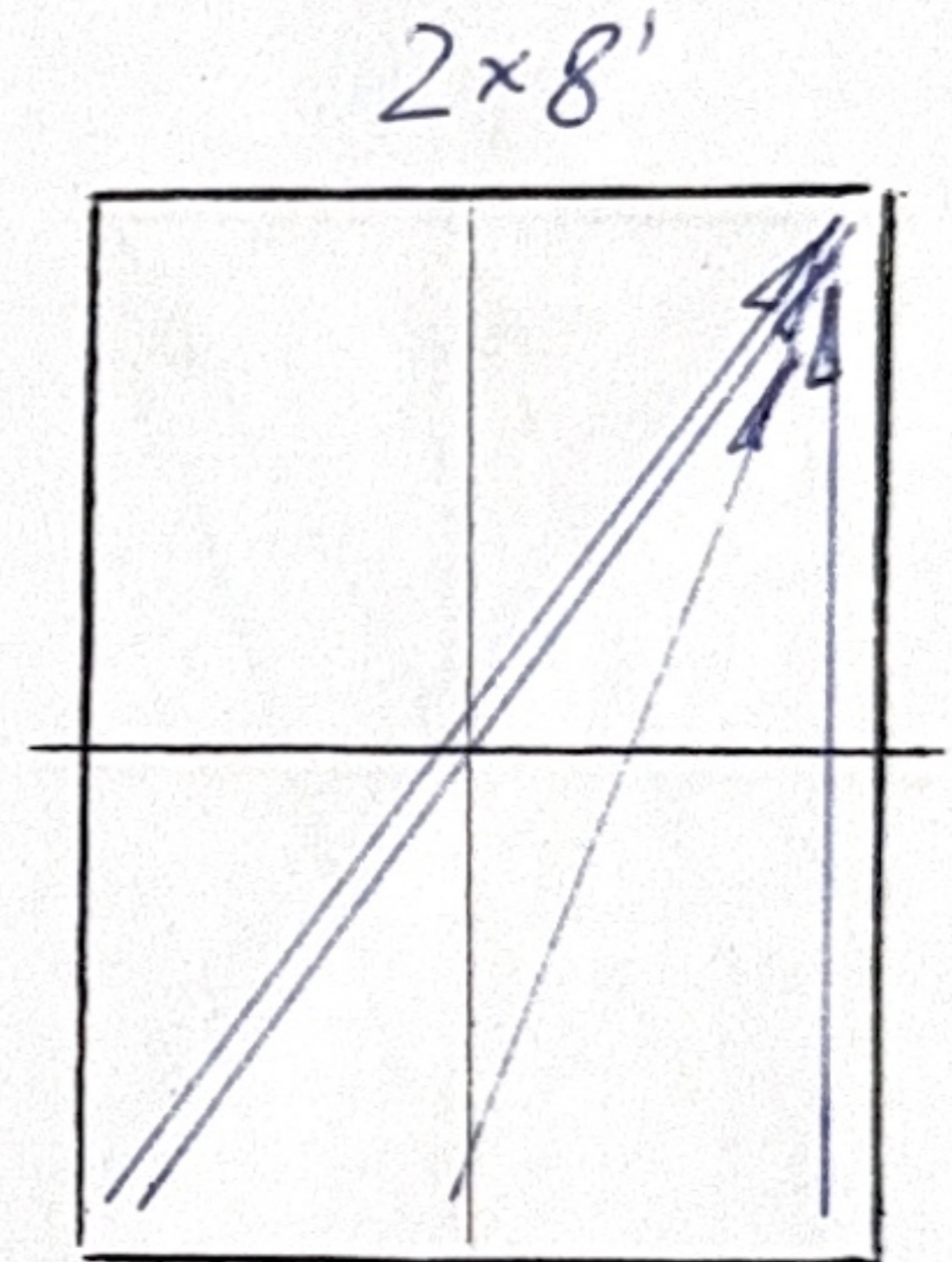
WARMING UP → THERABANDS PHYSICAL: SKIPPING ROPES



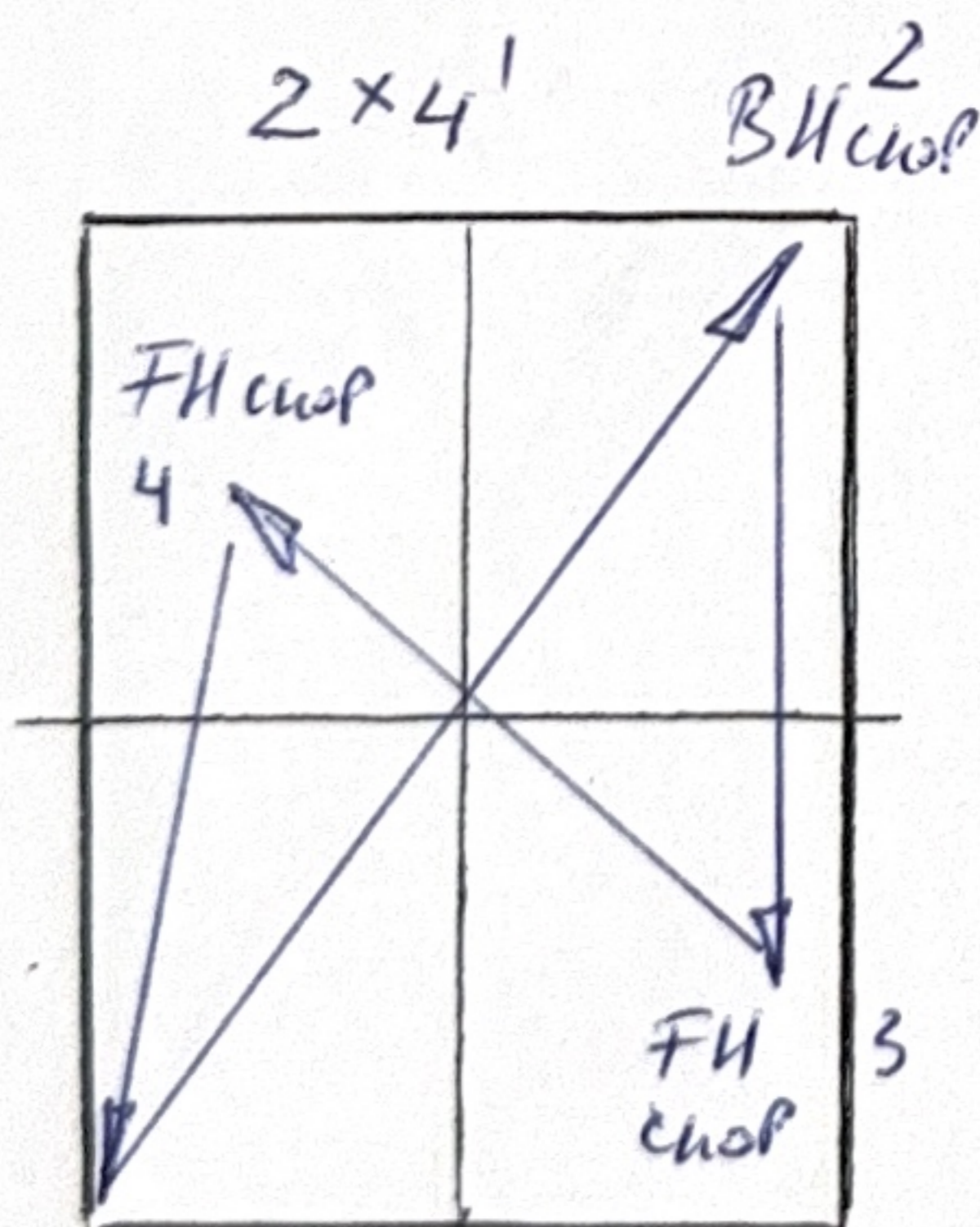
BH DOWN THE FH
5' LINE 5' 5'



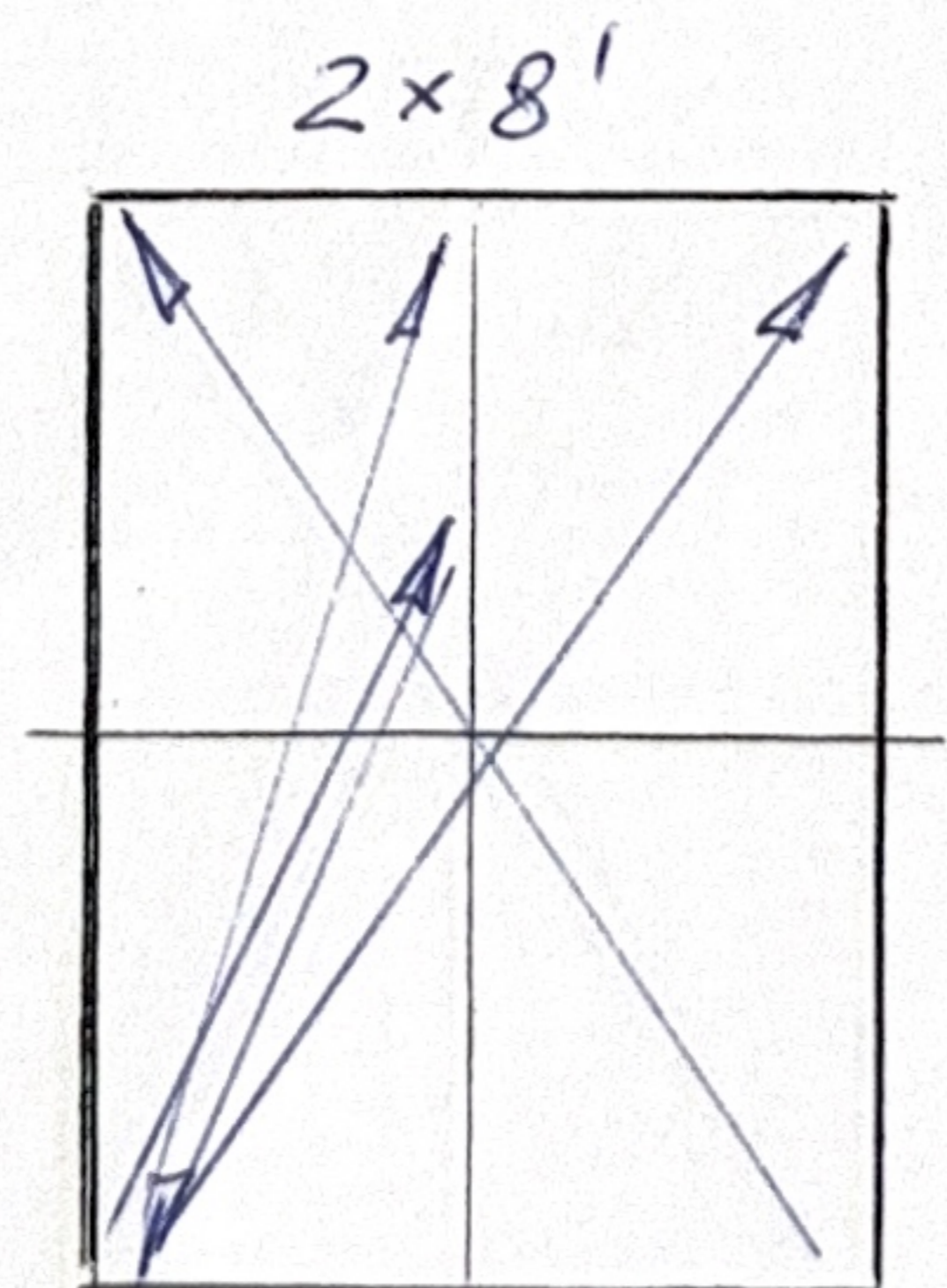
BH FHS FHS
4,8 2,6 1,3
AFTER 8 BALLS 5'
BH TO BH FREE



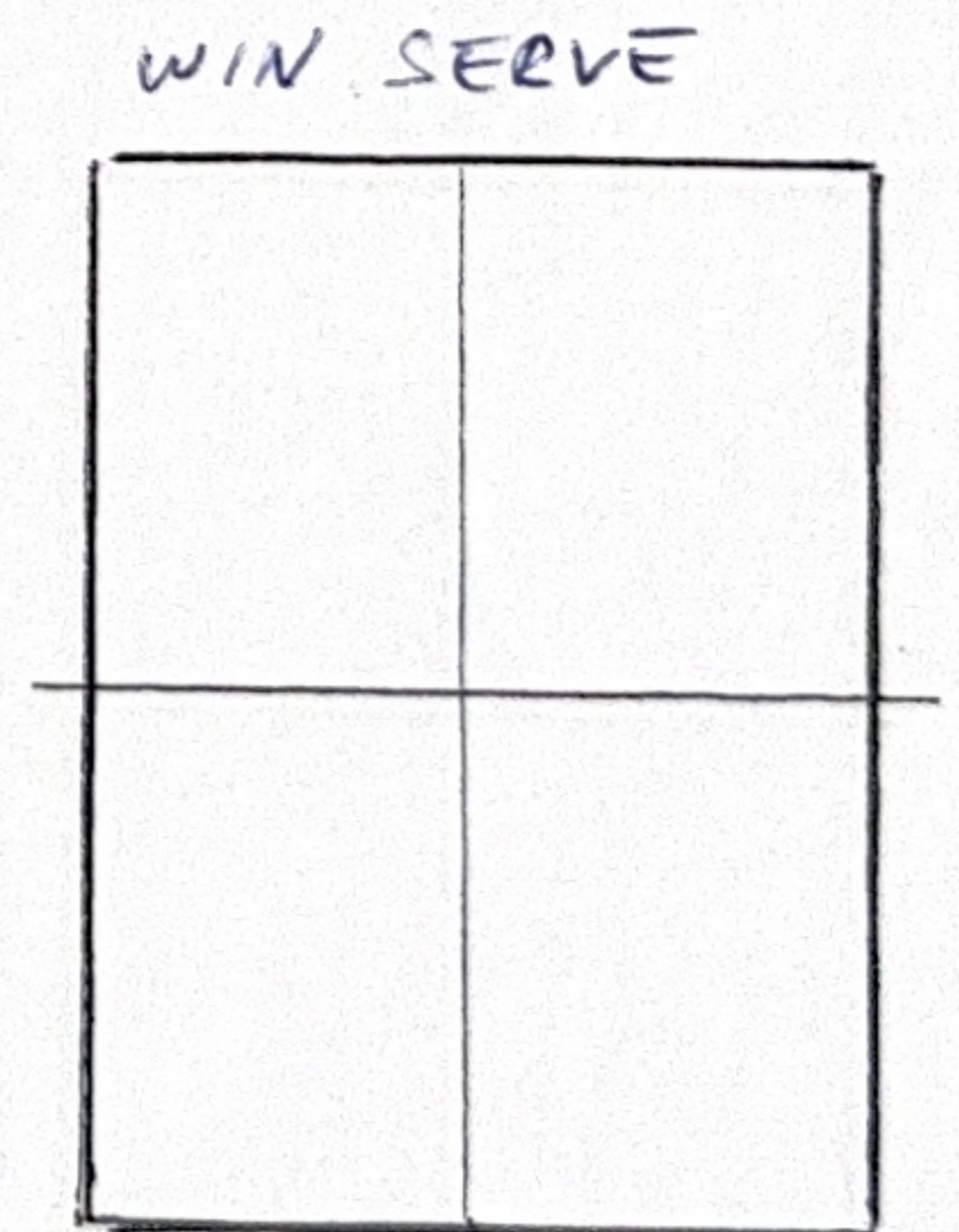
BH1 FHS FHS
FHS2 2(B1-B2) 3



BH 1
CHOP



SERV. FHS
BH/FHS ? 2
1
BH 2



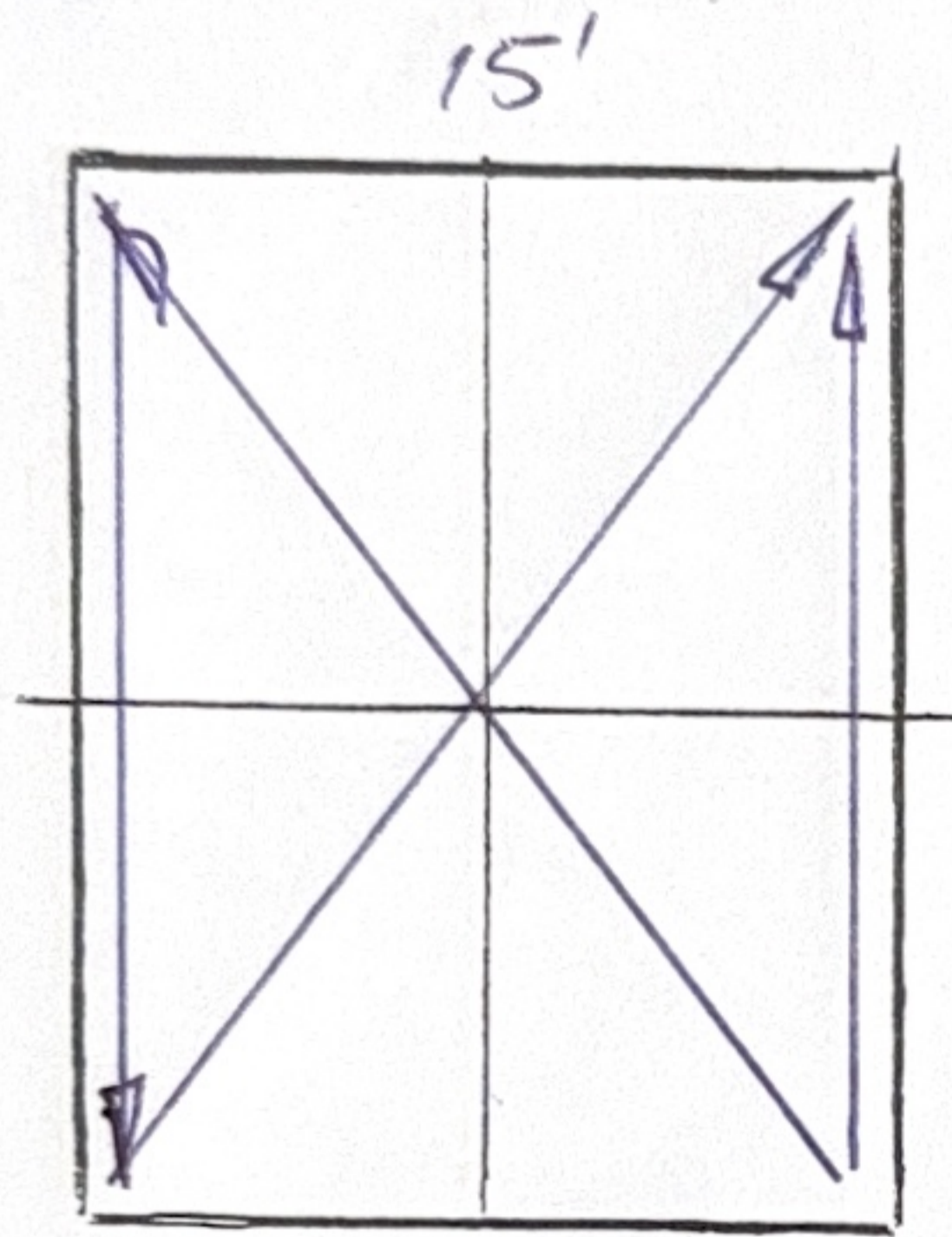
LIP AND DOWN
20'

11.05.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

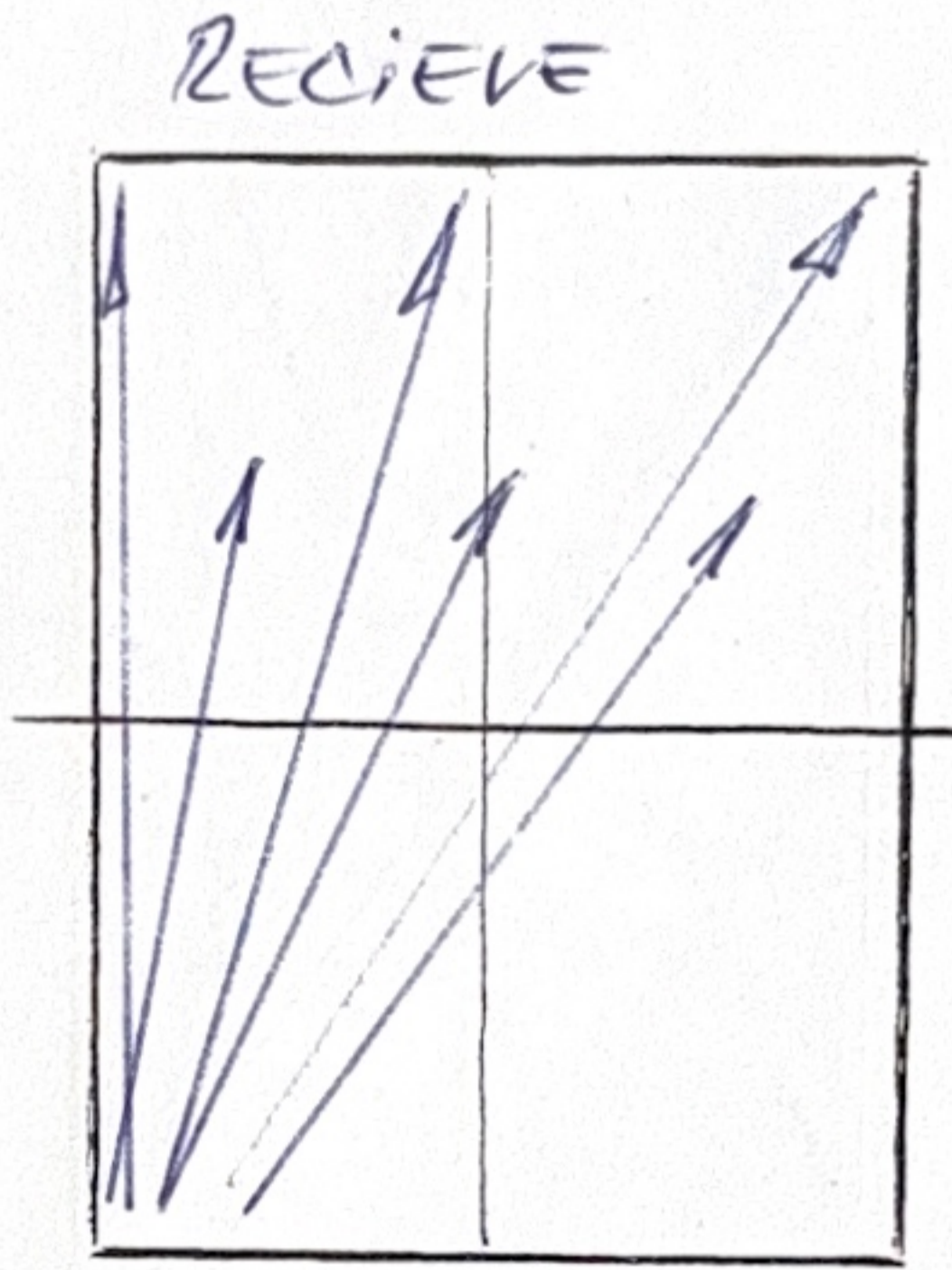
1. SERVICE + RECIEVE 2. MULTIBALLS 3. FOOTWORK BEFORE

TRAINING : SPEED 6x20"x20"

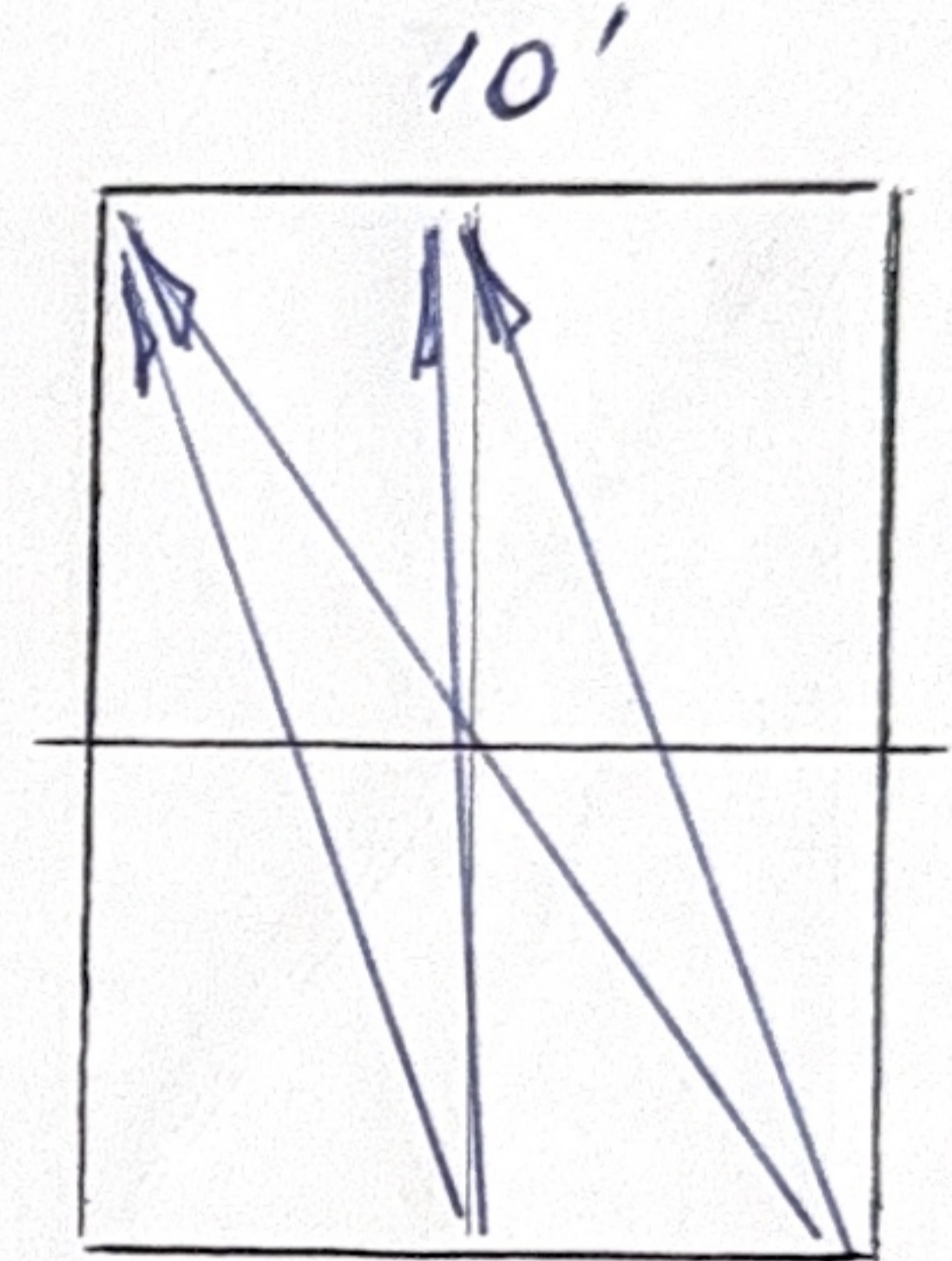
WARMING UP → THERA BANDS



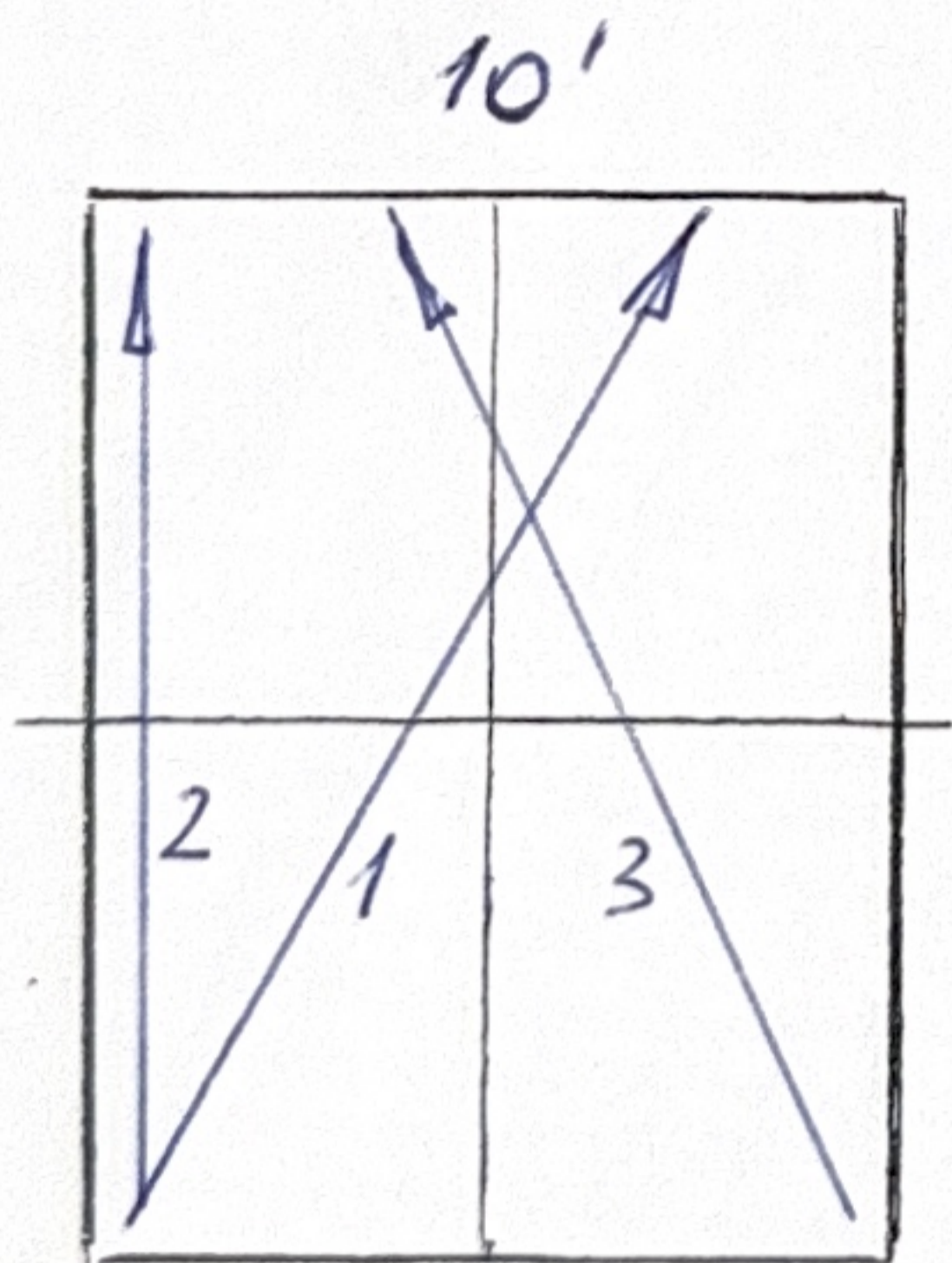
BH DOWN THE FH
5' LINES 5' 5'



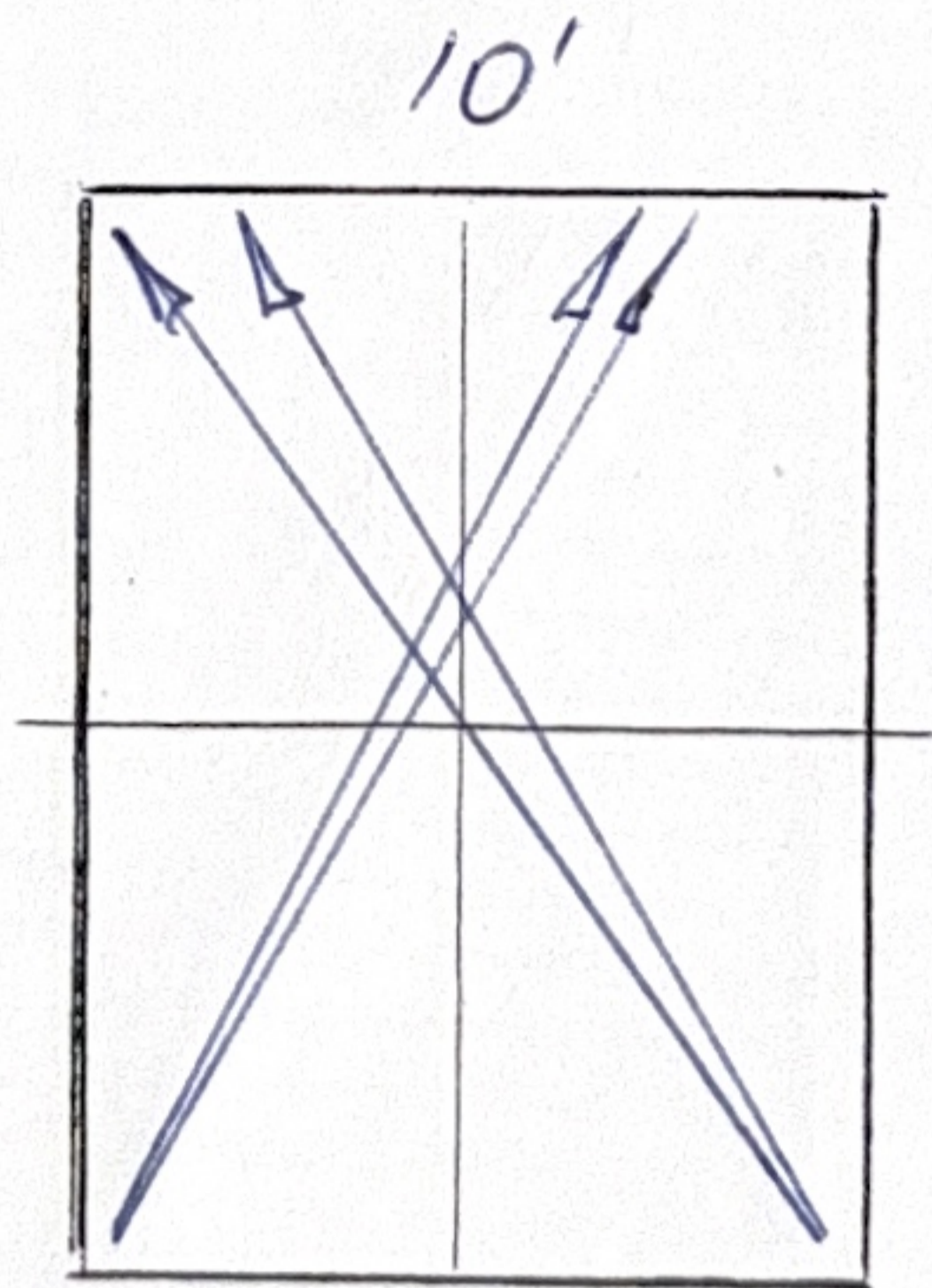
SERVICE
SHORT - 10'
LONG - 10'



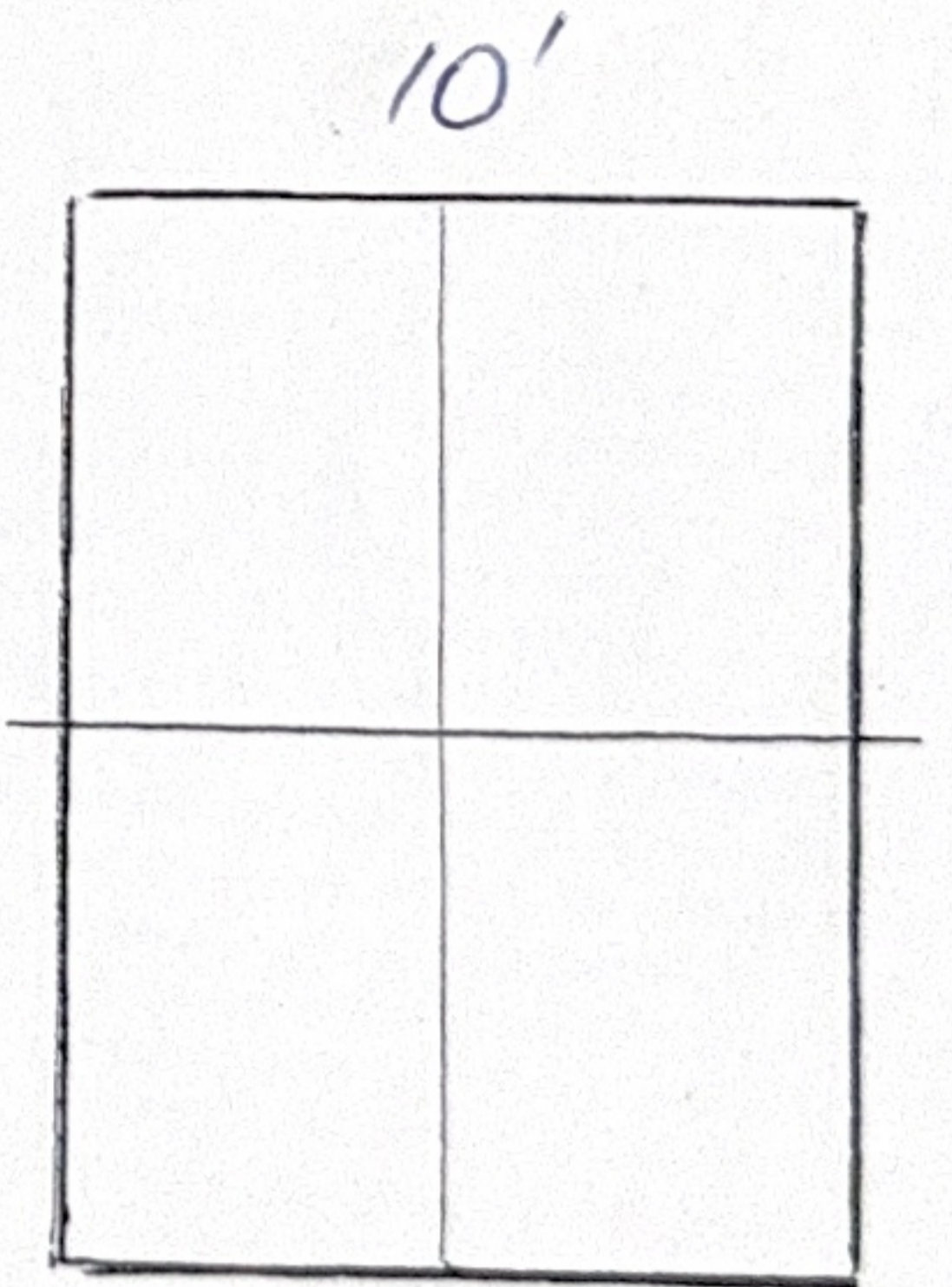
FHS FHS
3,4 1,2
1-3 VS BACKSPIN
2-4 VS TOPSPIN



BHS FHS
1,2 3
1-VS BACKSPIN
2-VS TOPSPIN



BH FHS
2 1 (VS B/S)
BHS FHS
3 (VS B/S) 4



INDIVIDUAL

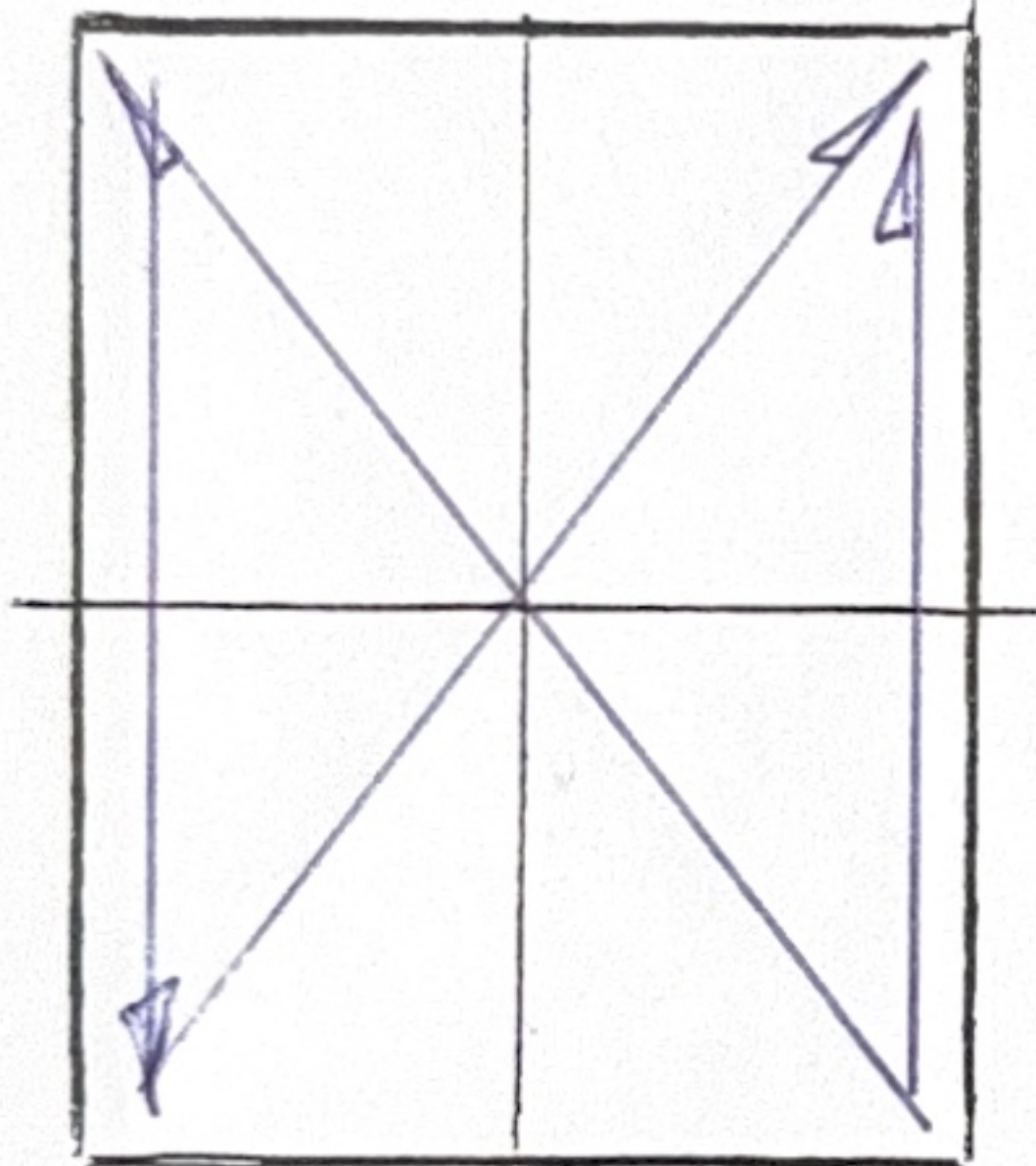
12.05.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. REACTION 2. BALANCE 3. STABILITY

PHYSICAL : BEFORE TRAINING : FOOTWORK → REACTION 6'20"×20"

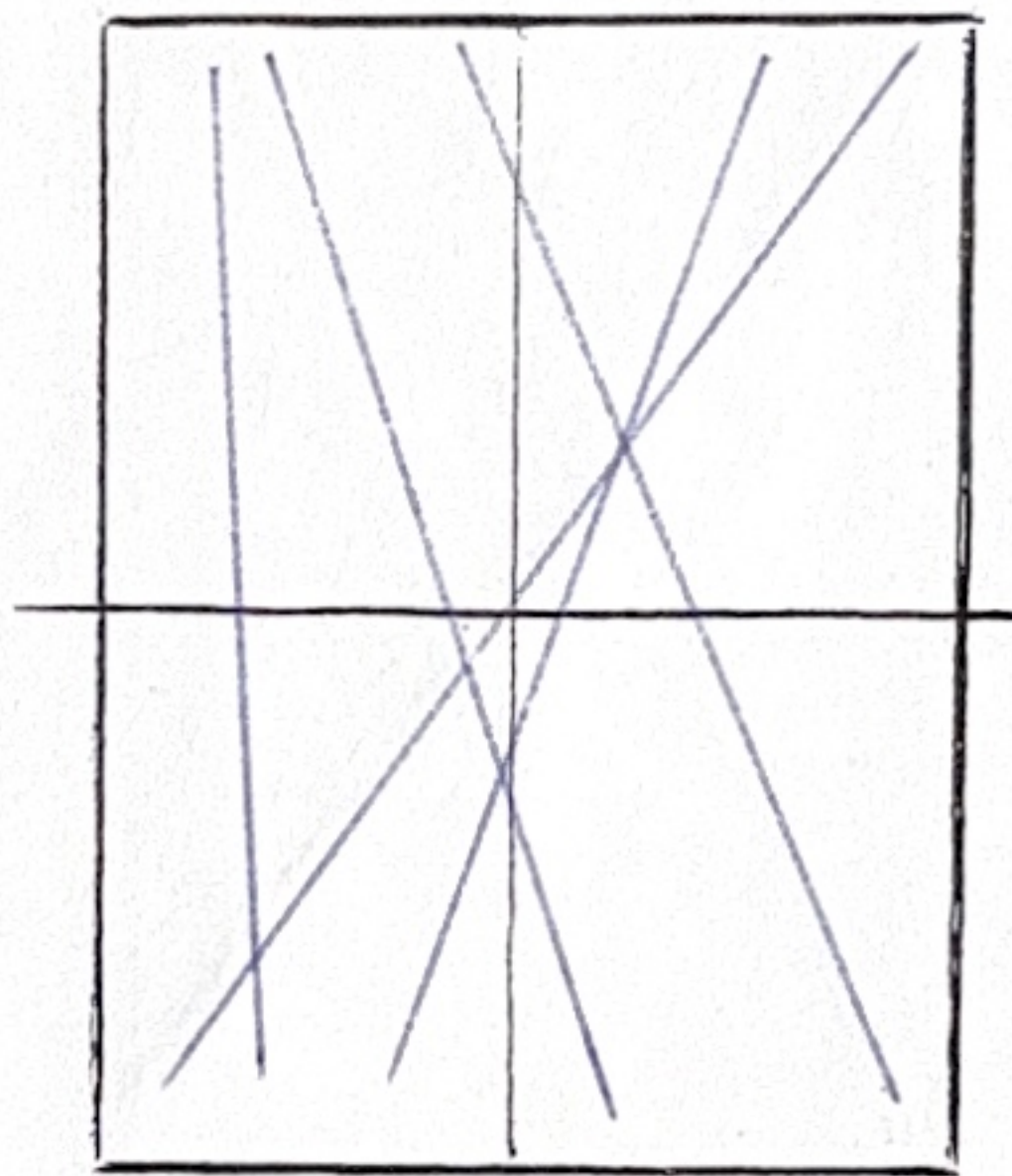
WARMING-UP → THERABANDS

15'



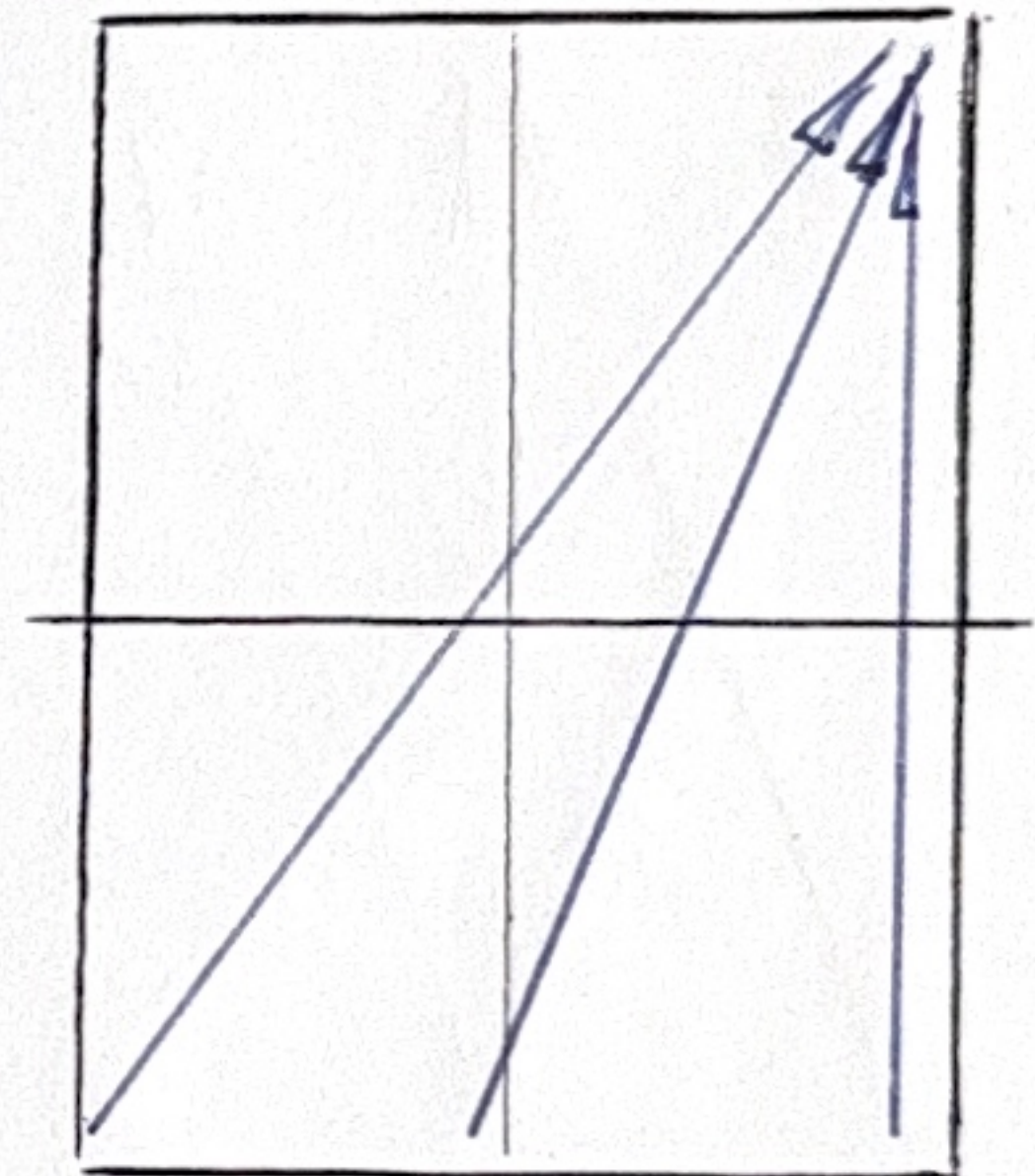
BH DOWN THE FH
5' LINES 5' 5'

10'



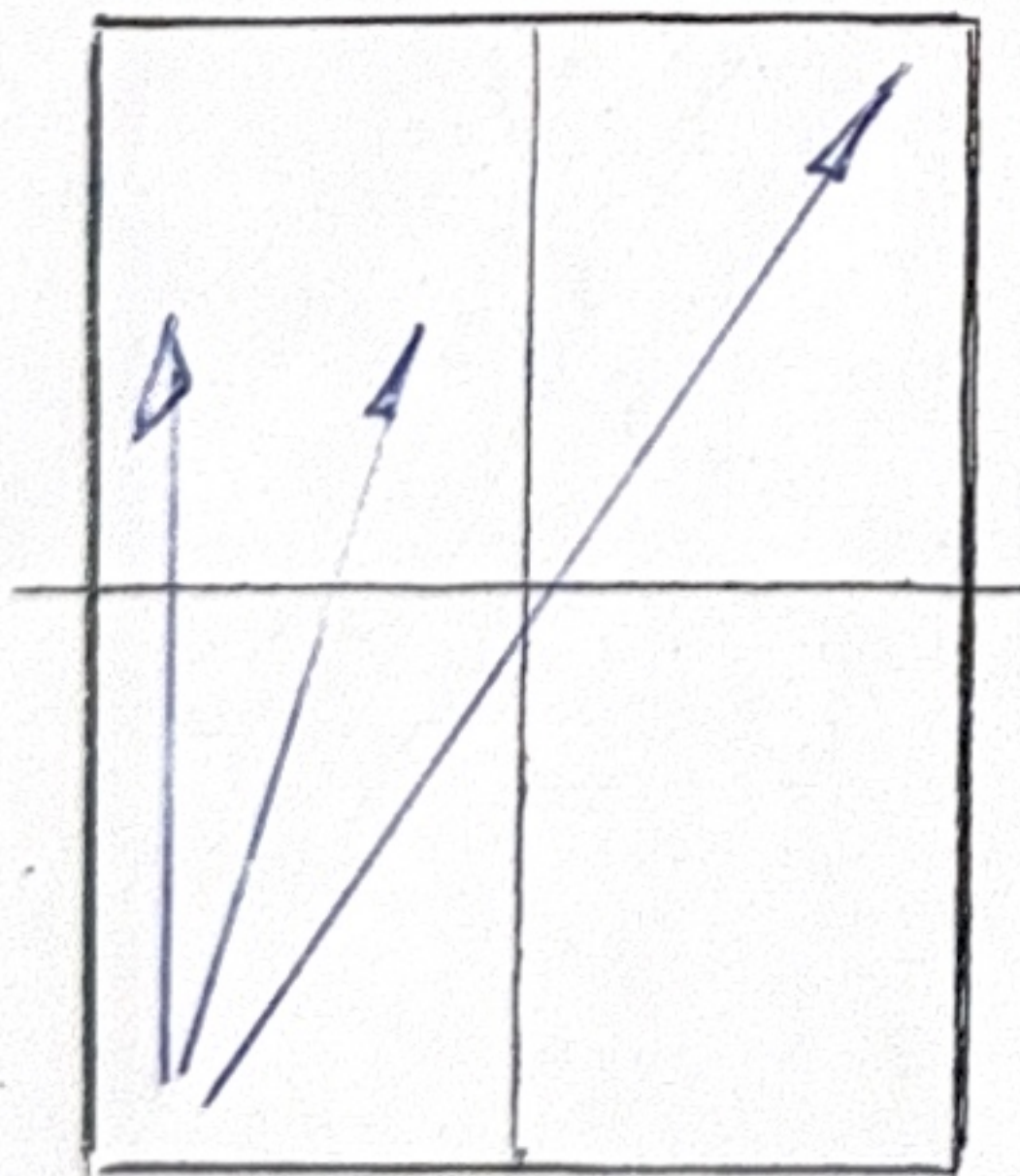
ALL TABLE FREE
(ALL TABLE TO BH)
WITH SPARRING

2×8'



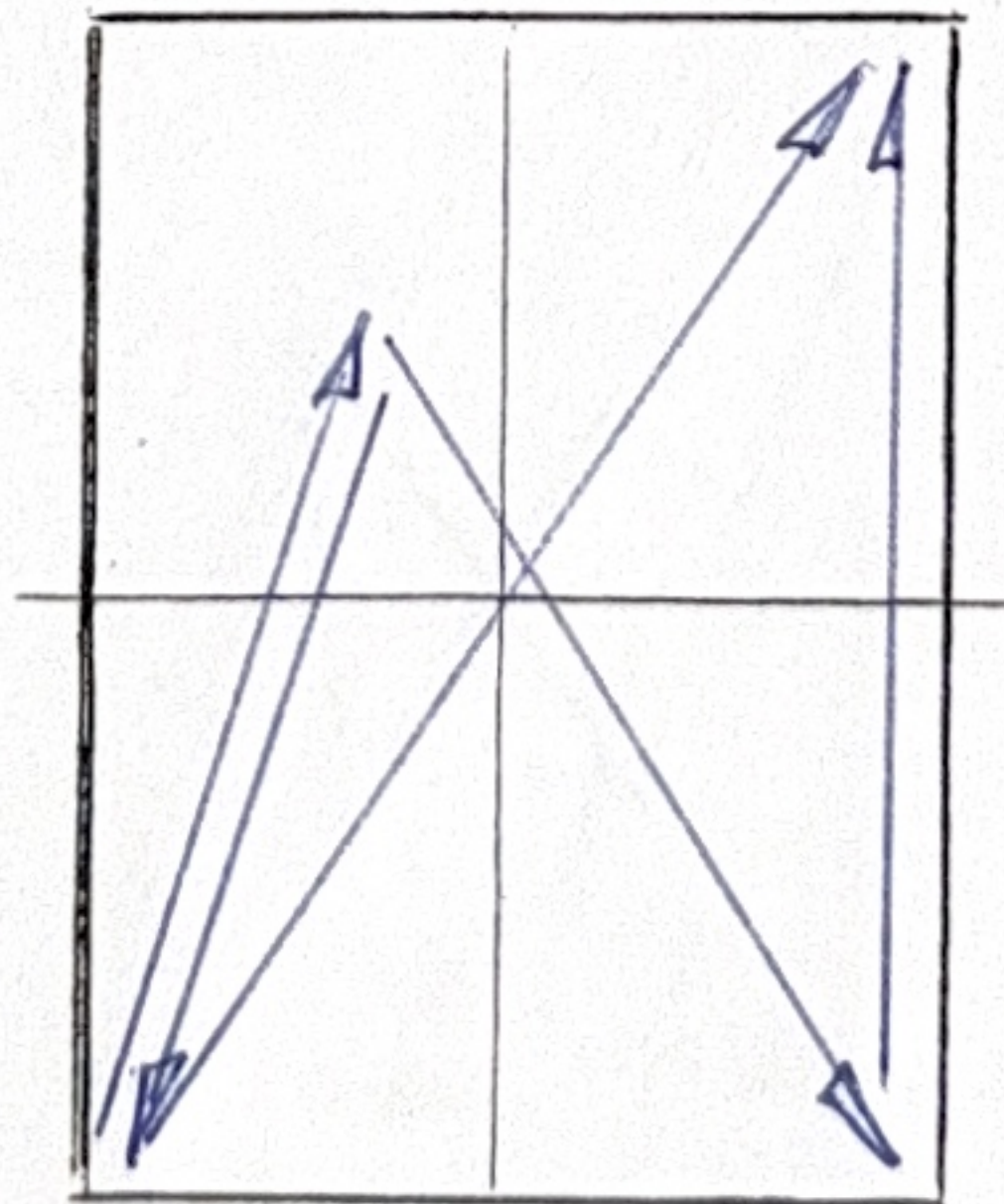
BH FHS FHS
2 ? 1 ? 2

2×4'



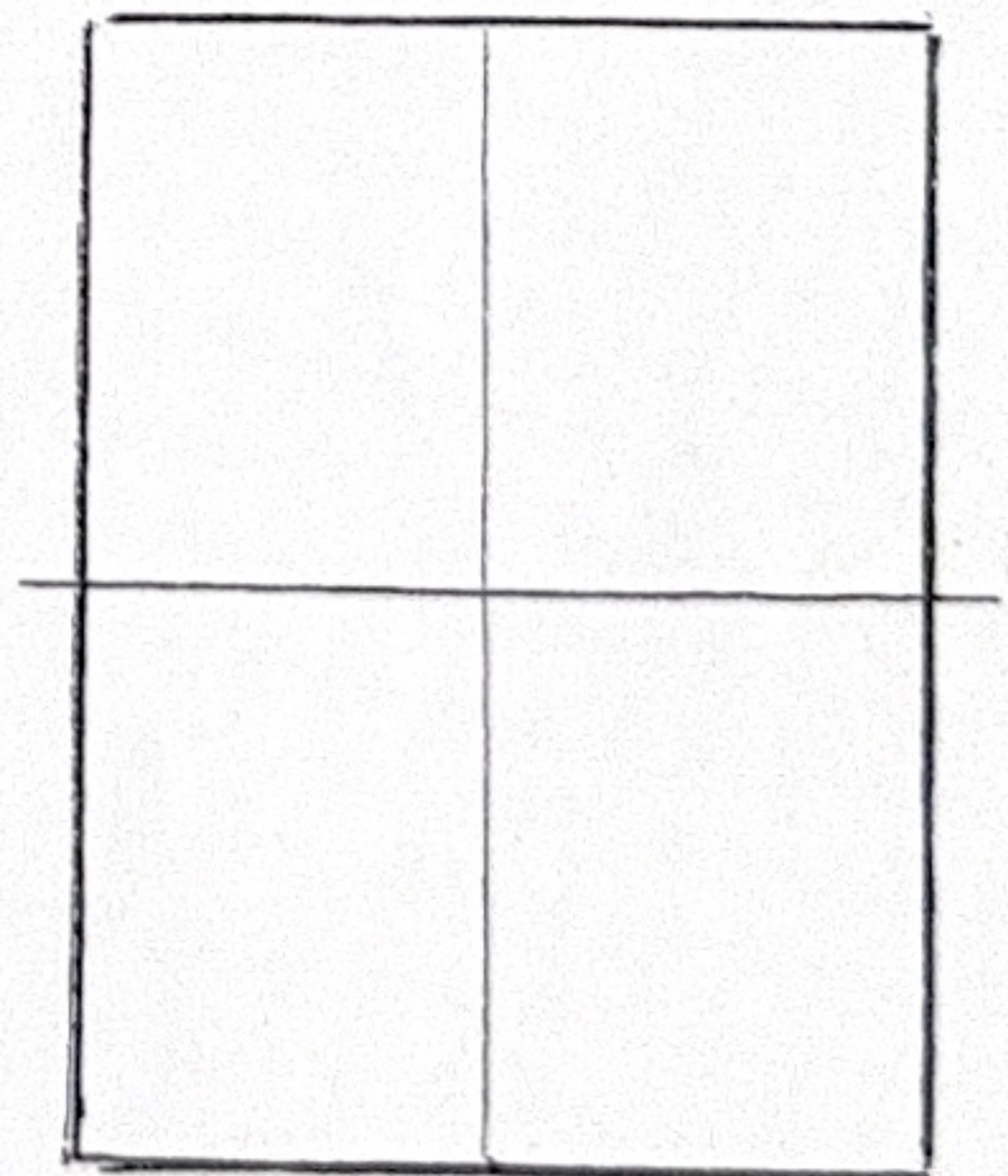
CHOP BH SHORT
OR
LONG

2×8'



SERVE ? FHS
BH/FHS 1
1

≈ 15'



BEST OF 3 POINTS
UP AND DOWN