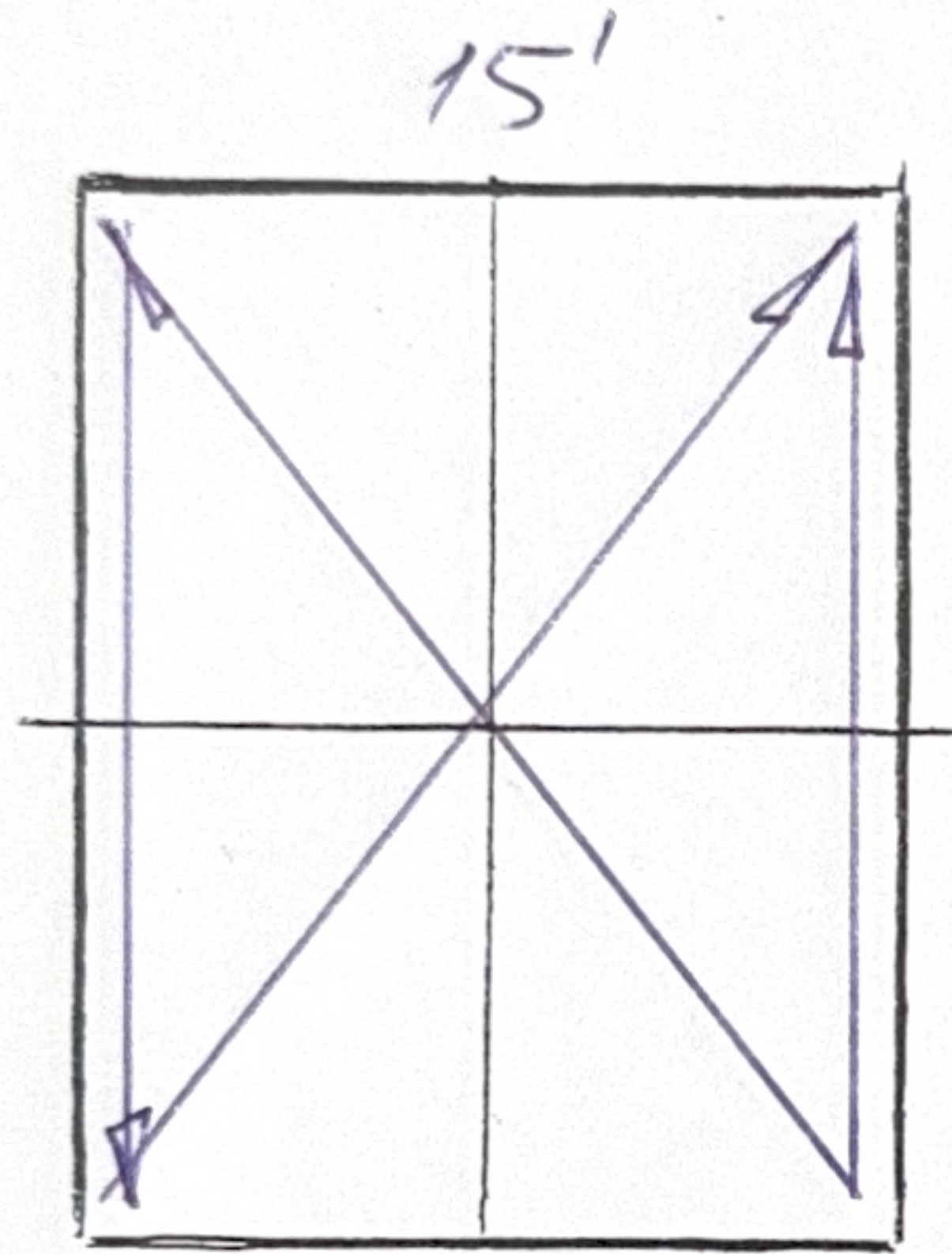


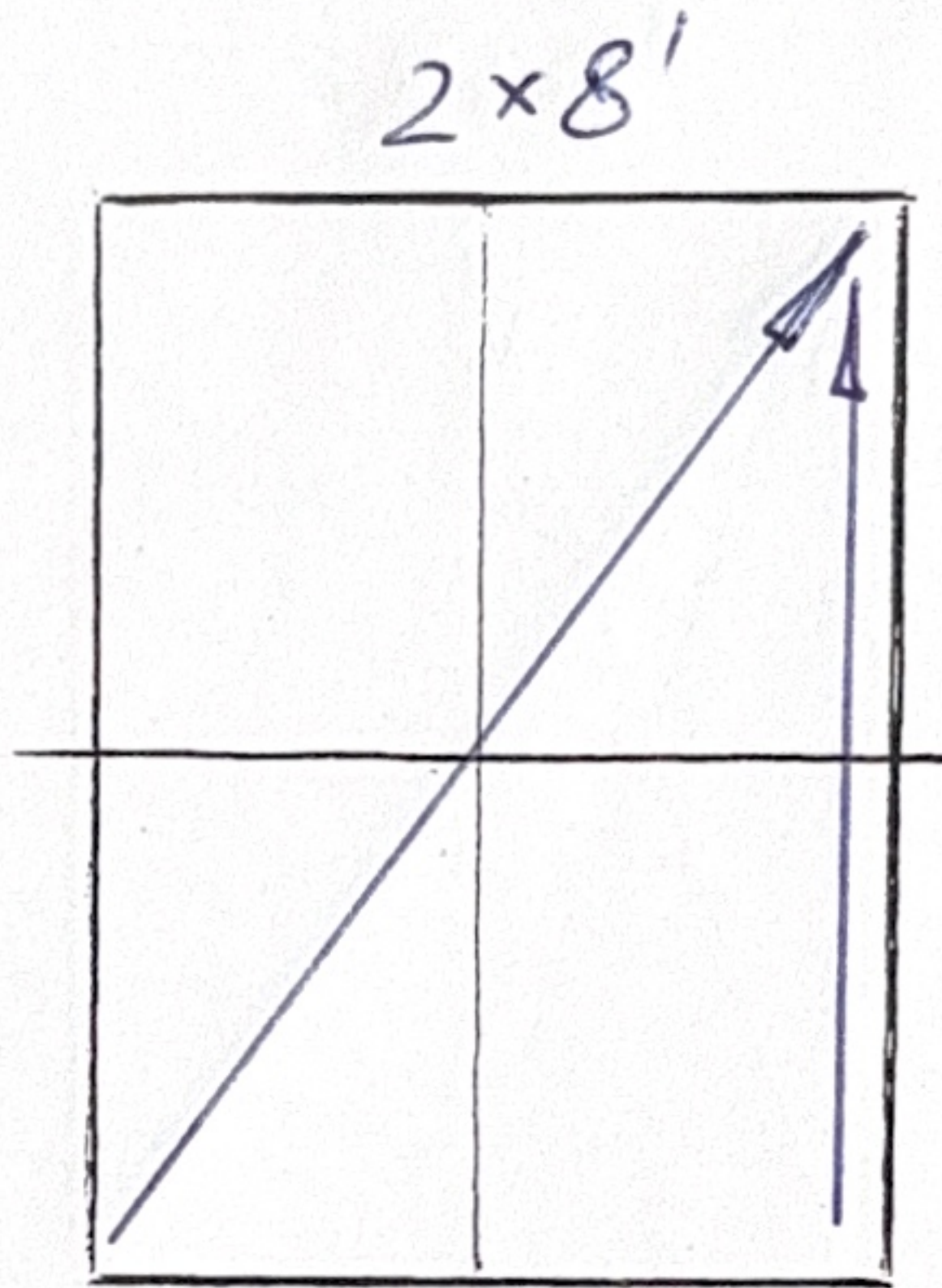
10.05.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDESTEPS, PIVOT
CROSSOVER 4. FOOTWORK FOR WARMING UP 5'x20" x 20"

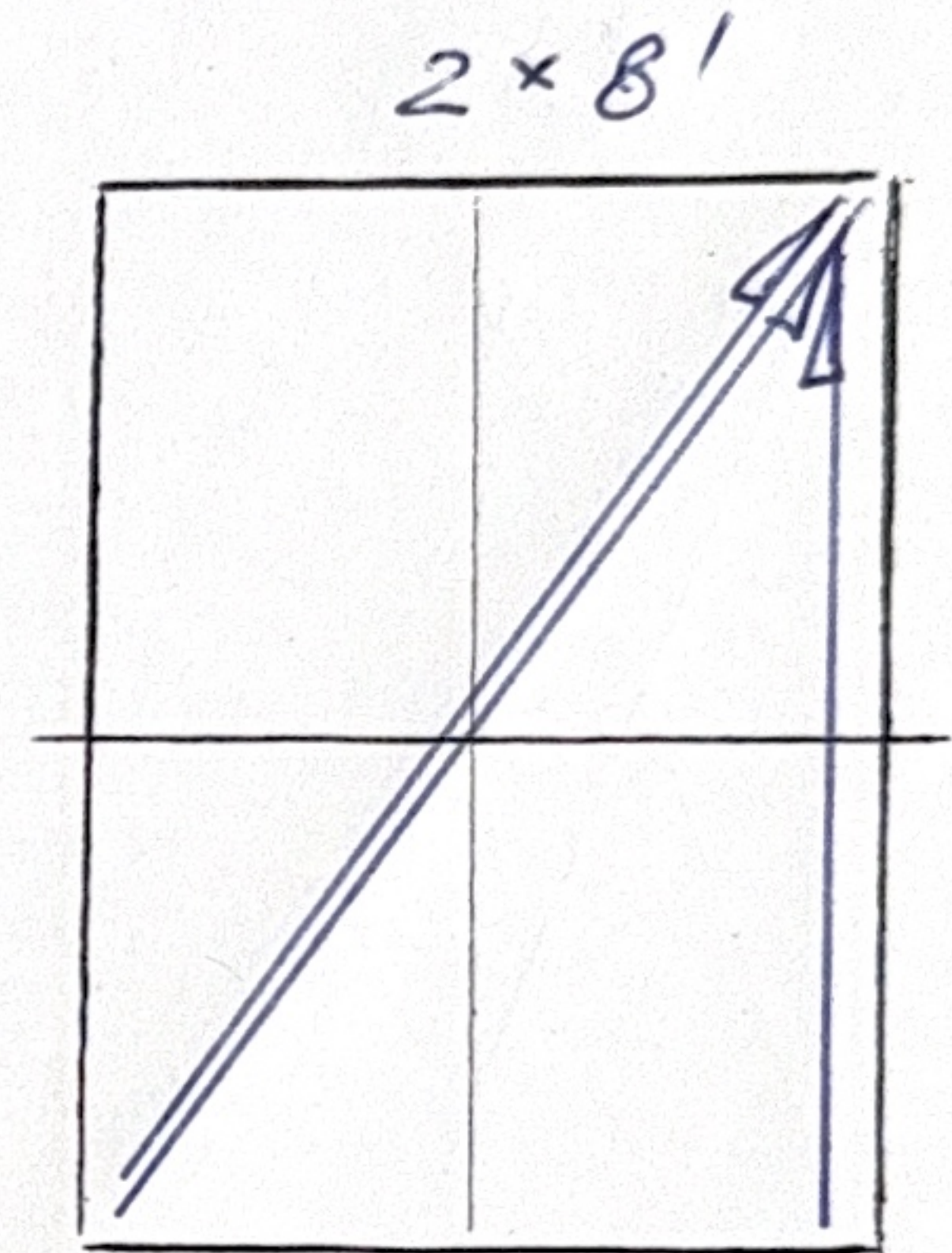
ONE TABLE → MULTIBALLS



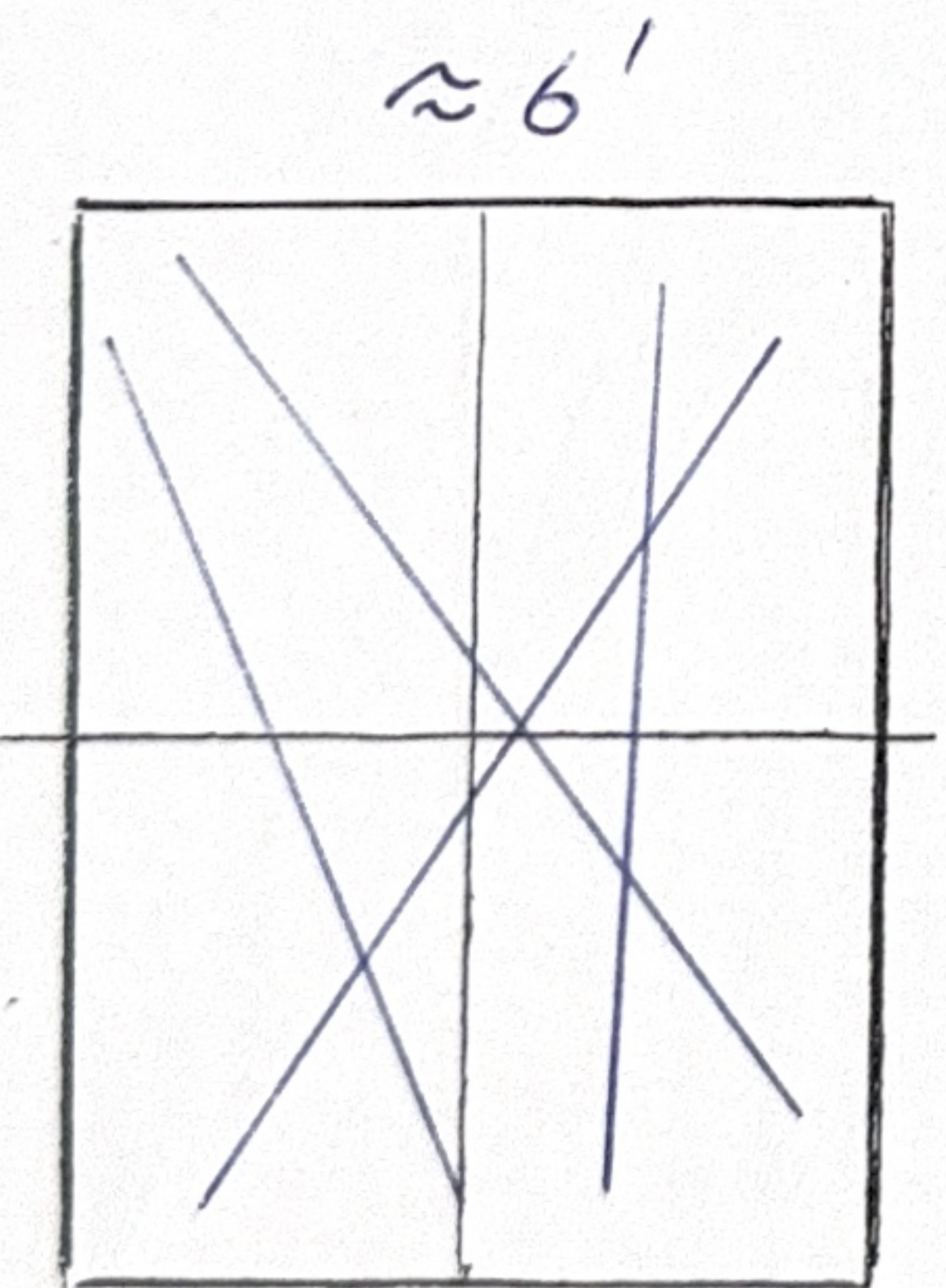
BH DOWN THE FH
5' LINE 5' 5'



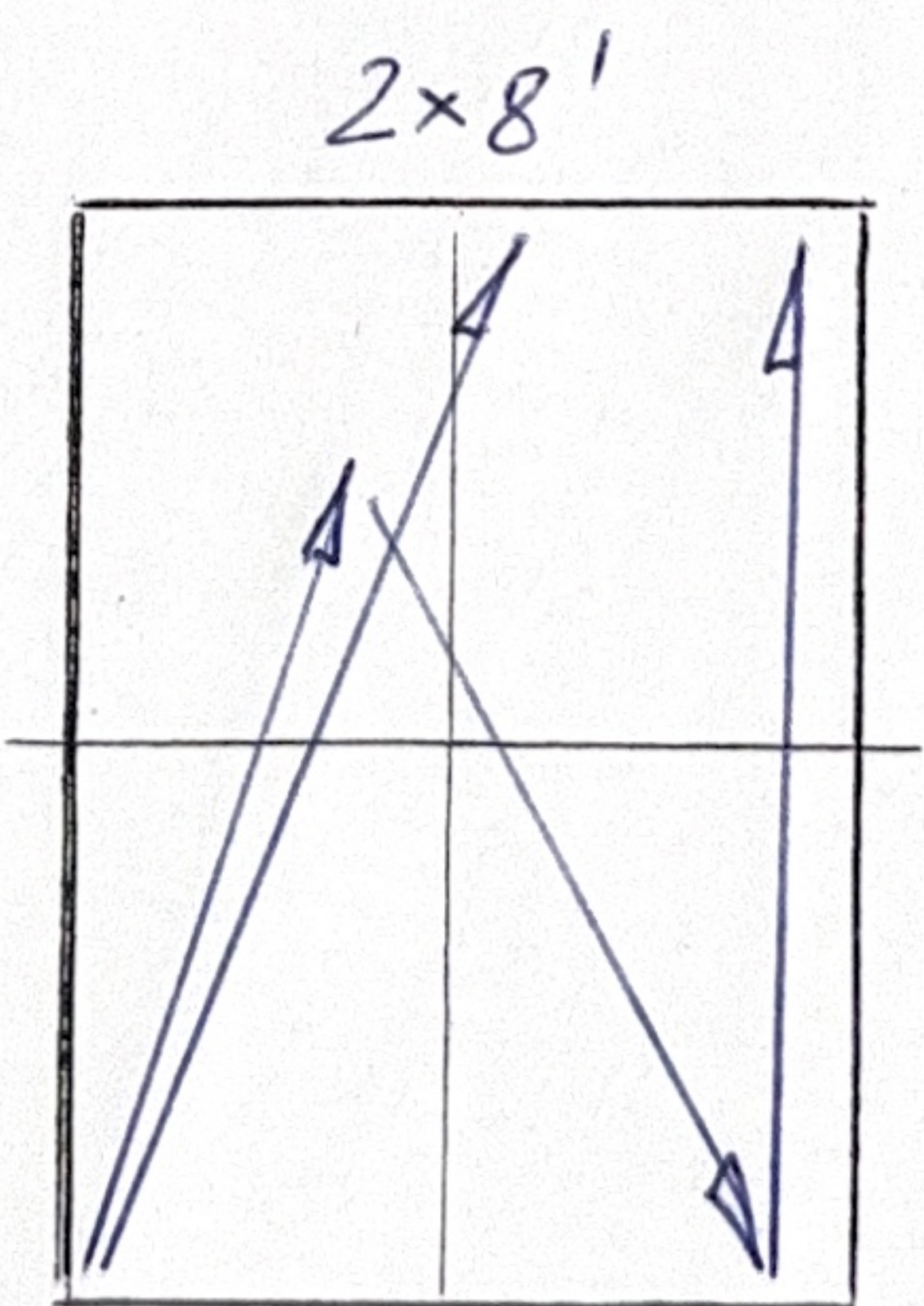
BH FHS
1 2



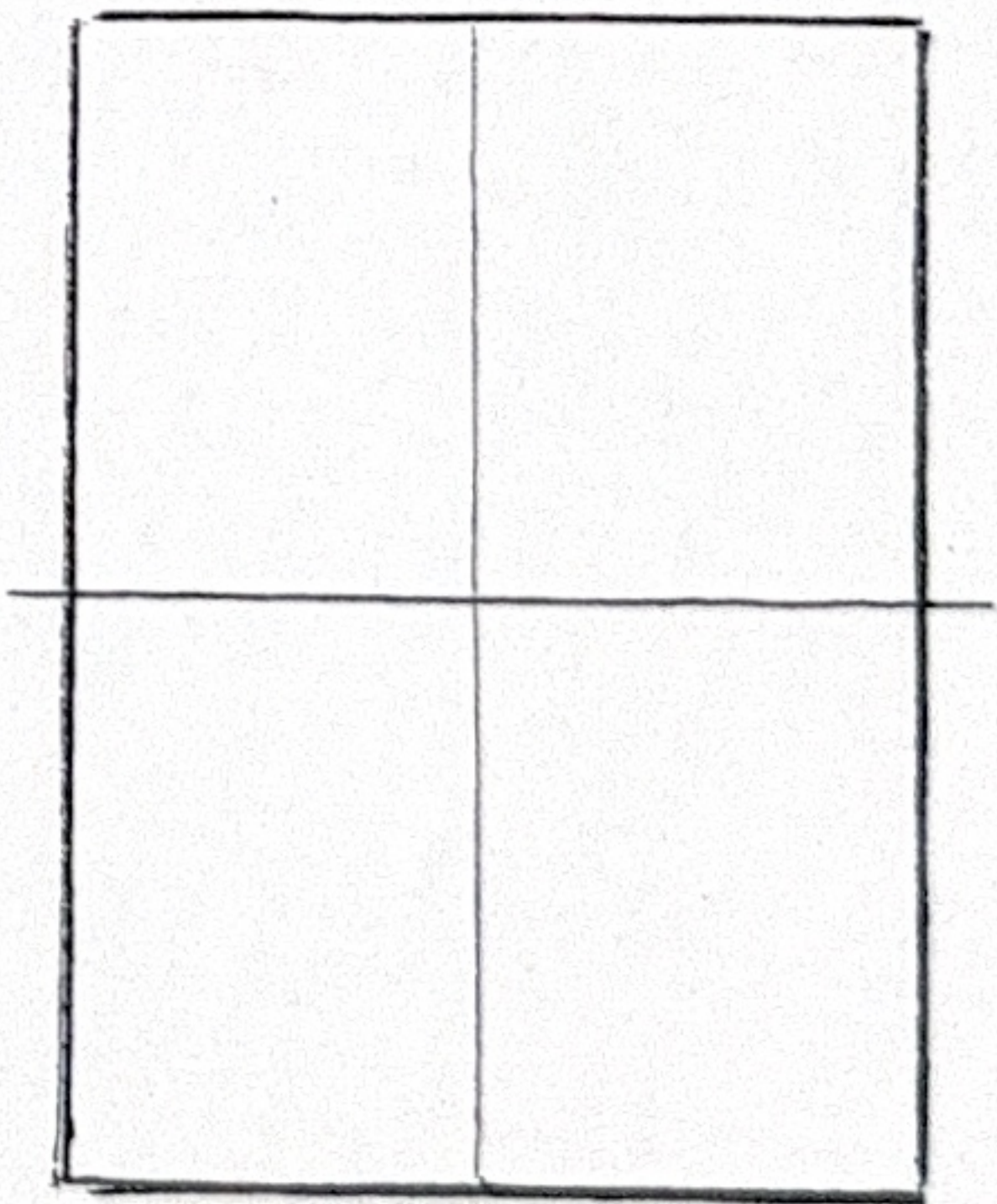
BH₁ FHS
FHS₂ 3



ALL TABLE CHOP
LONG 1SET



SERV. FHS
BH 1
2



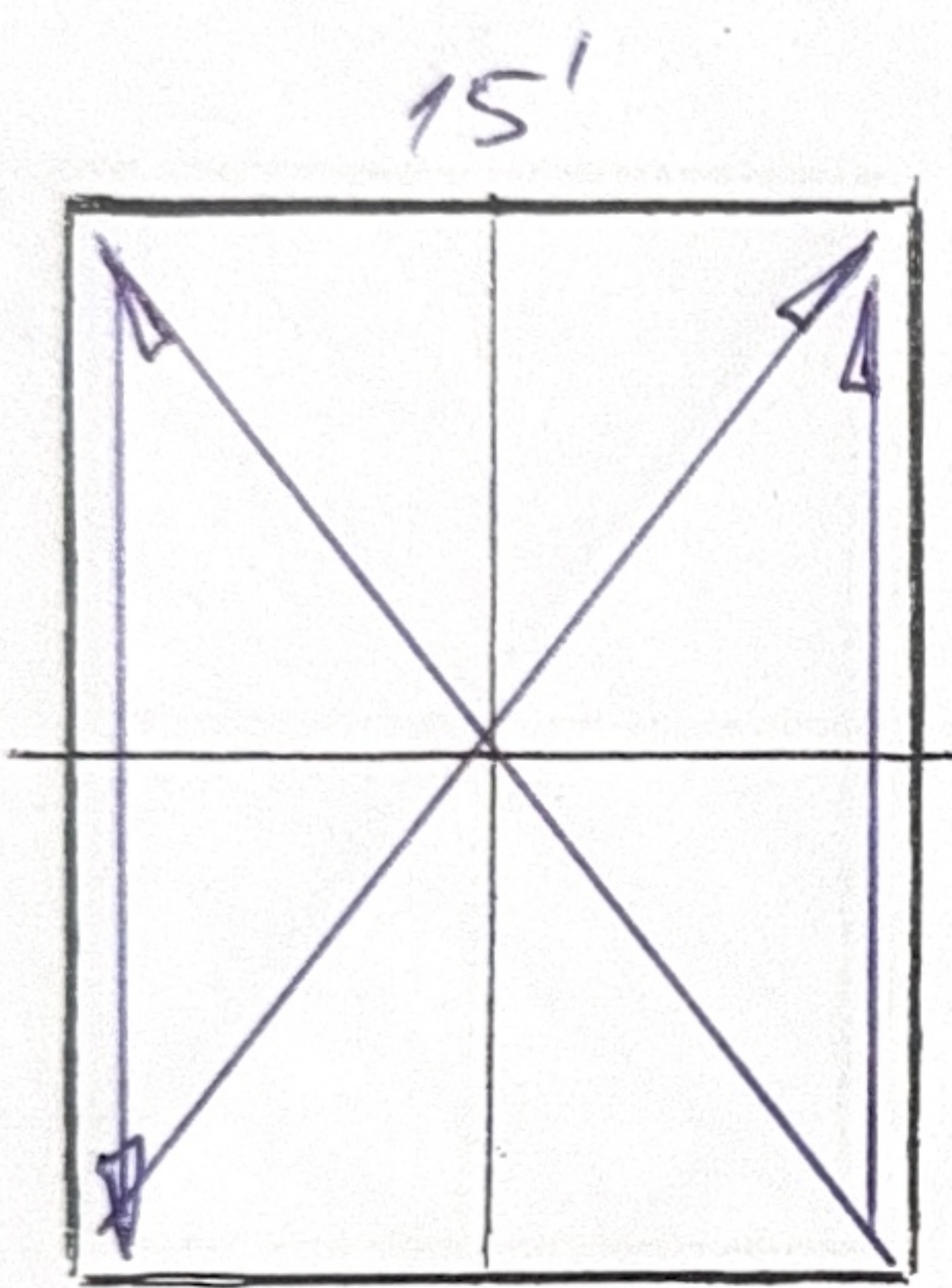
UP AND DOWN
≈ 15'-20'

13.05.2026 WEDNESDAY 17:30-19:00 FUTURE SQUAD

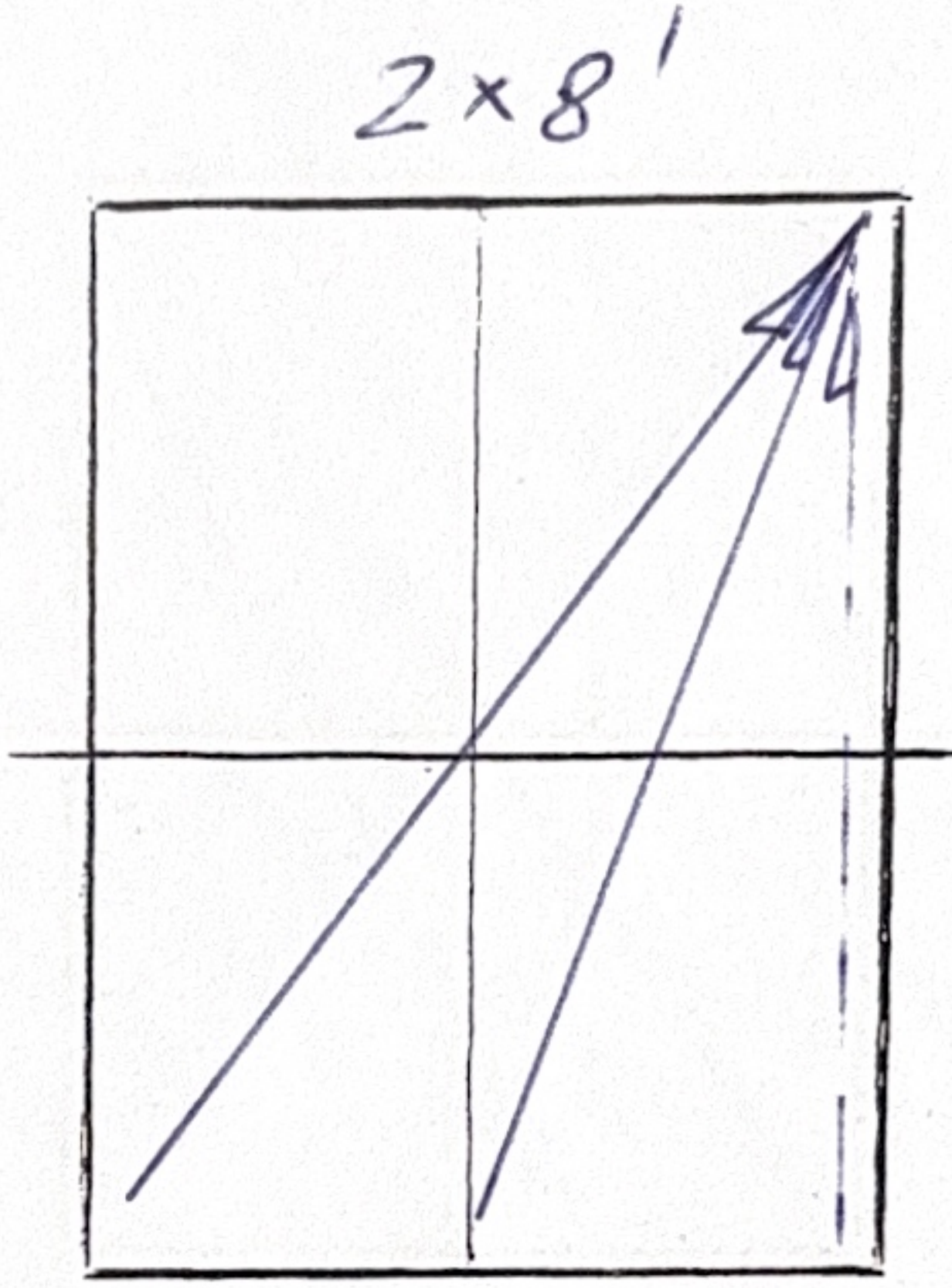
1. TECHNIQUE 2. REACTION 3. BALANCE 4. 3TH BALL ATTACK

ONE TABLE → MULTIBALLS

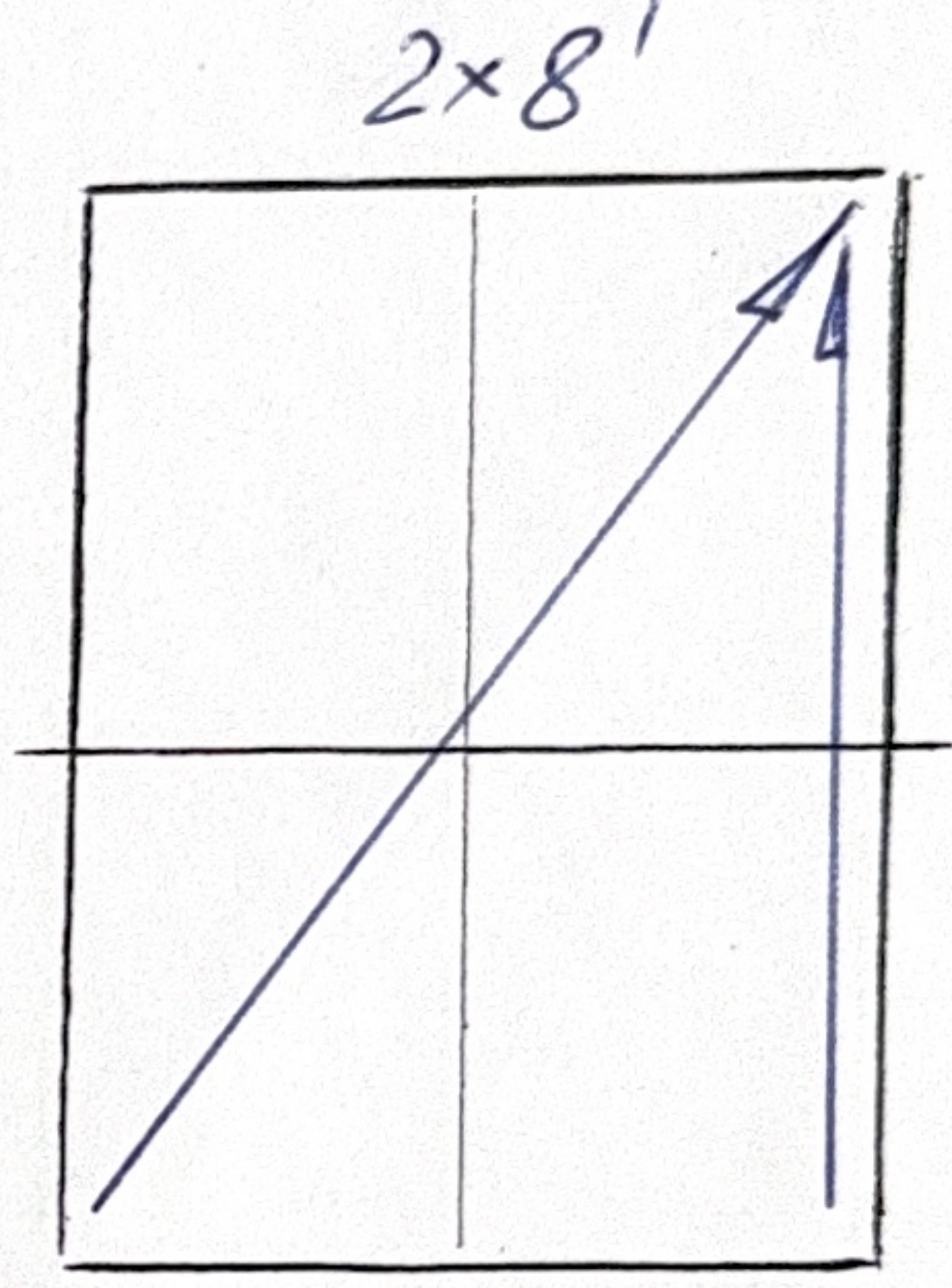
FOOTWORK → BEFORE TRAINING SPEED 6' x 20" x 20"



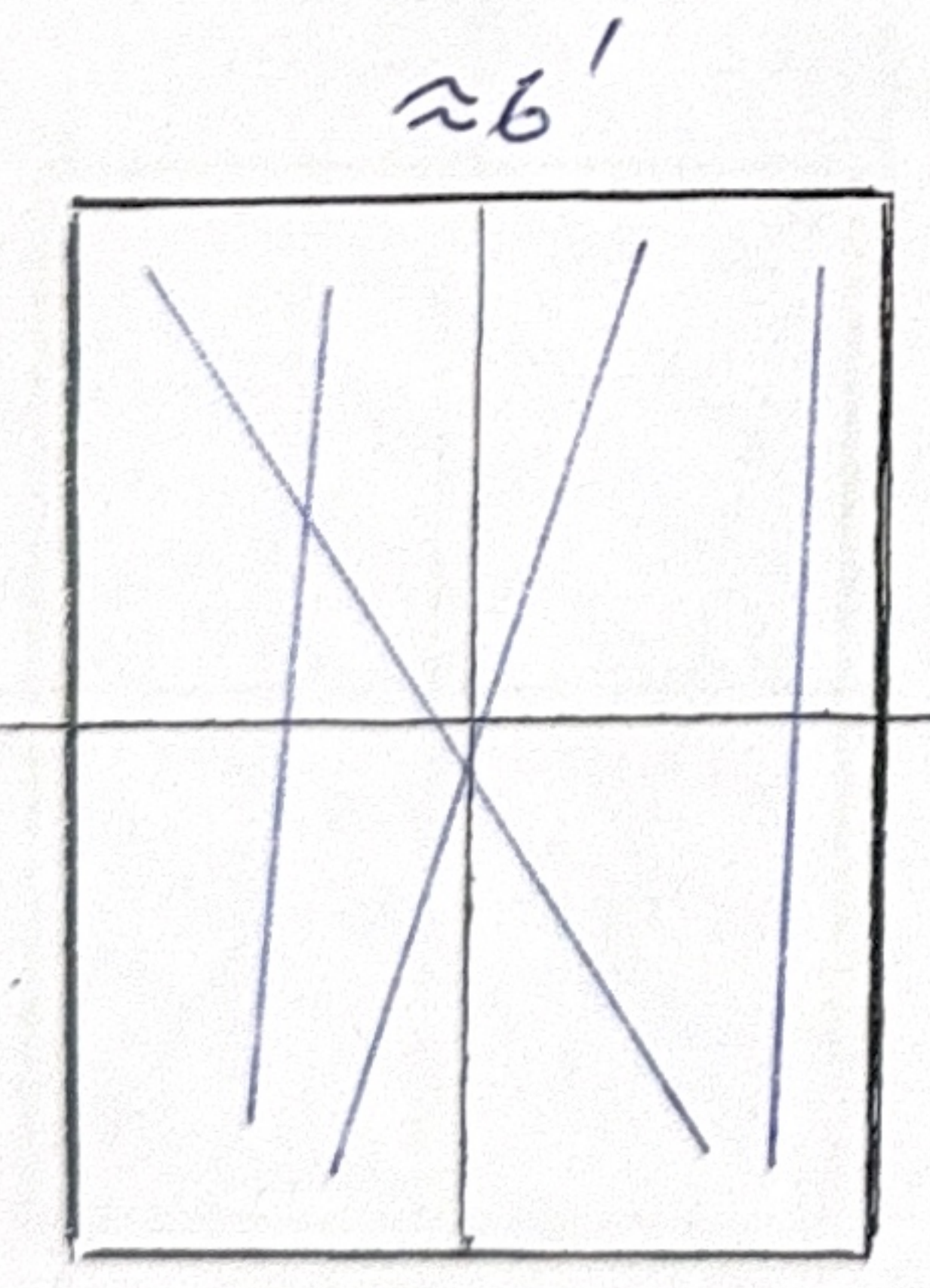
BH DOWN THE FH
5' LINES 5' 5'



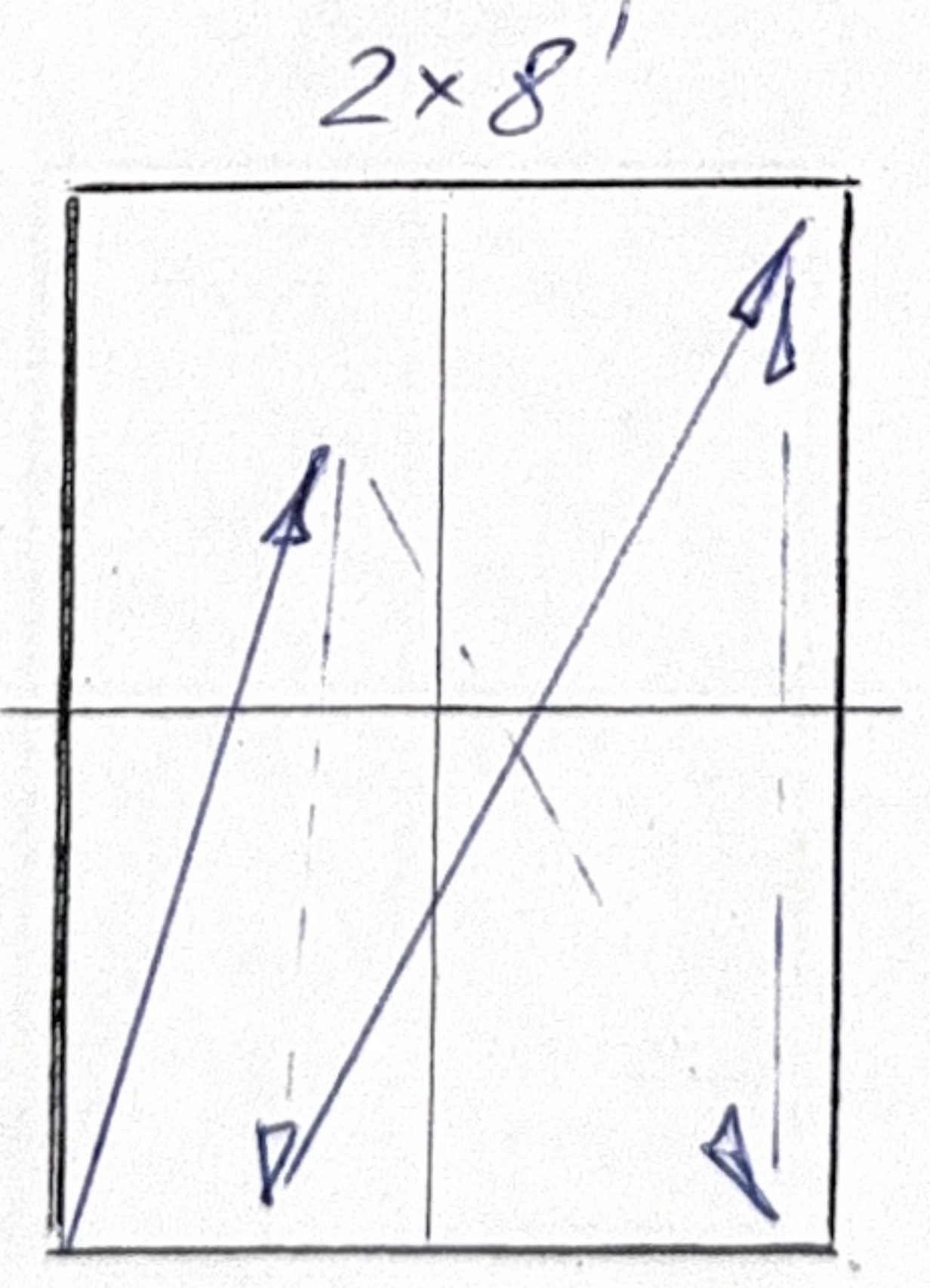
BH FHS FHS
1 2 ? 2



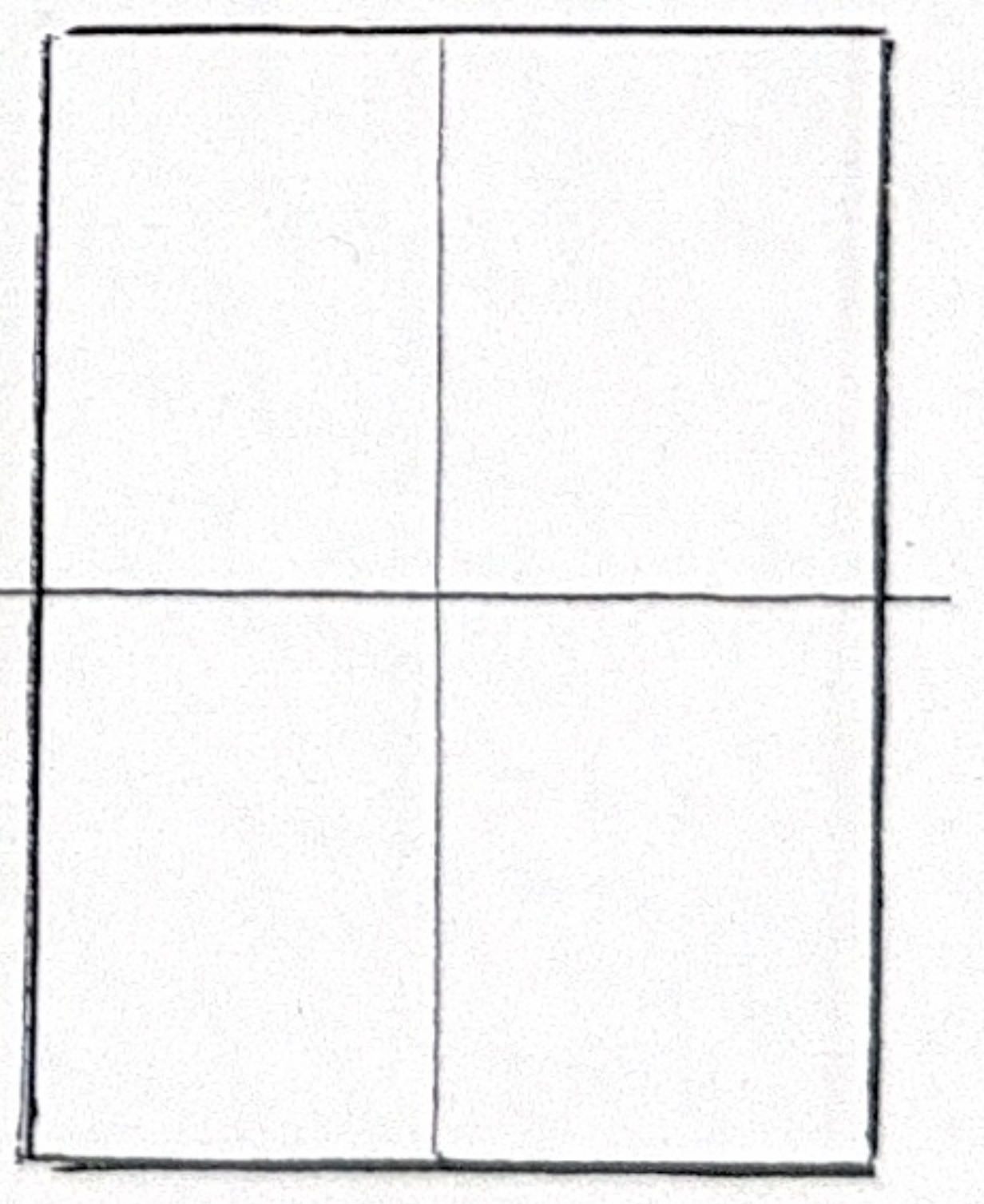
BH FHS
1(2) 1(2)



CWOP ALL TABLE
FREE 1 SET



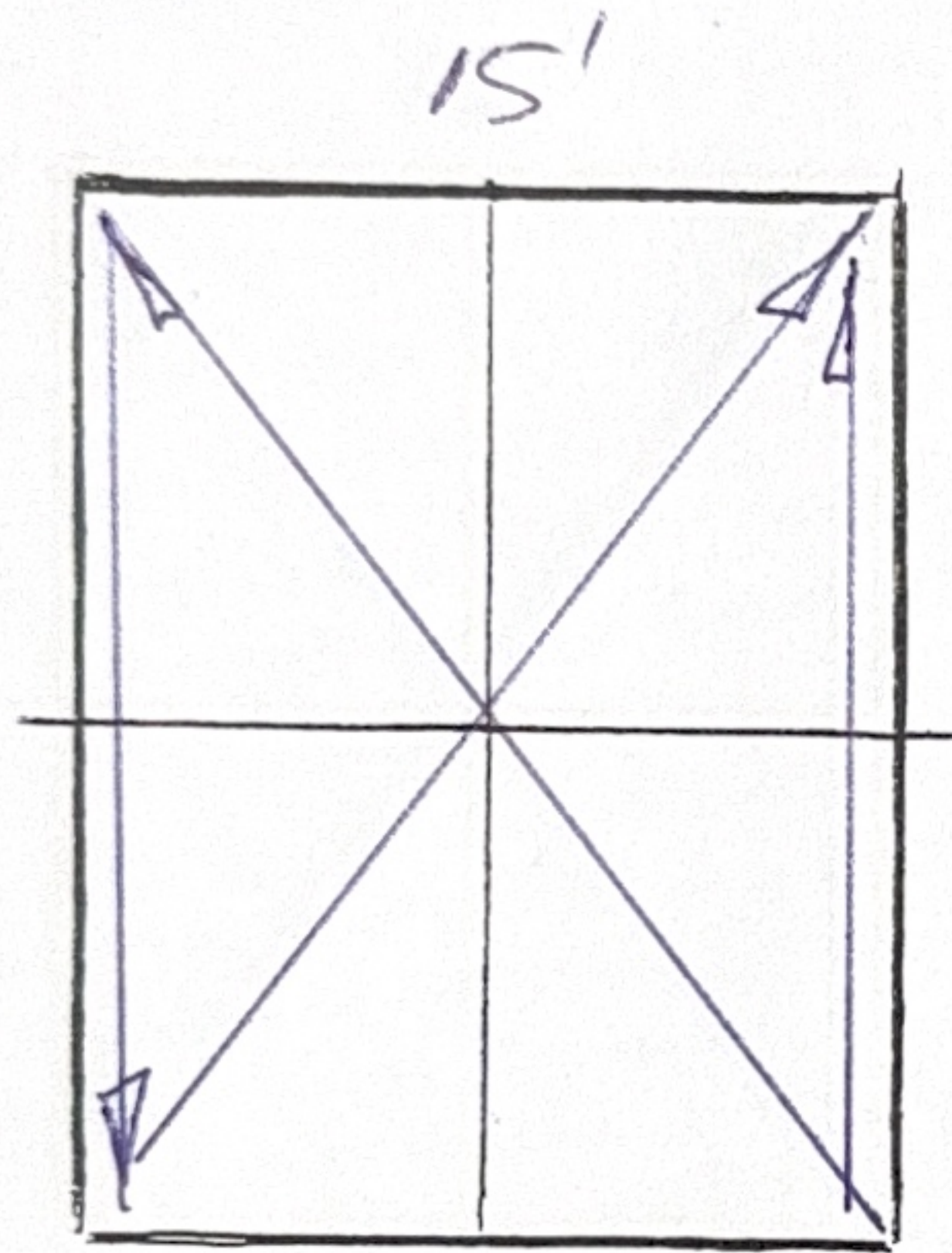
SERVICE FHS
FHS 1
1 + FREE
ALL TABLE



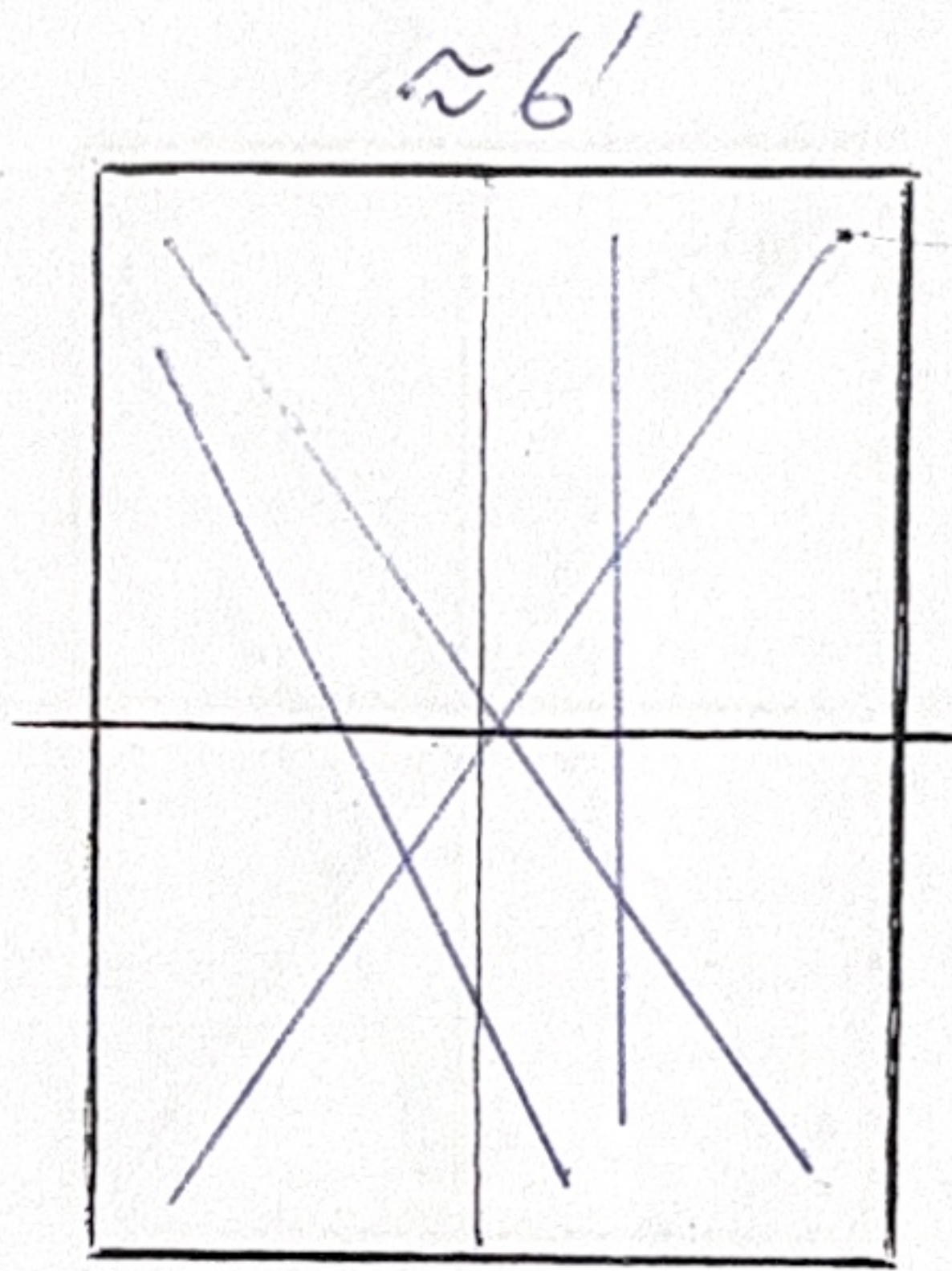
16.05.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1 TACTICAL FROM SERVICE (ADVANTAGES)

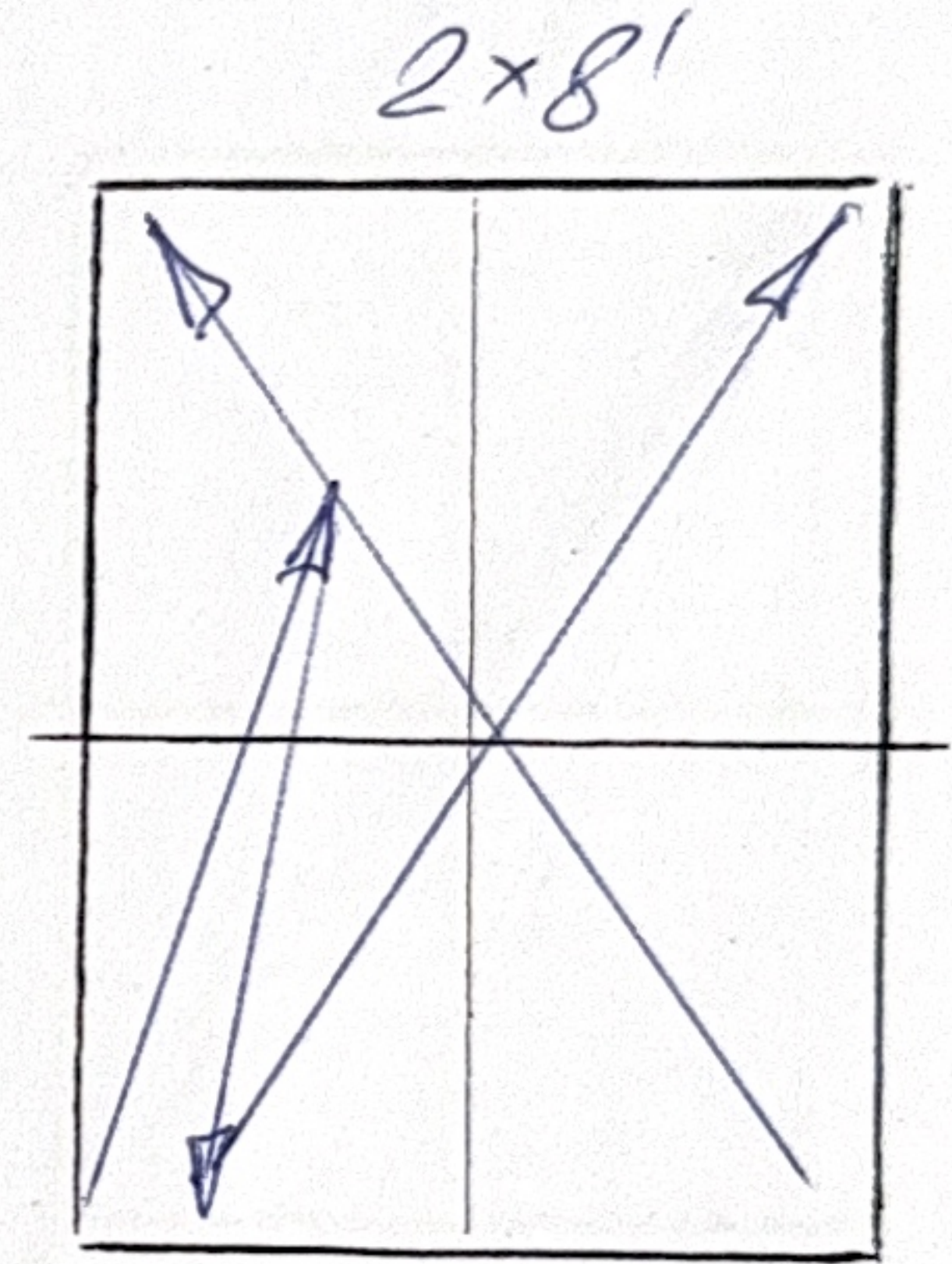
WARMING UP → FOOTWORK 5'x20'x20'



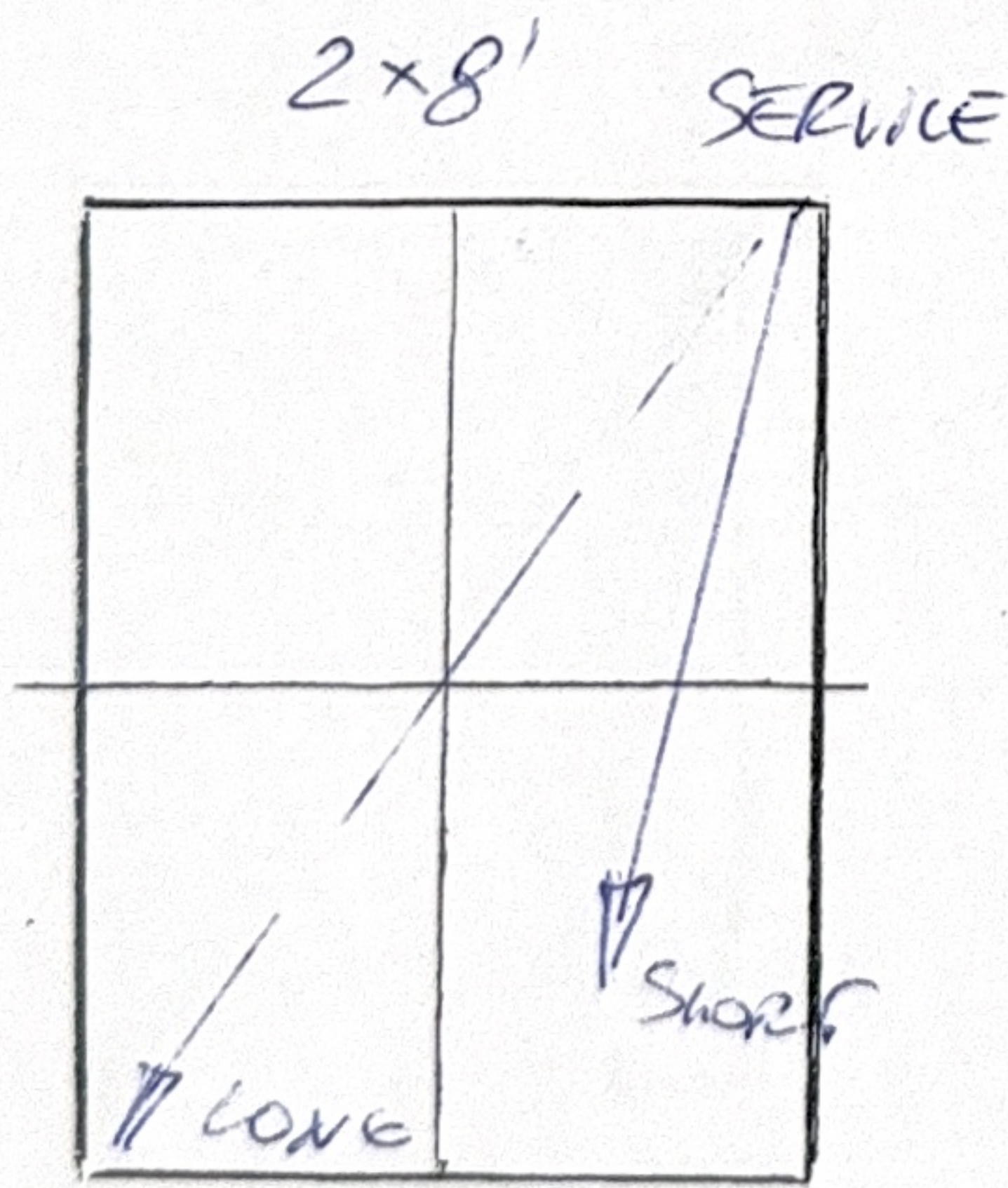
BH DOWN THE FH
S1 LINE S1 S1



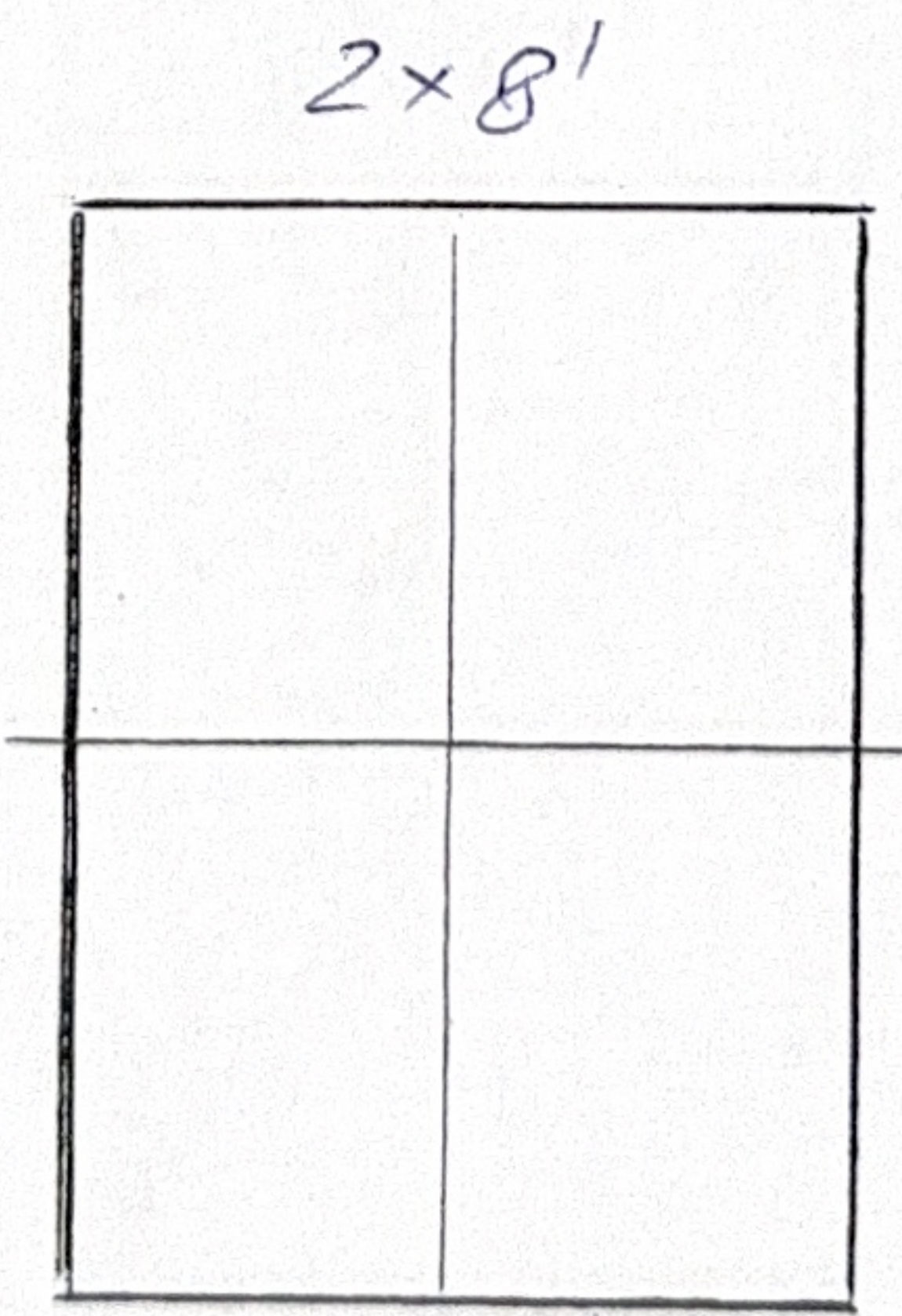
CHOP ALL TABLE
FREE - 1SET



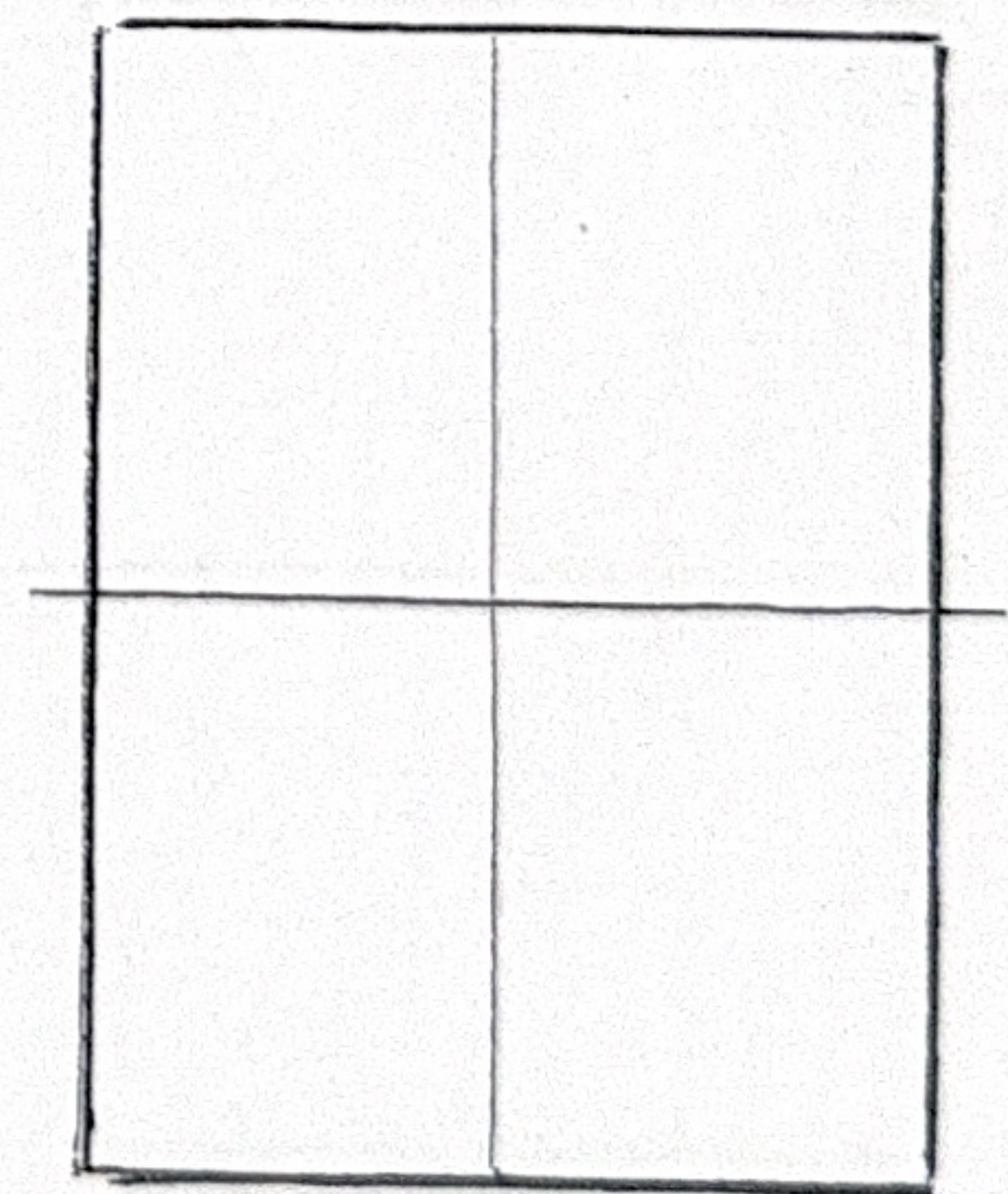
SERVICE BH/S/FUS 1
FUS 2



RECEIVE + FREE



INDIVIDUAL FROM SERVICE
(COACHES HELPS)



LIP AND DOWN
≈ 20'