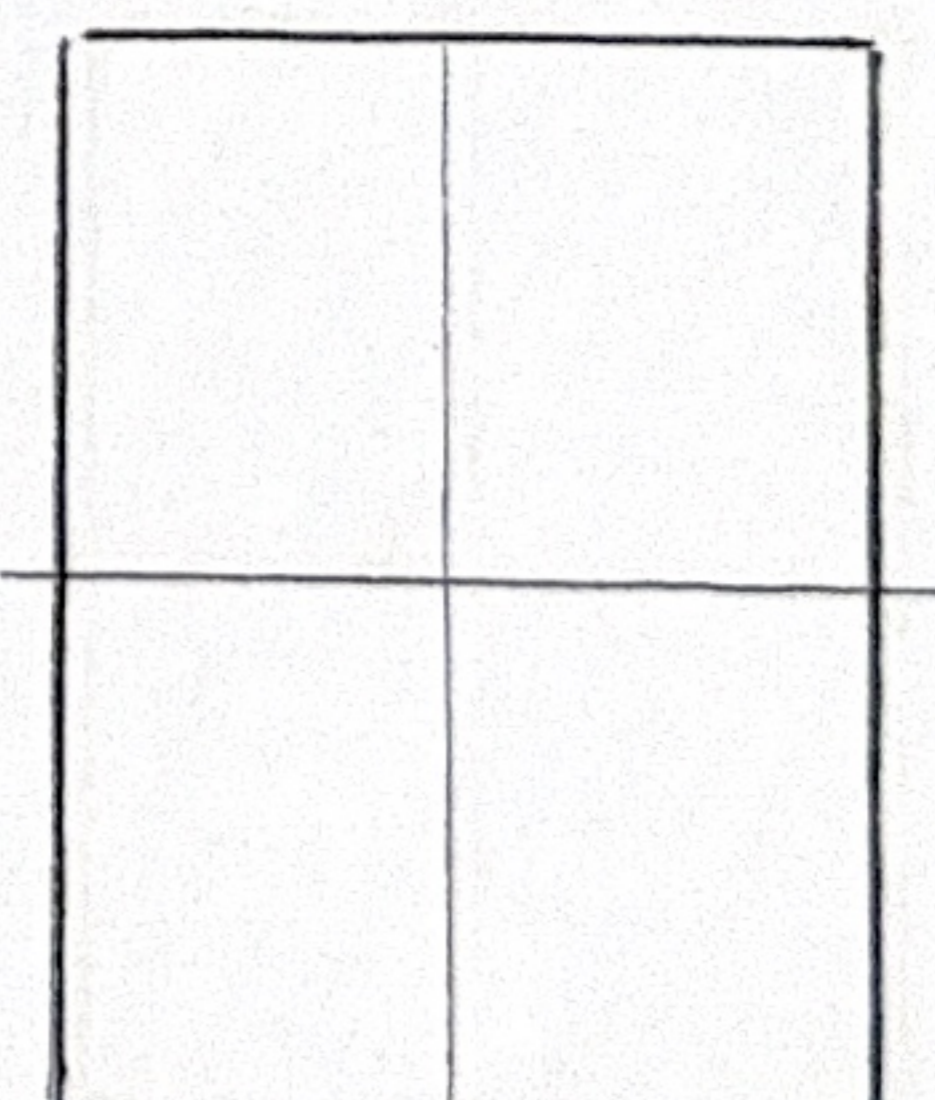
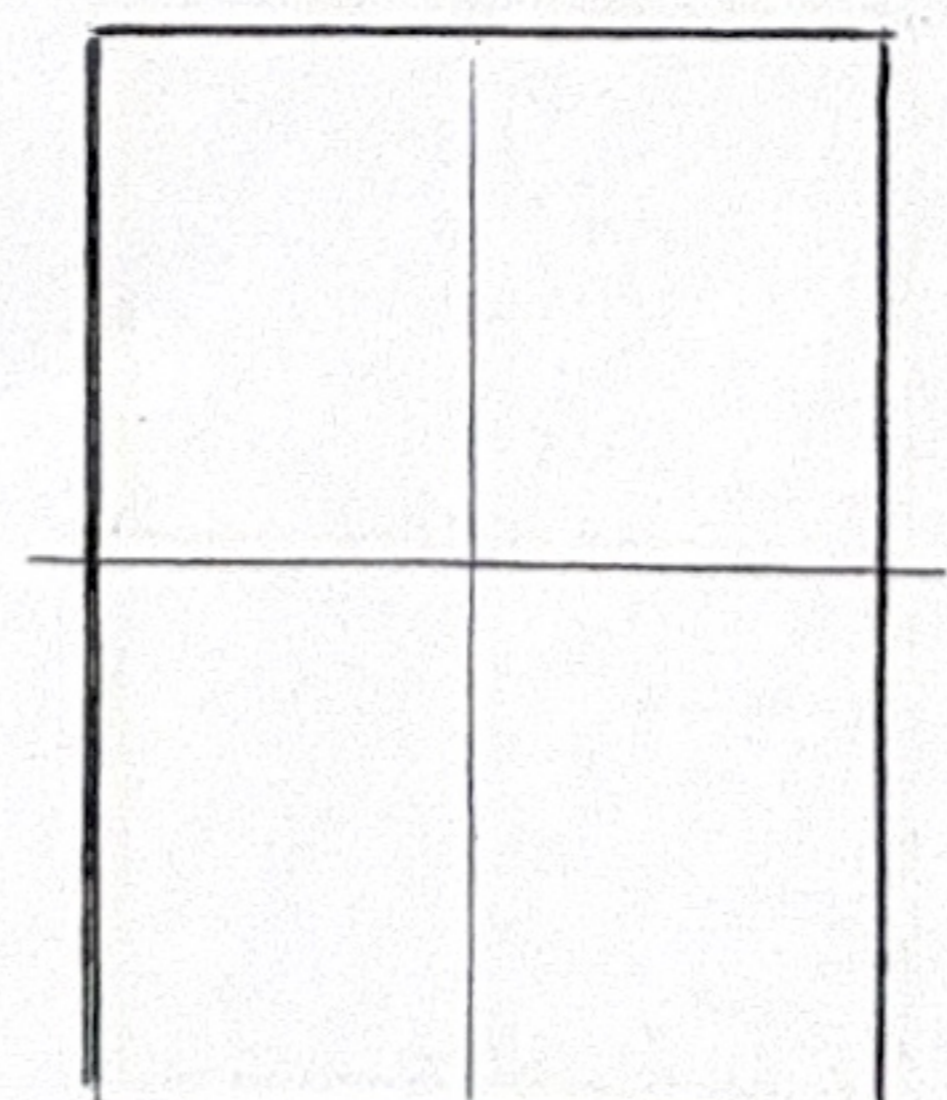
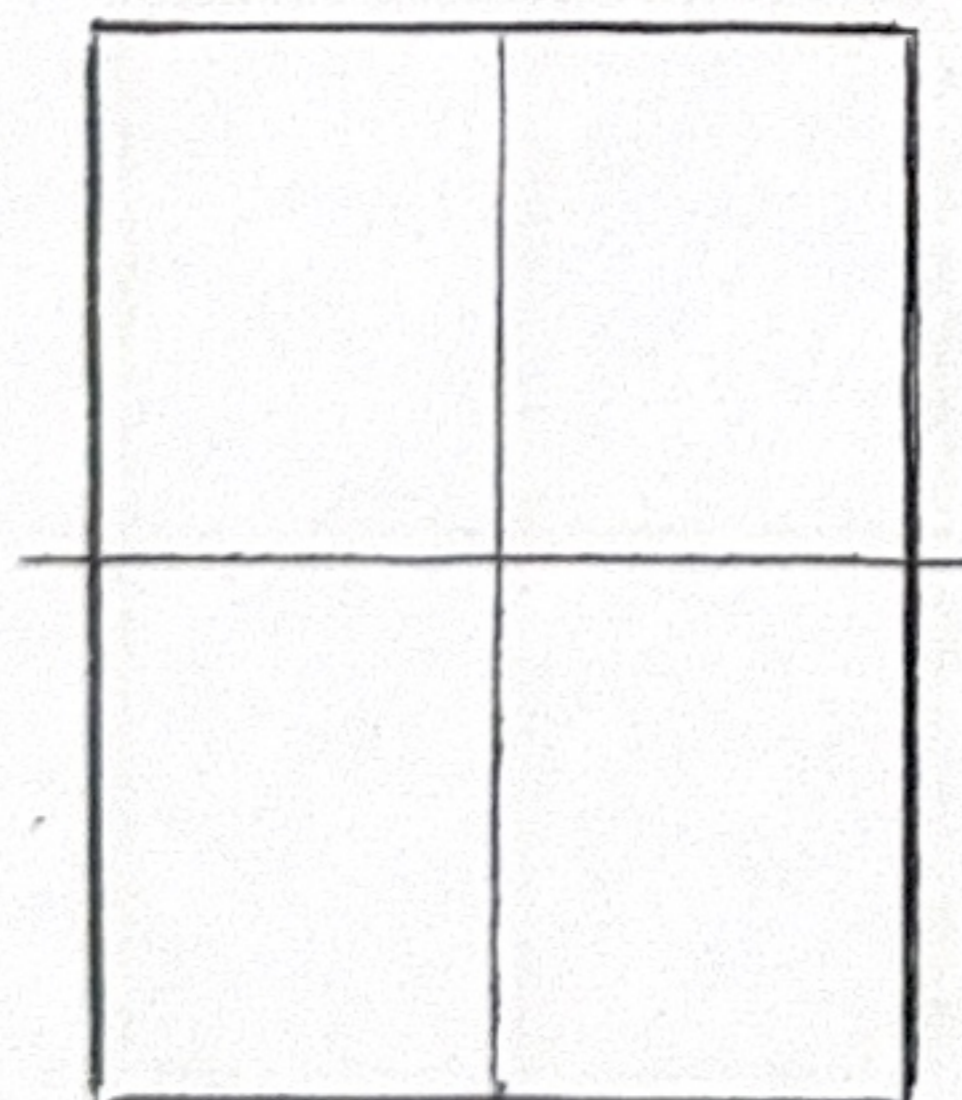
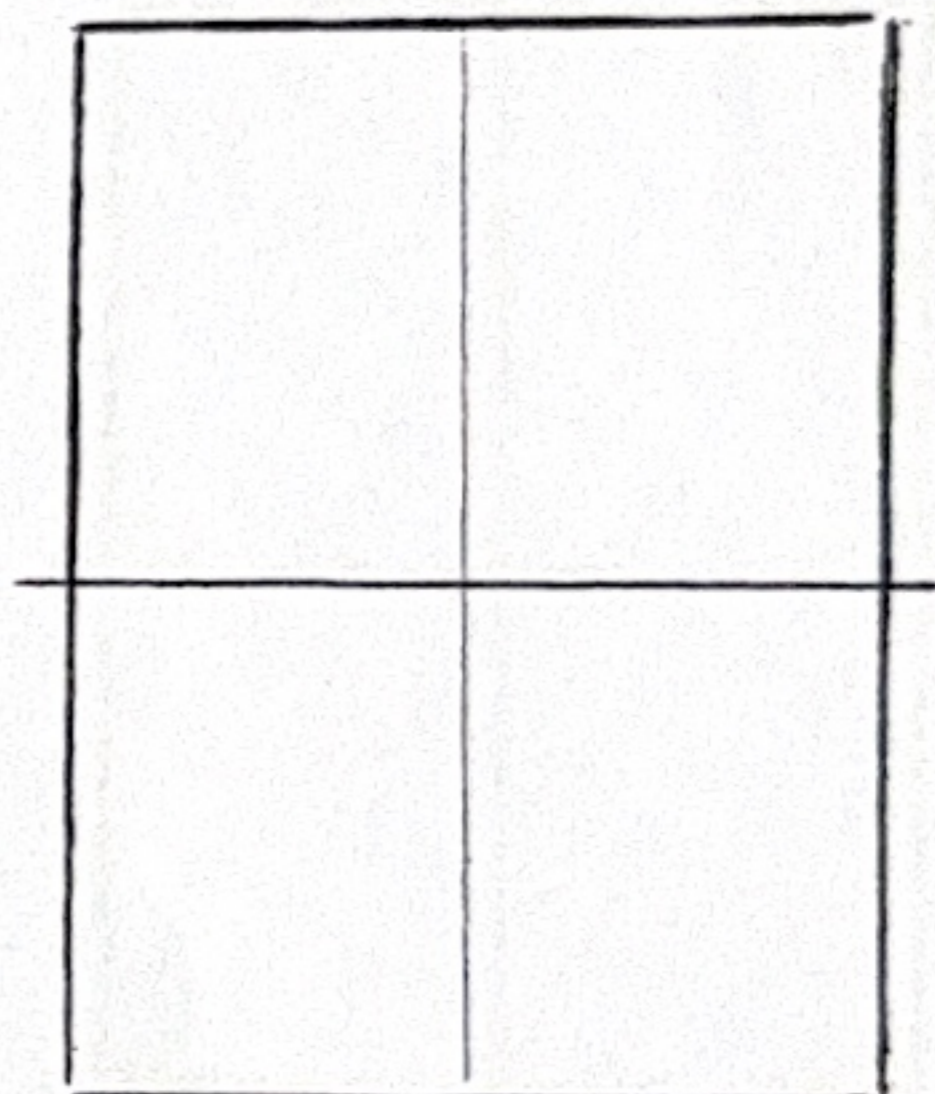
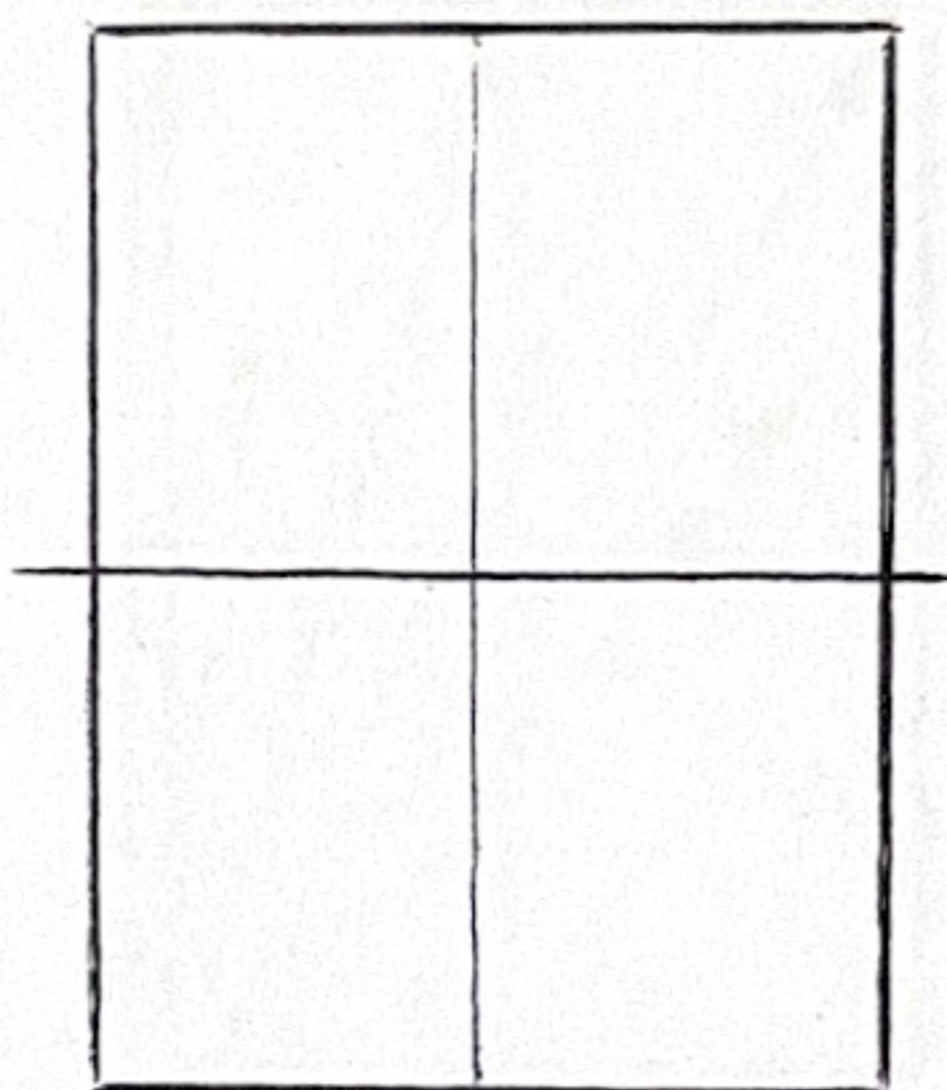
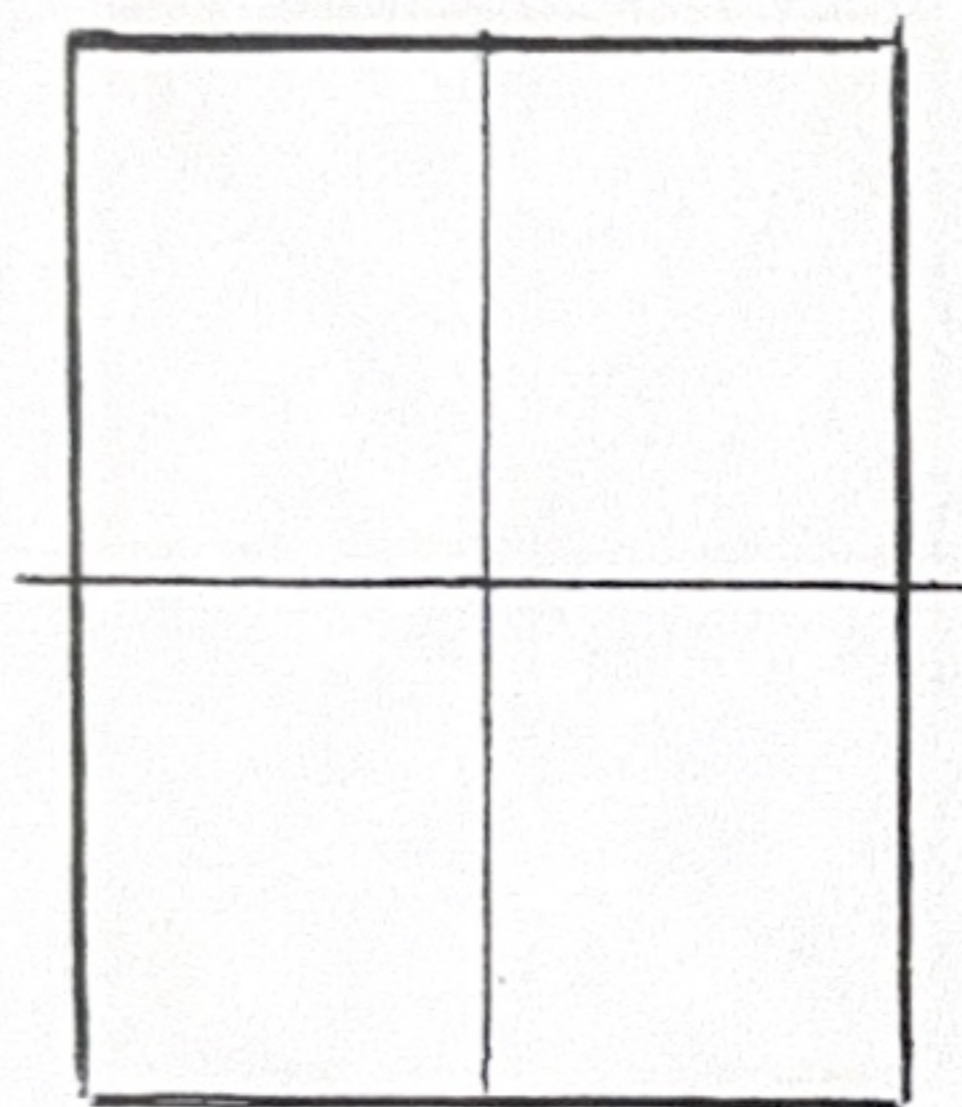


17.05.2026 SUNDAY

NORTHERN REGION TRAINING CAMP

9.00 - 12.00 , 13.30 - 16.30



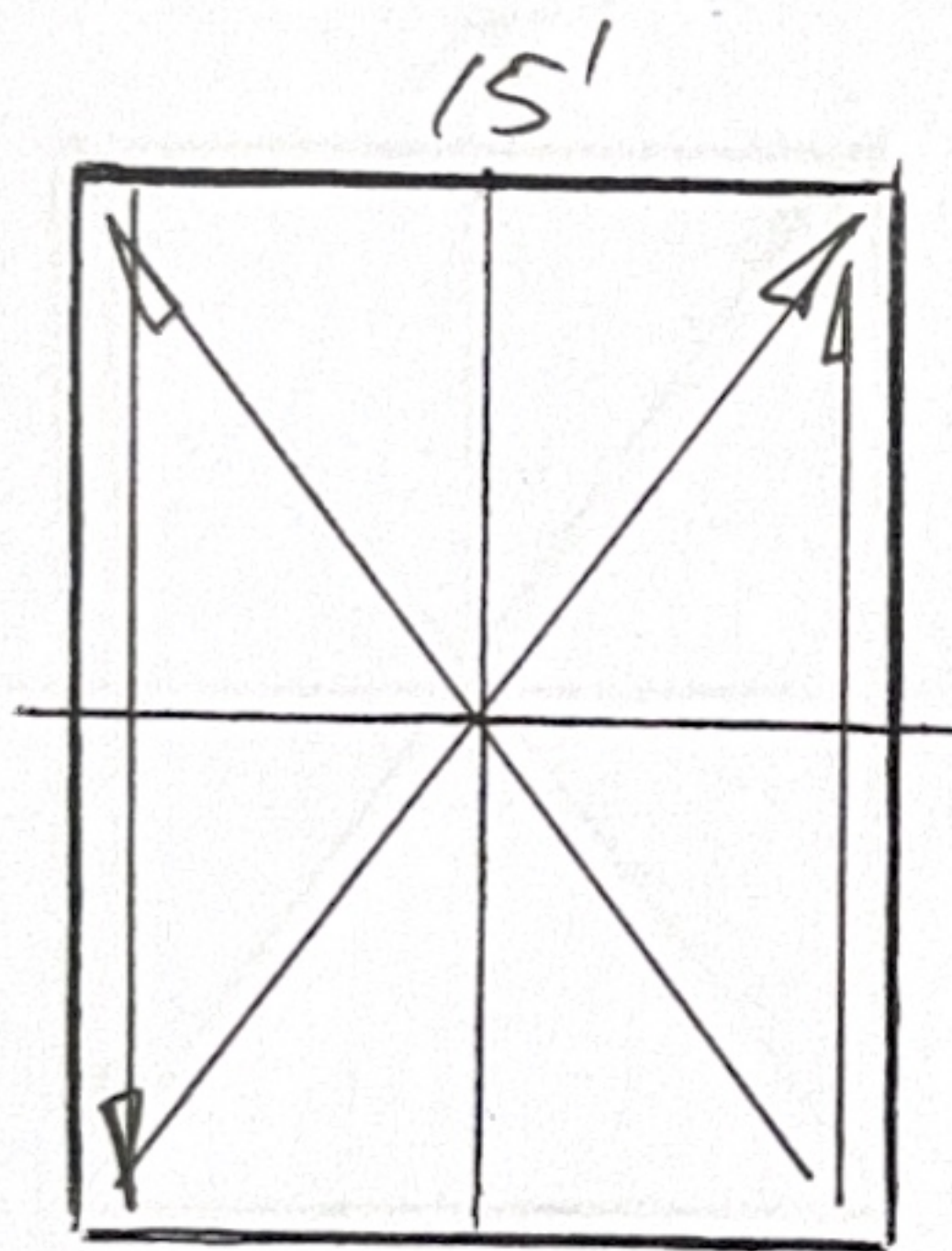
Three horizontal lines for writing.

19.05.2026 TUESDAY 19.15-21.15. ELITE SQUAD

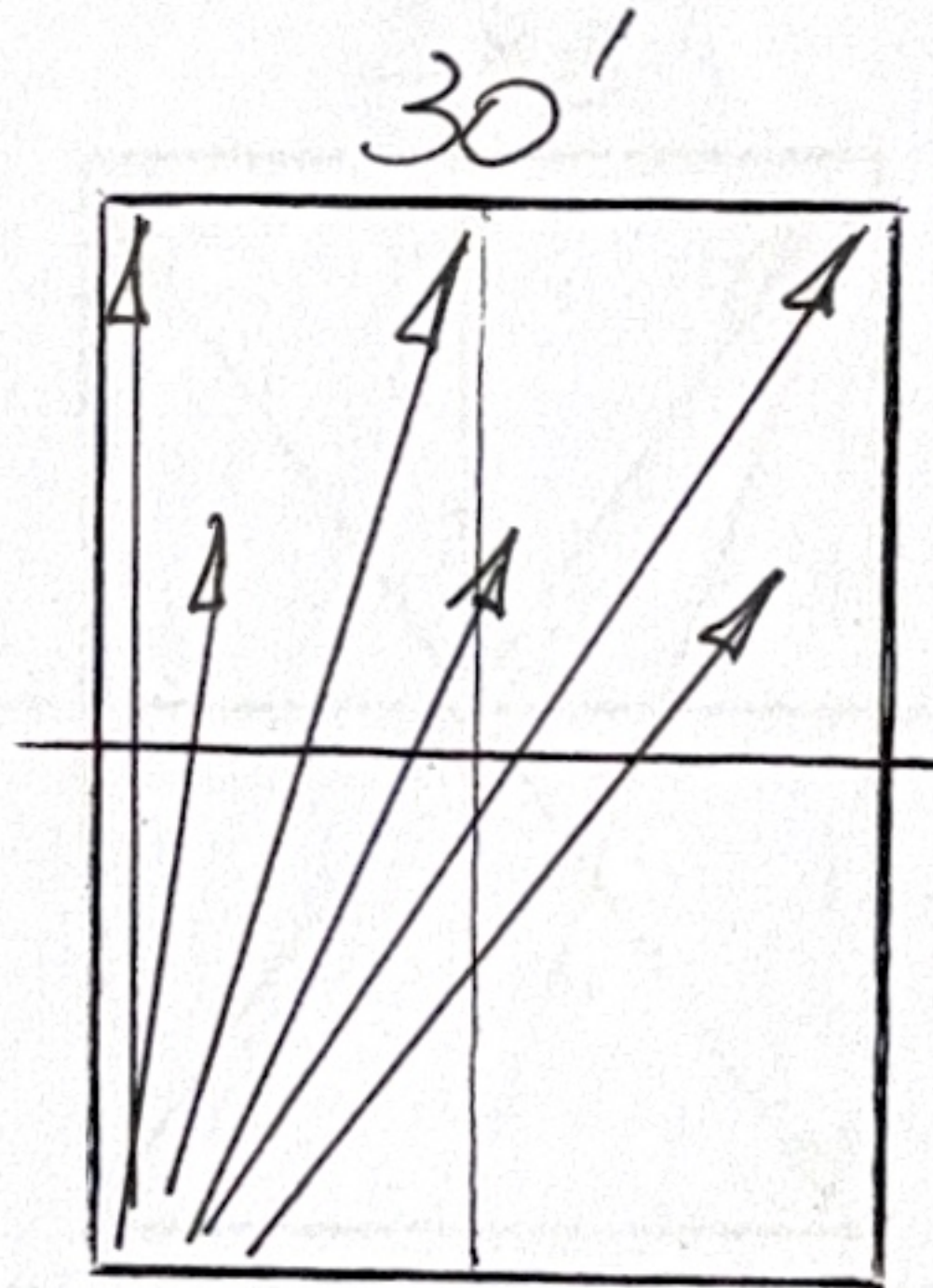
1. SERVICE + RECIEVE 2. MULTIBALLS (INDIVIDUAL)

VS DIFFERENT SPINS, ADVANTAGES

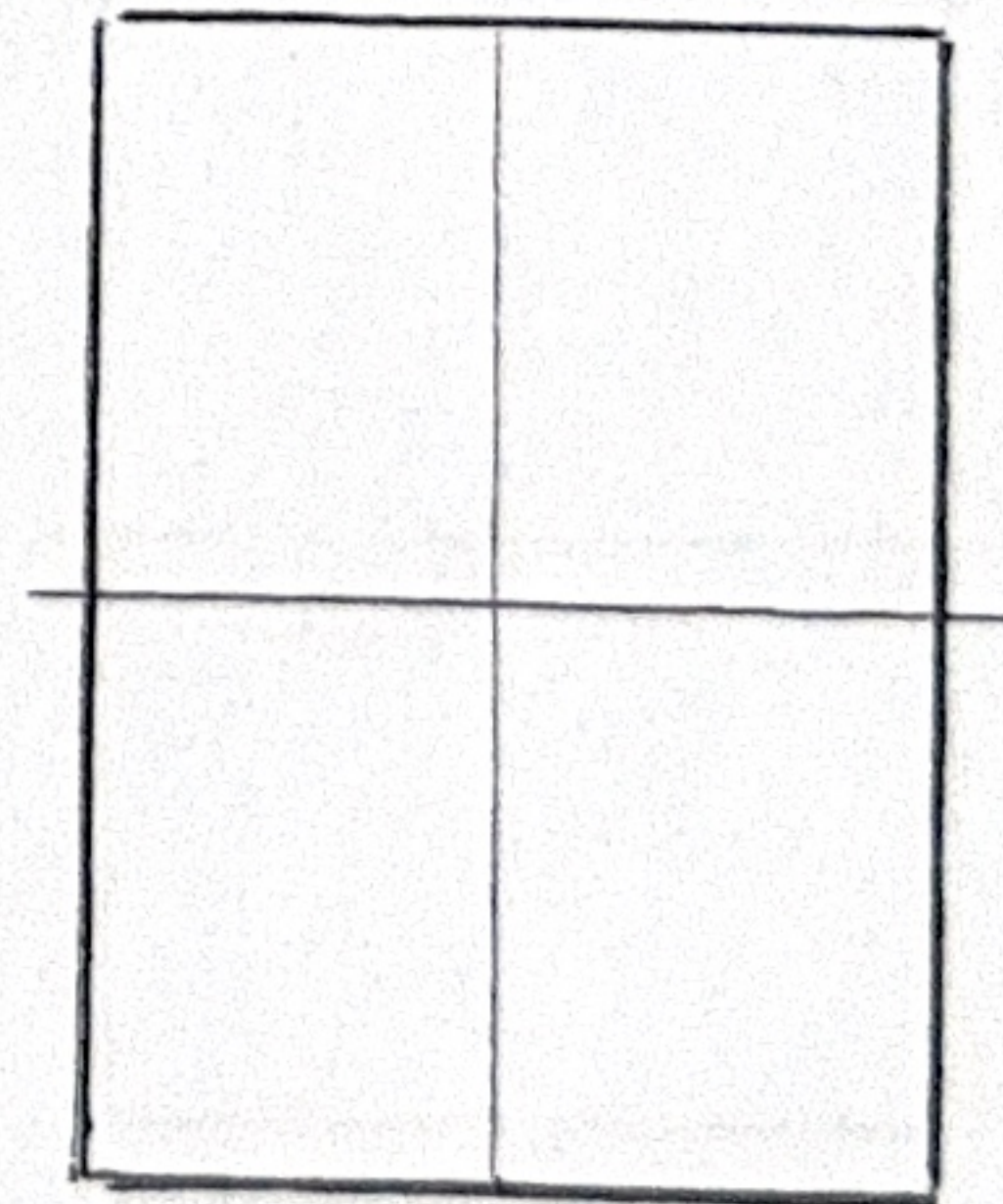
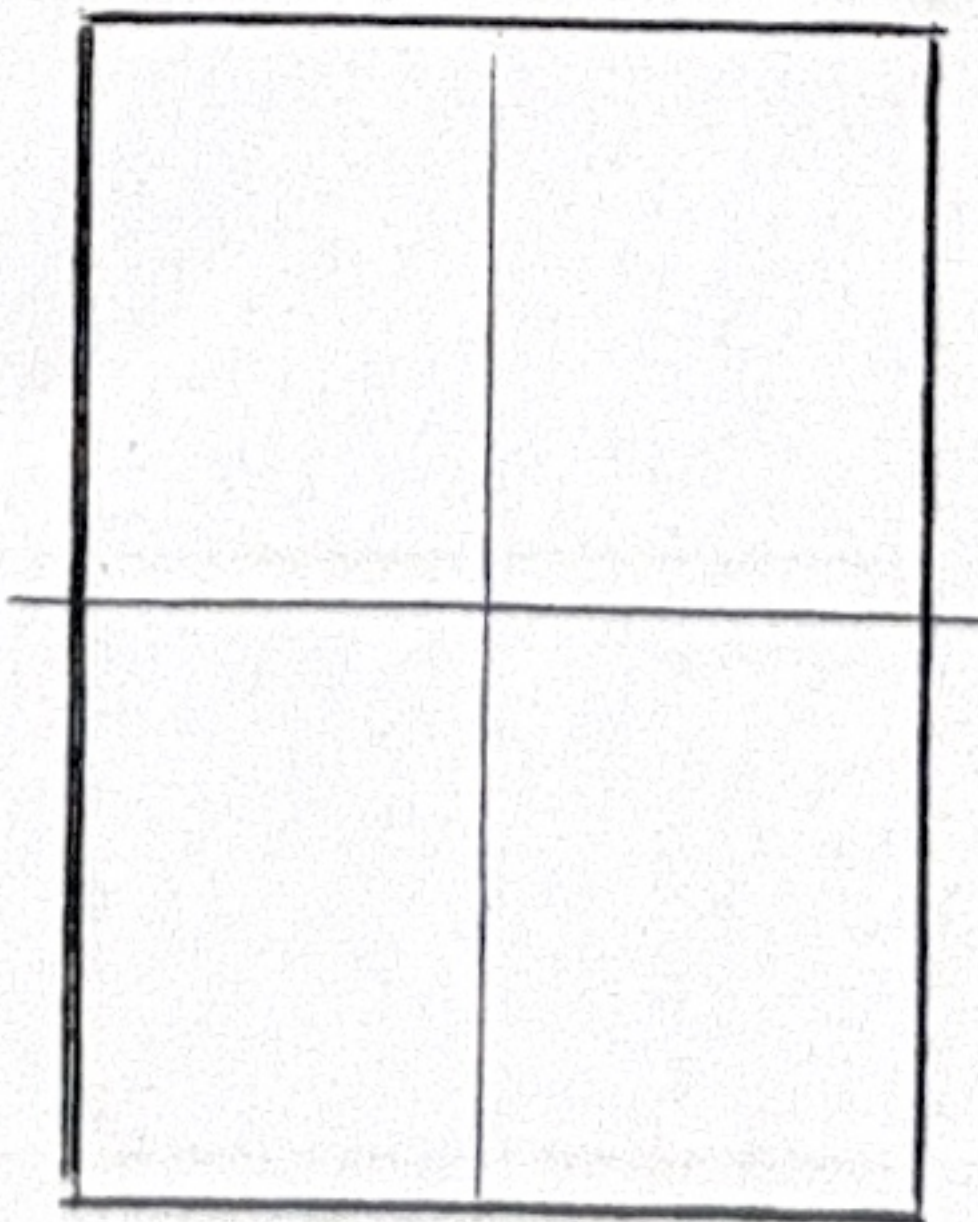
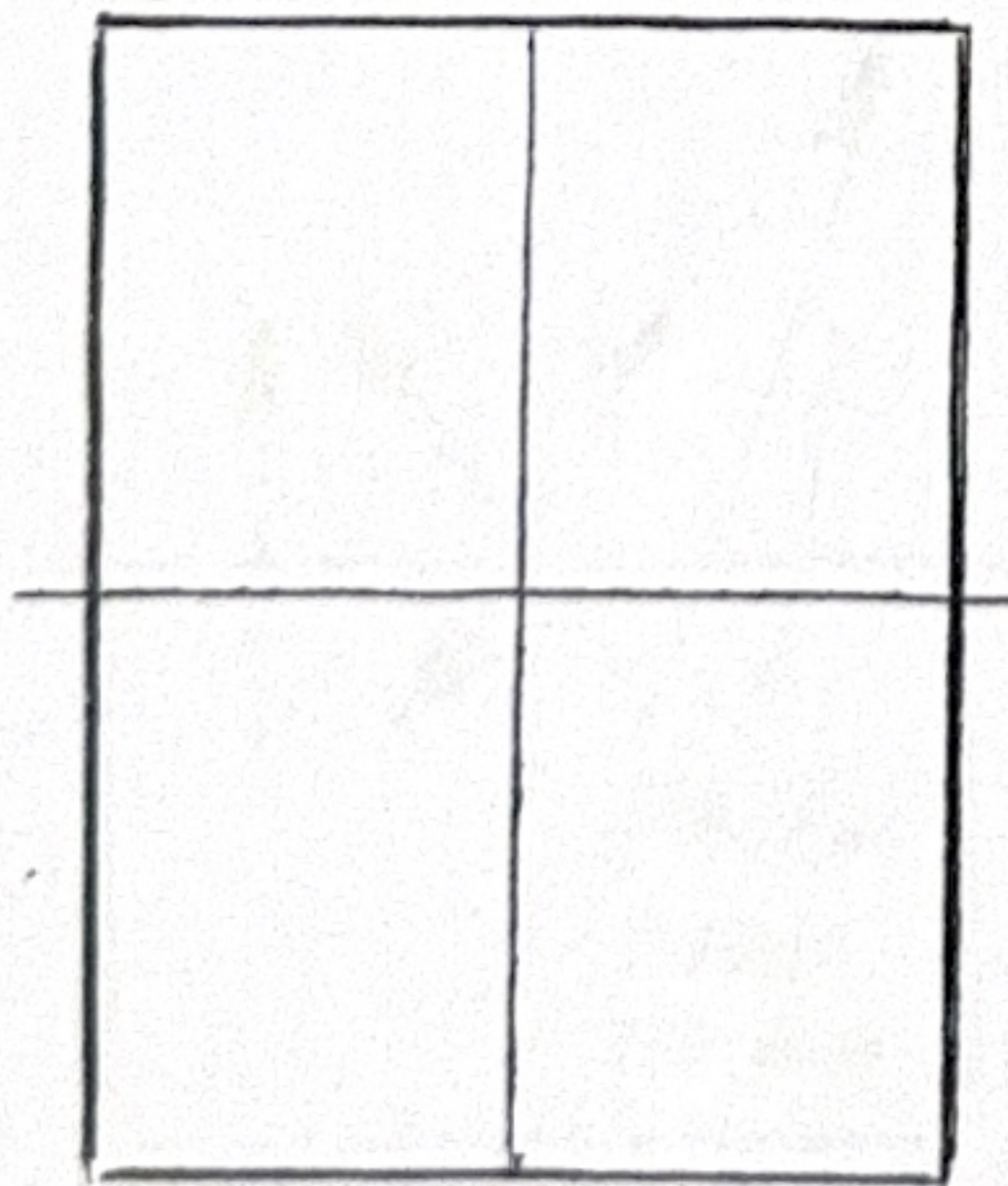
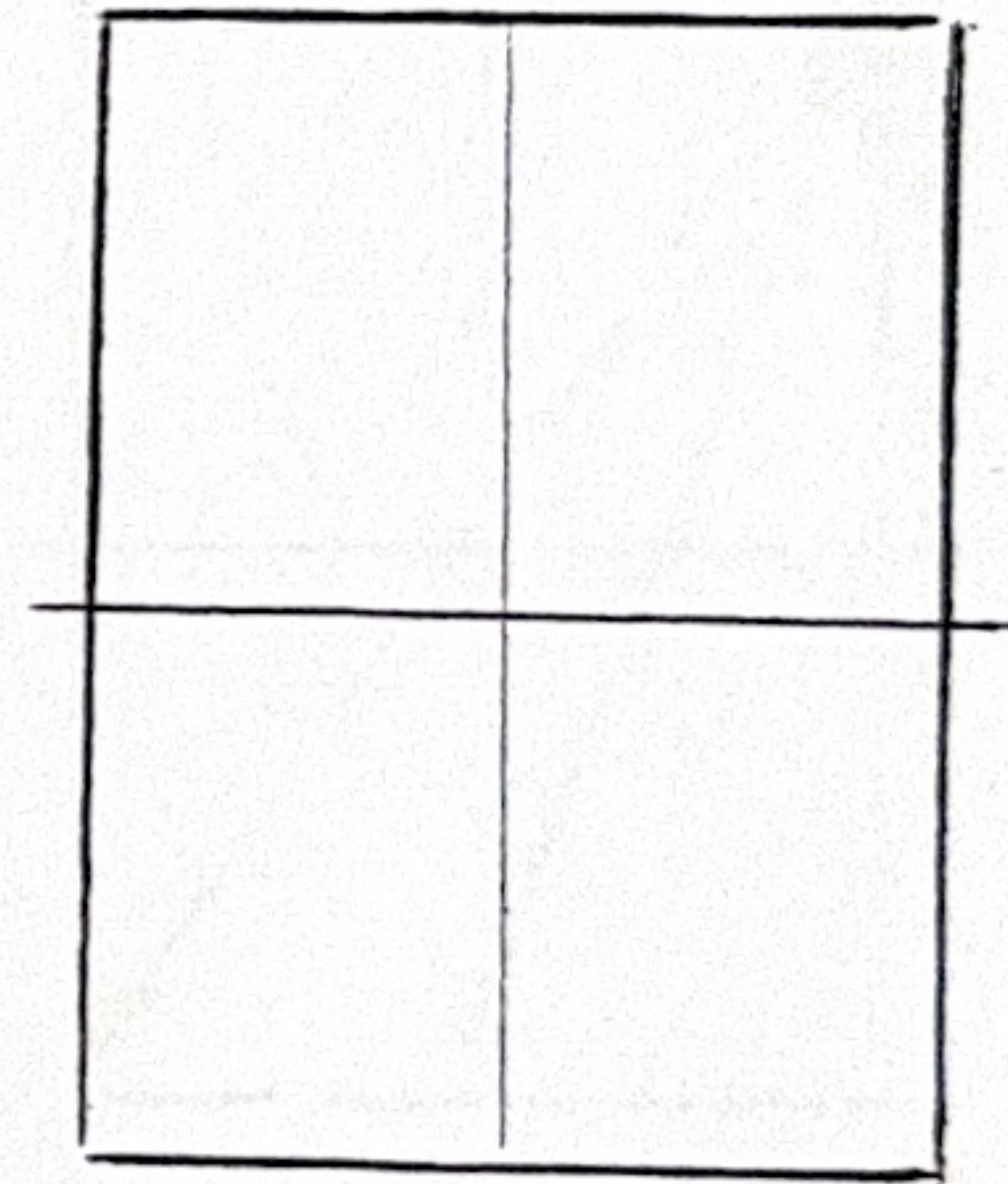
WARMING-UP → THERAPYLANDS PHYSICAL BEFORE TRAINING
FOOTWORK SPEED 6x20x20"



BH DOWN THE FH
SI LINE SI SI



F-SHORT
F-LONG
SERVICE PRACTICE



NOTE: FEEDBACK WITH THE PLAYERS → IMPORTANCE
OF WARMING-UP BEFORE PRIVATE TRAININGS

23.05.2026 SATURDAY 15.30-18.00 ELITE SQUAD

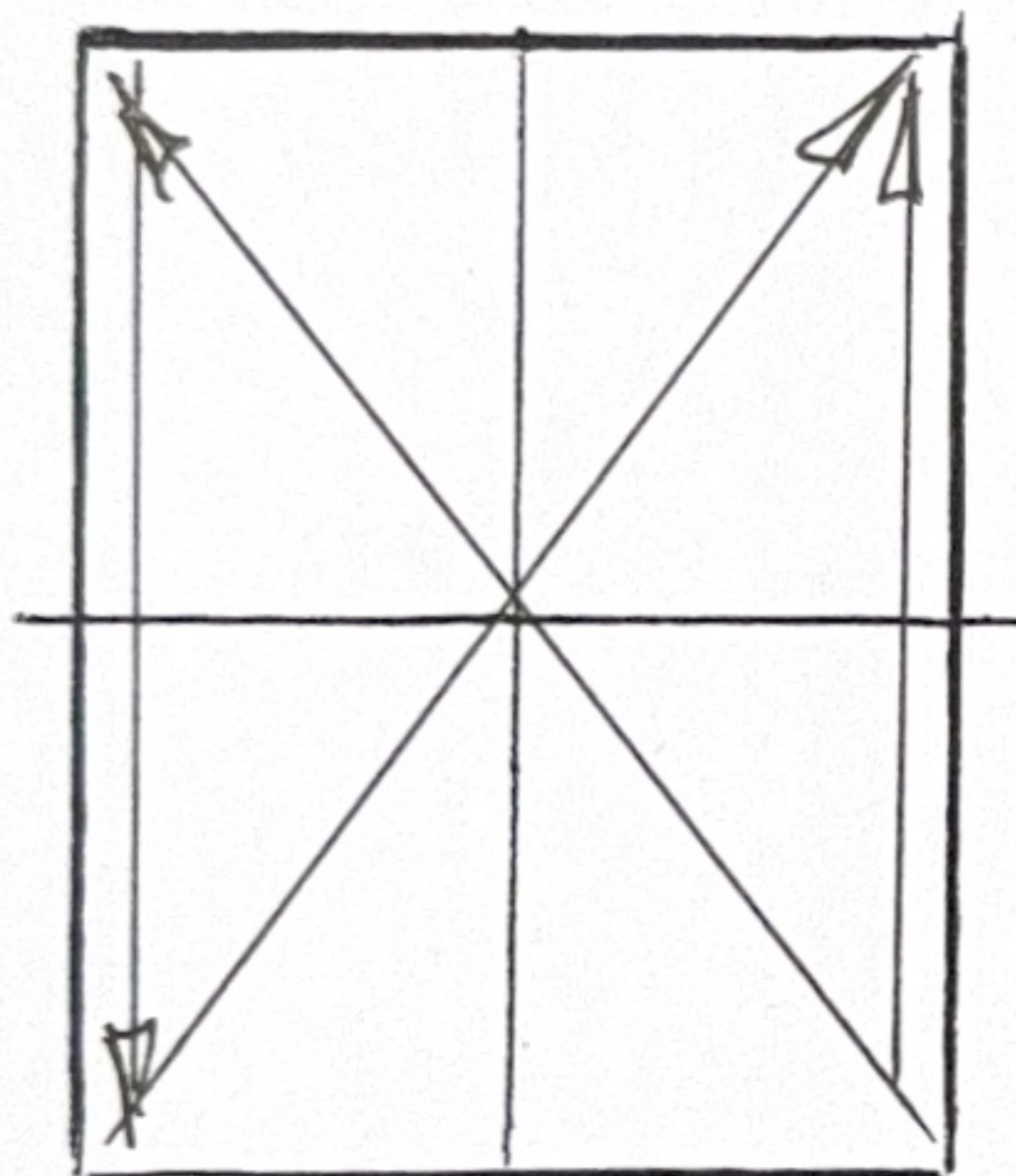
1. TECHNIQUE 2. REACTION 3. STABILITY 4. BALANCE

5. PRACTICAL FROM SERVICE PHYSICAL: FOOTWORK (REFLEX)

WARMING UP - THERABANDS

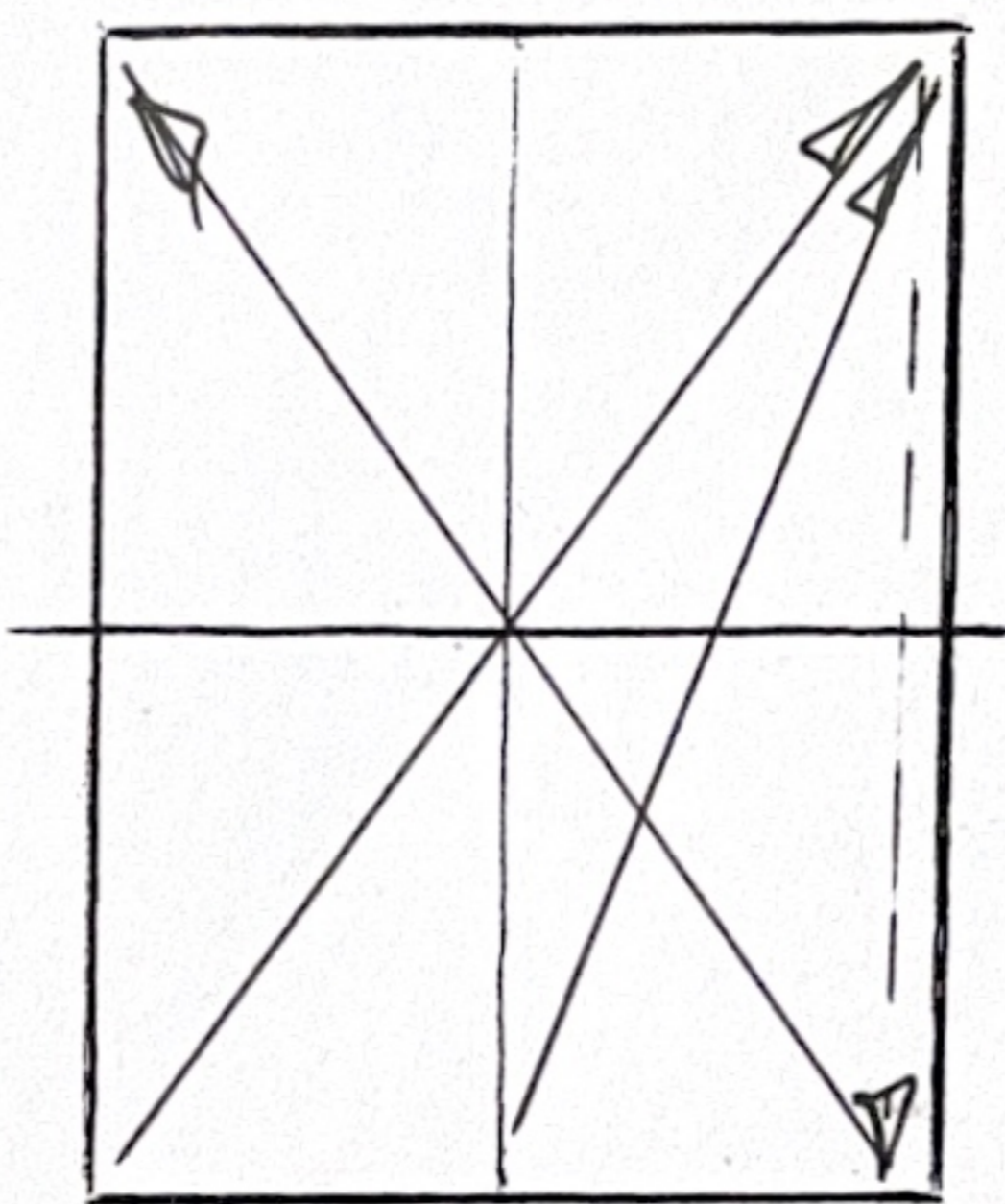
6 x 20' x 20'

15'



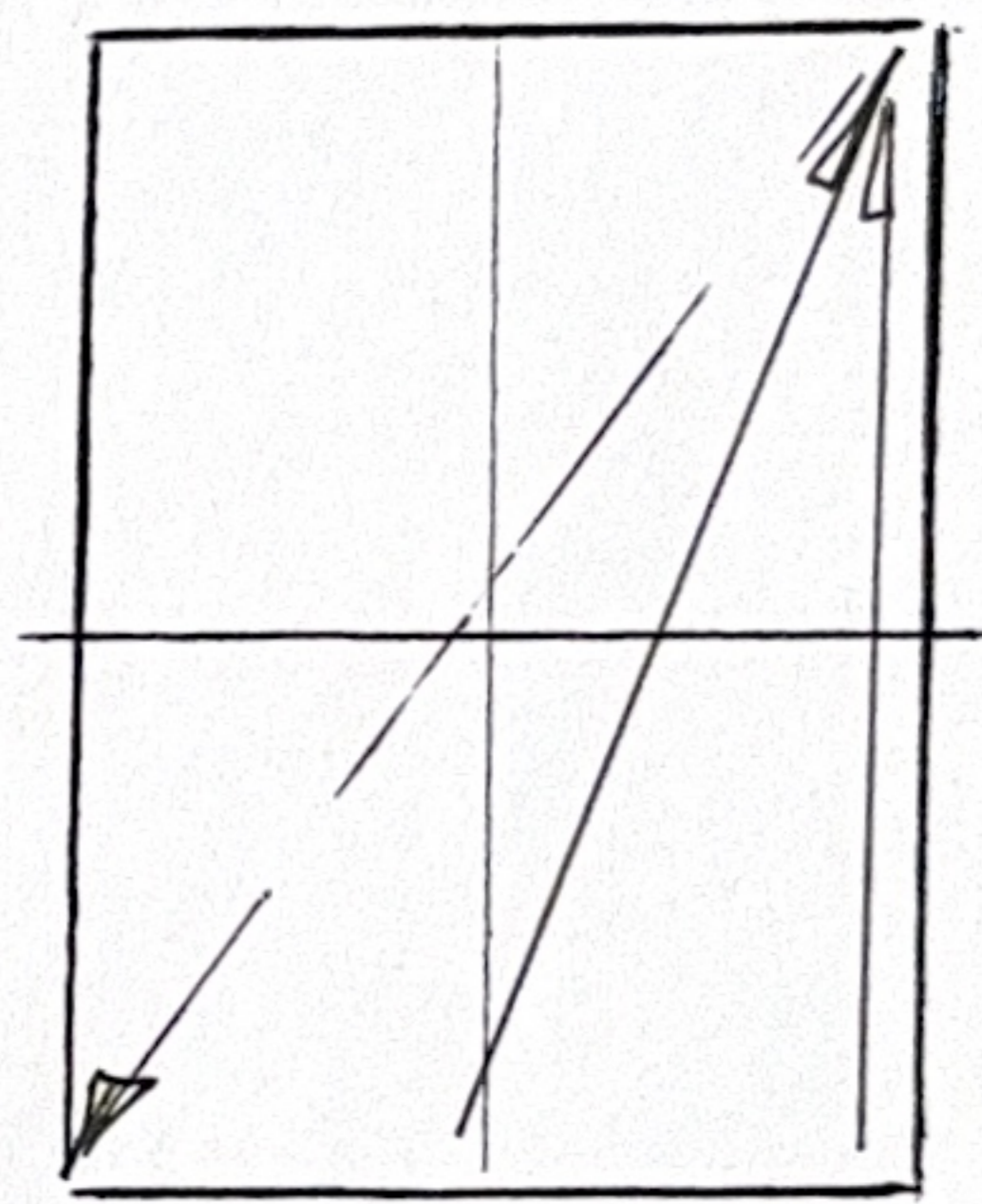
BH DOWN ONE FH
SI ONE SI SI

2 x 8'



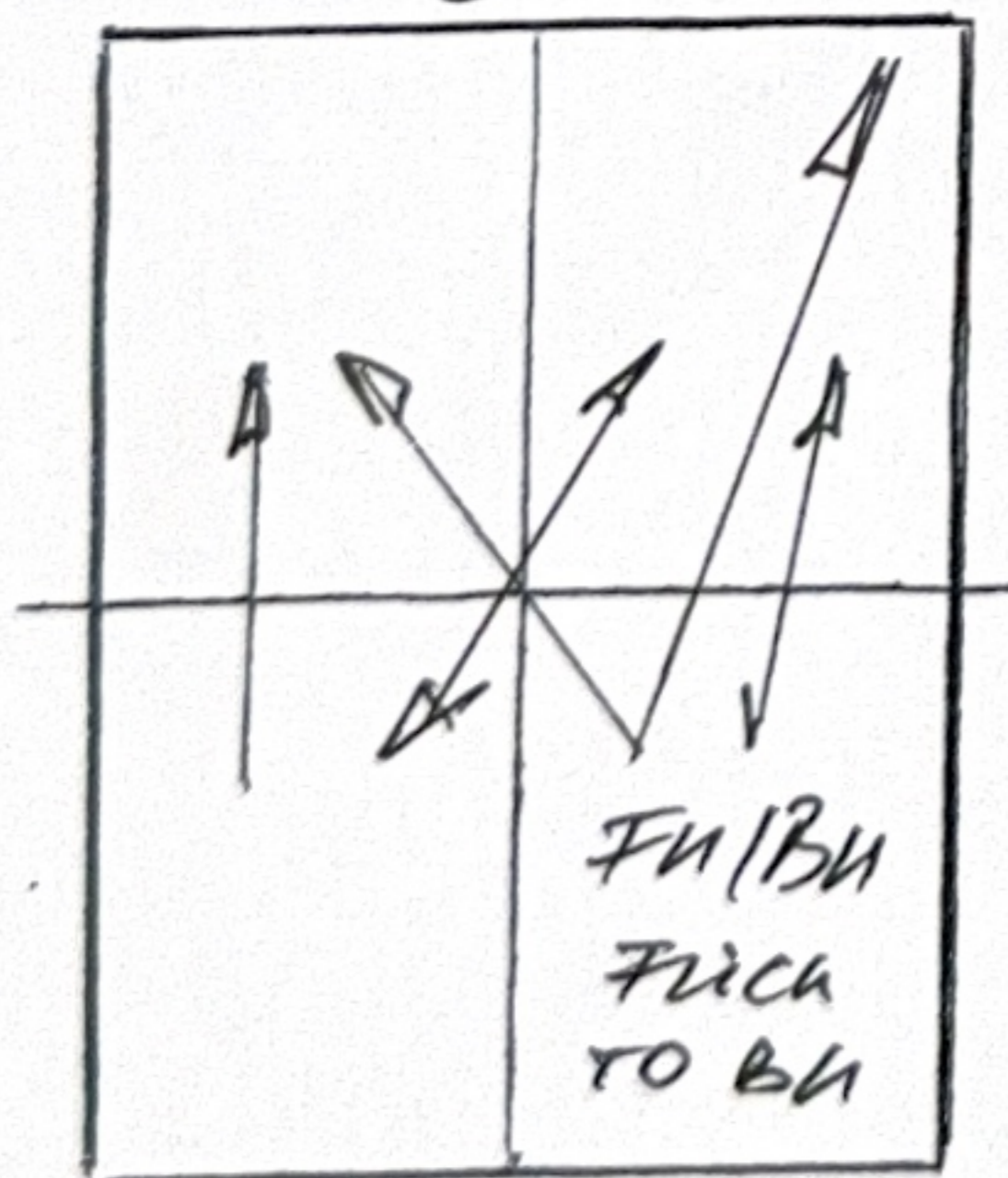
BH FHS FHS
FREE
AFTER 7-8 BALLS
BLOCK TO FH + FREE
FH TO FH

2 x 8'



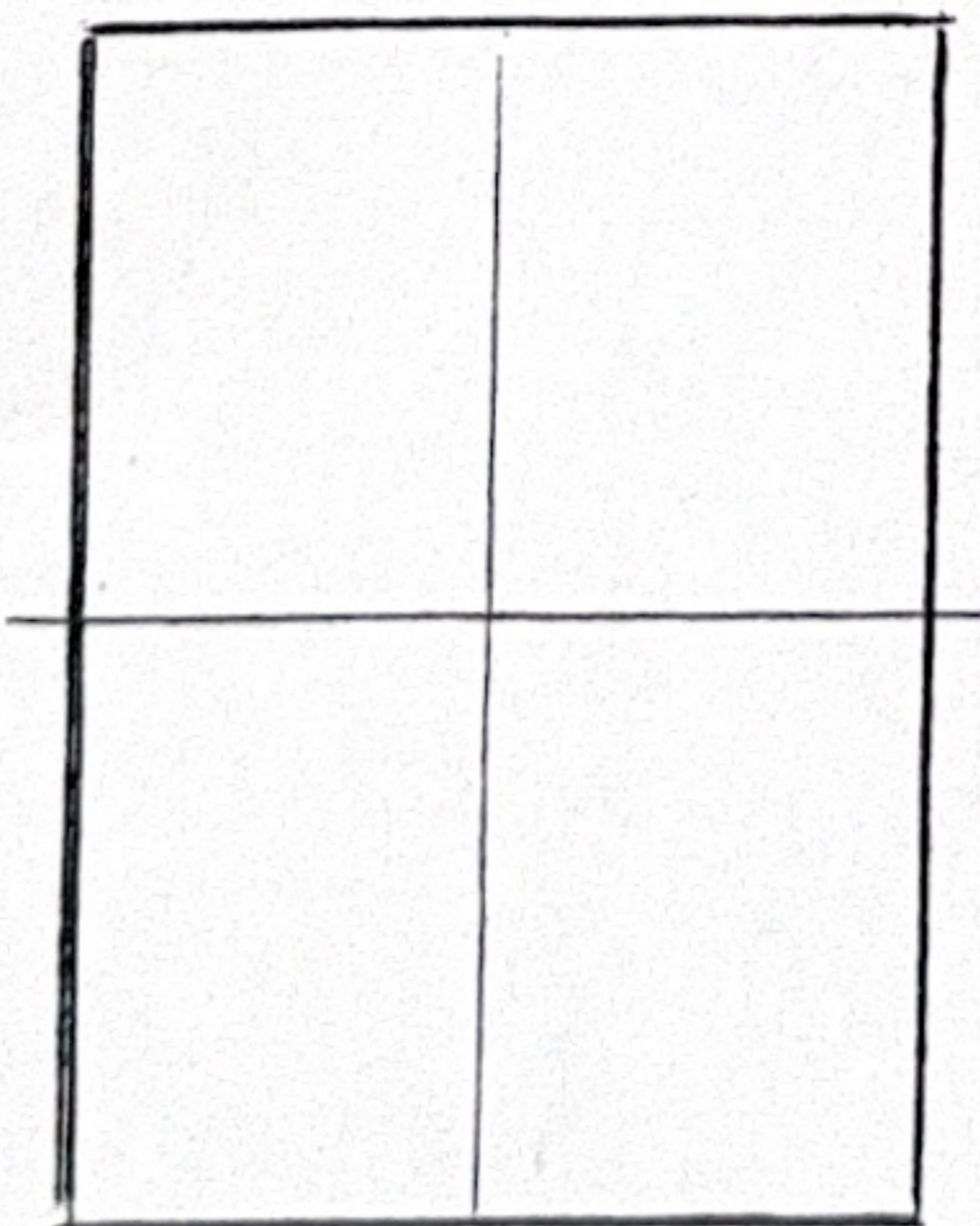
FHS FHS
1/2 1/2
AFTER 7-8 BALLS
BLOCK TO BH + FREE
BH TO BH

8'

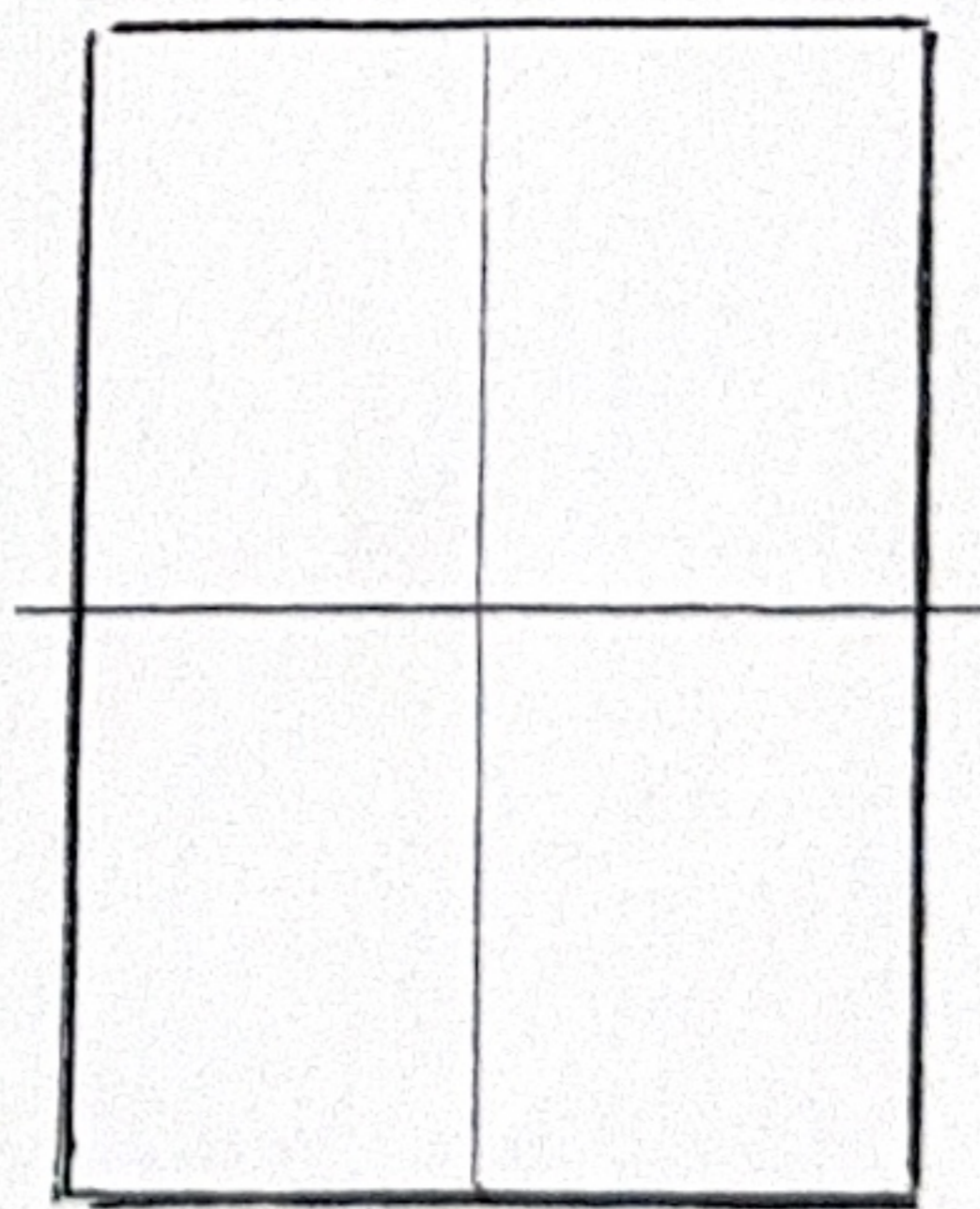


+ FREE
BY 2 MISTAKES

2 x 8'



INDIVIDUAL
FROM
SERVICE



UP AND DOWN
WIN YOUR SERVE
≈ 15-20'