

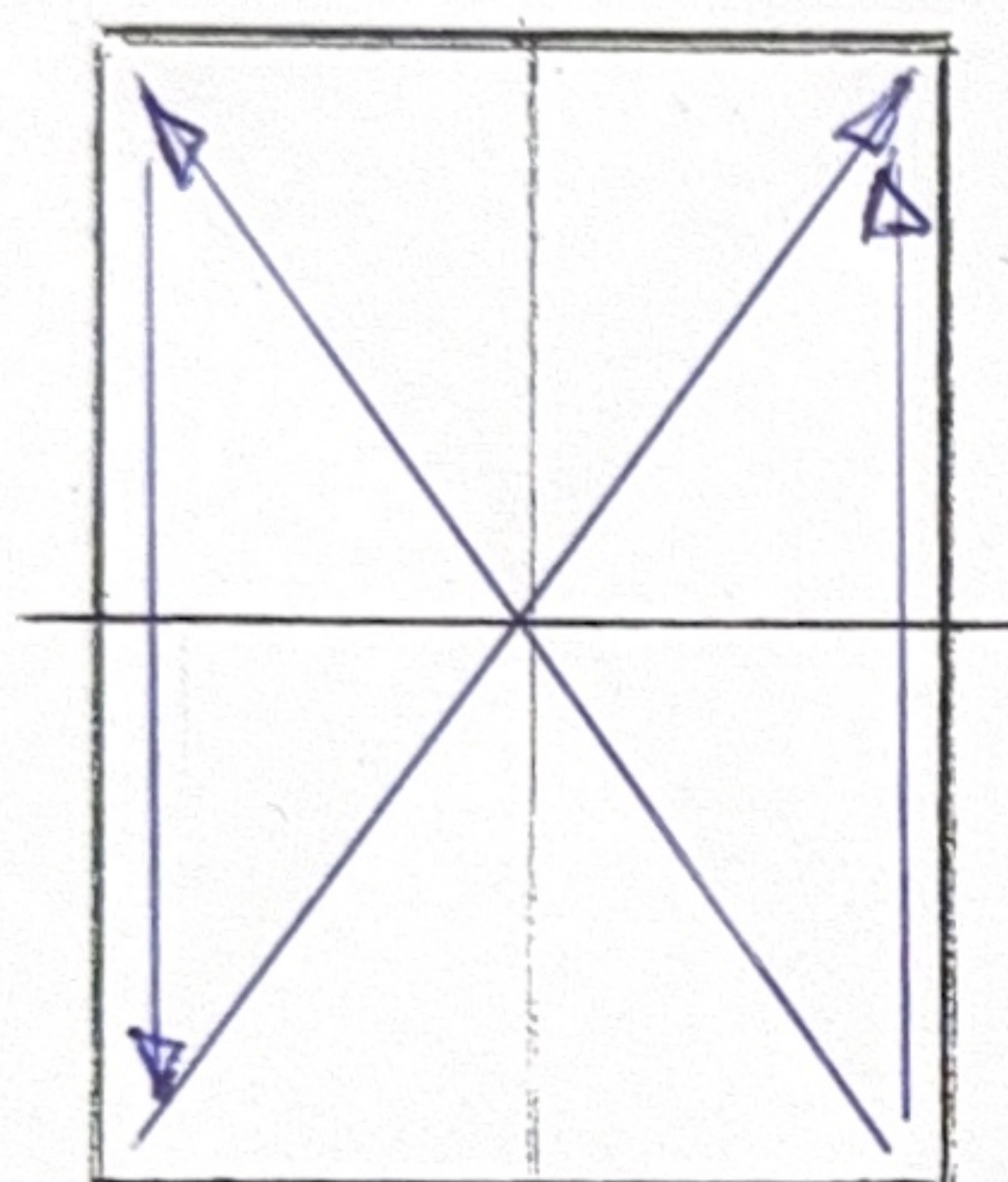
18.01.2026 SUNDAY 15:30-18:00 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP + THERABANDS

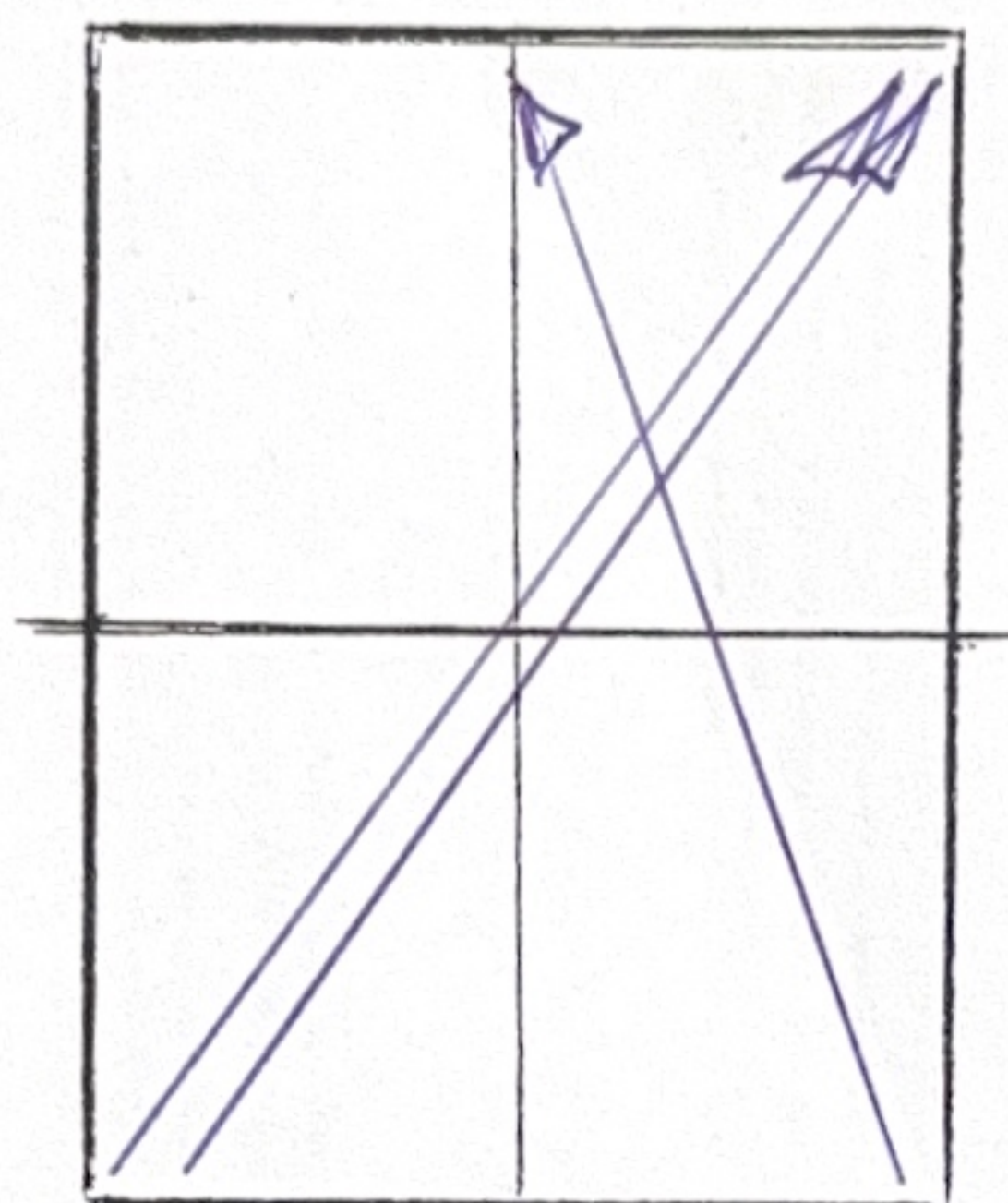
PHYSICAL - SKIPPING ROPES - 7 EXERCISES

15'



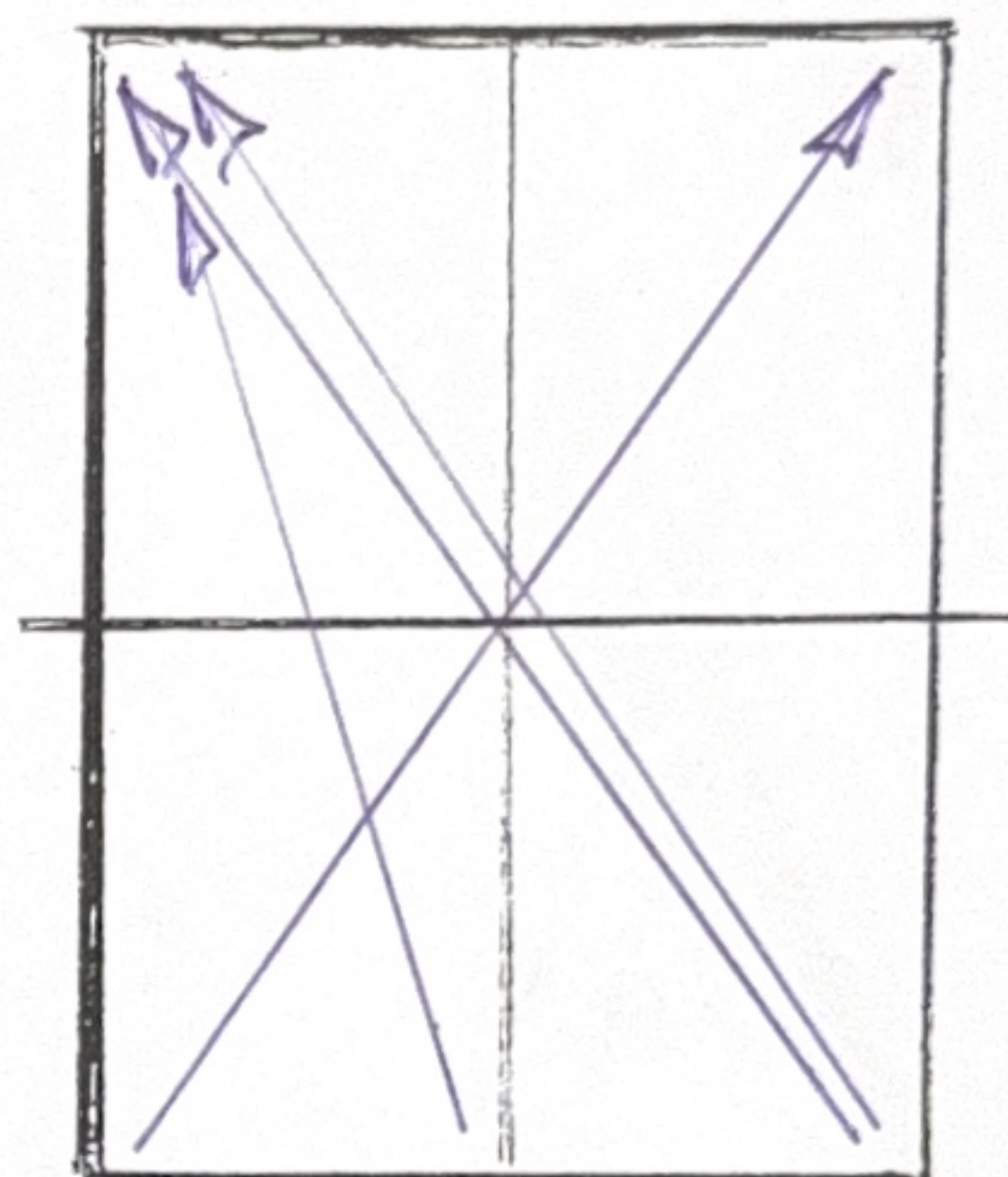
BU 5'
STRAIGHT-51

2x10'



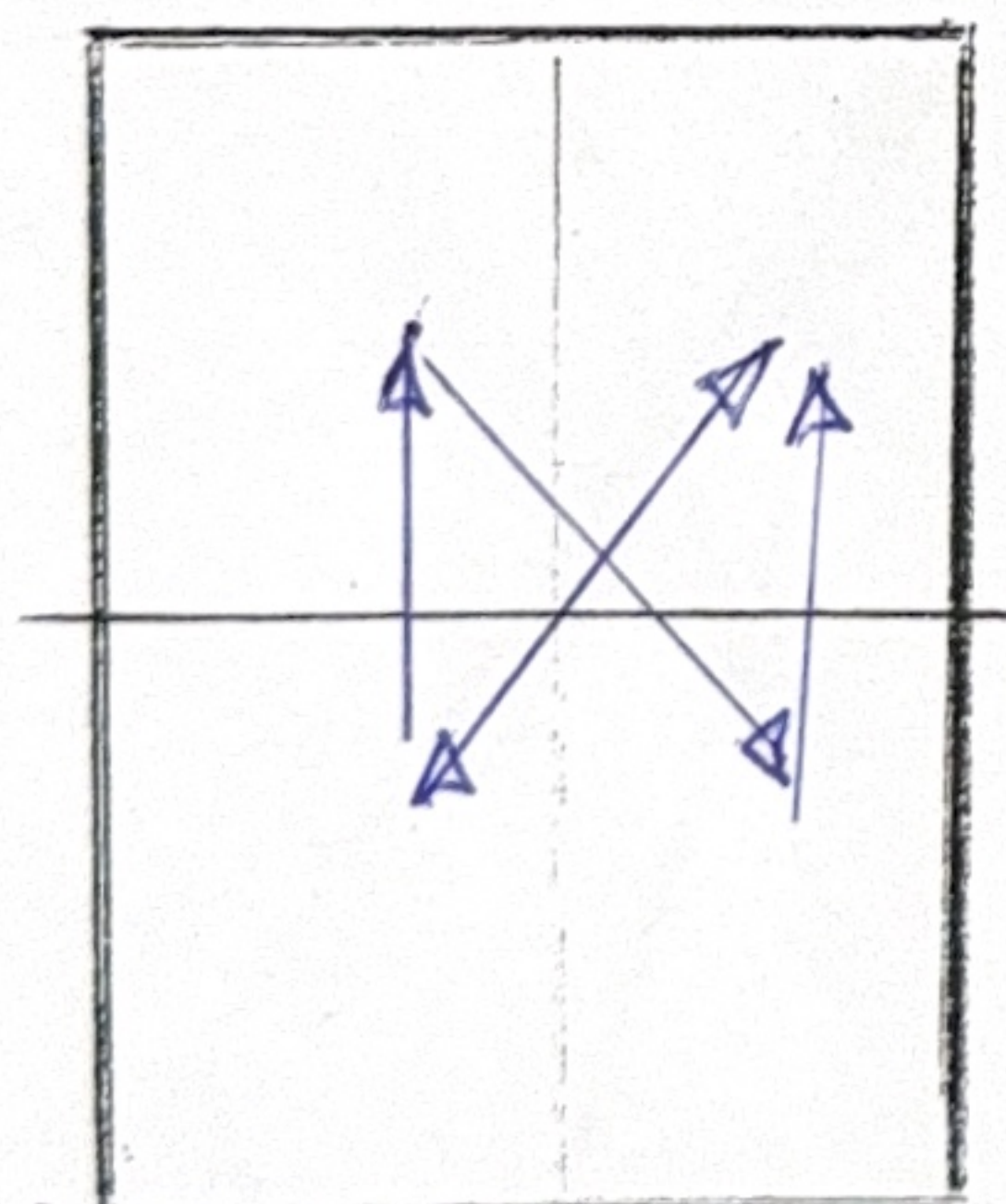
BU
1,2 FHS
3

2x10'



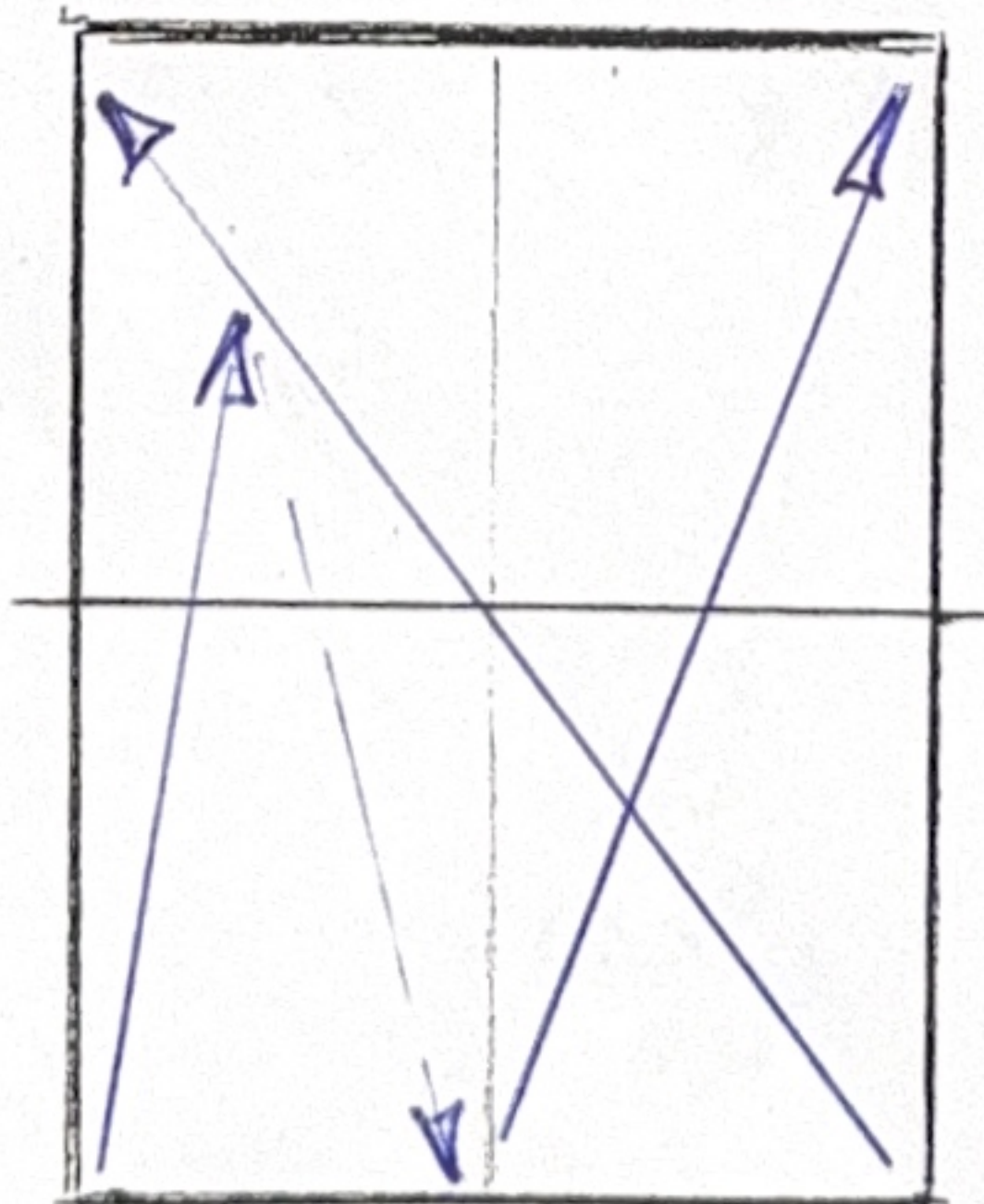
BU 6 FHS 3 FHS
1,2
4,5

2x5'



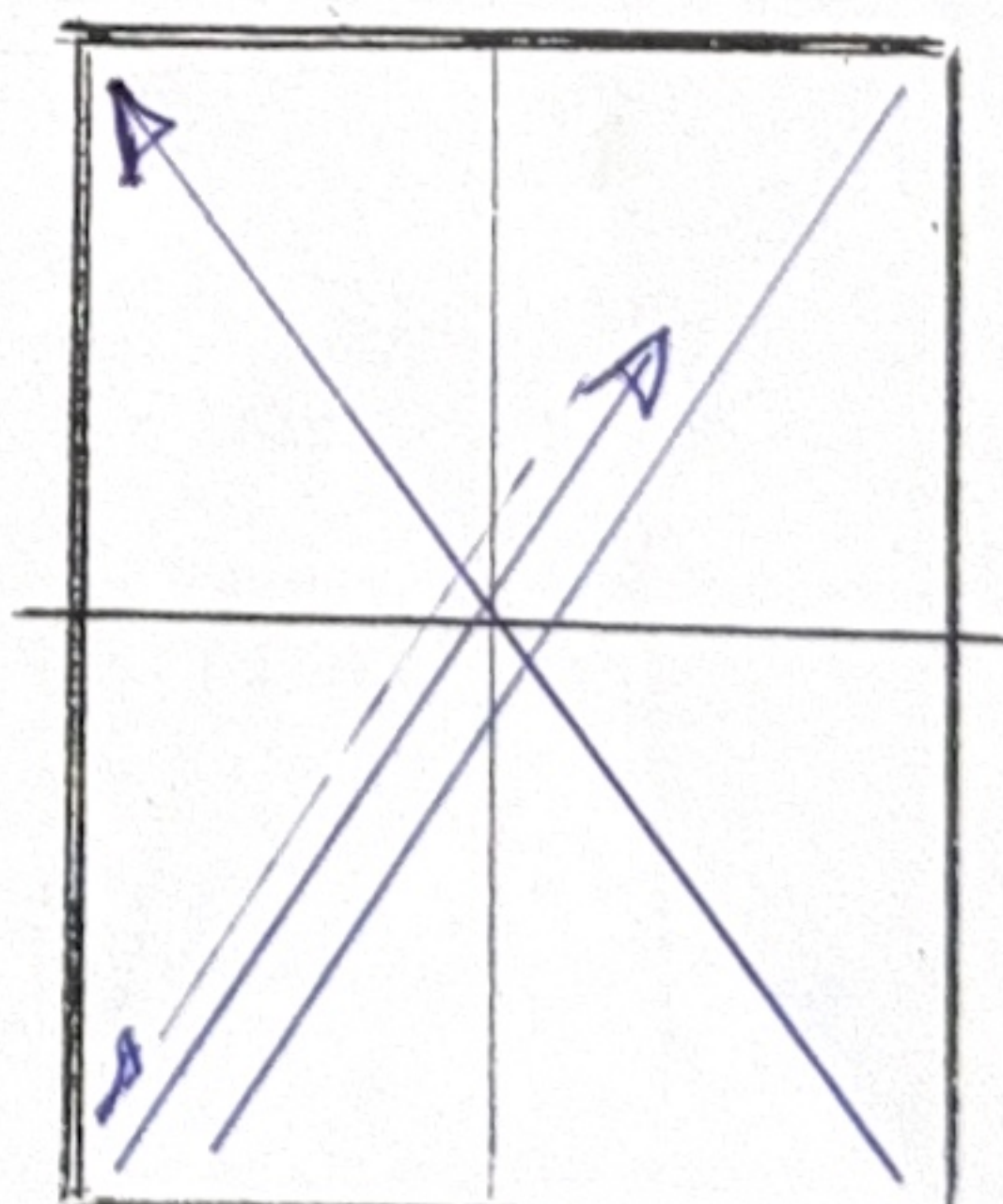
SHORT CUD P
~8

2x8'



SERVICE FHS 1 FHS 2

2x8'



BU 1 FHS 2

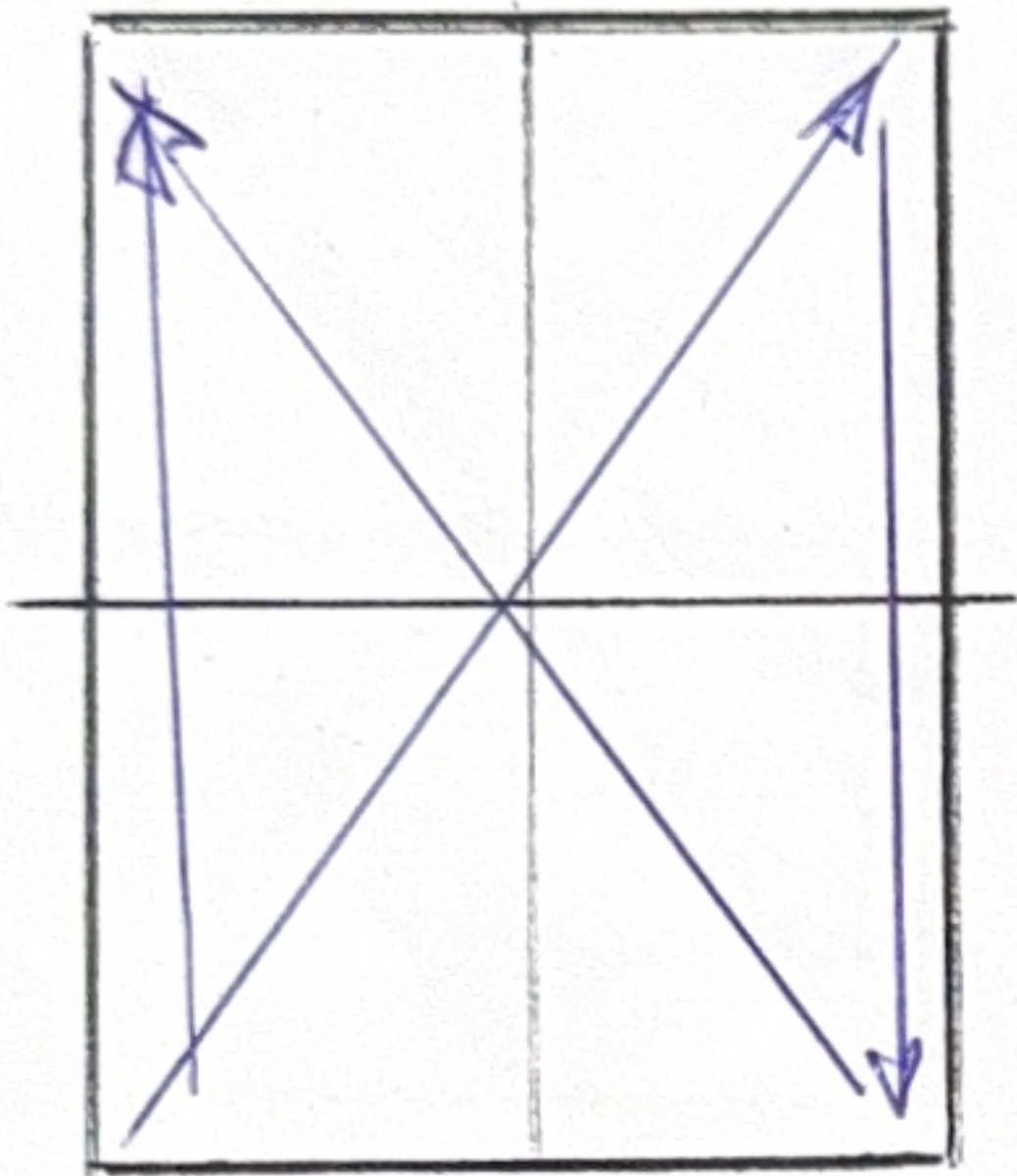
20.01.2026 TUESDAY 19:15-21:15 ELITE SQUAD

MULTIBALLS → 1. TECHNIQUE 2. FOOTWORK

3. SERVE + RECEIVE

WARMING UP - THERABANDS

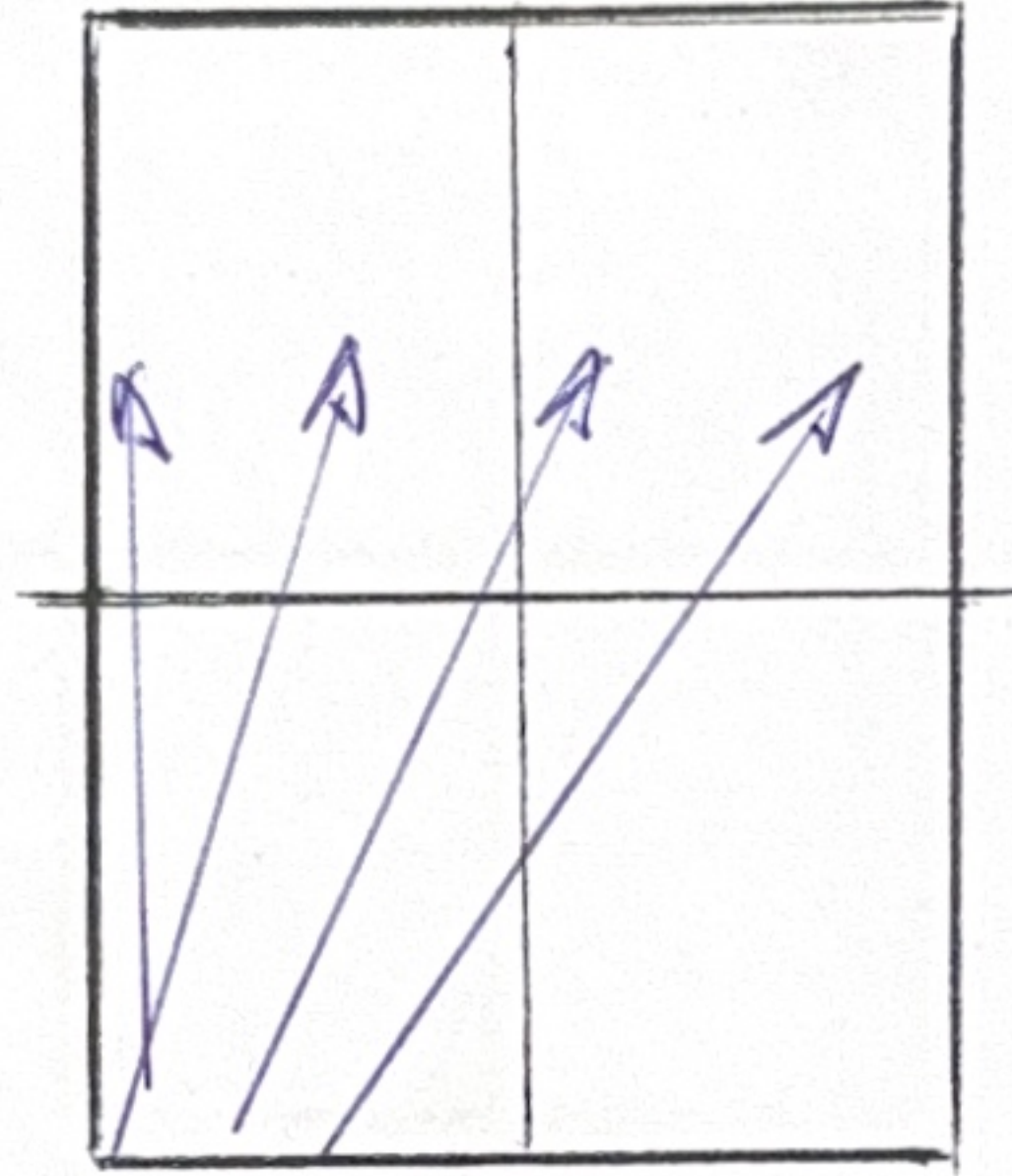
15'



BU FU
51 STRAIGHT 51
51

2x10'

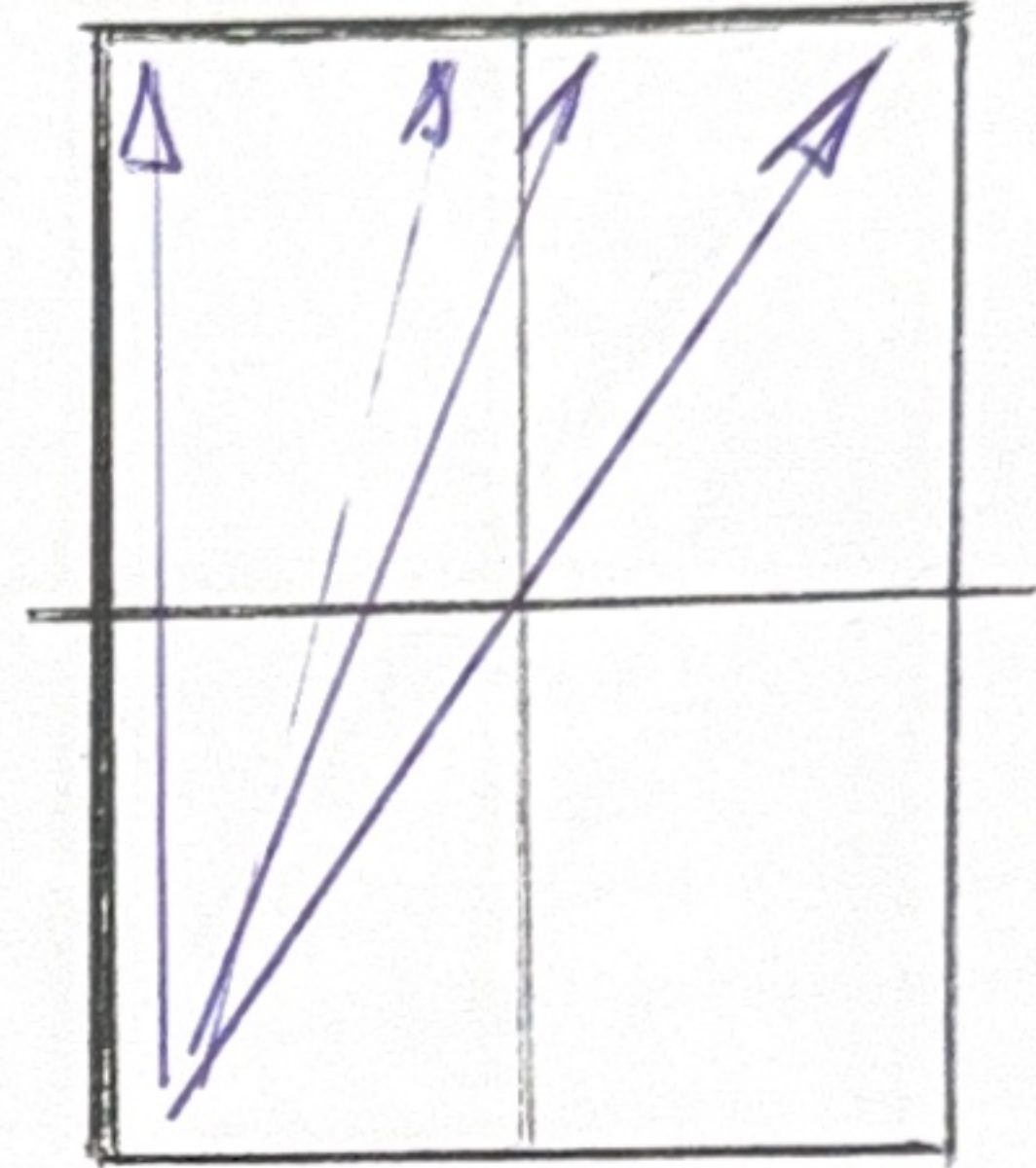
RECEIVE



SERVICE
SHORT

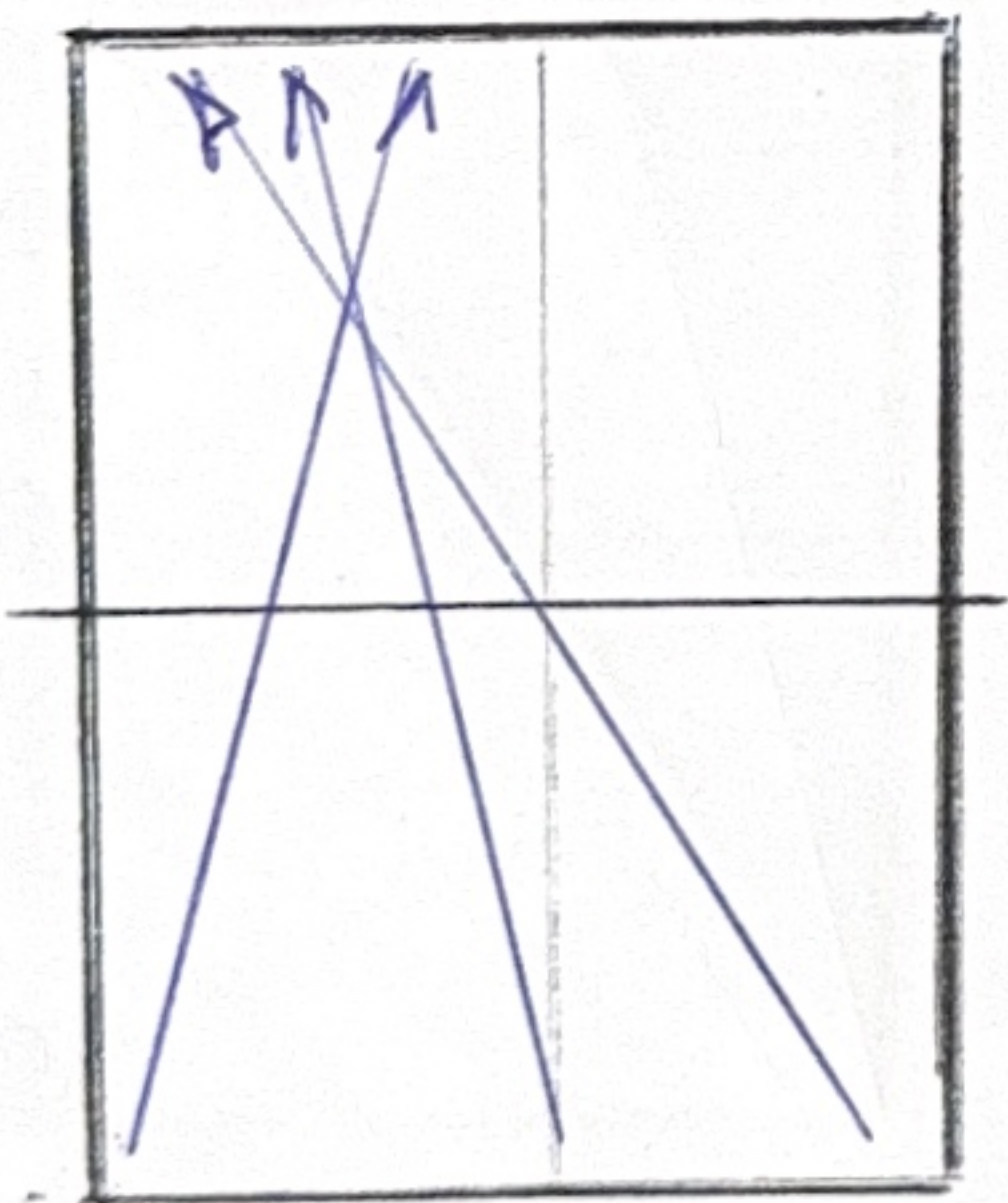
2x10'

RECEIVE



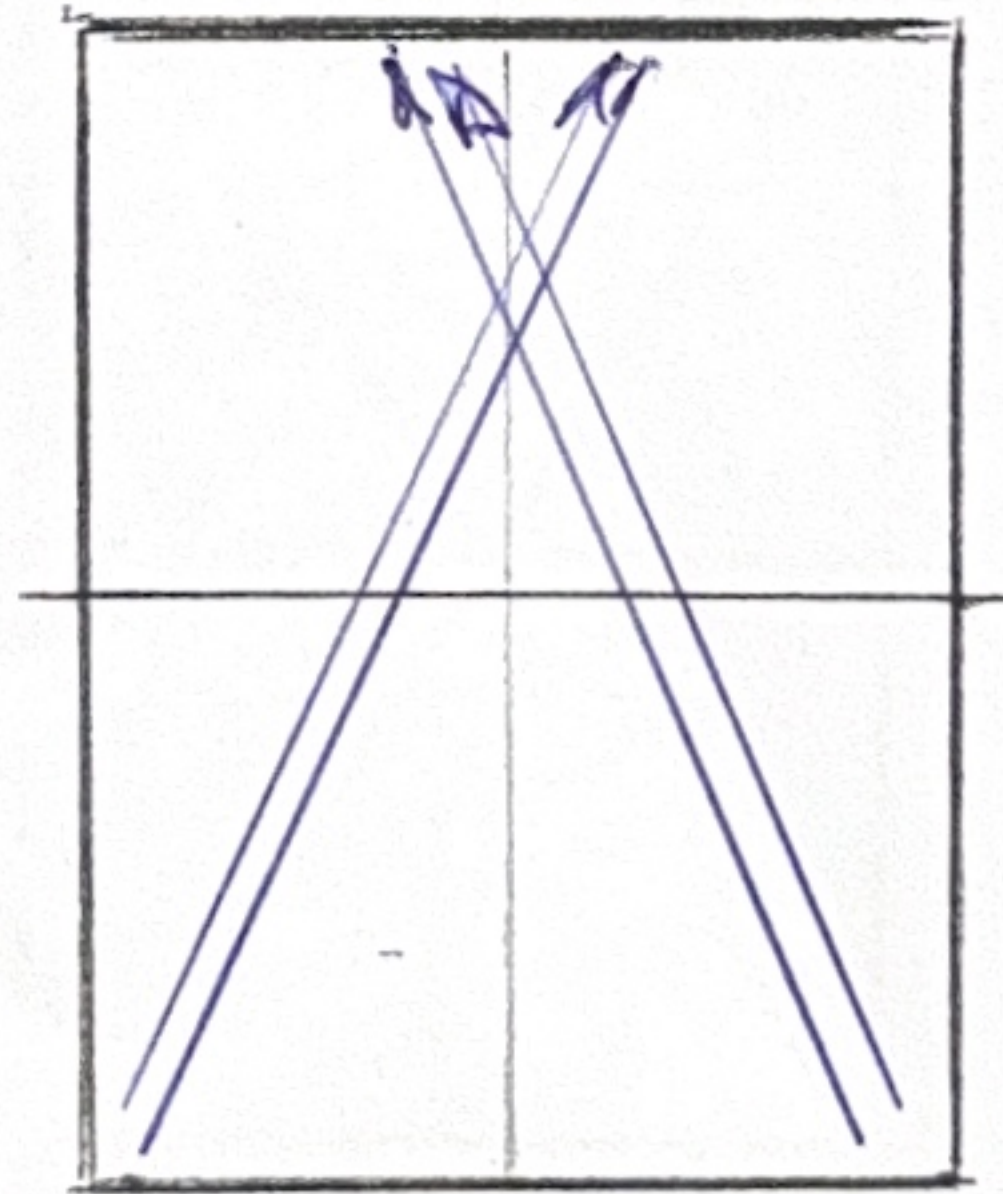
SERVICE
LONG

15'



FUS FUS FUS
3 2 1
VS CHOP

15'



FUS FUS
3,4 1,2
1,3 - VS CHOP
2,4 - VS TOP

15'



INDIVIDUAL

24.01.2026 SATURDAY 15.30-1800 ELITE

1. TECHNIQUE 2. FOOTWORK. 3. PLACEMENT

WARMING-UP - THERABANDS

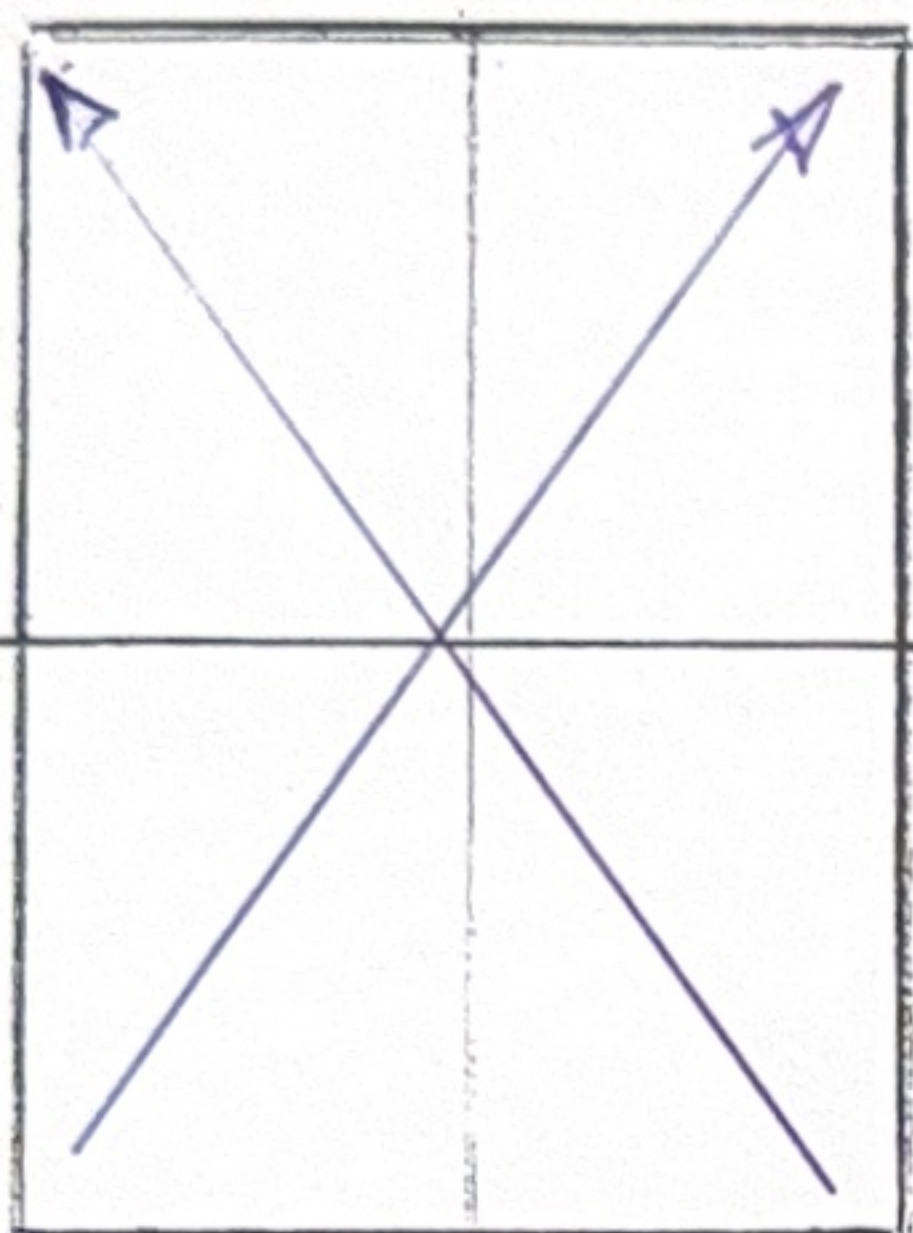
PHYSICAL → SWAPPING ROPES 7 EXERCISES

1,3
FHS

2,4
FHS

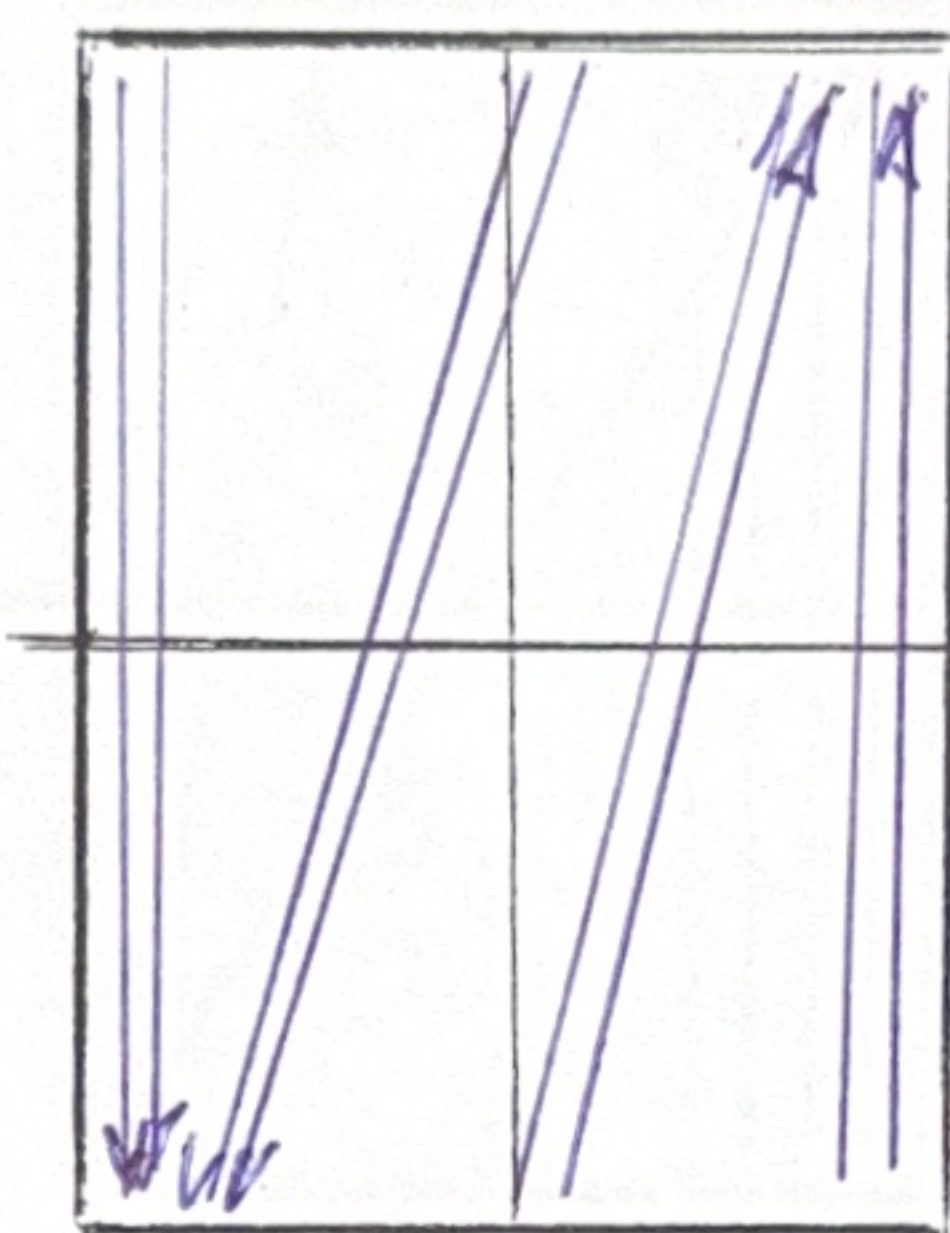
2,4,6,8
FH Block

1,3,5,7
BH Block



BH
5'

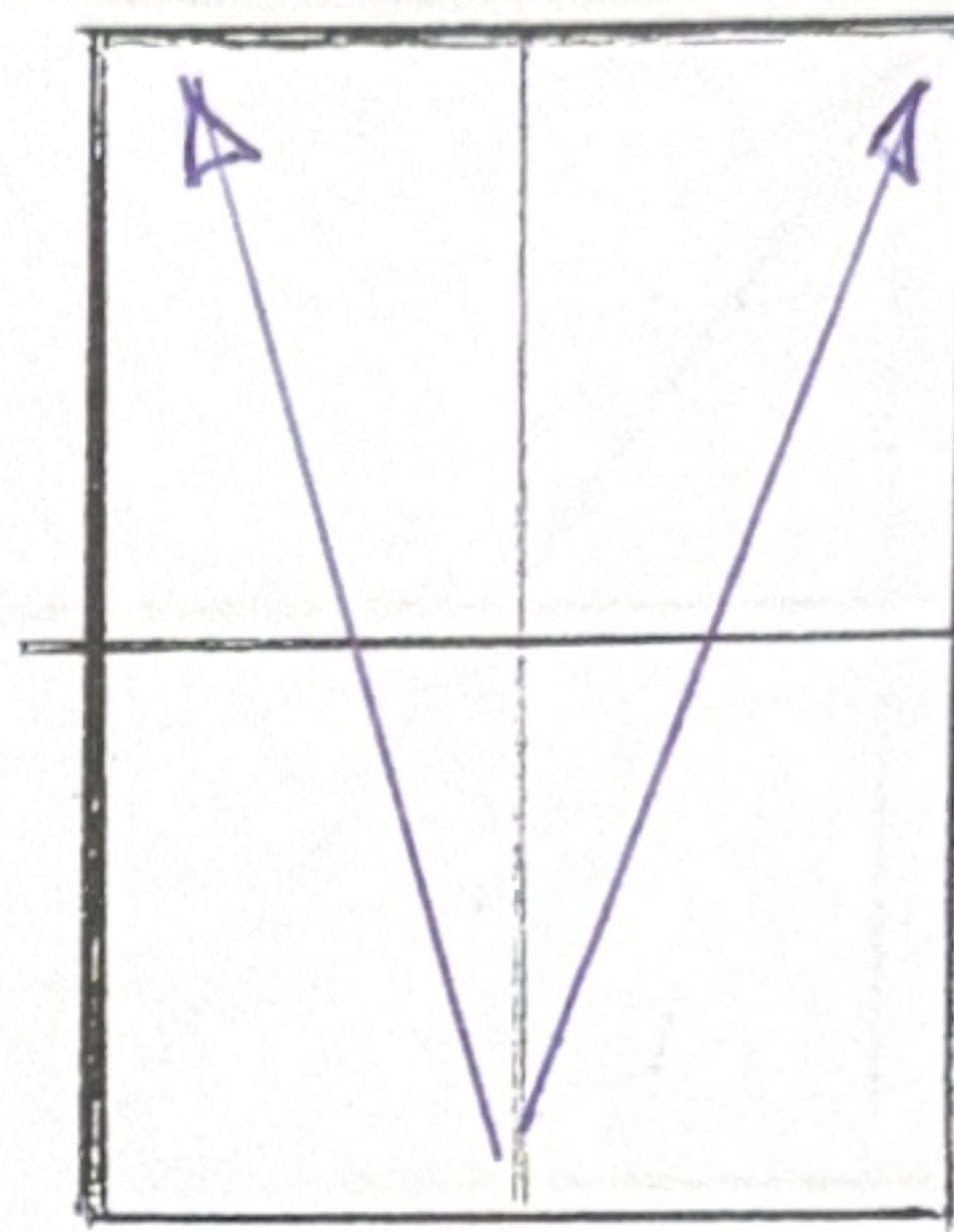
FHS
5'



FHS FHS

2,4 1,3

12'-TOGETHER

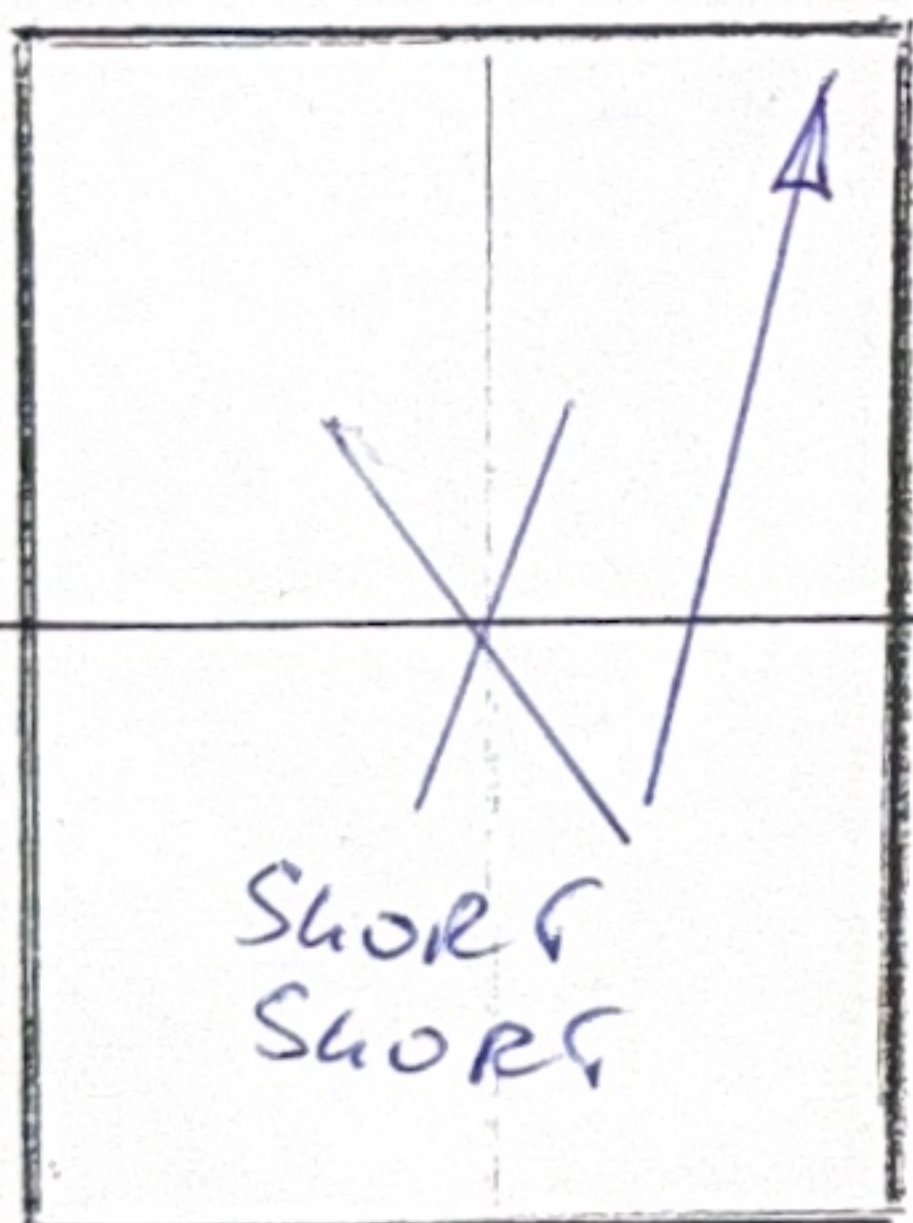


FHS

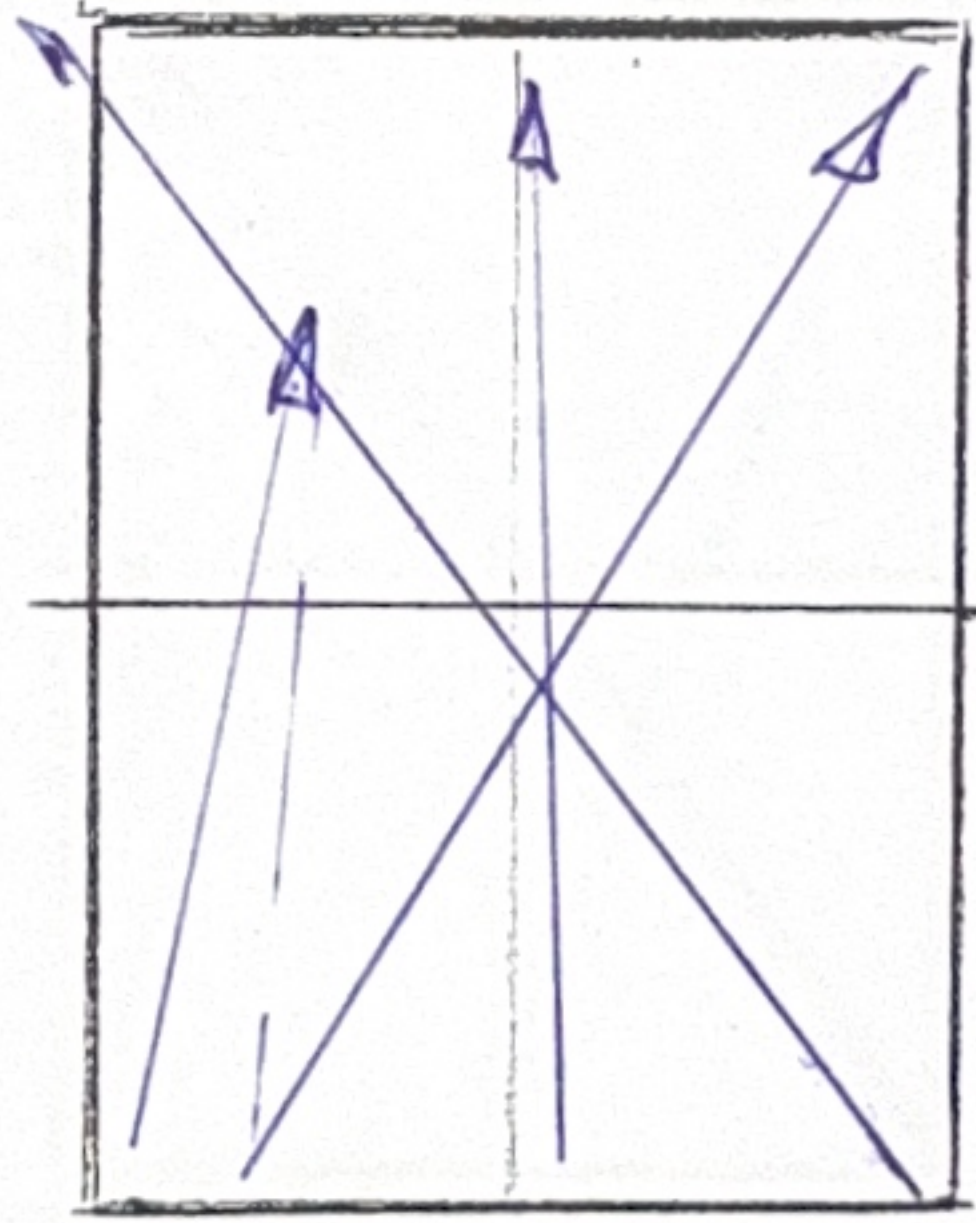
AFTER 8TH BALL
FREE

2x8'

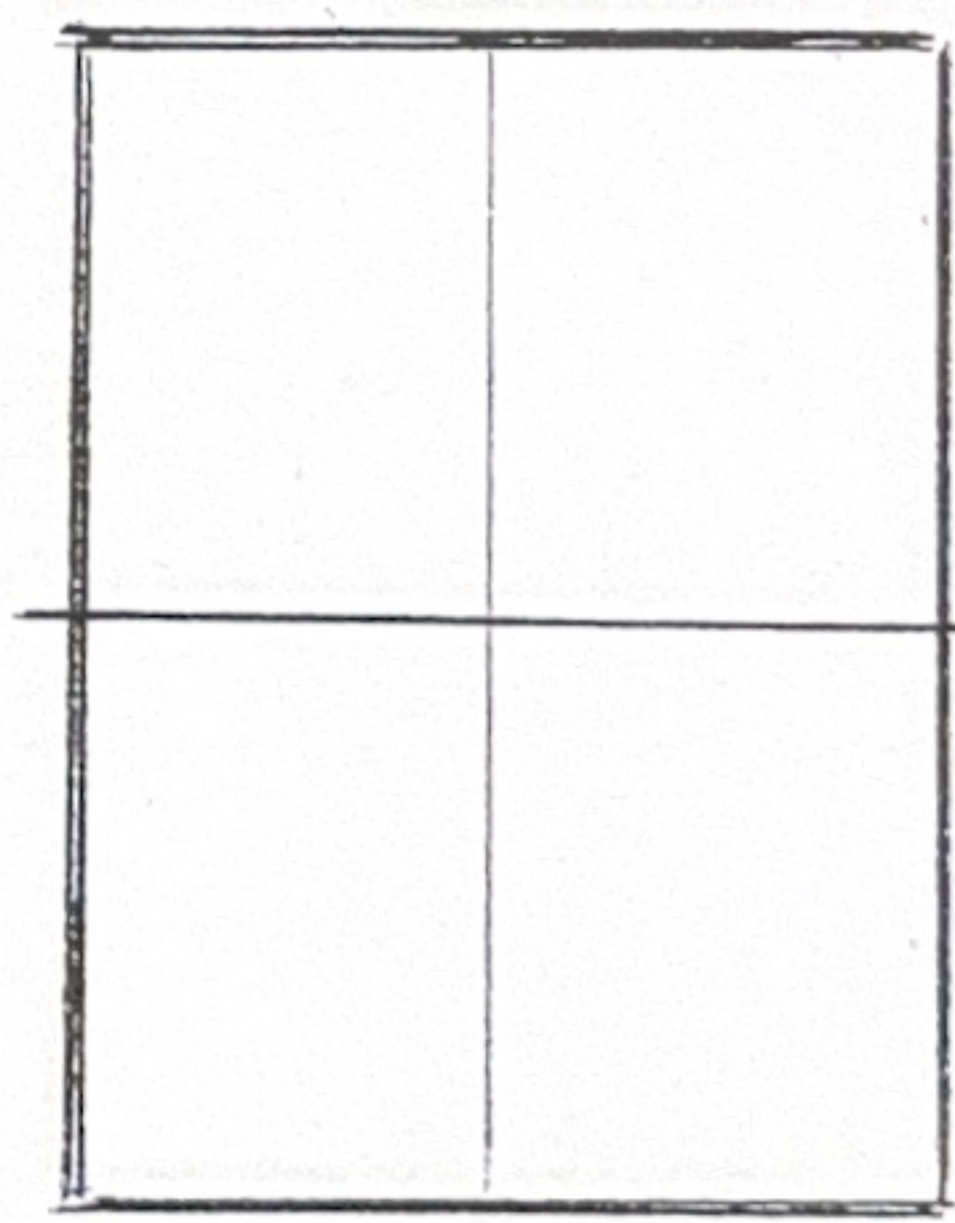
2x8'



FLICK TO BH
+ POINT FREE
10'
BY 2 MISTAKES



SERVICE FHS FHS
BHS 3 2
1



INDIVIDUAL

BEST OF 3 (1:1-10:10) ≈ 30'