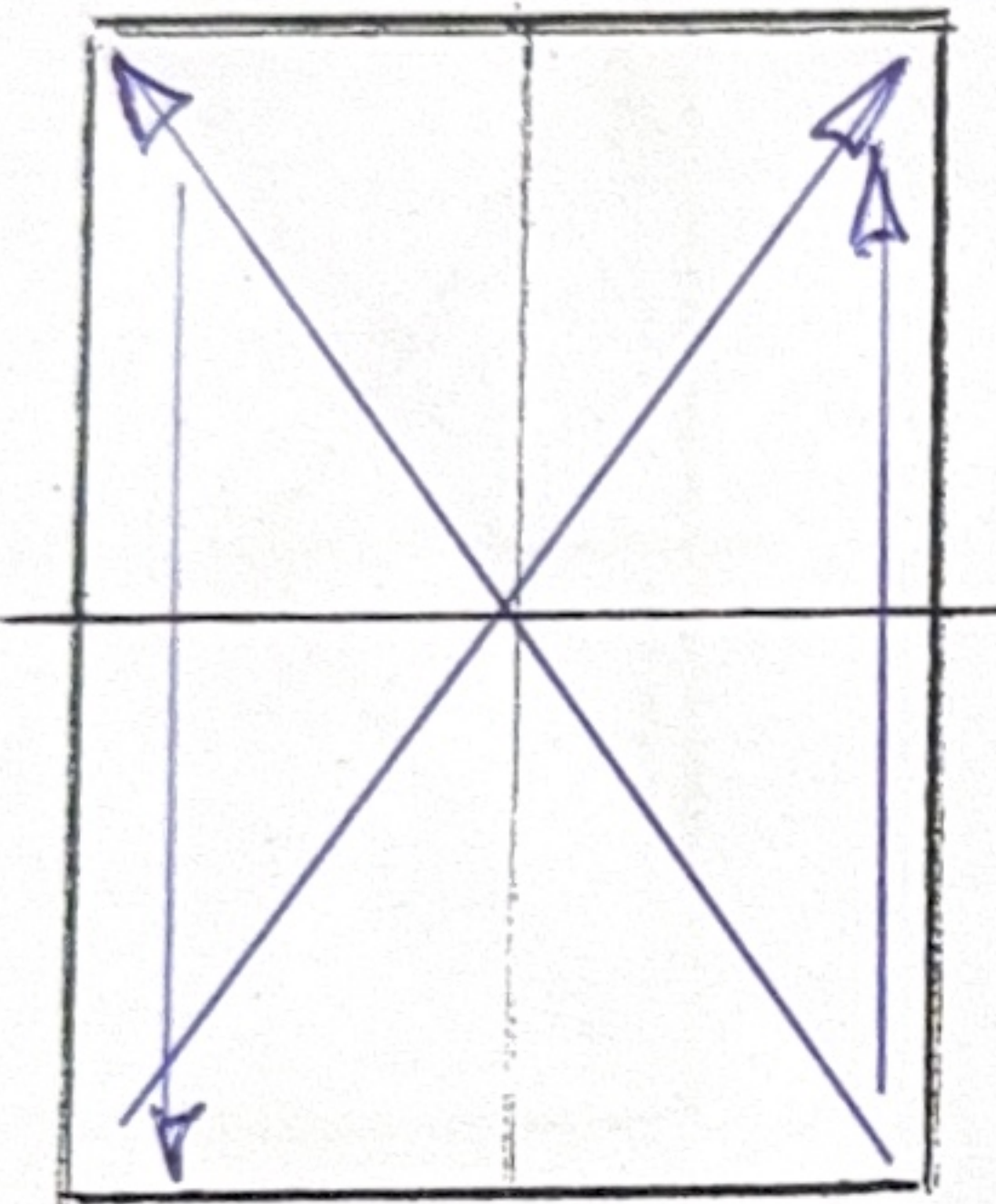


18.01.2026 SUNDAY 15:30 - 17:30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

PHYSICAL - SKIPPING ROPES $\approx 20'$ (7 EXERCISES)

15'

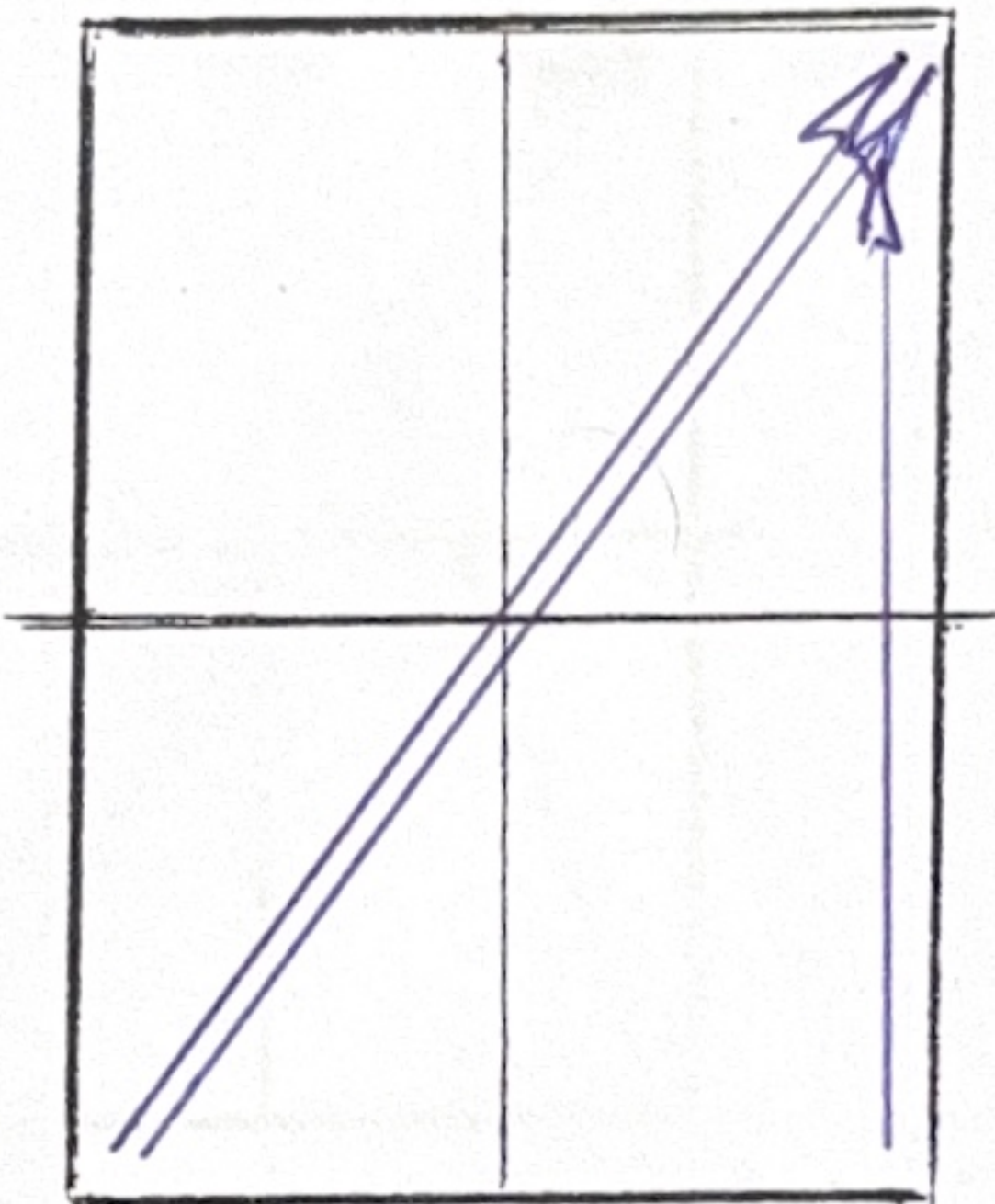


BU 5'

FU 5'

STRAIGHT - 5'

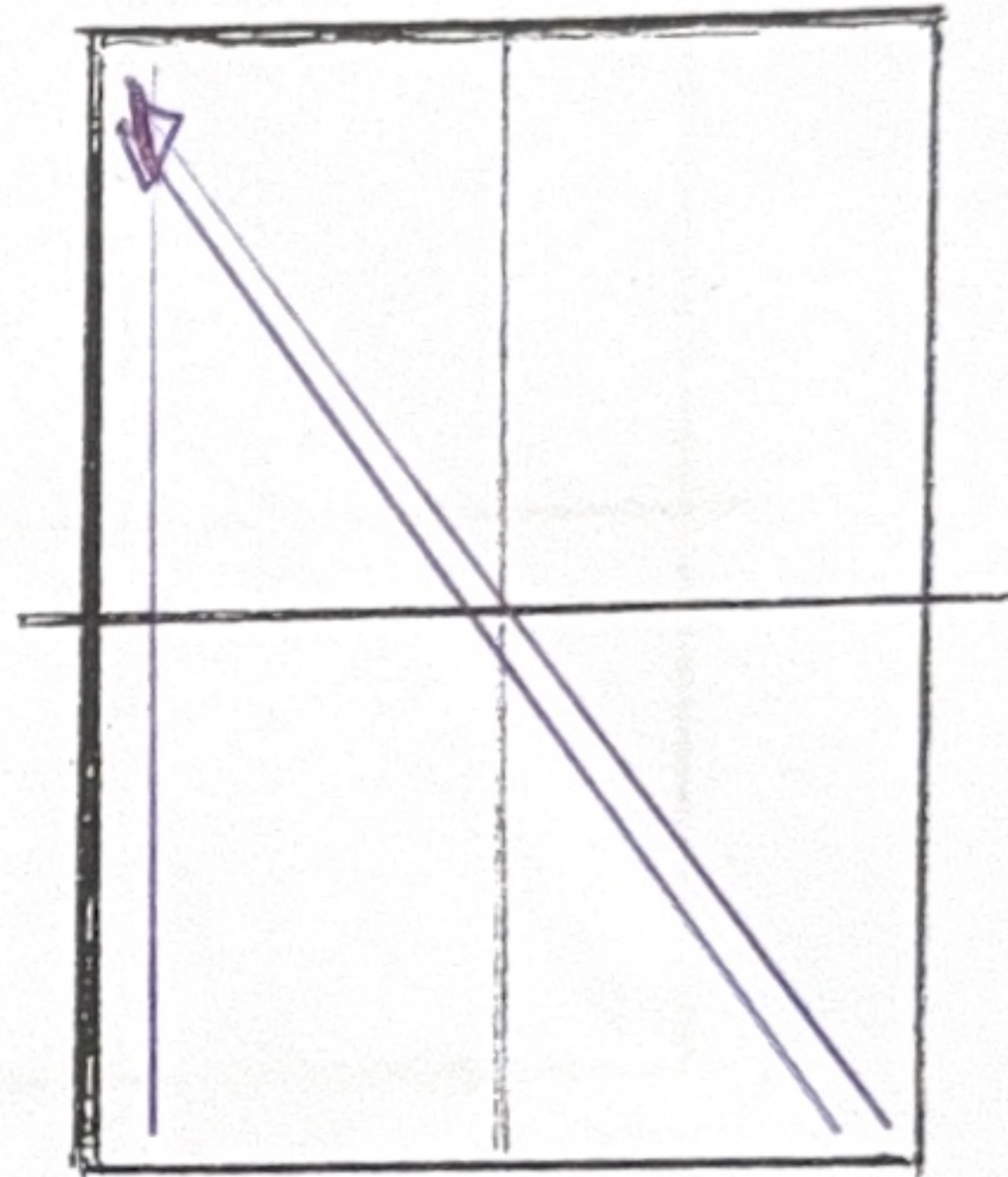
2x10'



BU 1,2

FUS 3

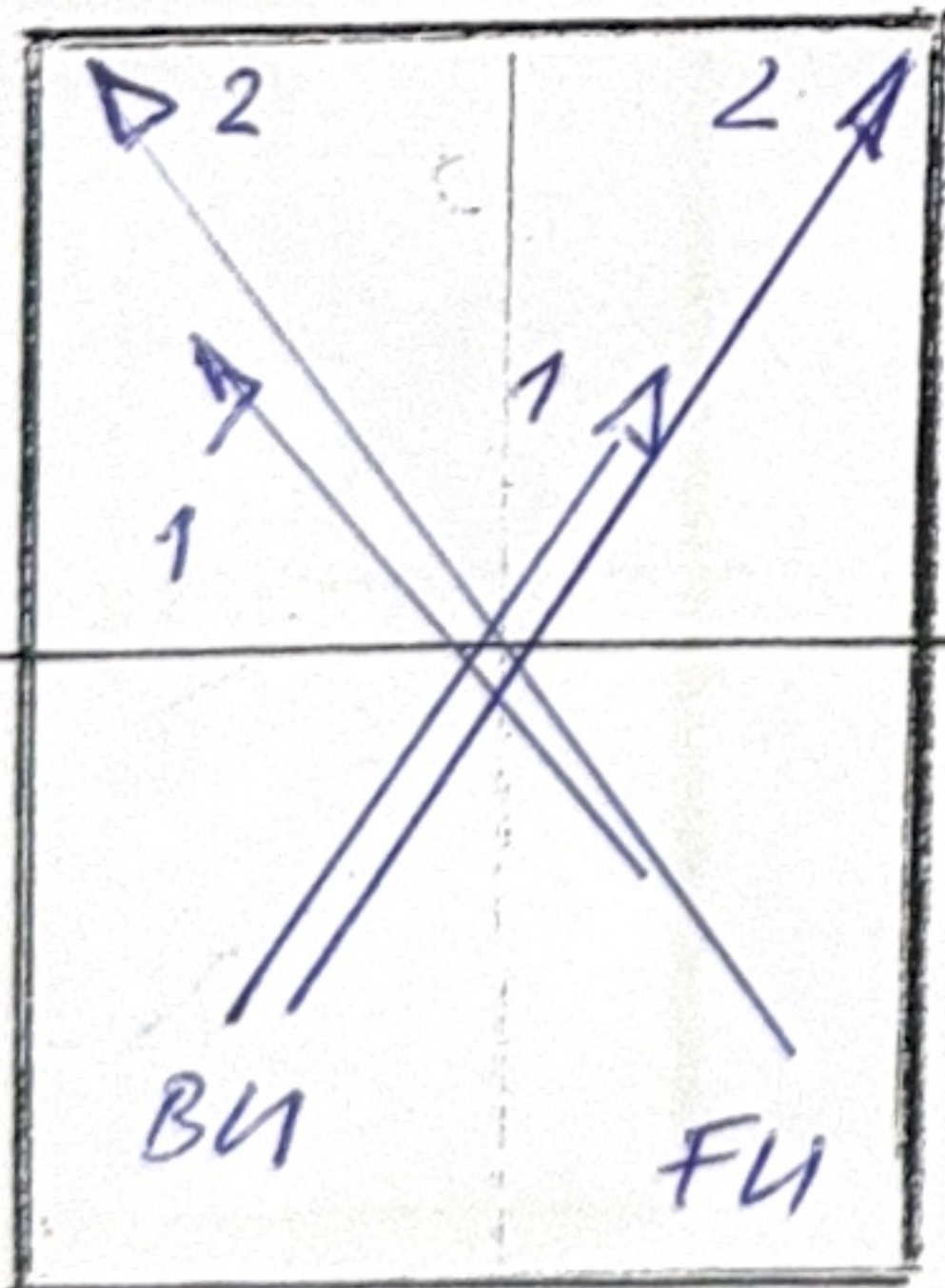
2x10'



BU 3

FUS 1,2

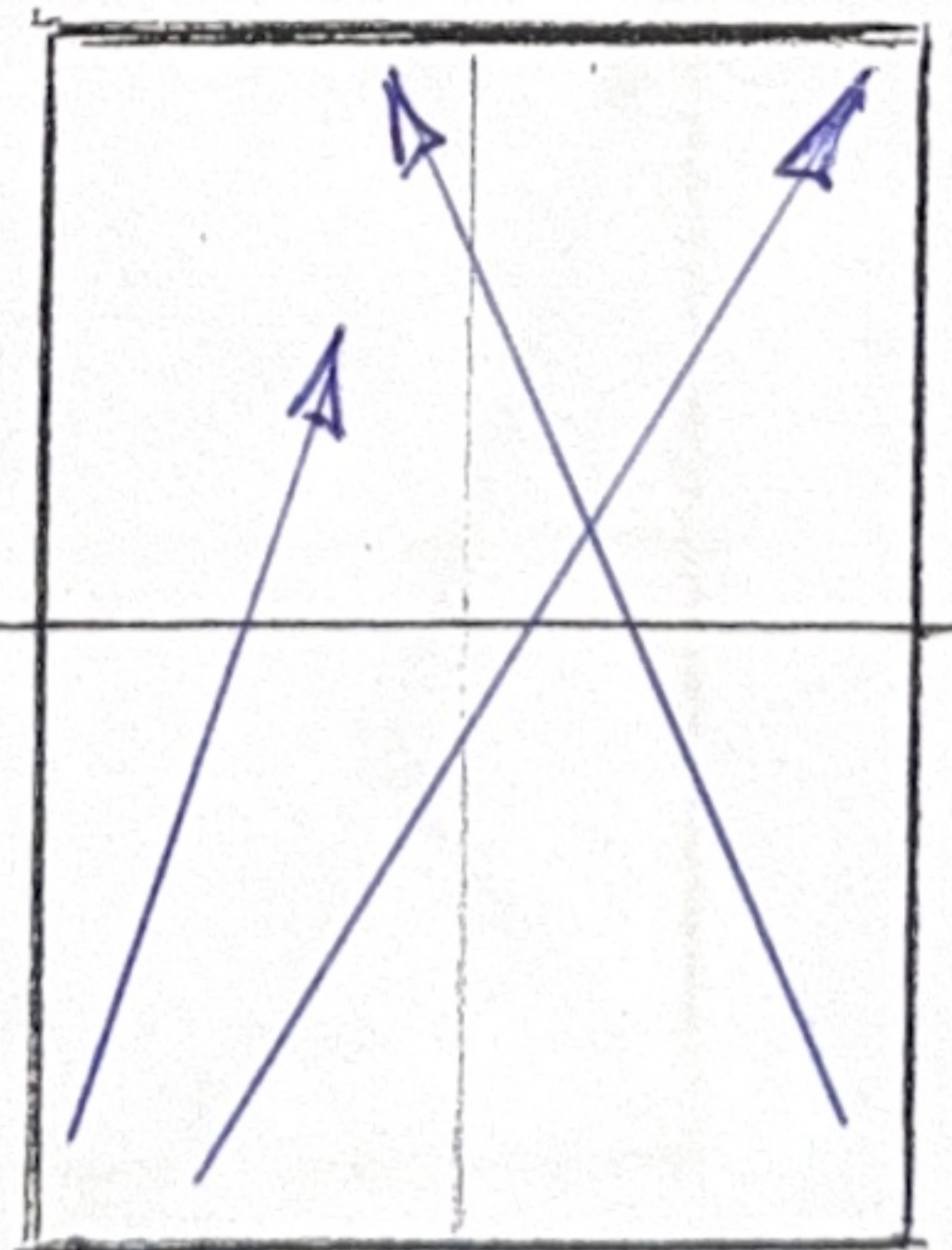
2x8'



BU

FU

BU FU
CROP LONG-SHORT
2x5' + 2x5'



SERVICE
FUS 1

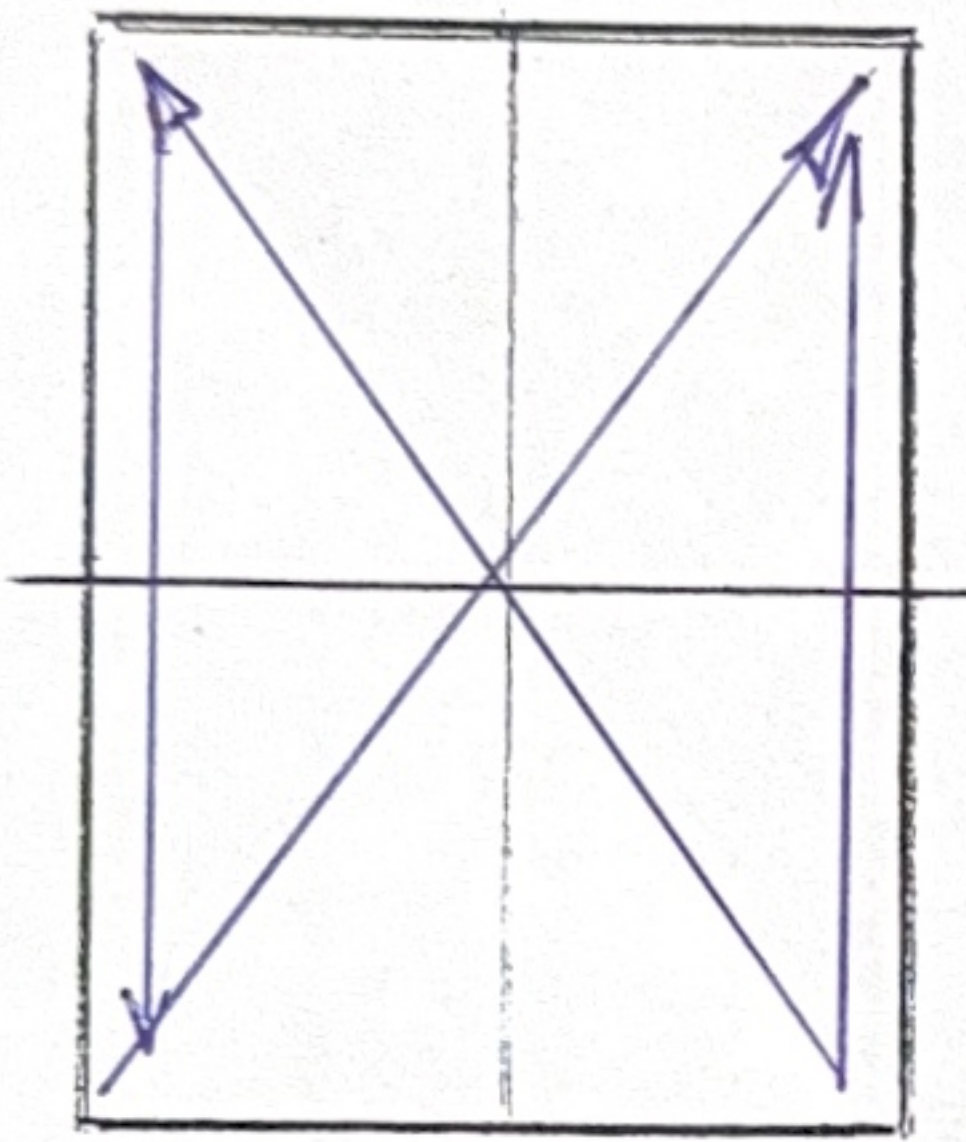
FUS 2

21.01.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK 3. PLACEMENT

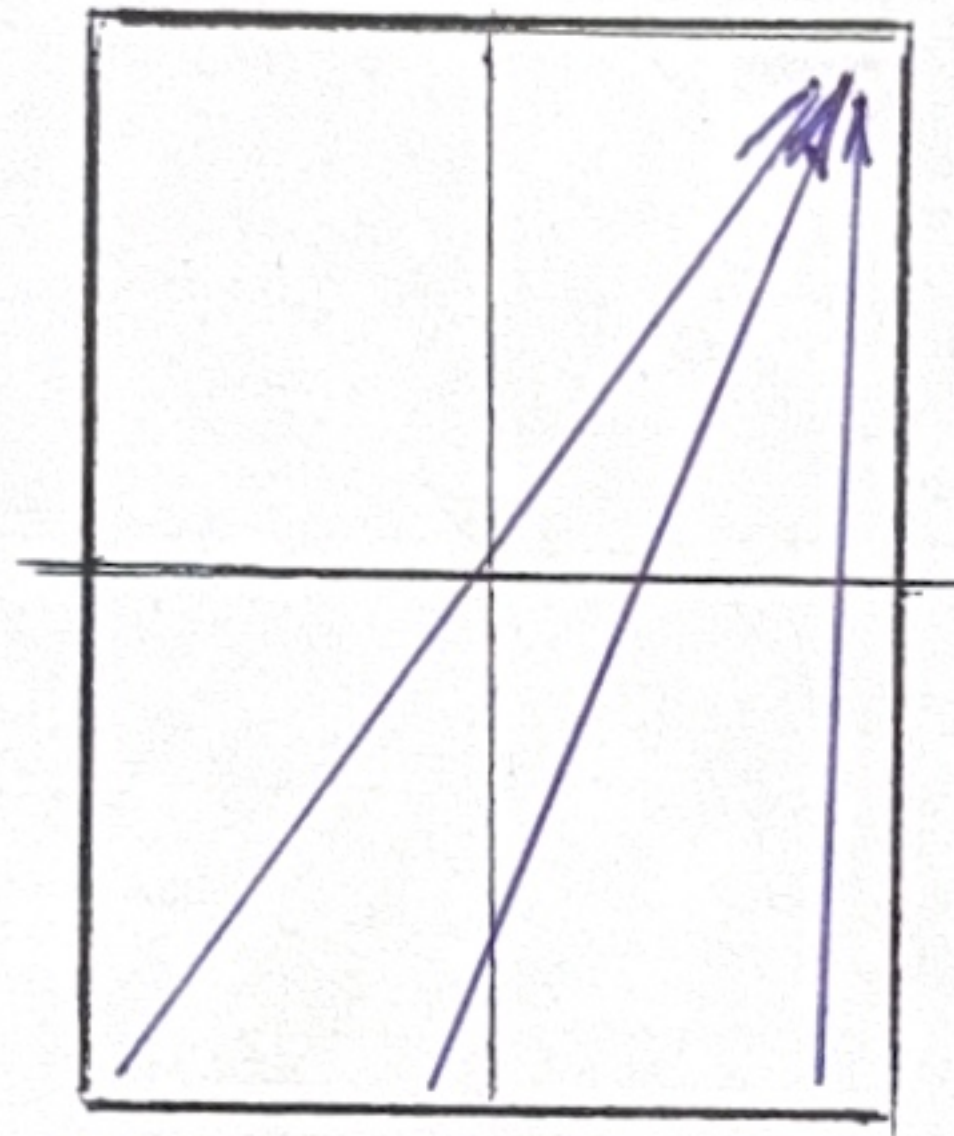
WARMING UP PHYSICAL → SLIPPING ROPES 7 EXERCISES

15'



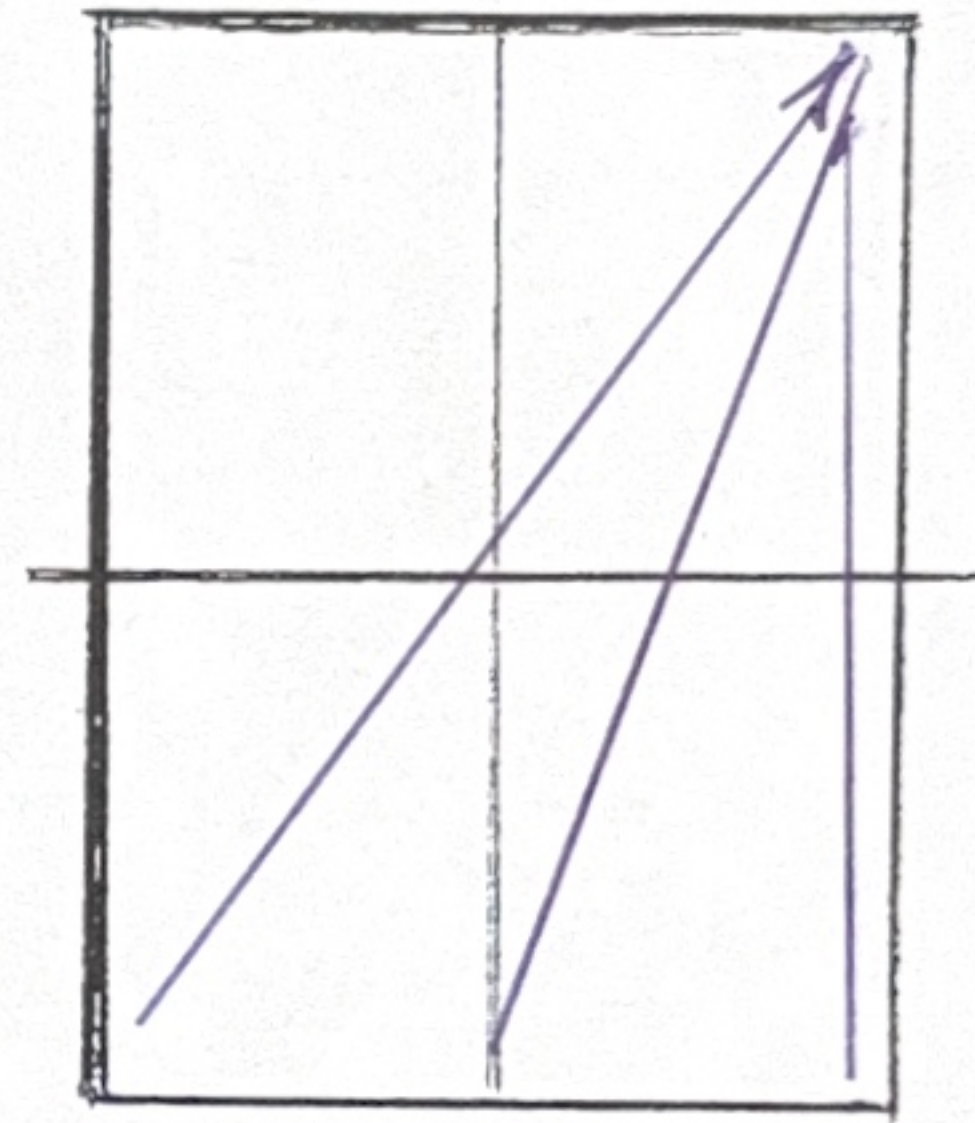
BU 5' STRAIGHT 5'
FU 5'

2x10'



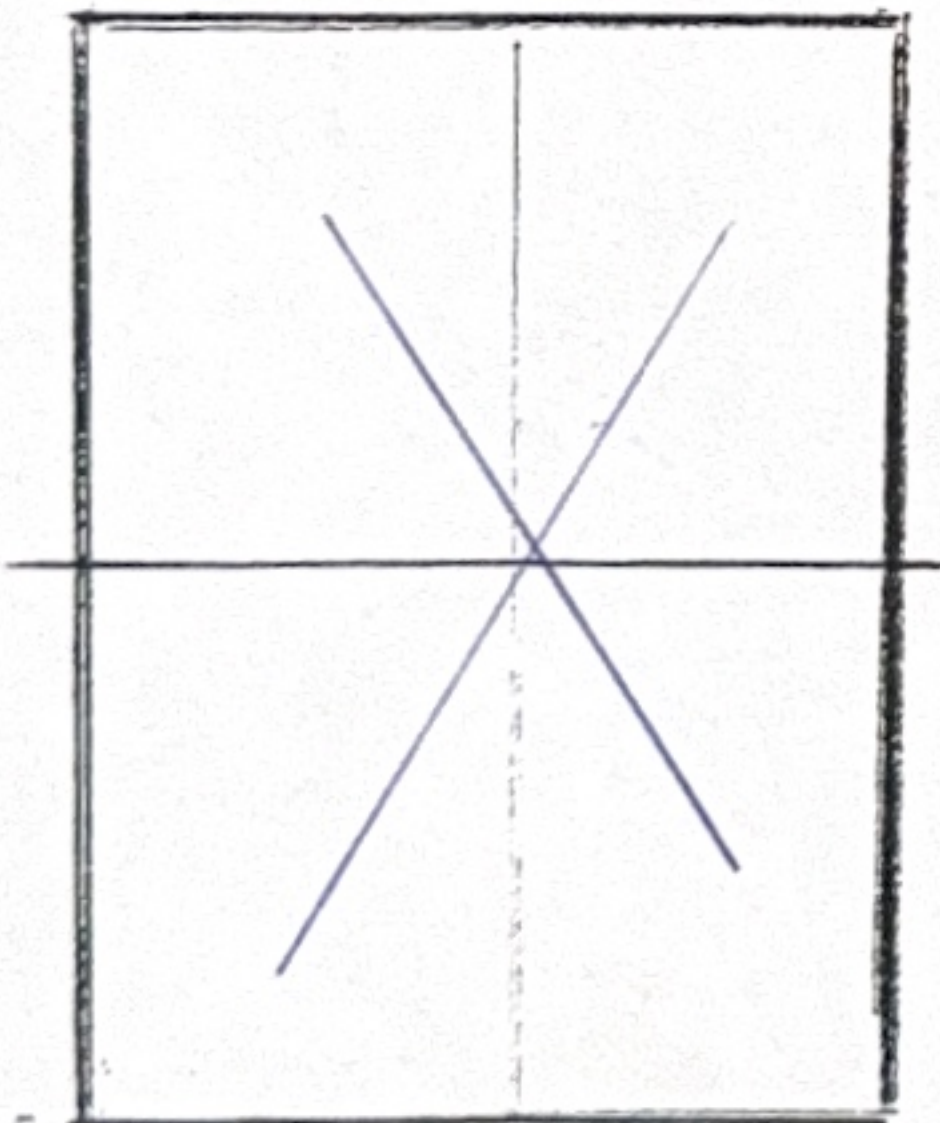
FUS 3,6 FUS 2,4 FUS 1,5

2x10'



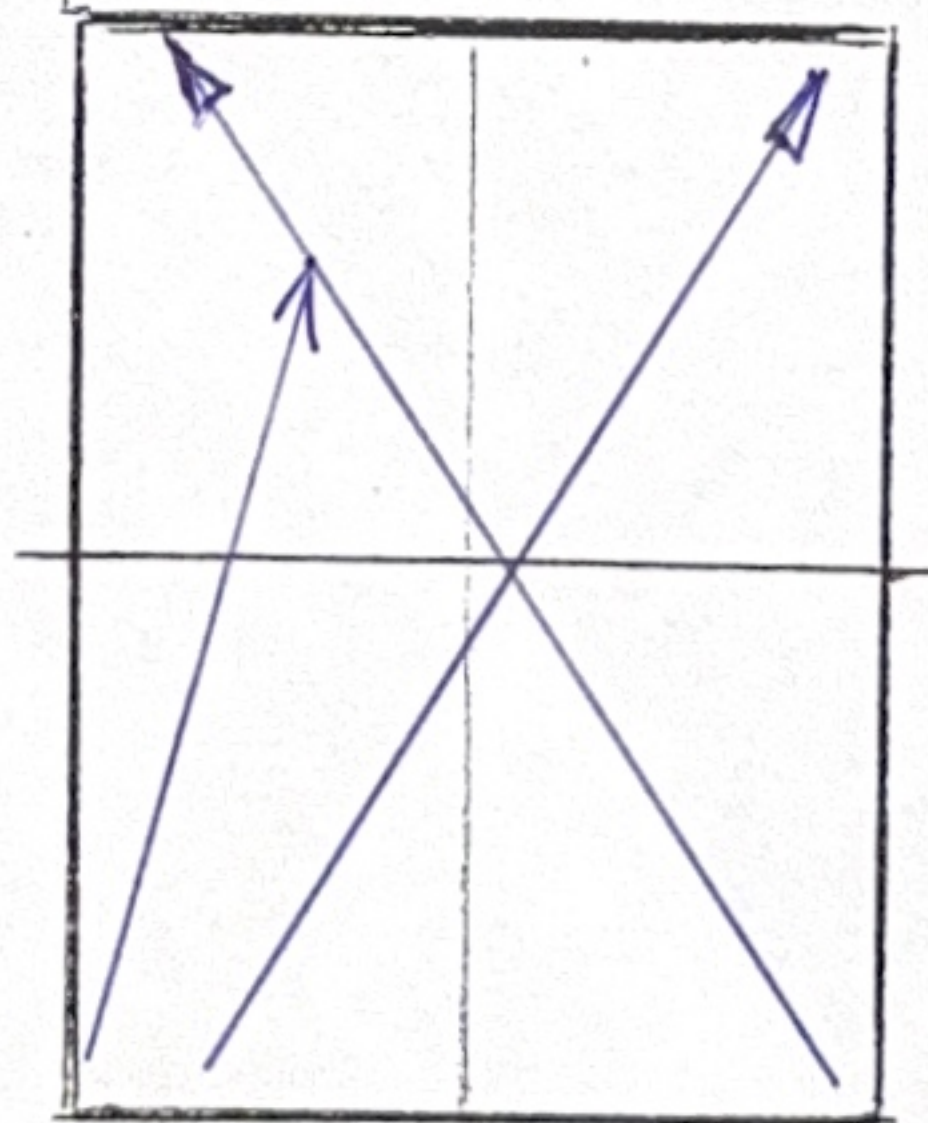
BU 1,3 FUS 2 FUS 4

≈ 5'



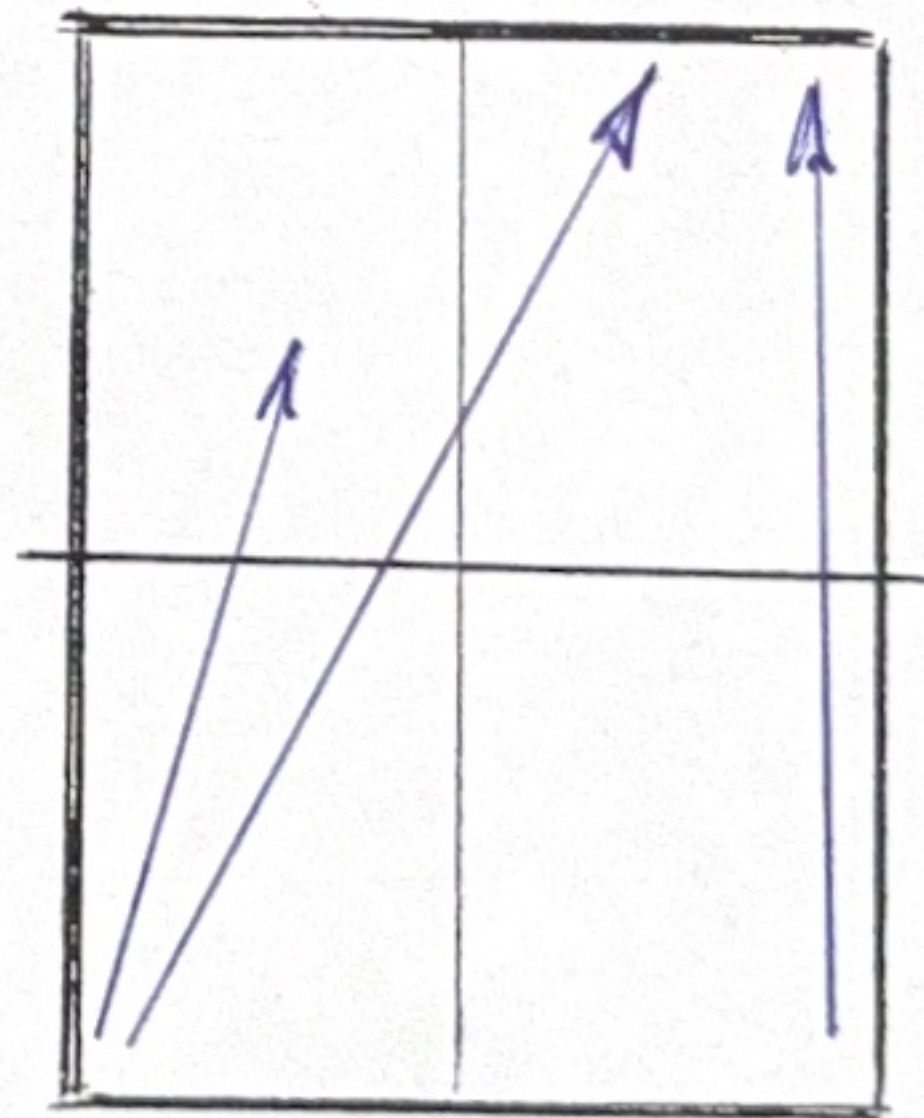
CHOP 1 SET
ALL TABLE

2x8'



SERVICE FUS 1
FUS 2

2x8'



SERVICE BU 2
FUS 1

24.01.2026 SATURDAY 15.30 - 17.30 FUTURE SQUAD

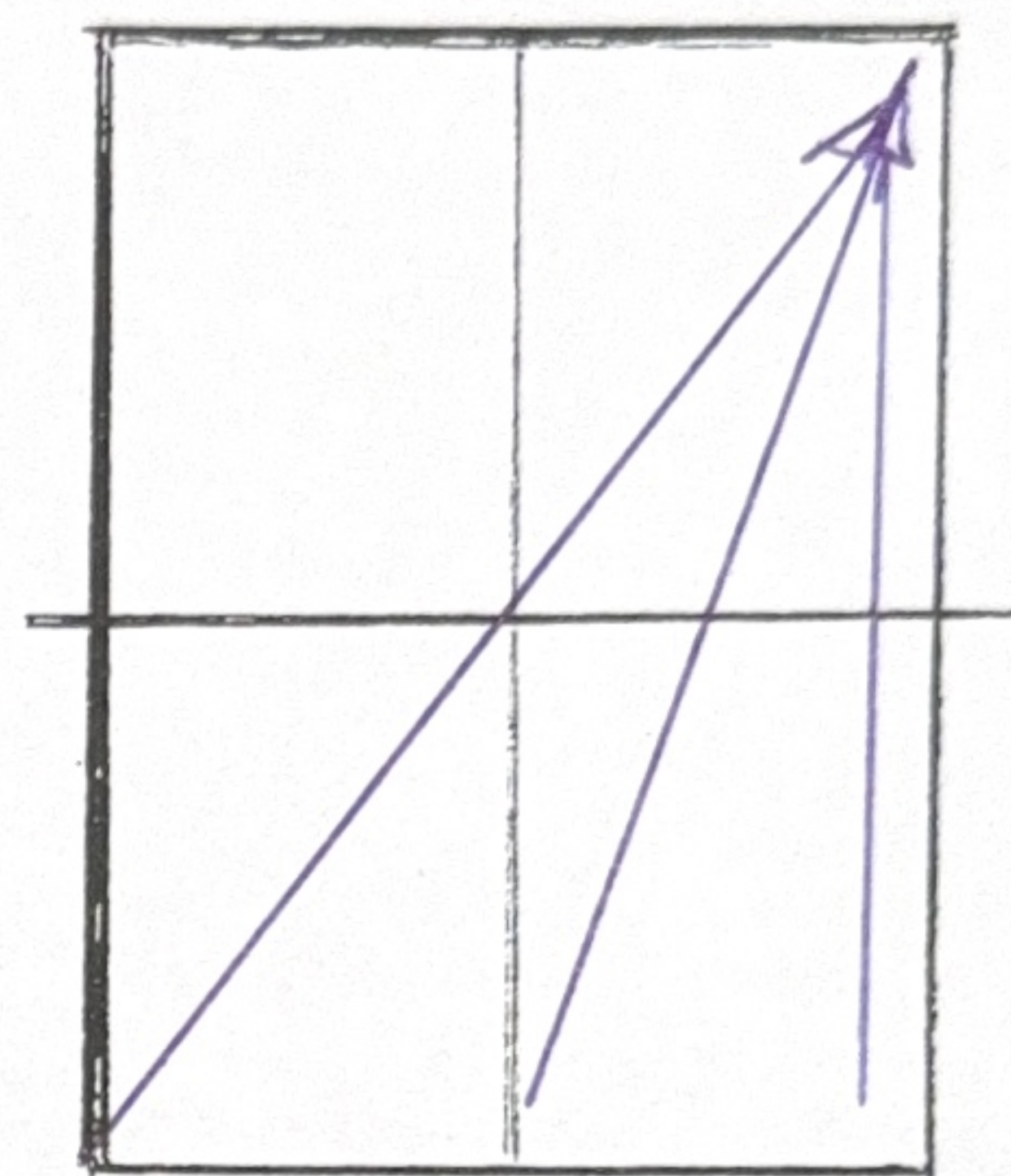
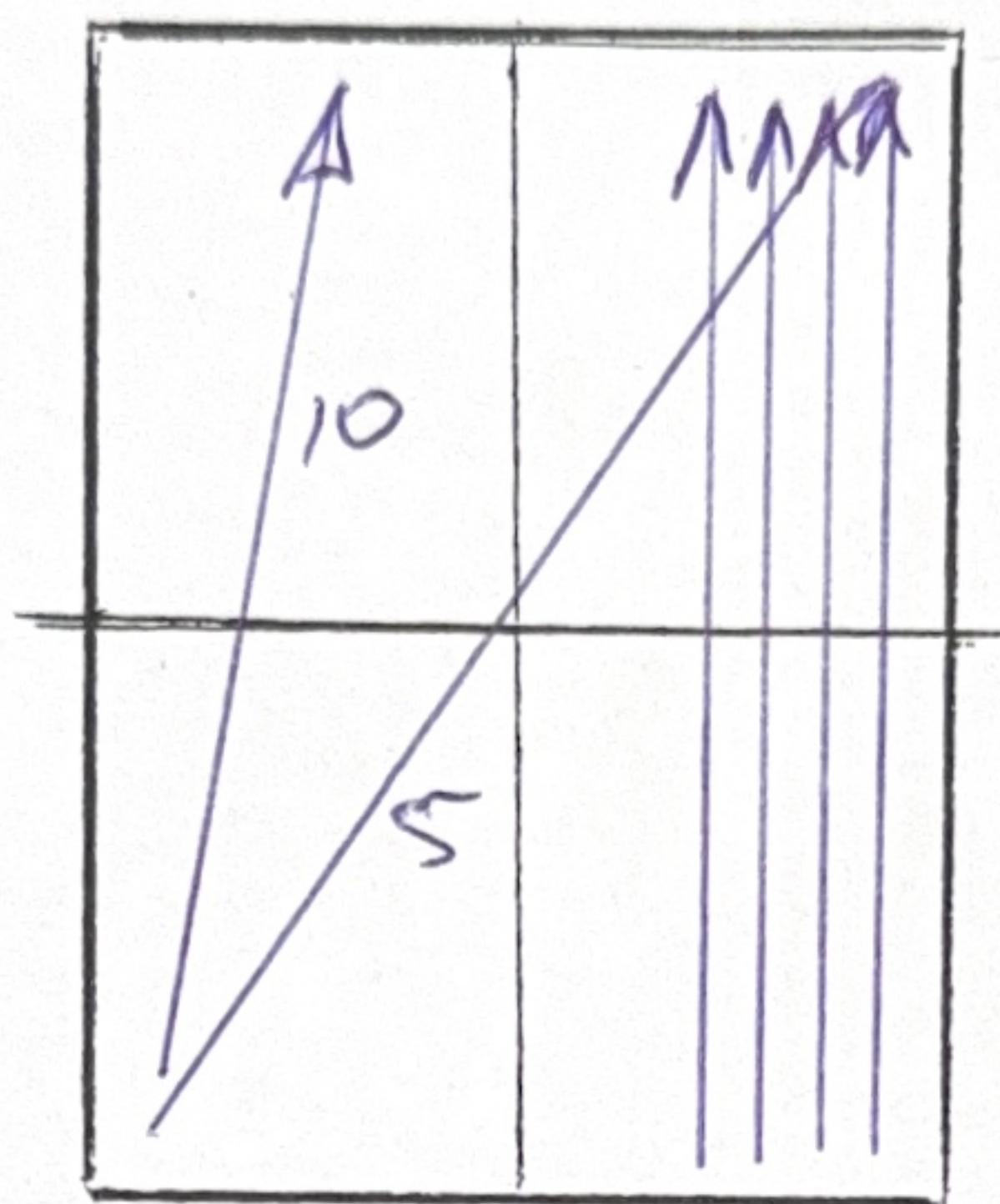
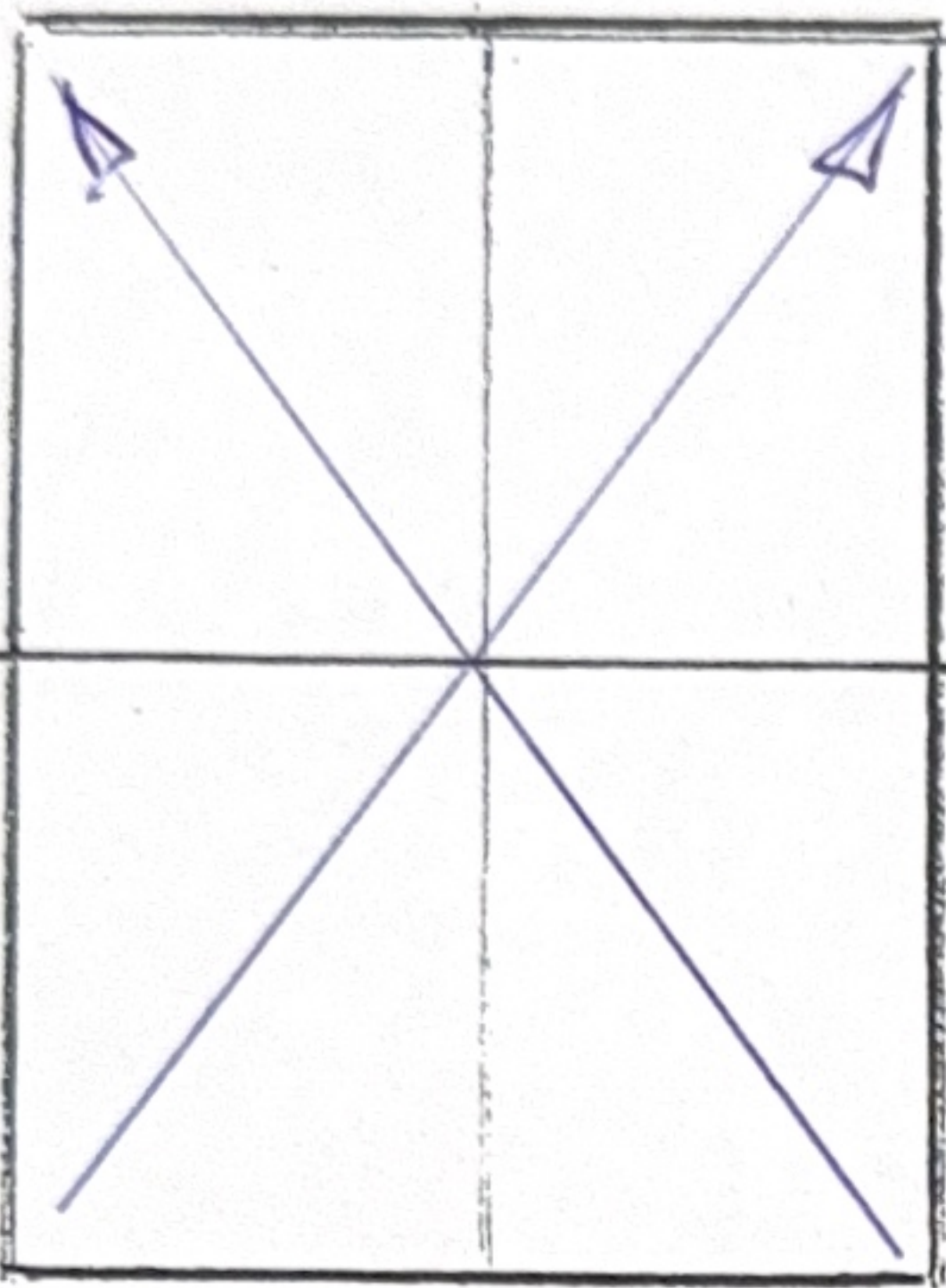
1. TECHNIQUE 2. FOOTWORK 3. PLACEMENT

4. TRAINING OF STABILITY

PHYSICAL → SKIPPING ROPES

2x10'

2x10'



BUS 5'

FH 5'

BH 5,10

+ FREE

FHS

1,2,3,4
6,7,8,9

BH 2

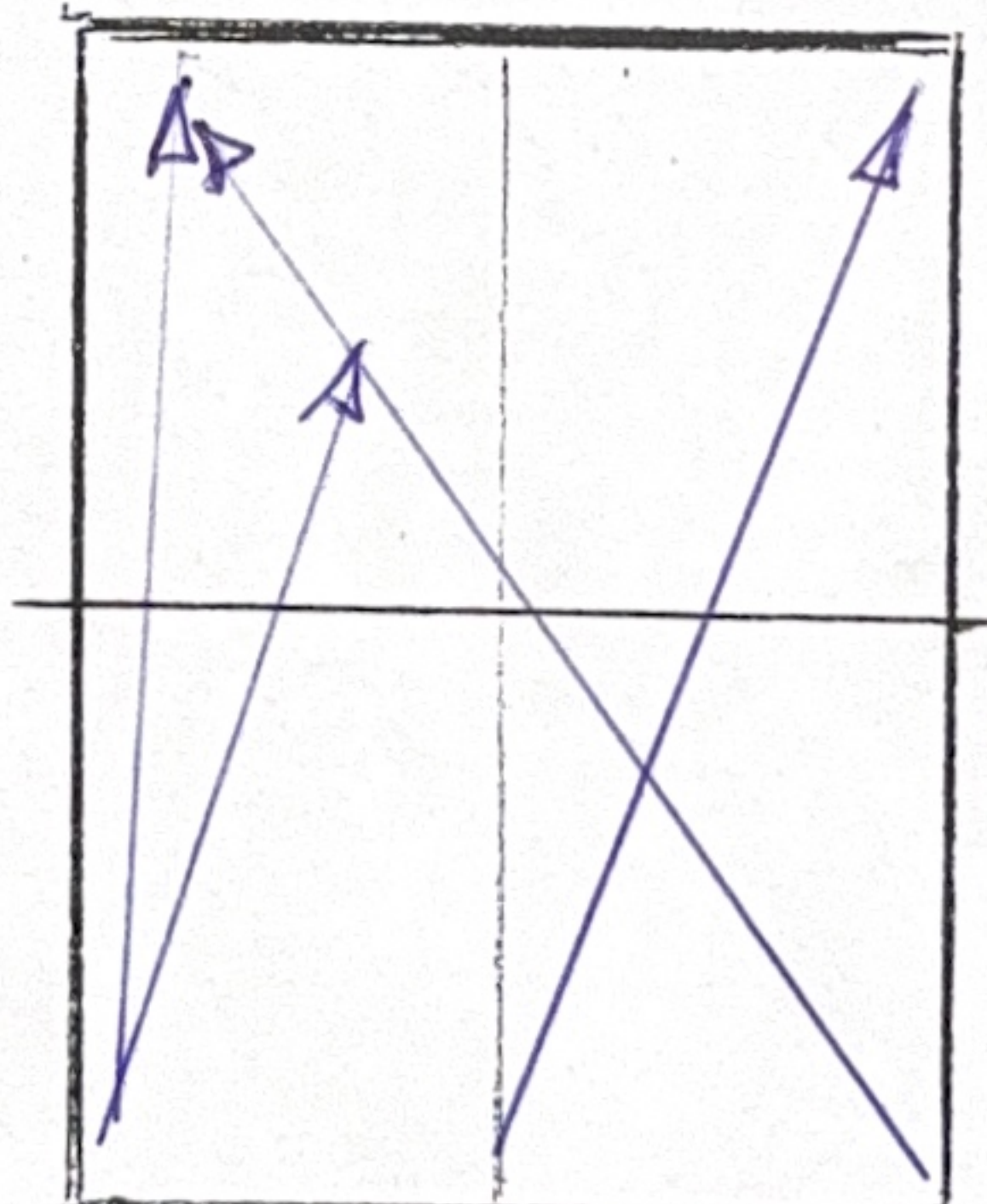
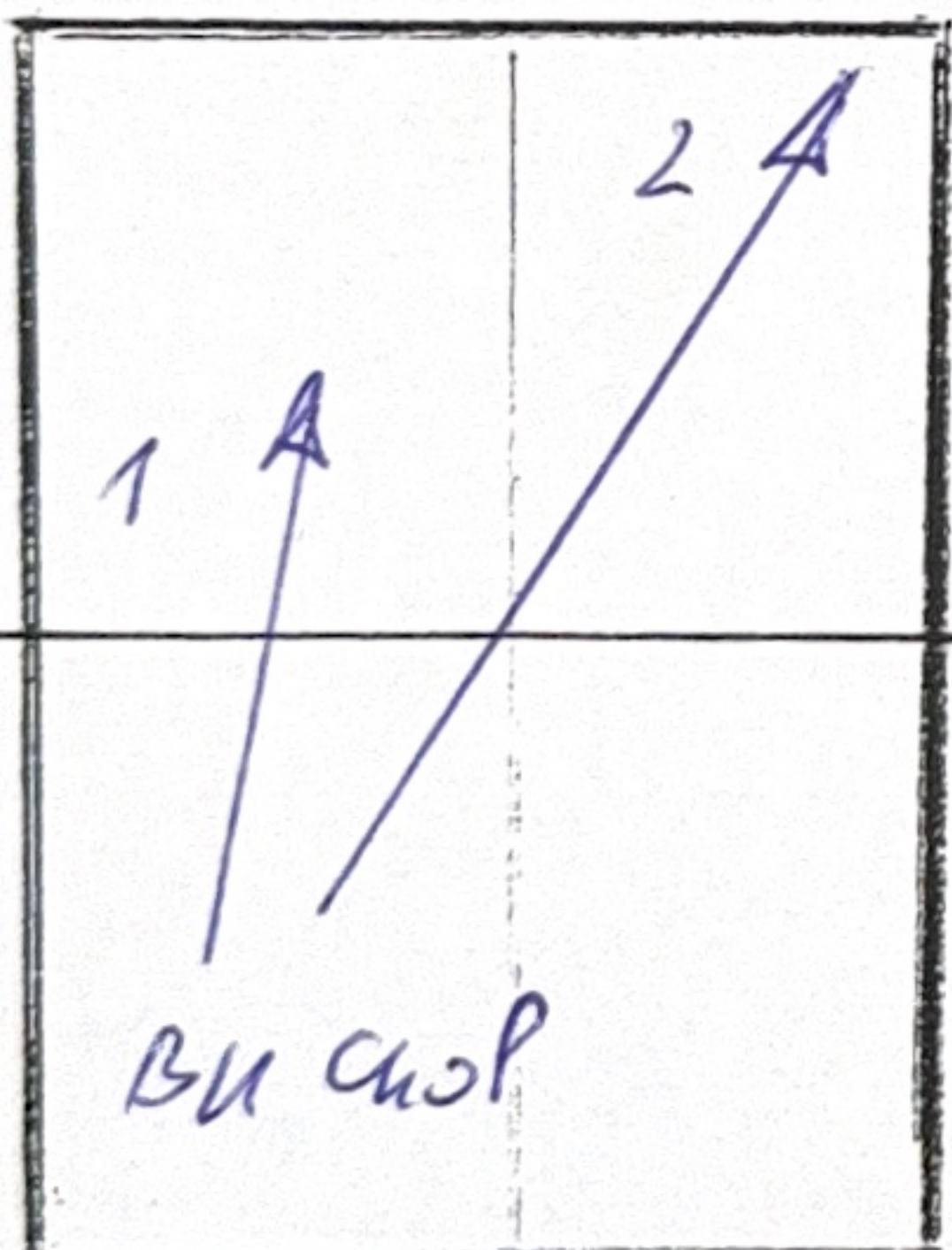
FHS 1

FHS 3

2x5'

2x8'

2x8'



SERVICE BH 2

FHS 1

?

FHS 2

INDIVIDUAL FROM SERVICE