

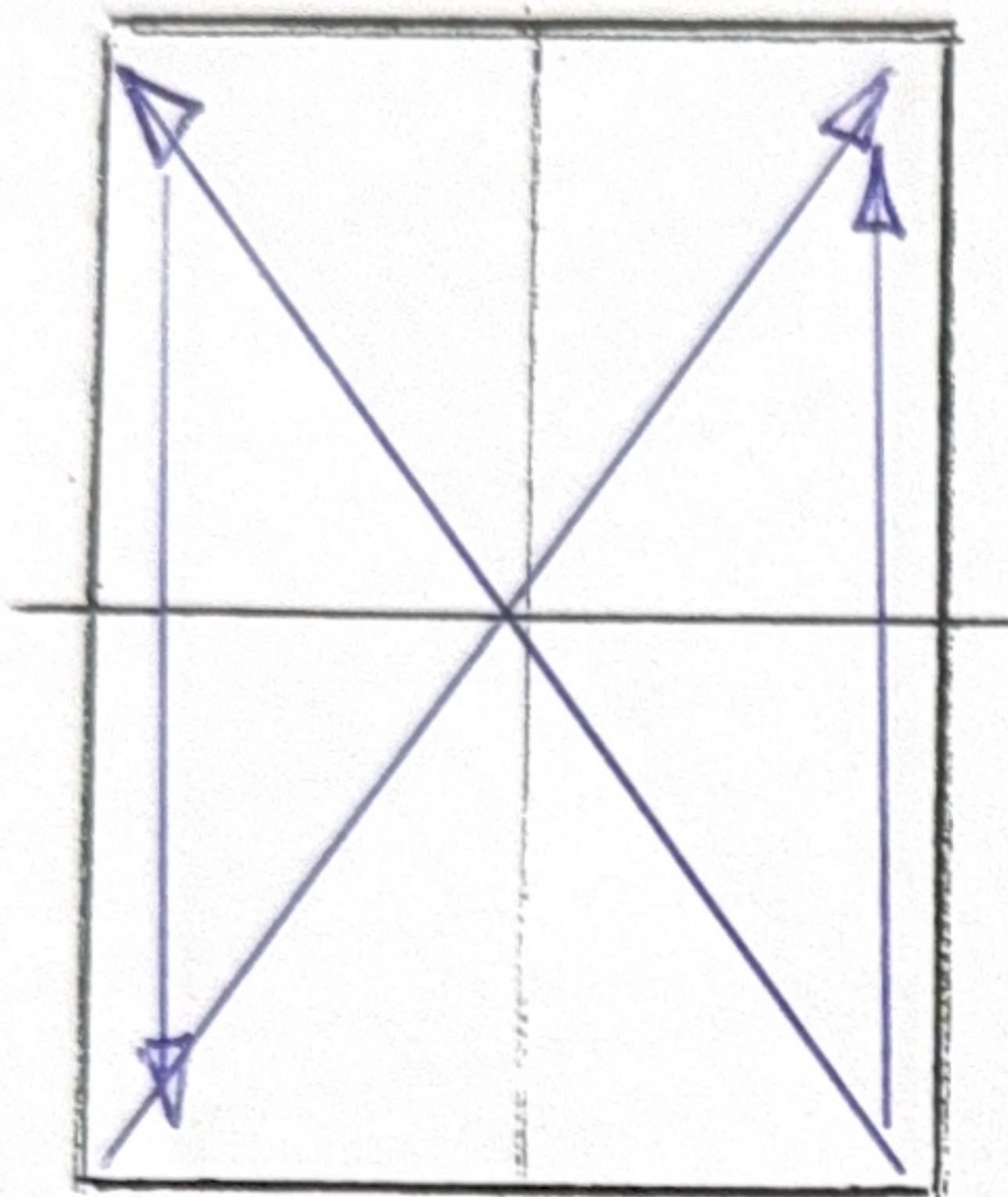
18.01.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP → THERABANDS

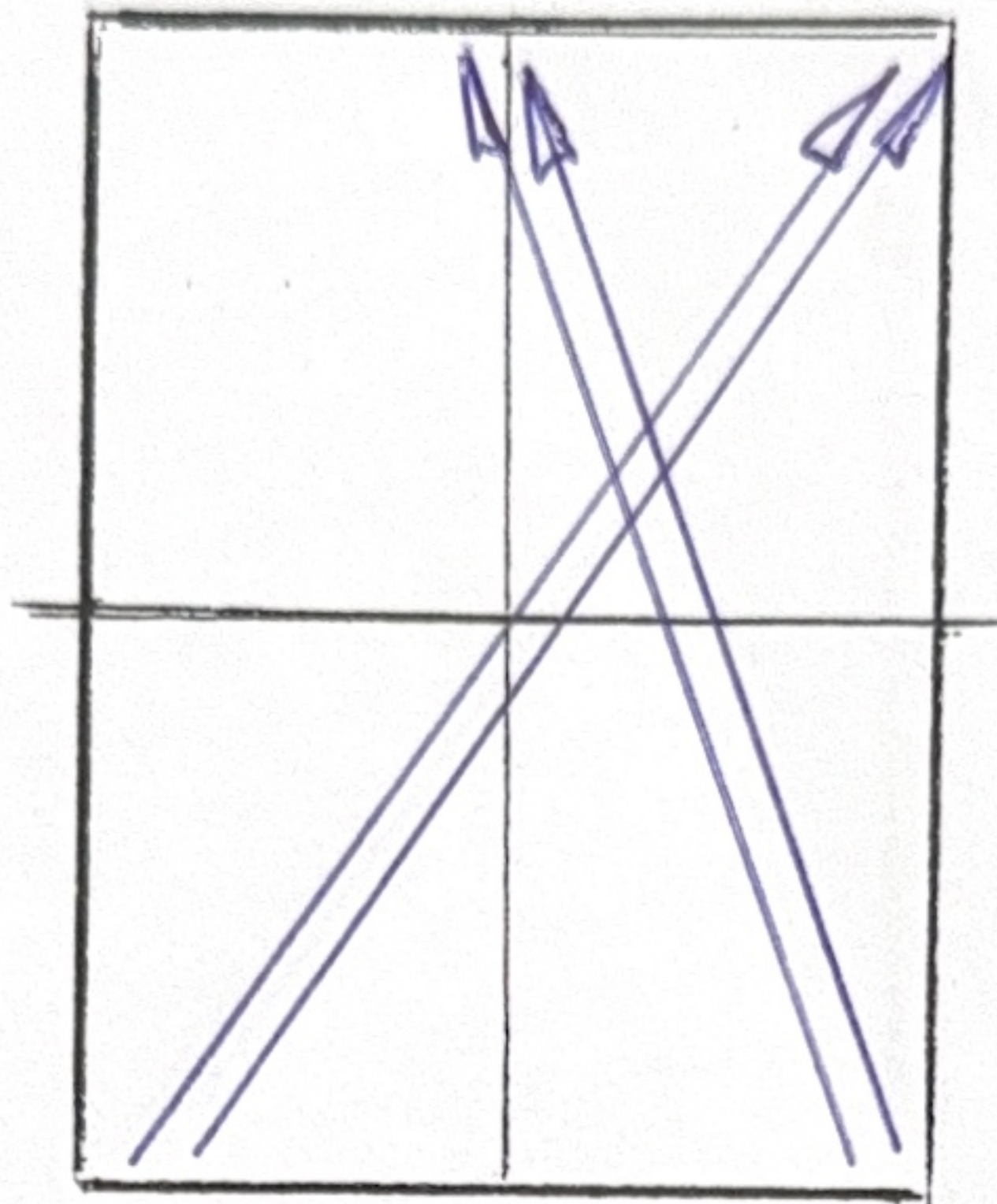
PHYSICAL - SKIPPING ROPES - 7 EXERCISES

15'



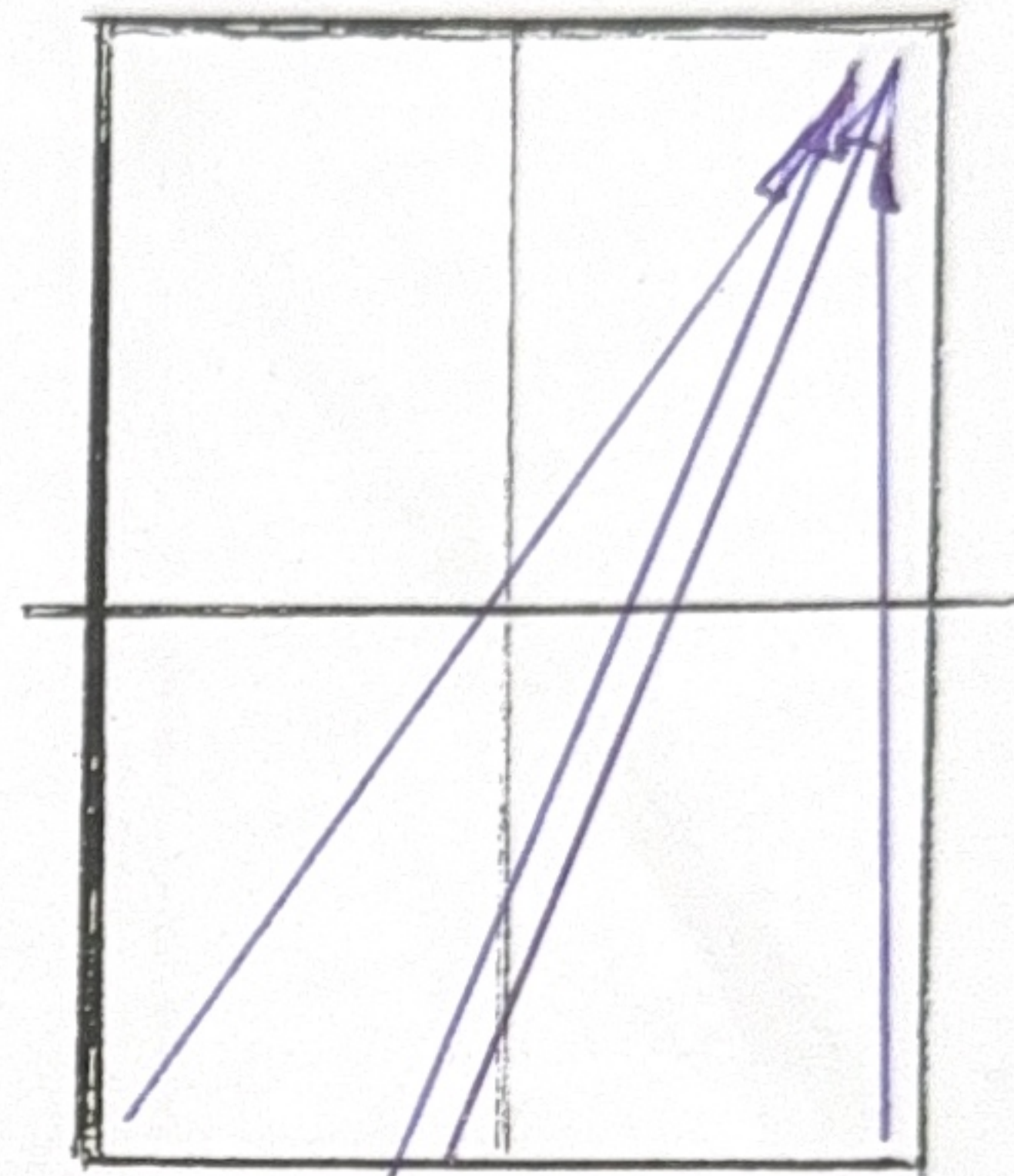
BH 5' FH 5'
STRAIGHT 5'

2x10'



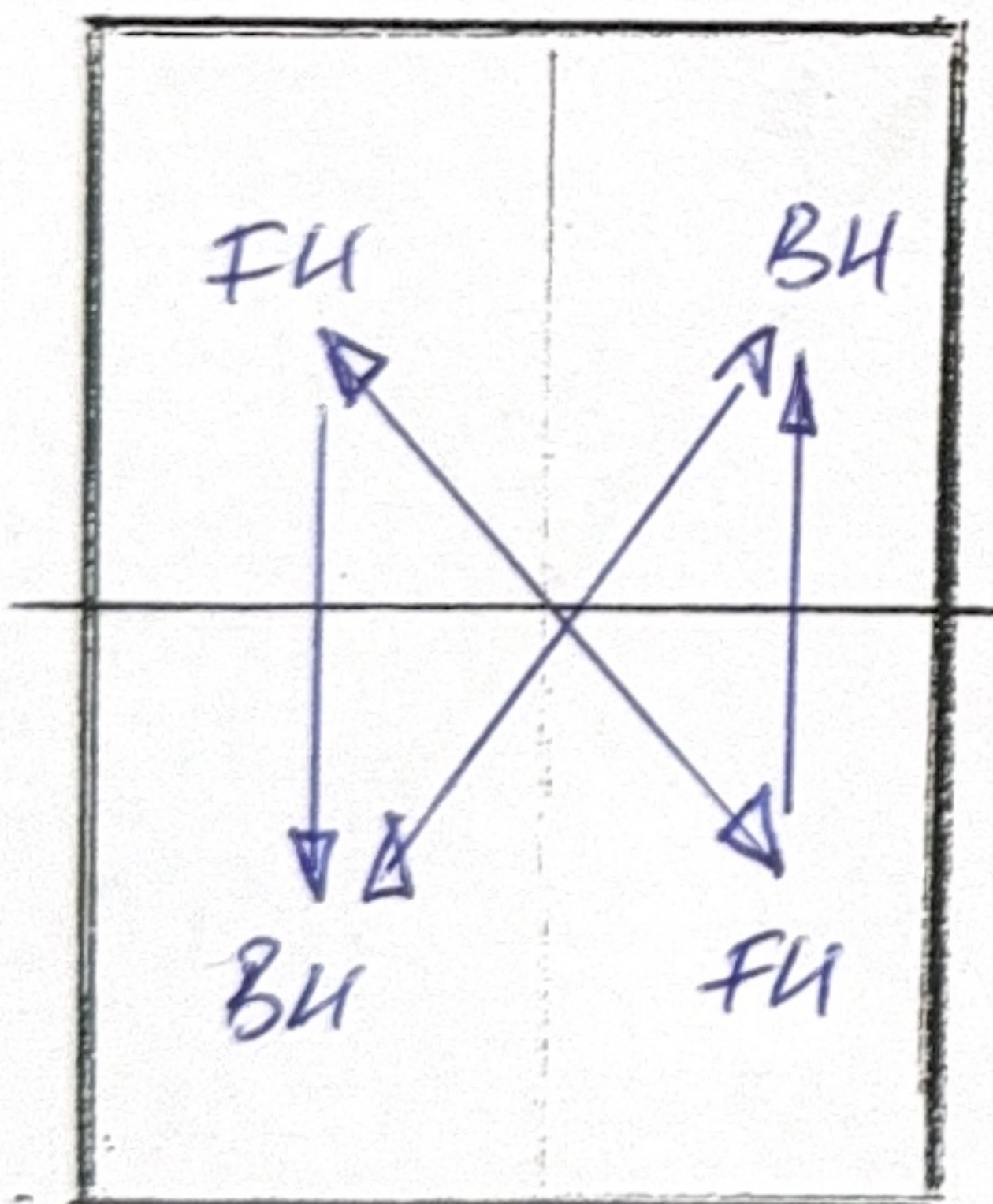
BH FH
1,2 3,4

2x10'



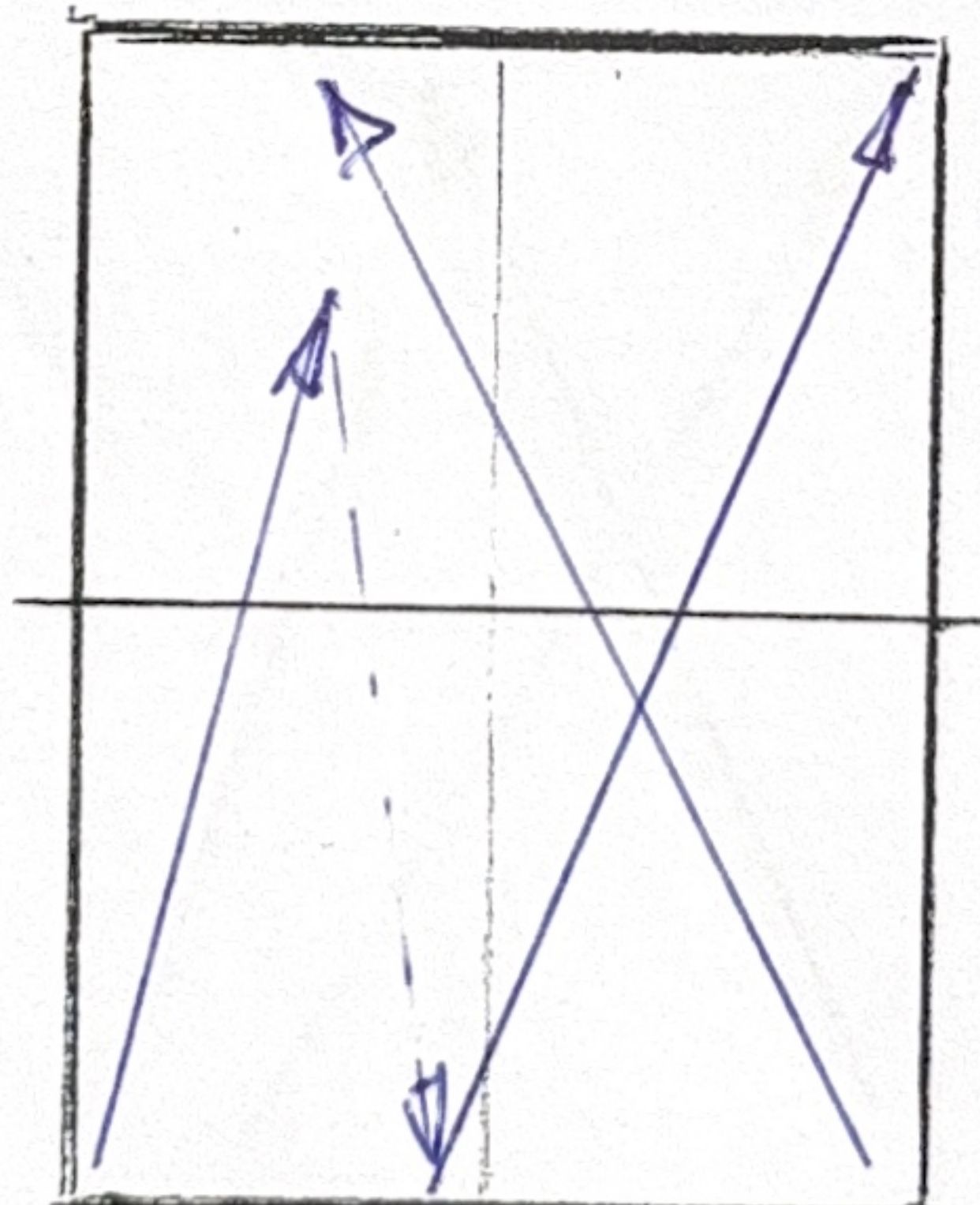
BH FH FH
6 1,2 3
4,5

2x5'



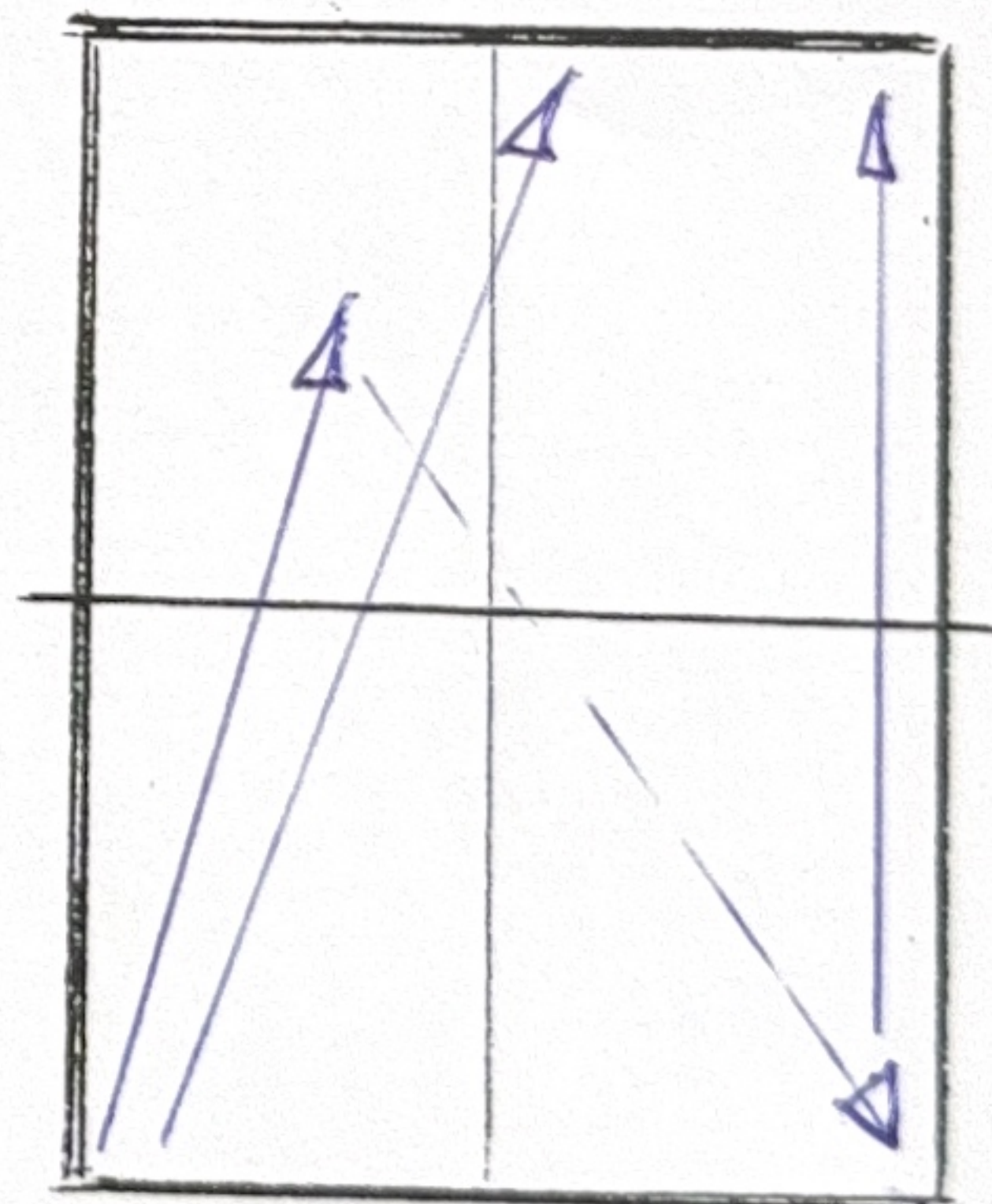
SHORT CHOP
N8

2x8'



SERVICE FH FH
1 2

2x8'



SERVICE FH
BH 1
2

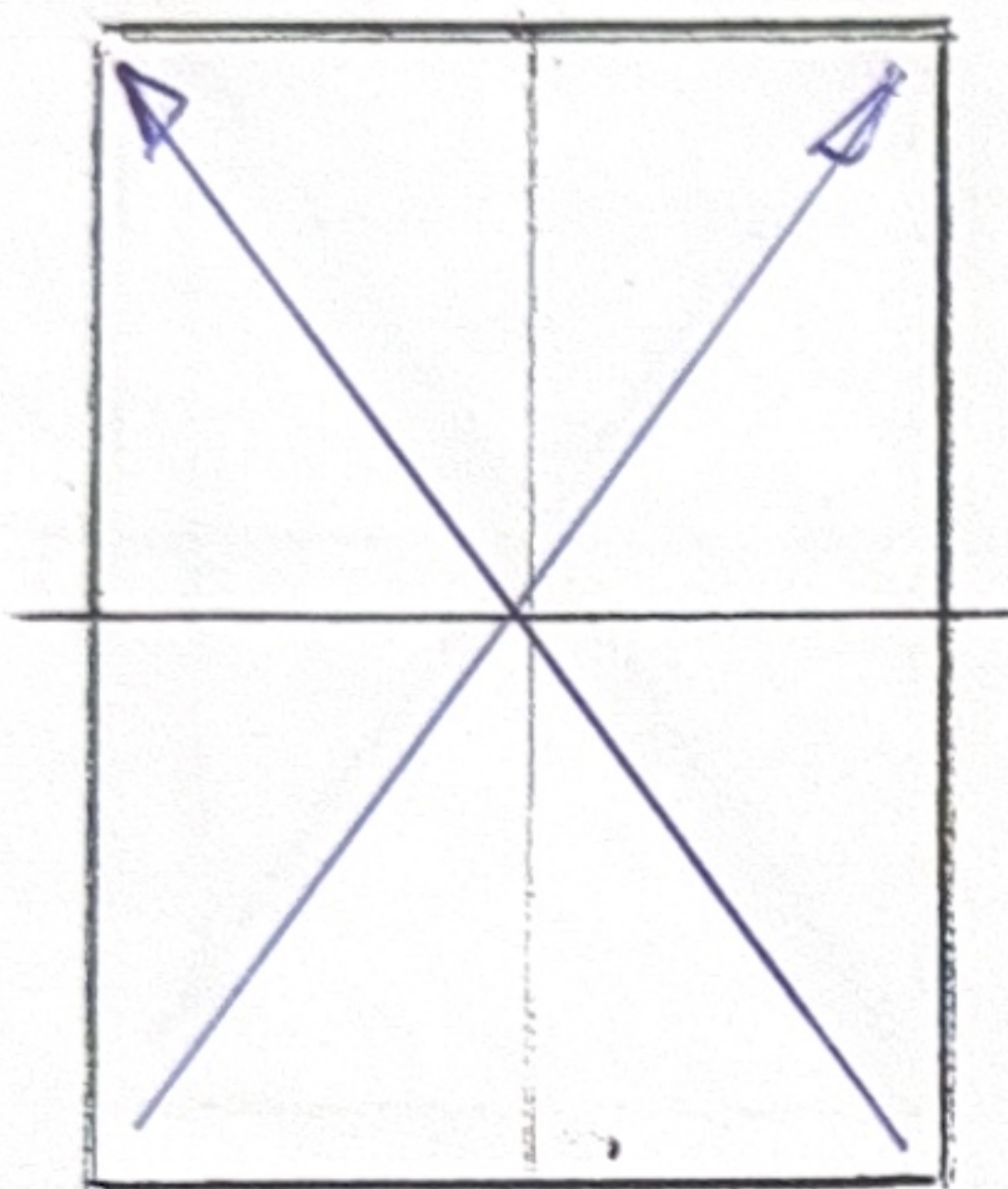
19.01.2026 MONDAY 16:30-19:00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP → THERA BANDS

PHYSICAL → SKIPPING ROPES EXERCISES

10'

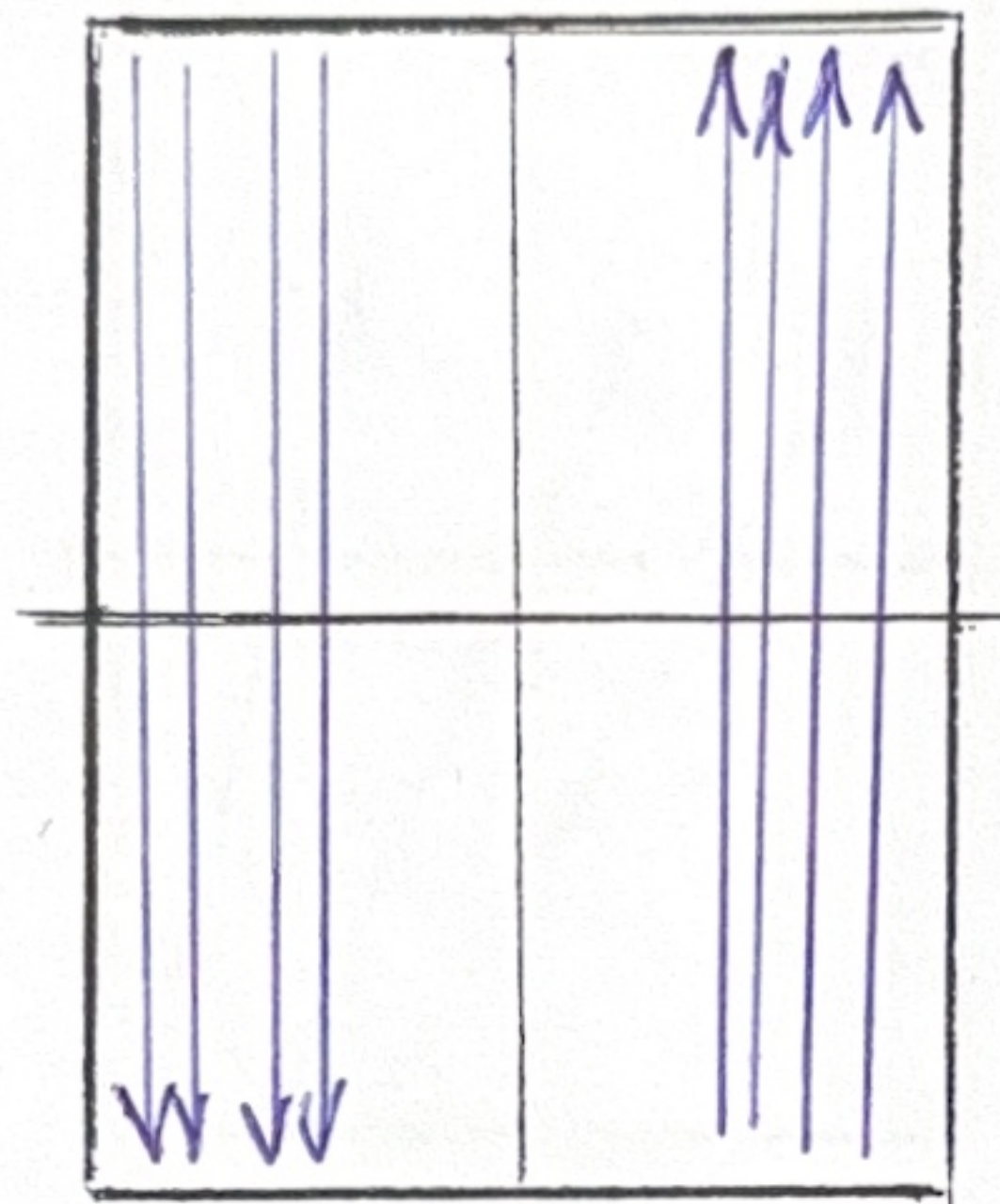


BU
5'

FU
5'

15'

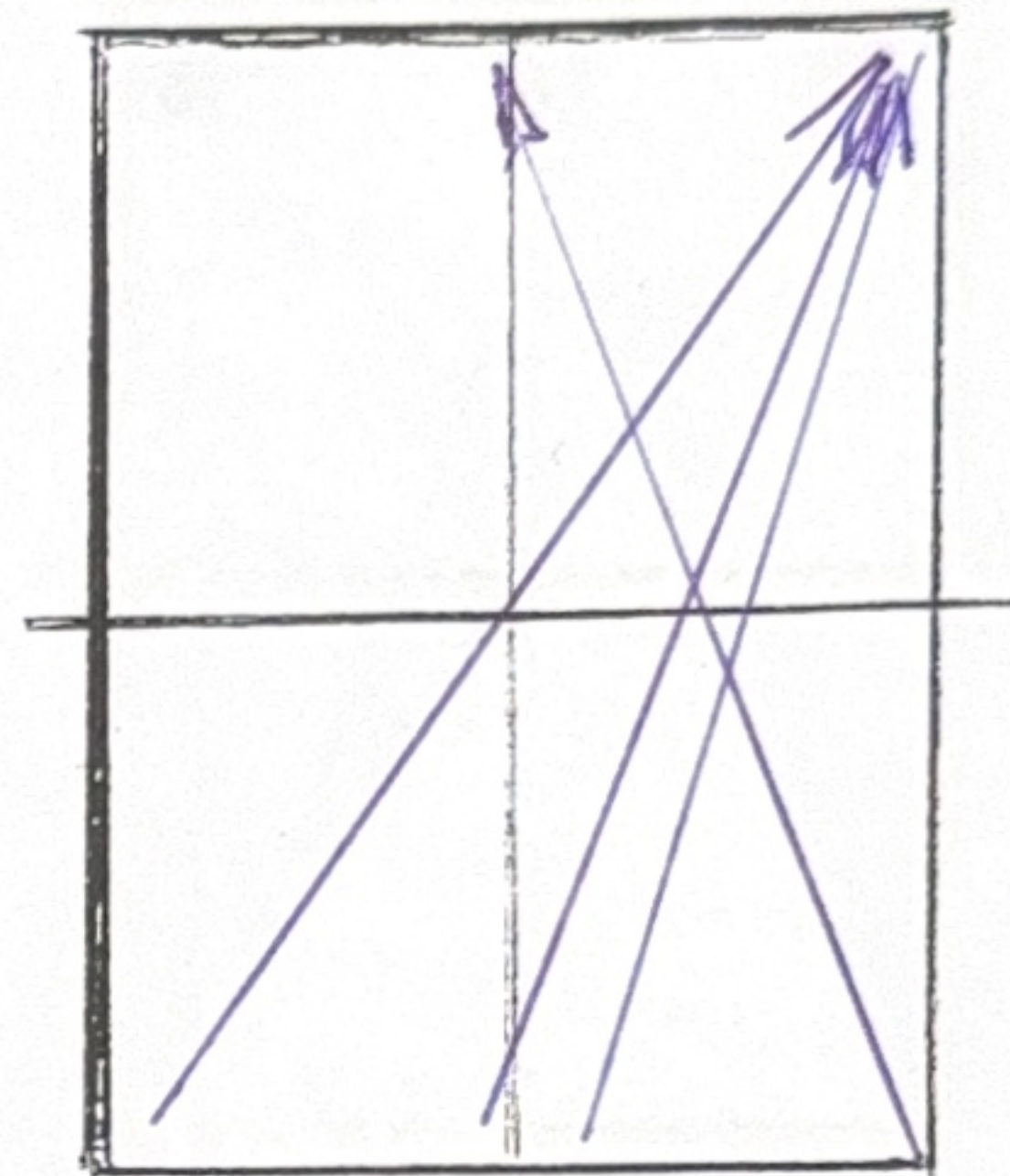
FUS 1,2,3,4



TOGETHER
15'

FUS
1,2,3,4

2x10'

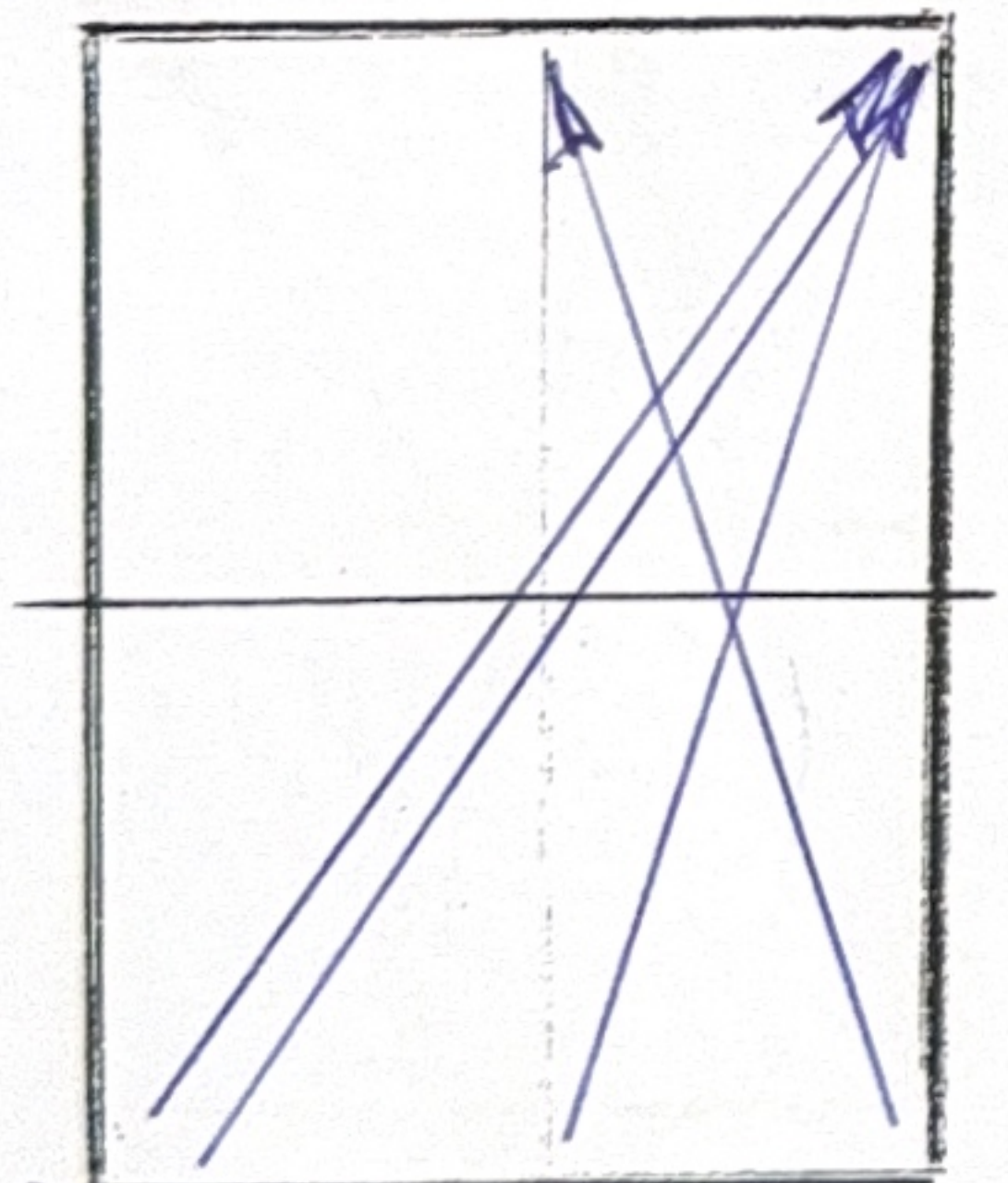


BU
1

FUS
2,3

FU
4

2x10'

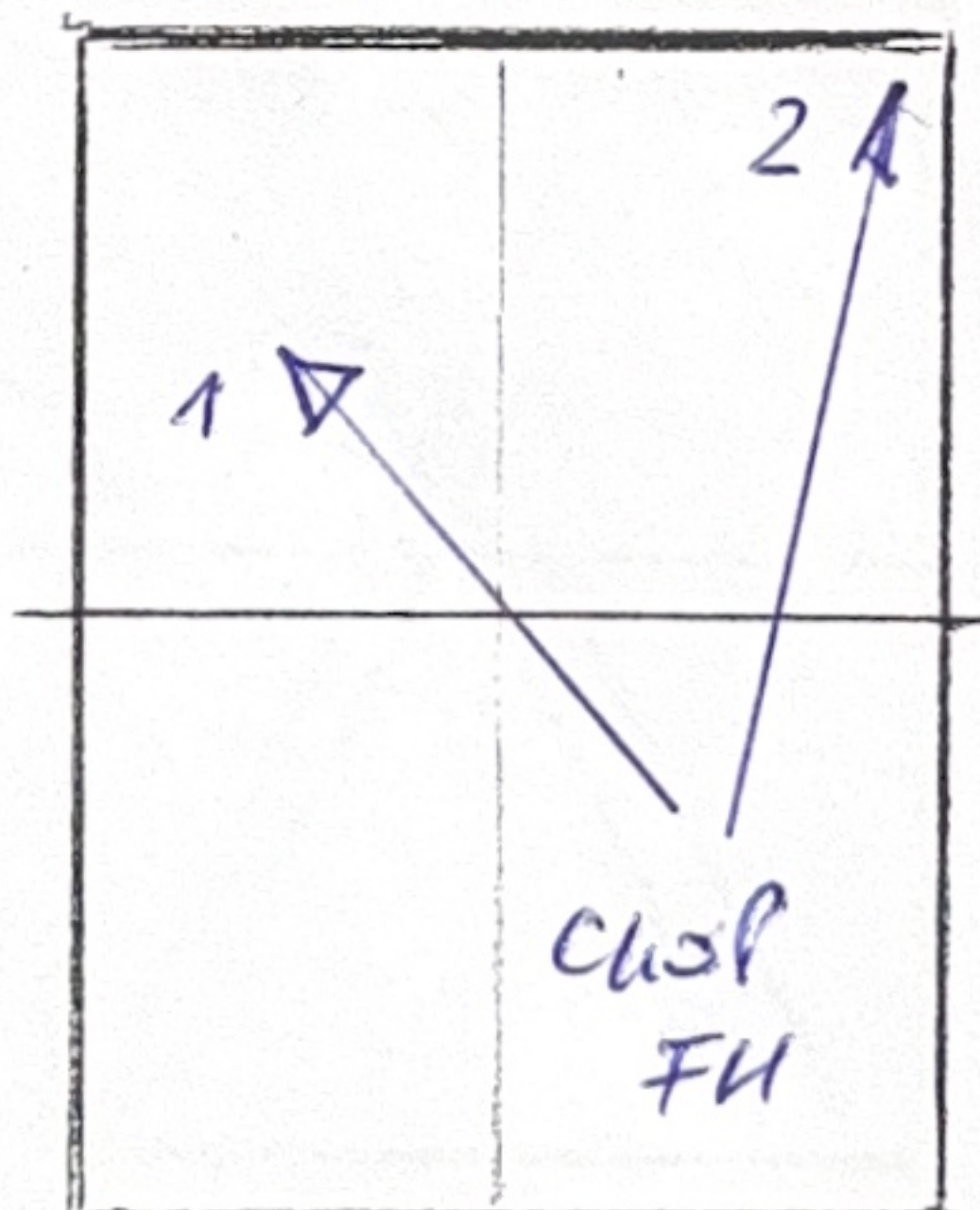


BU
1,2
4,5

FUS
3

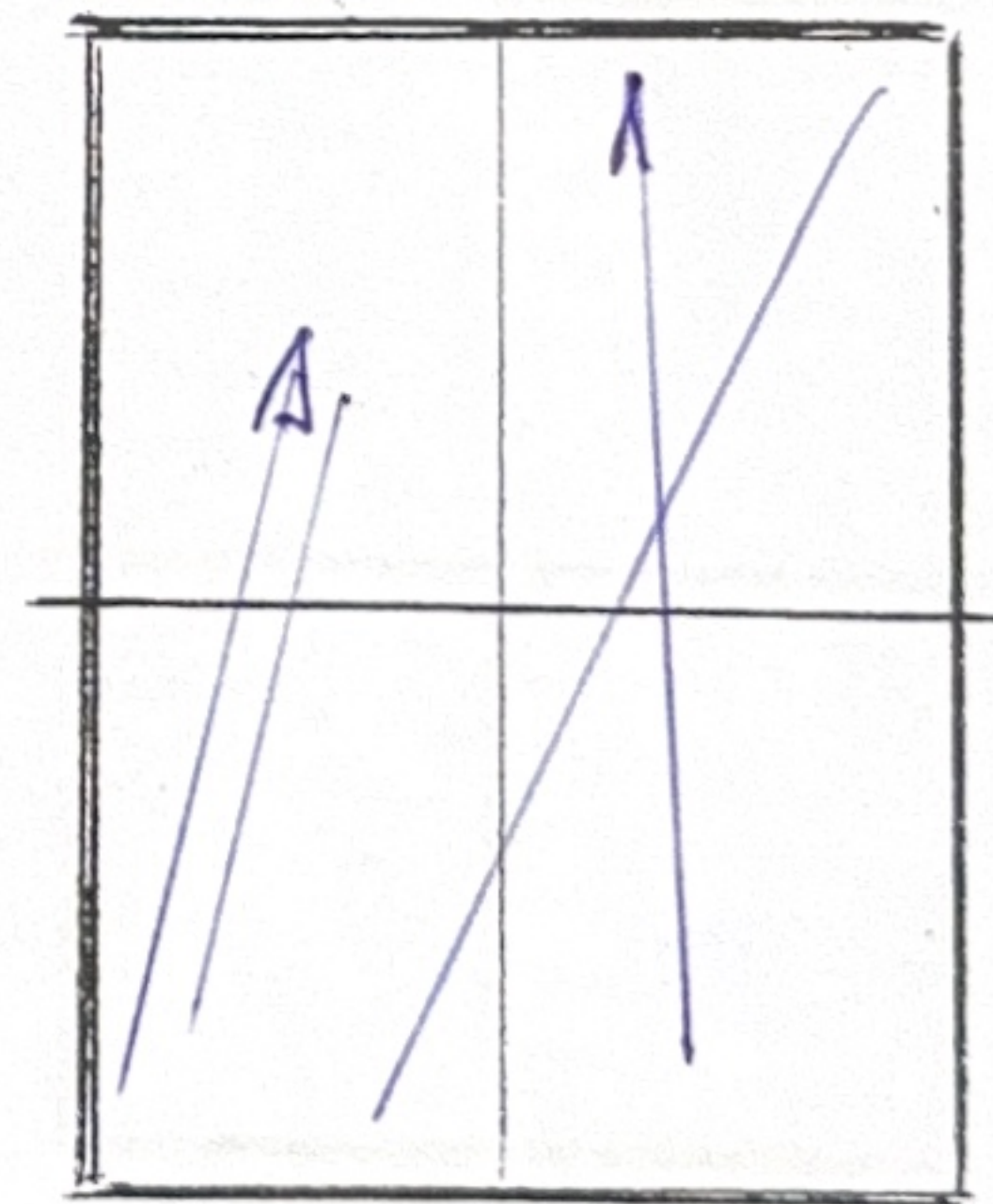
FUS
6

2x5'



CHOP
FU

2x10'



INDIVIDUAL
FROM
SERVICE

20.01.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

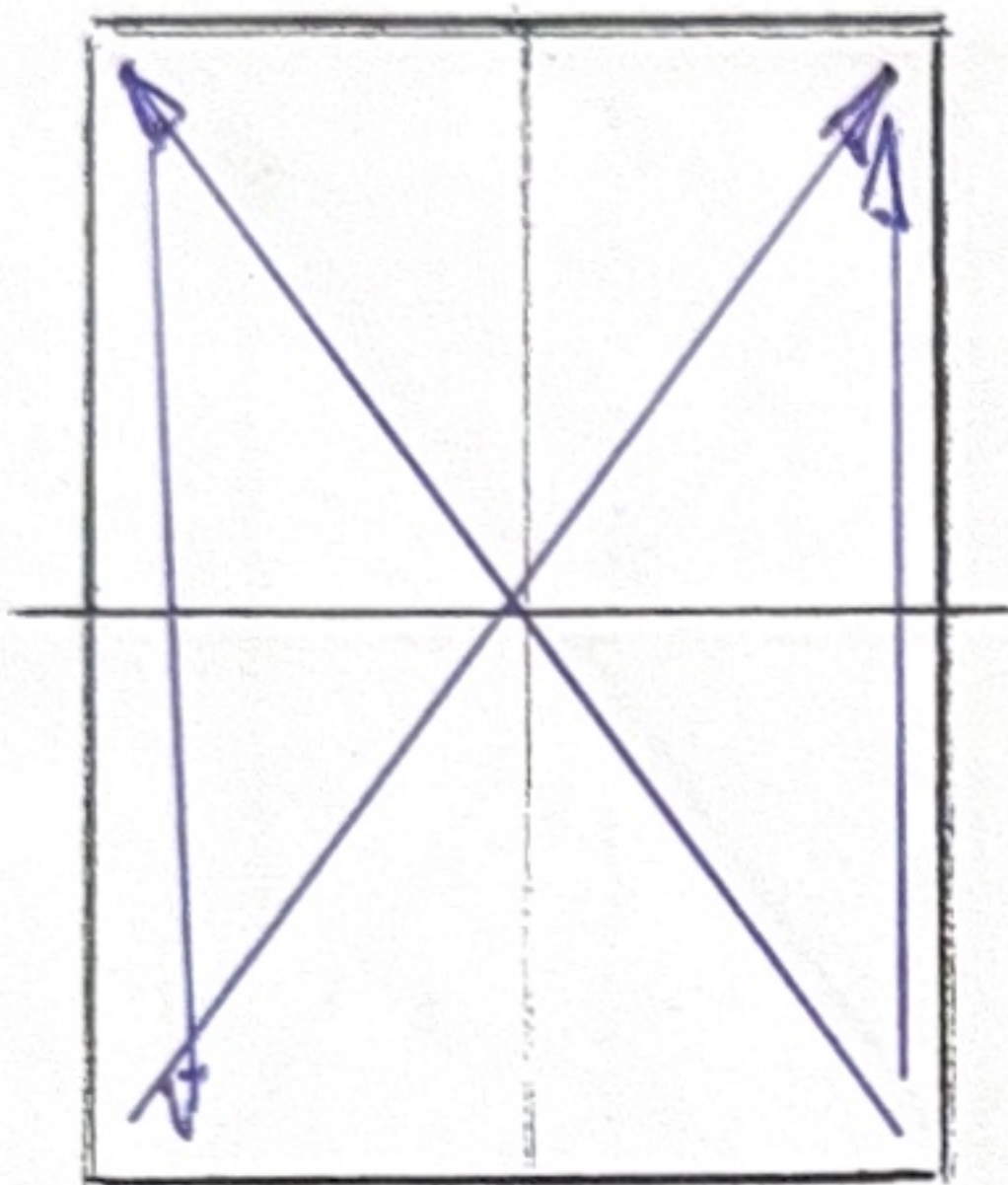
MULTIBALLS → 1. TECHNIQUE 2. FOOTWORK

WARMING-UP → THERABANDS

3 SERVICE 30'

4. RECEIVE

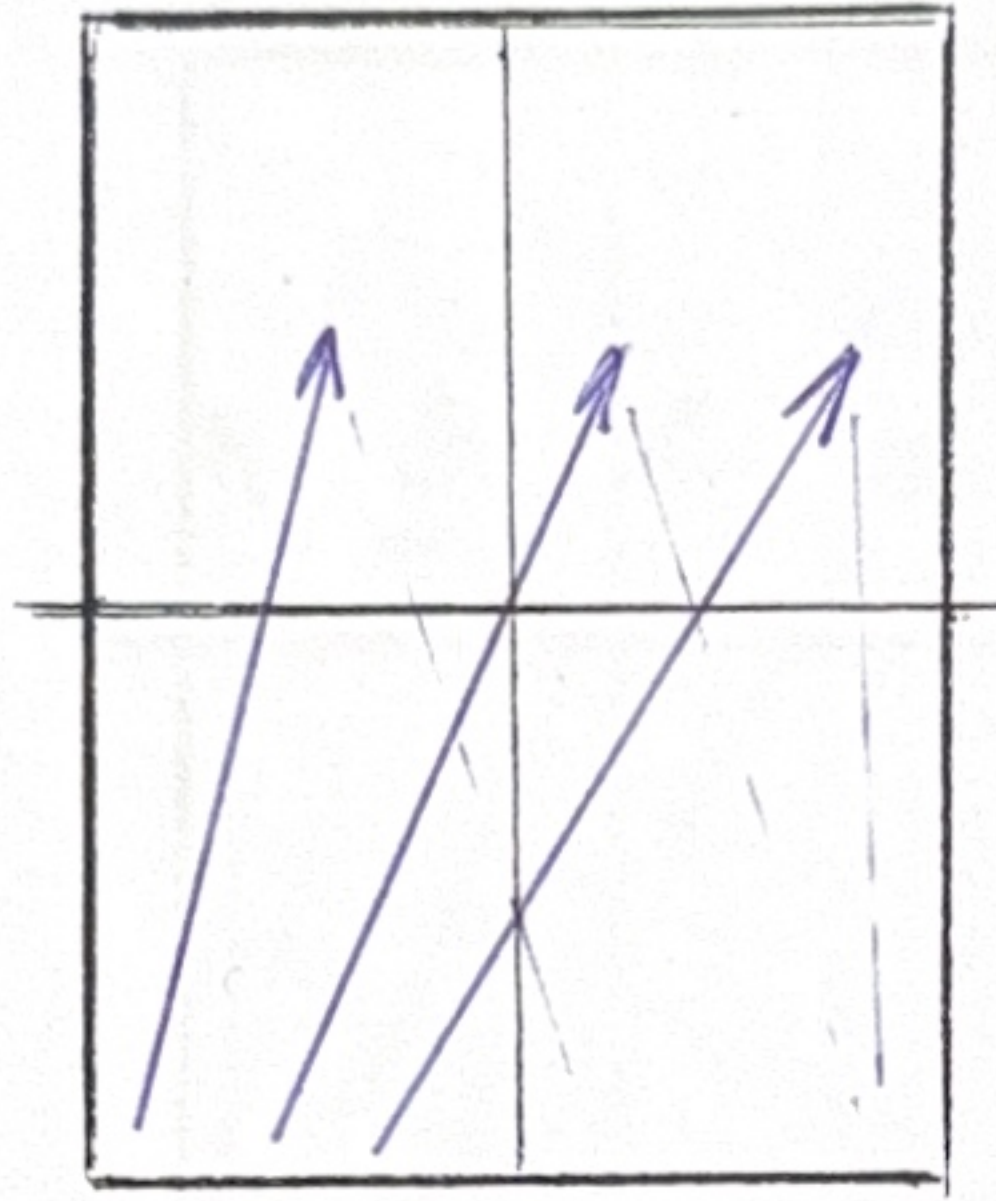
15'



BH
SI STRAIGHT SI
FH

2x10'

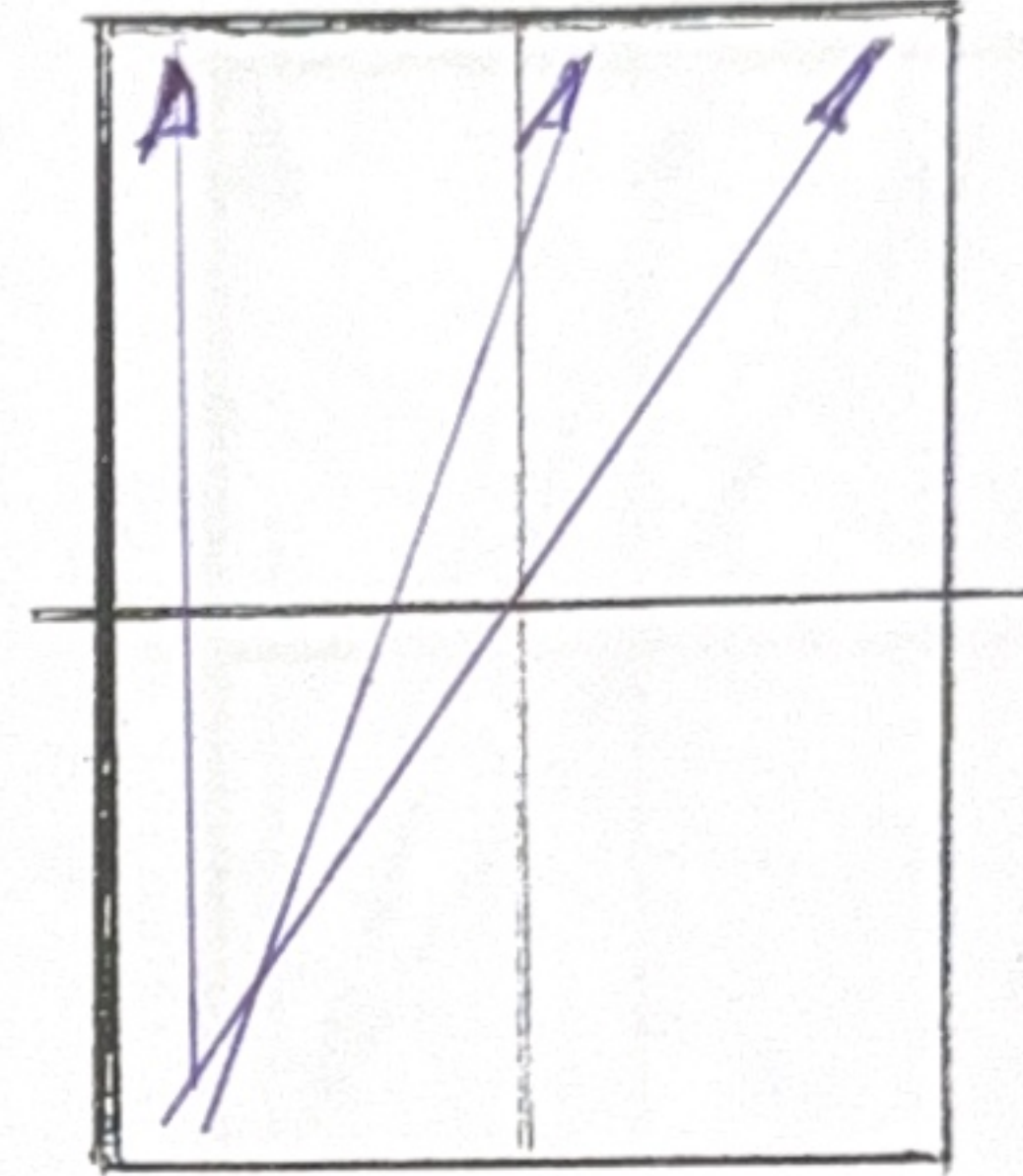
RECEIVE



SERVICE
SHORT

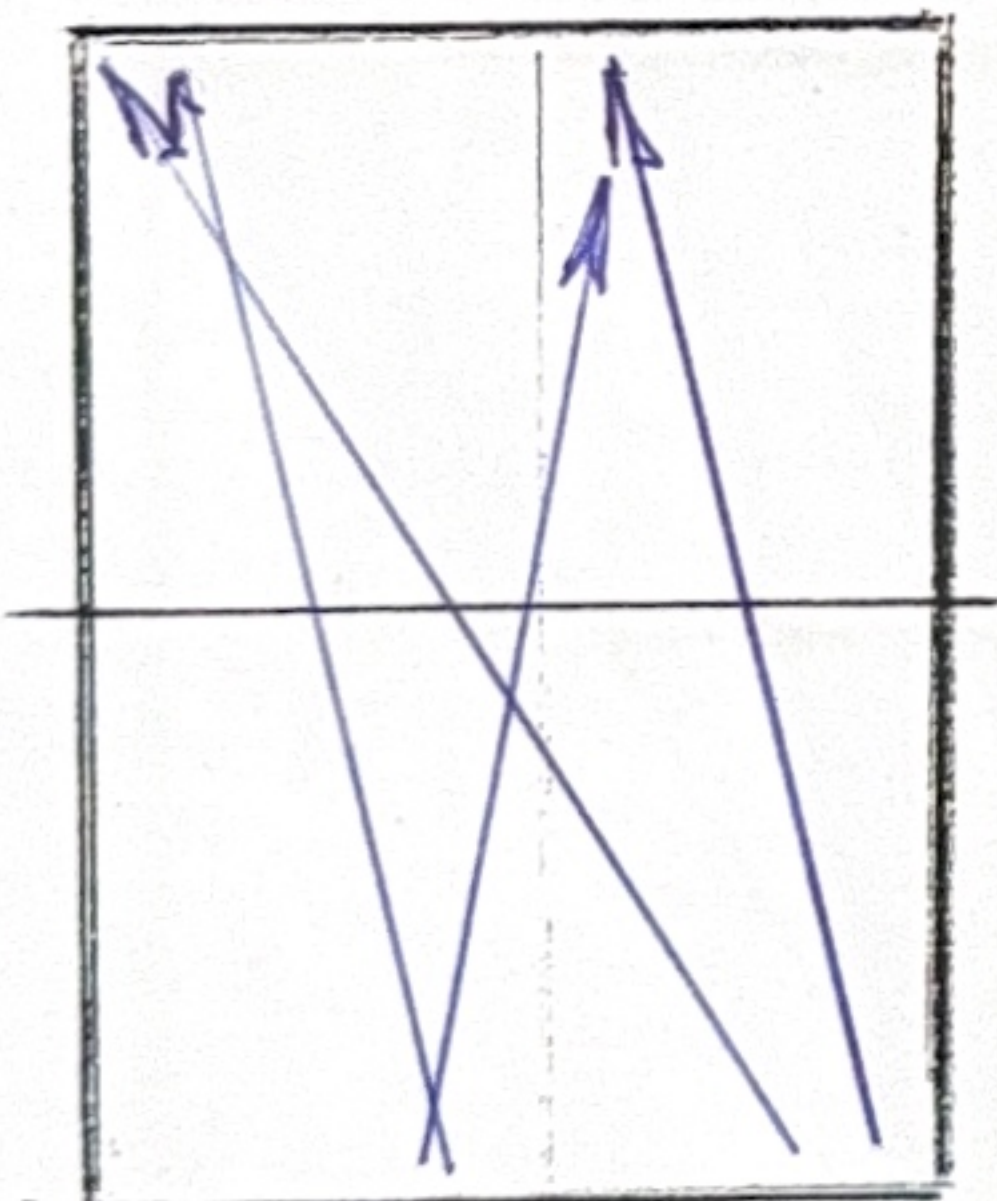
2x10'

RECEIVE



SERVICE
LONG

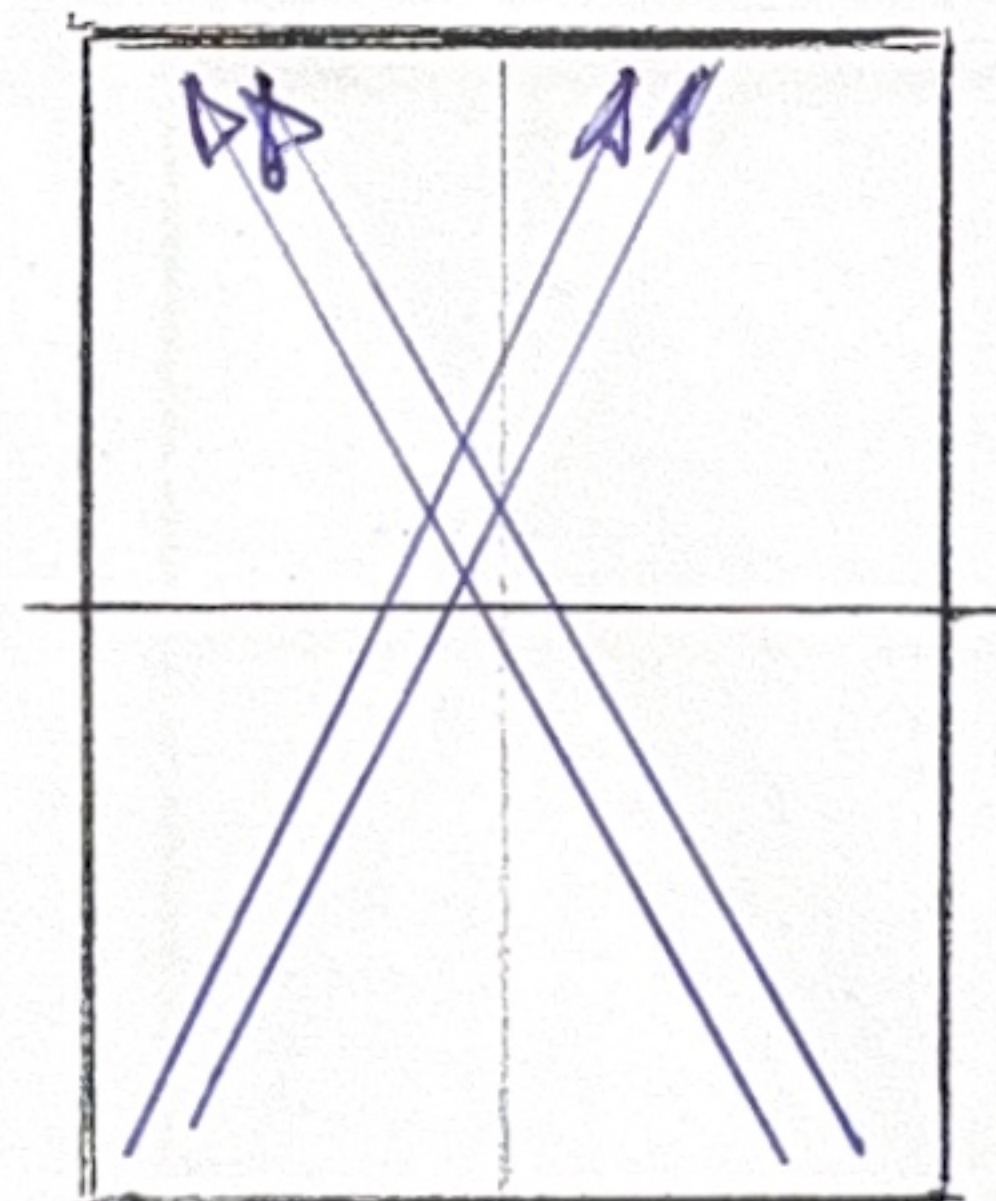
15'



FHS
3,4
FHS
1,2

1SF VS - CHOP
2P VS - TOP
3- VS - CHOP
4- VS - TOP

15'



BH
VS TOP
FHS
VS CHOP

15'



INDIVIDUAL