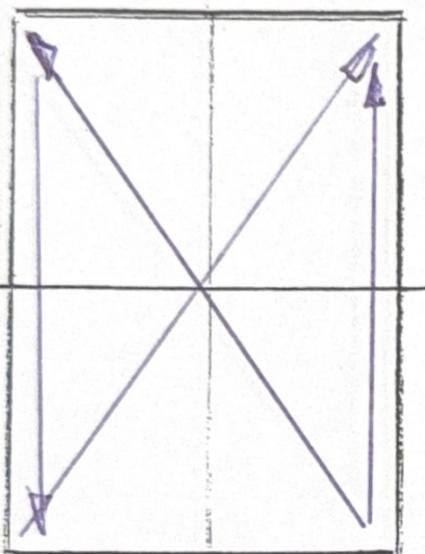


15.02.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

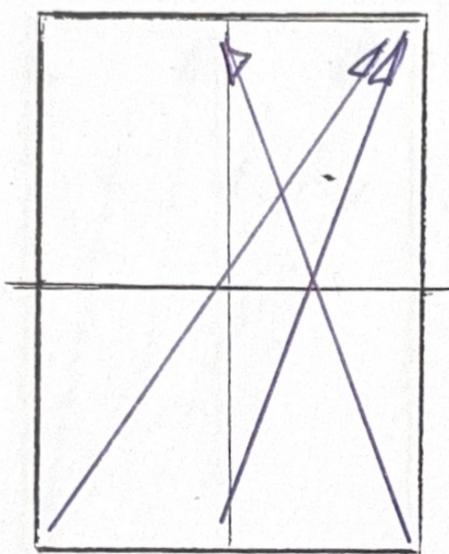
1. TECHNIQUE 2. FOOTWORK : SIDE STEPS, PIVOT,
 CROSSOVER. 3. 3TH BALL ATTACK 4. UP AND DOWN →
 WIN YOUR SERVICE 5. SKIPPING ROPES

15'



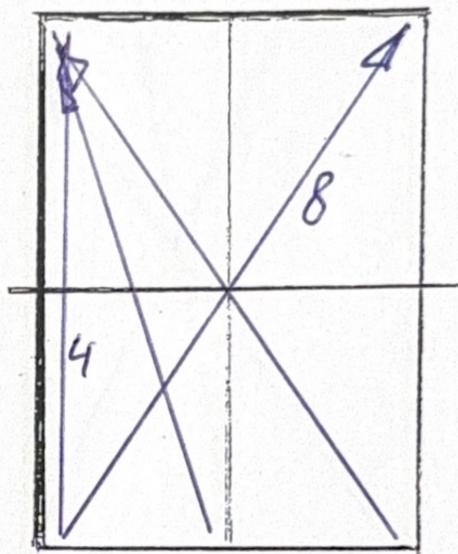
BH DOWN FU
 51 THE LINE 51
 51

2x8'



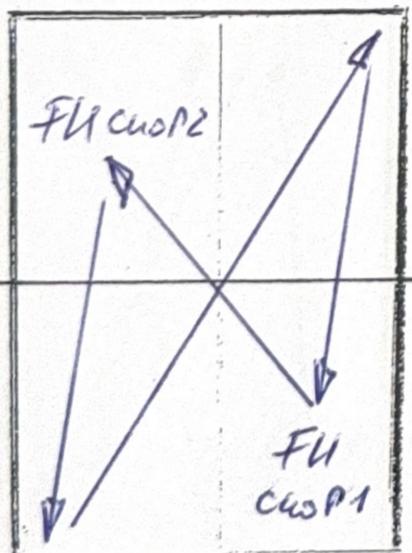
BH OR FUS FUS
 FUS 1 3
 2

2x8'



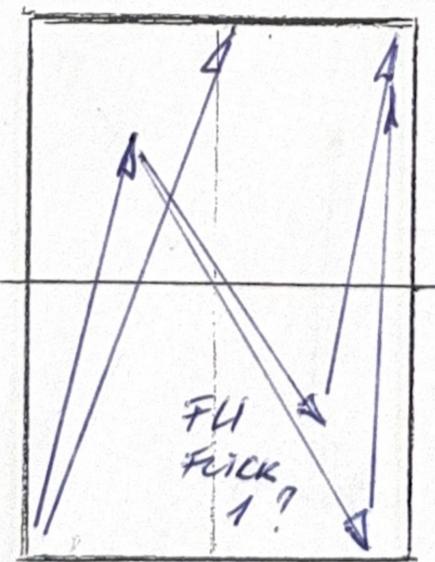
BH FUS FUS
 4,8 2,6 1,3
 AFTER 8 BALLS 5,7
 FREE ALL TABLE

2x5' BH chop 4



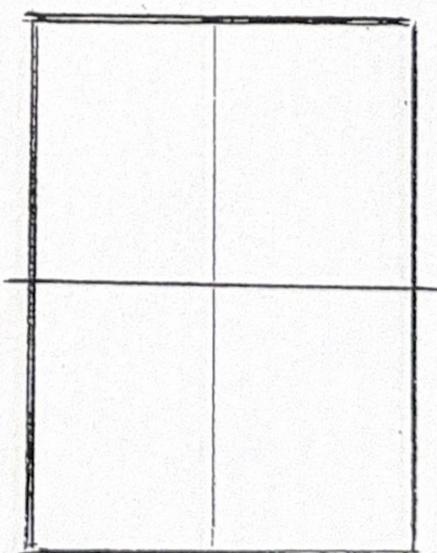
BH chop
 3

2x8'



SERVICE FUS
 BH 1
 2 + FREE

2x8'



INDIVIDUAL OR
 SETS

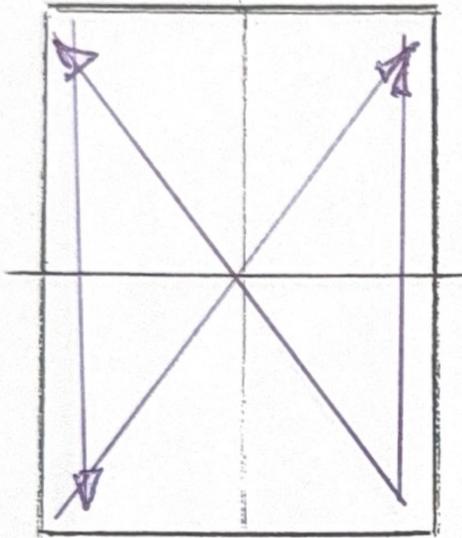
16.02.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

1. SERVICE PRACTICE 2. MULTIBALLS

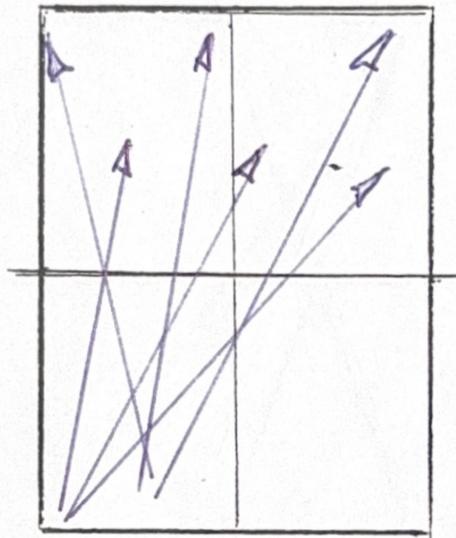
3. PHYSICAL PREPARATION - SKIPPIN ROPES ≈ 20'

WARMING-UP - THERABANDS

15'

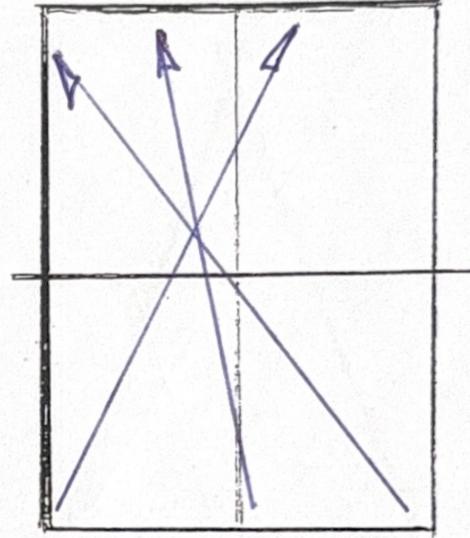


BH DOWN FU
5' NETLINE 5'
2x25'



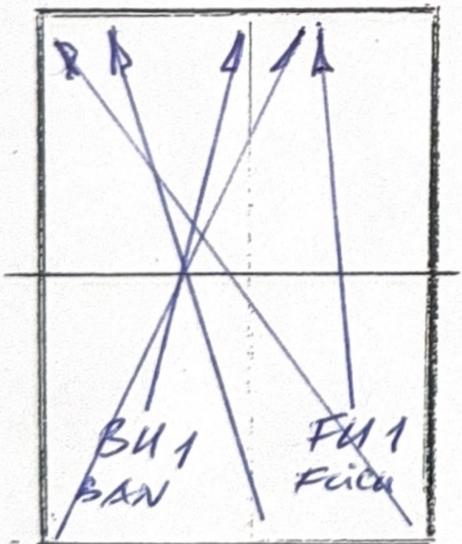
SERVICE
10'-SHORT
10'-LONG

12'



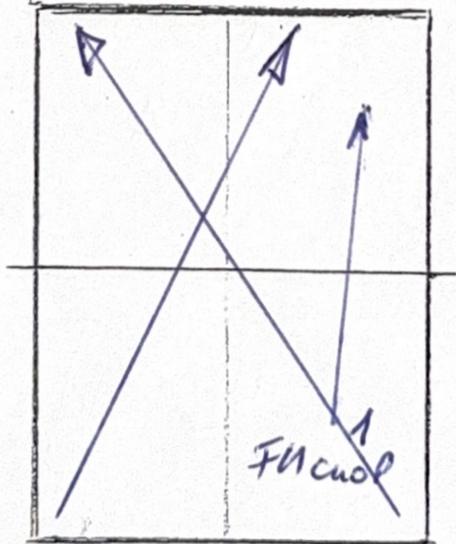
BH FUS FUS
3 1 2
BIS

12'



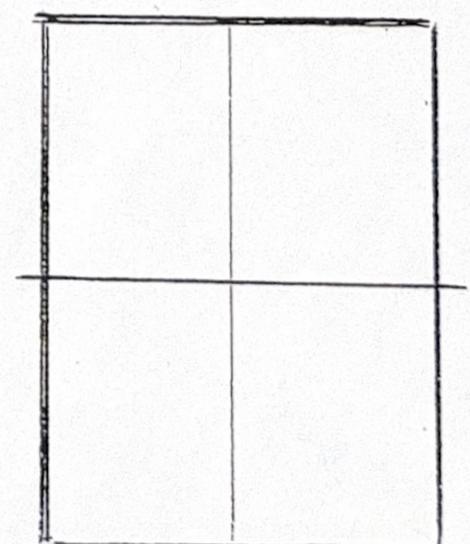
BH FUS FUS
2 1 3

12'



BUS + FREE FUS
2 1BALL 3

12'



INDIVIDUAL

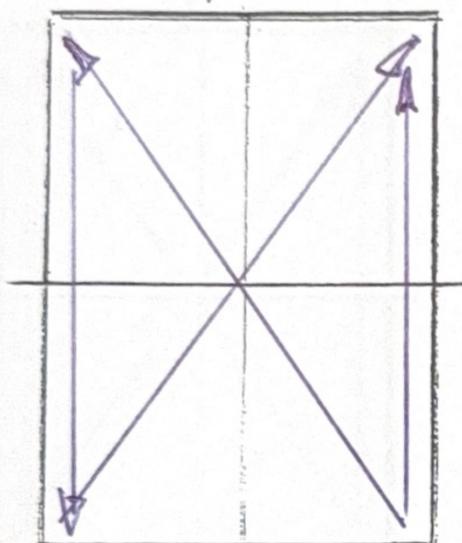
17.02.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. SPEED OF ATTACKING STROKES

3. PLACEMENT 4. UP AND DOWN - WIN YOUR SERVICE 120'

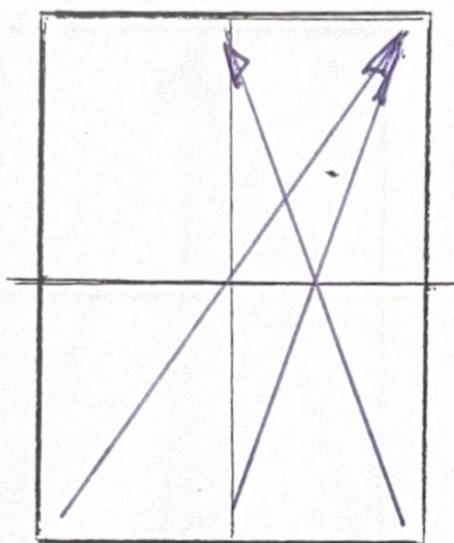
WARMING UP - THE RABANDS

15'



BH DOWN FH
SI THE LINE SI
SI

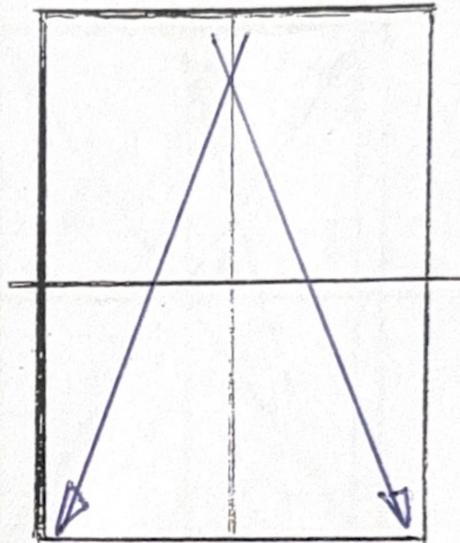
2x8'



BH FHS FHS
2 1 3

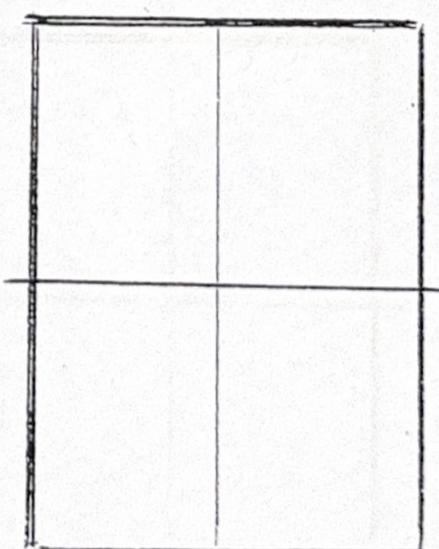
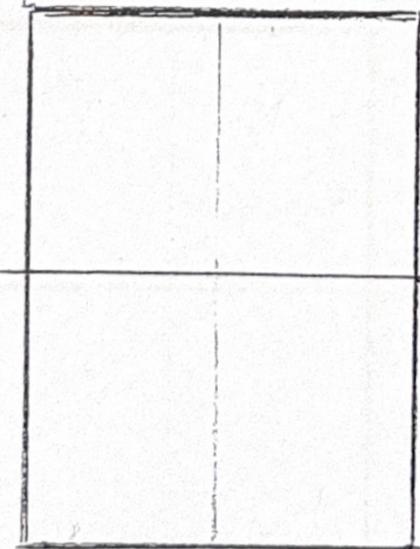
2x8'

FHS



BH AFTER FH
BLOCK 8 BALLS BLOCK
1,3,5,7 FREE 2,4,6,8 - COUNTER
SPIN

2x8'



INDIVIDUAL
FROM SERVICE
ADVANTAGES