

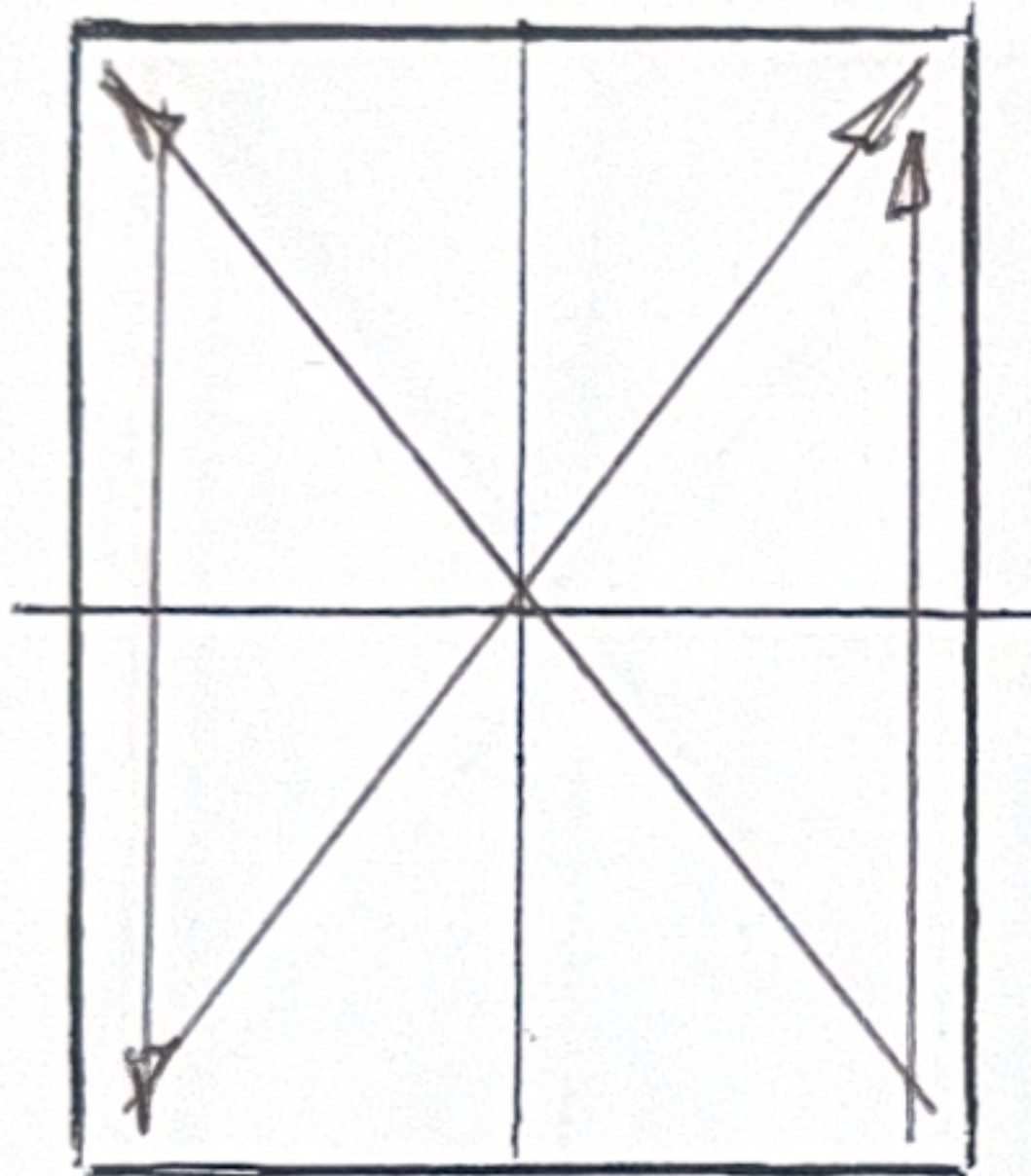
12.04.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TACTICAL PREPARATION 2. 3rd BALL ATTACK

3. UP AND DOWN (WIN YOUR SERVE)

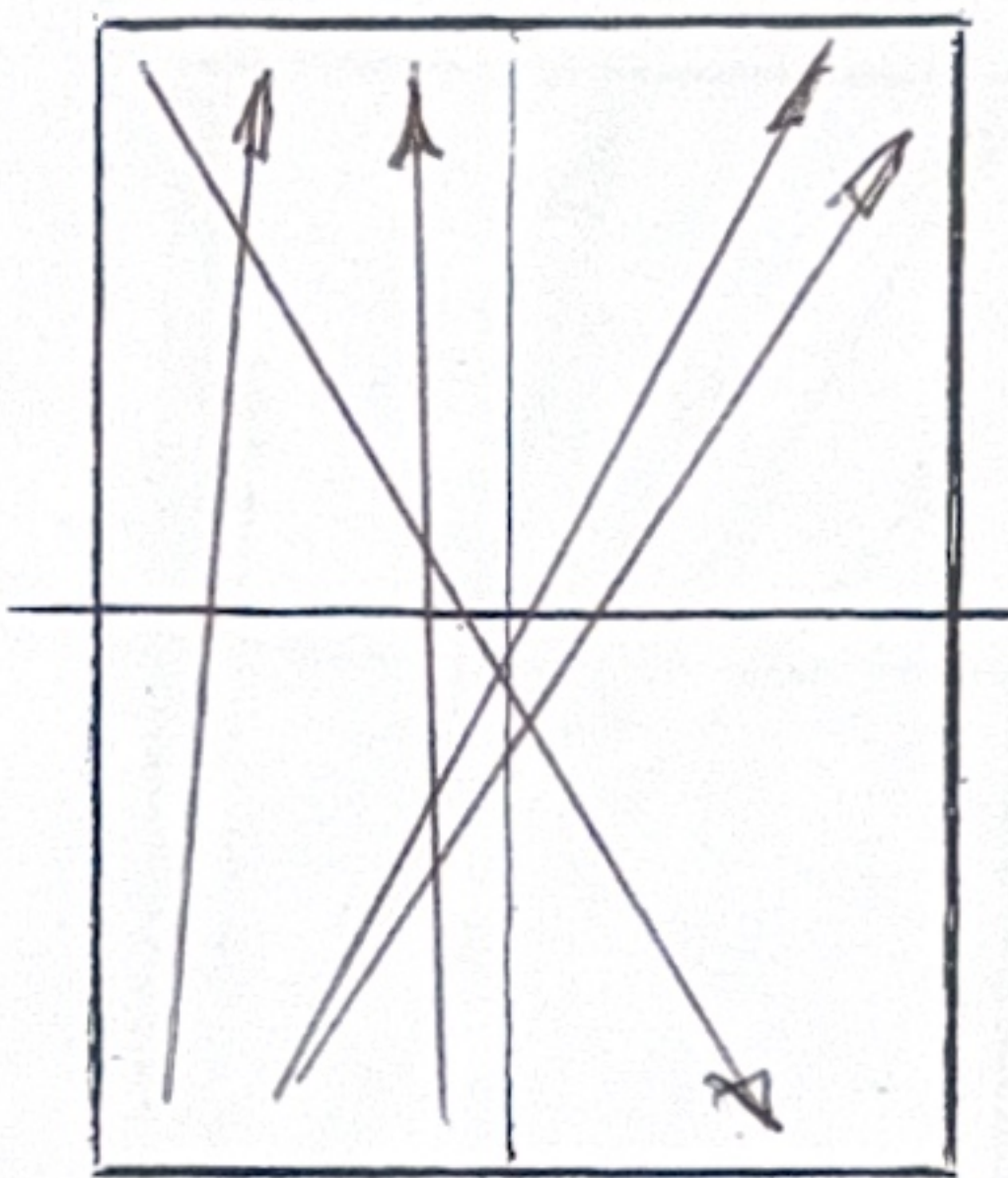
PHYSICAL → BEFORE TRAINING ON TABLE: SPEED FOOTWORK
5' x 20" x 40"

15'



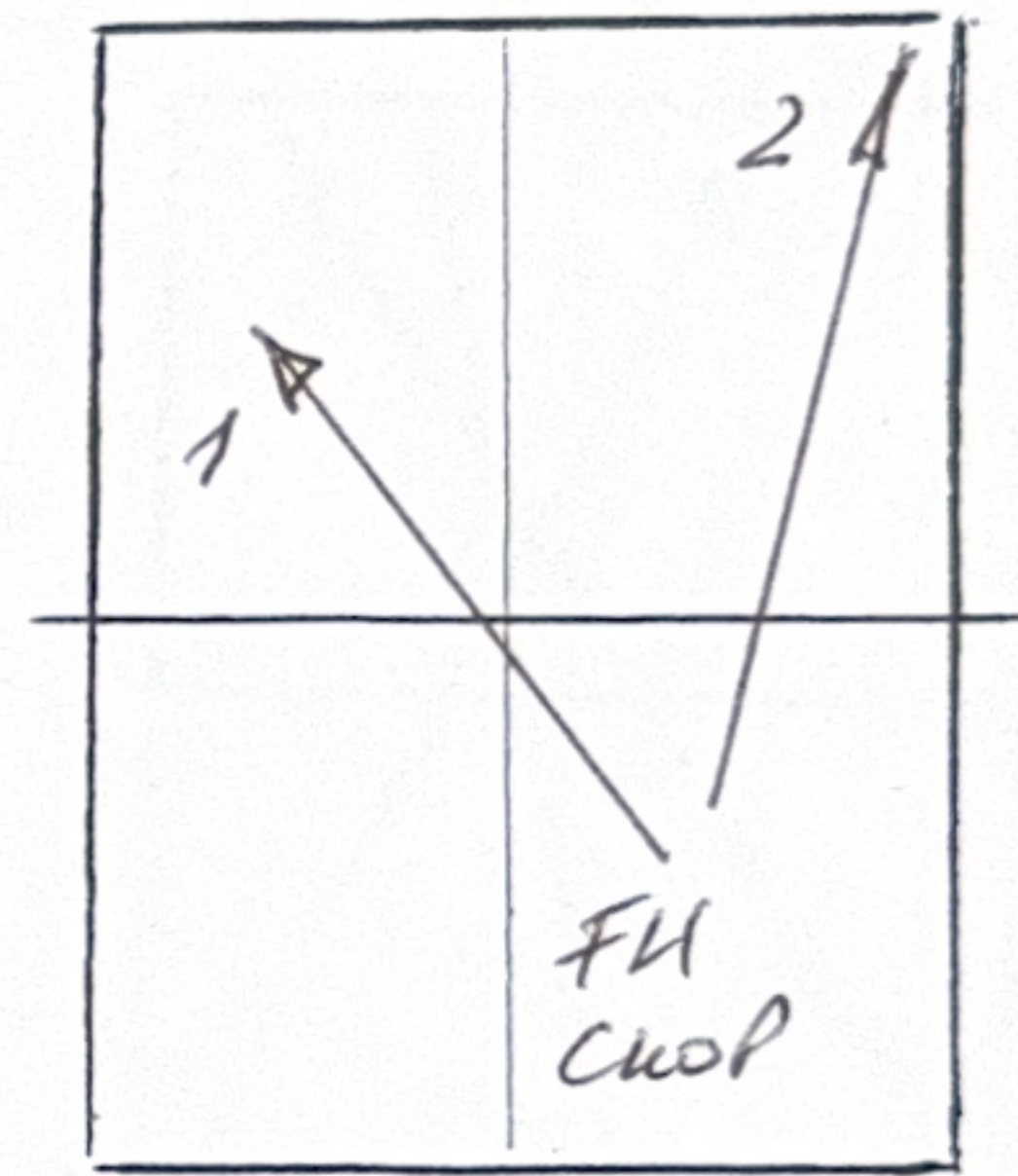
BH DOWN THE FUS
SI LINE SI SI

10'

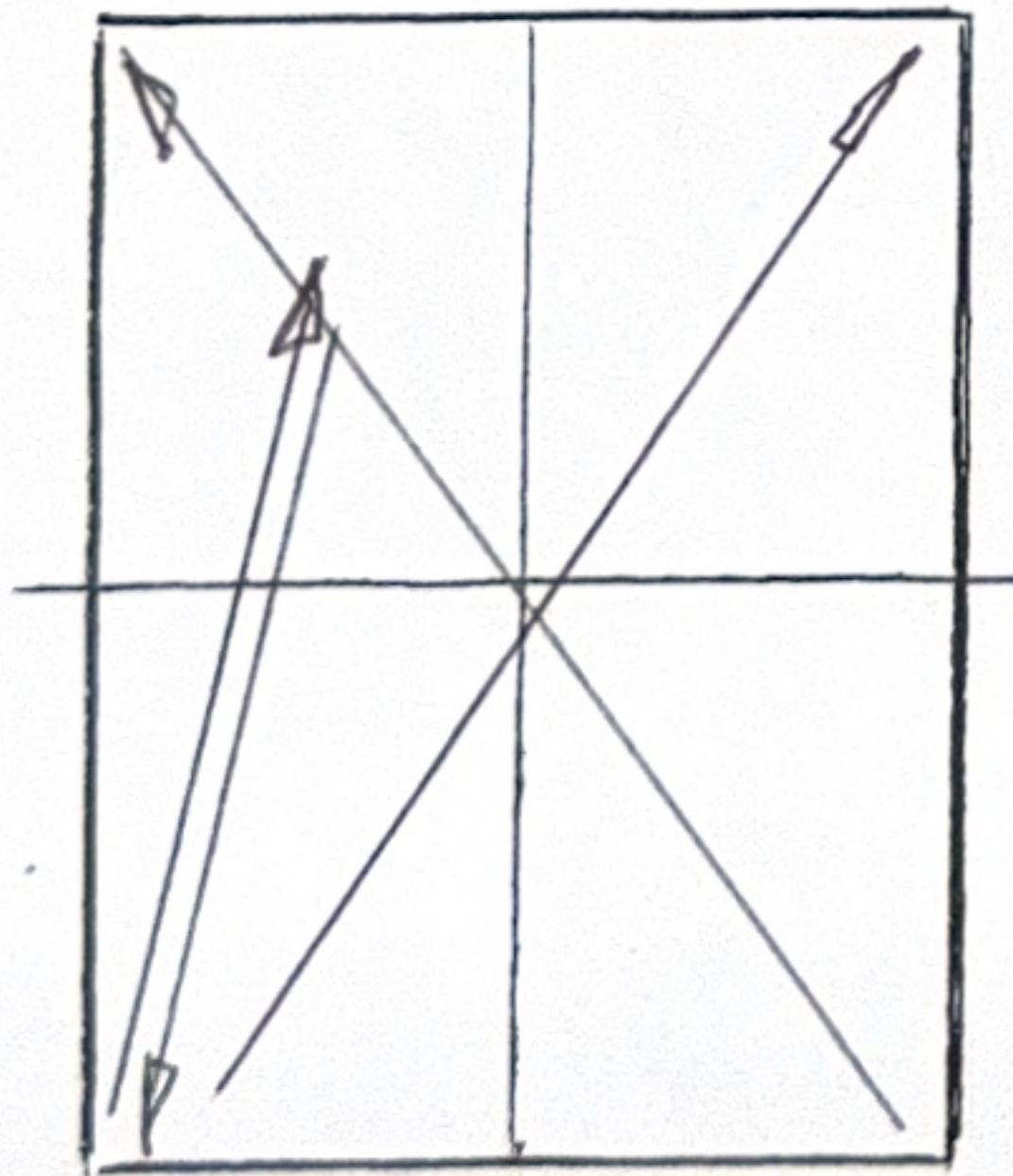


ALL TABLE
FREE

2 x 4'

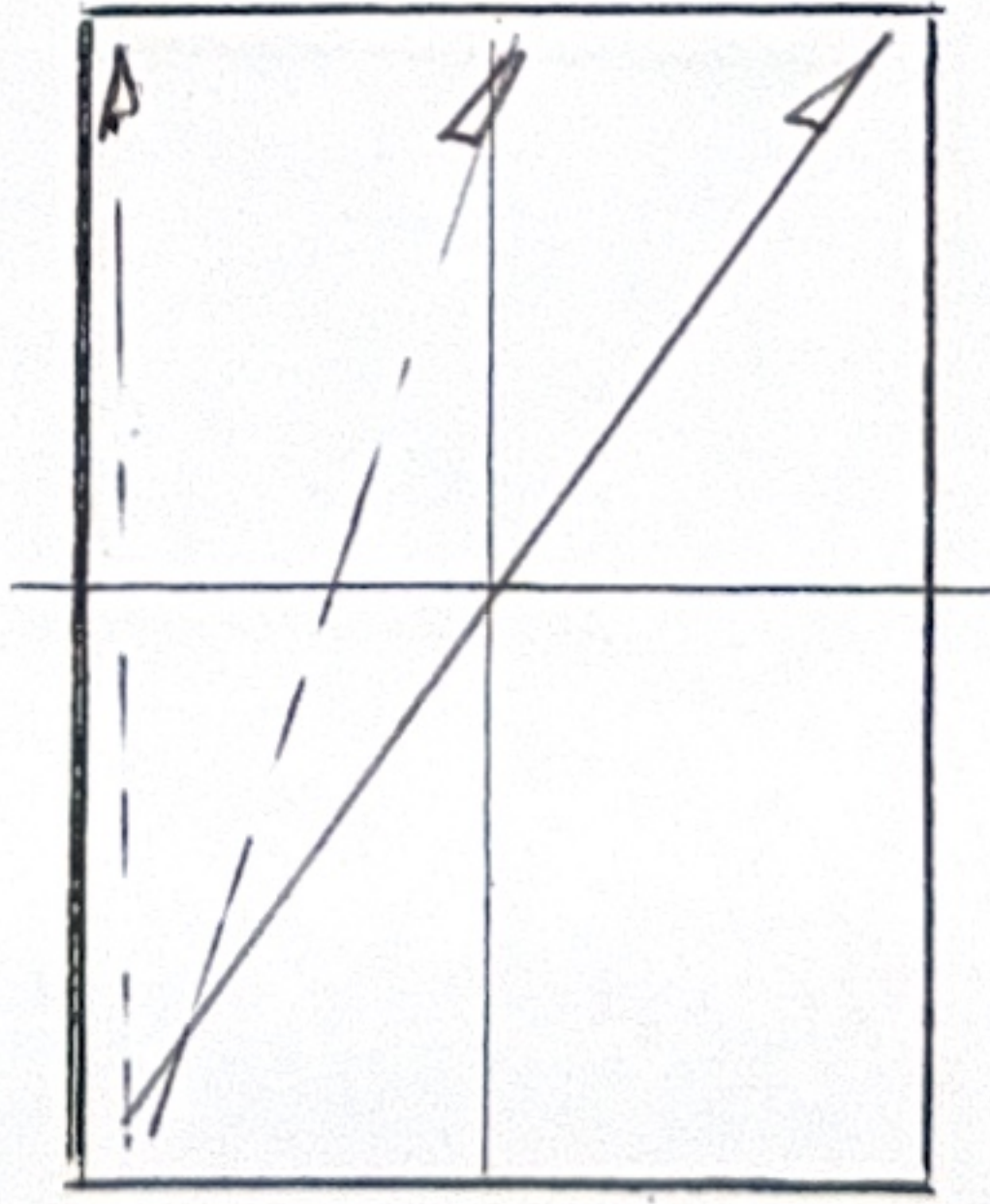


2 x 8'

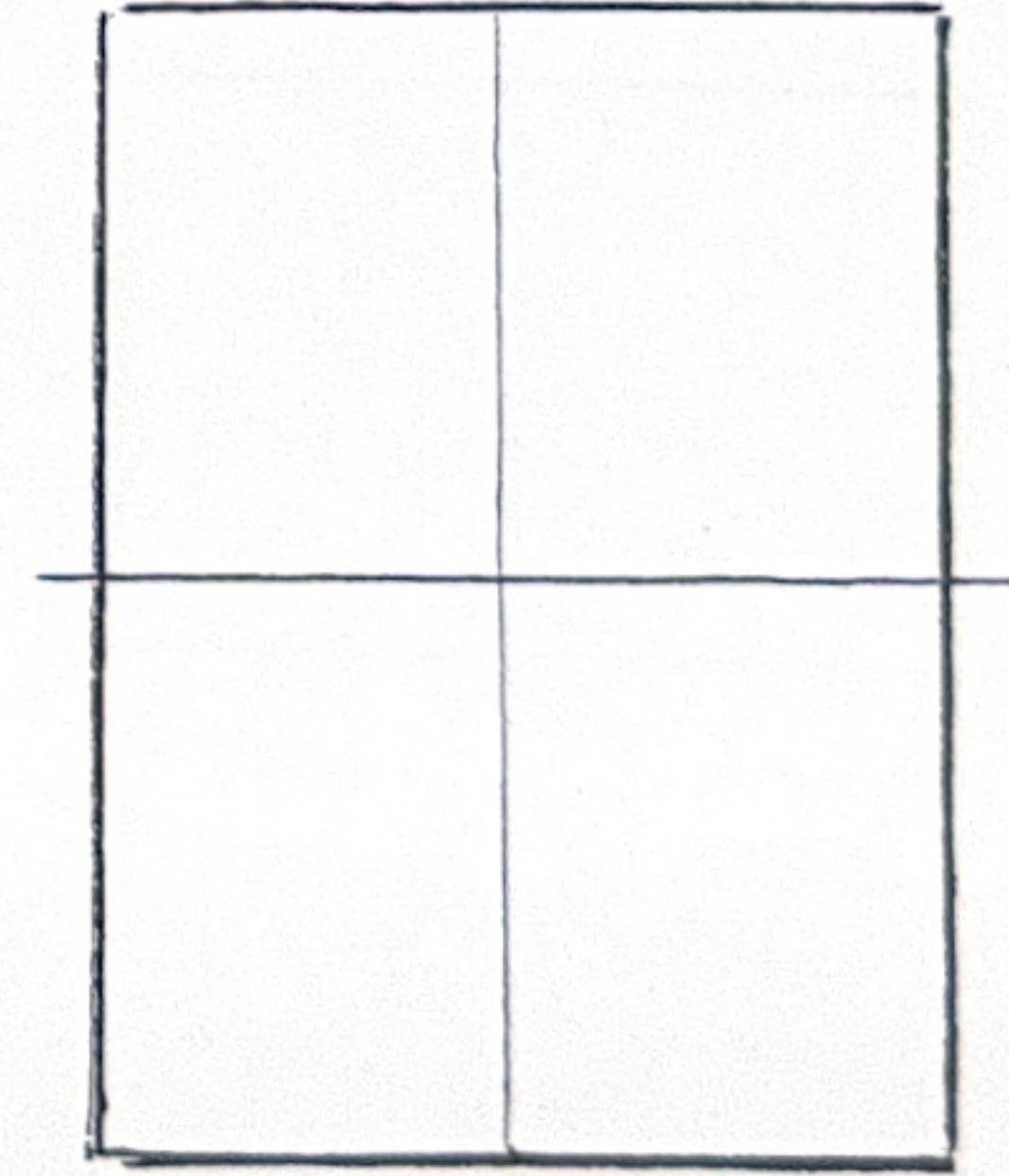


SERVICE BIS FUS
BUS/FUS 2
1

2 x 8'



SERVICE LONG
+ FREE



UP AND DOWN

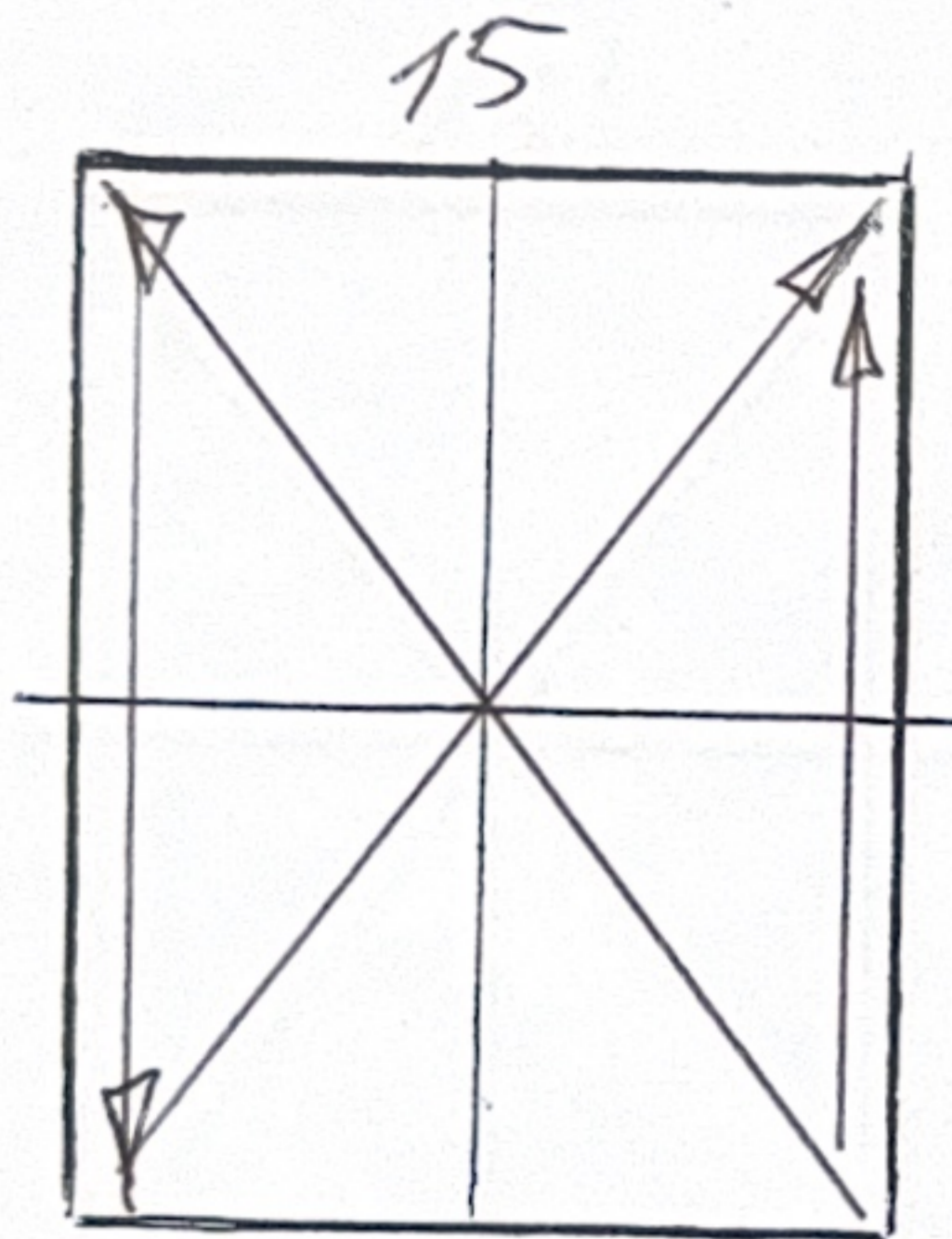
PHYSICAL → SKIPPING ROPES ≈ 20'

13.04.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

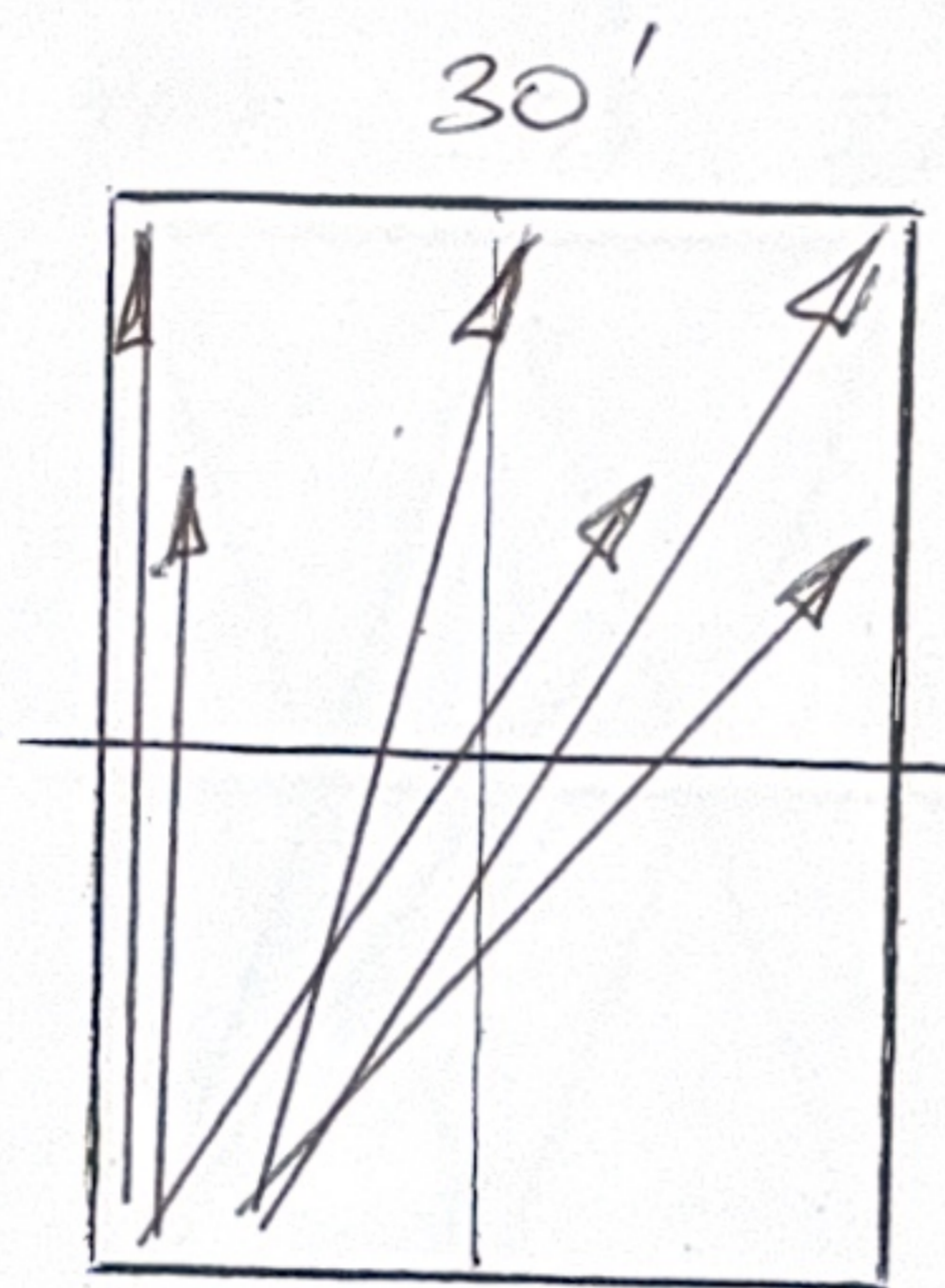
1. MULTIBALLS 2. TACTICAL COMBINATIONS → ADVANTAGES

3. SERVICE PRACTICE (SPIN, PLACEMENT)

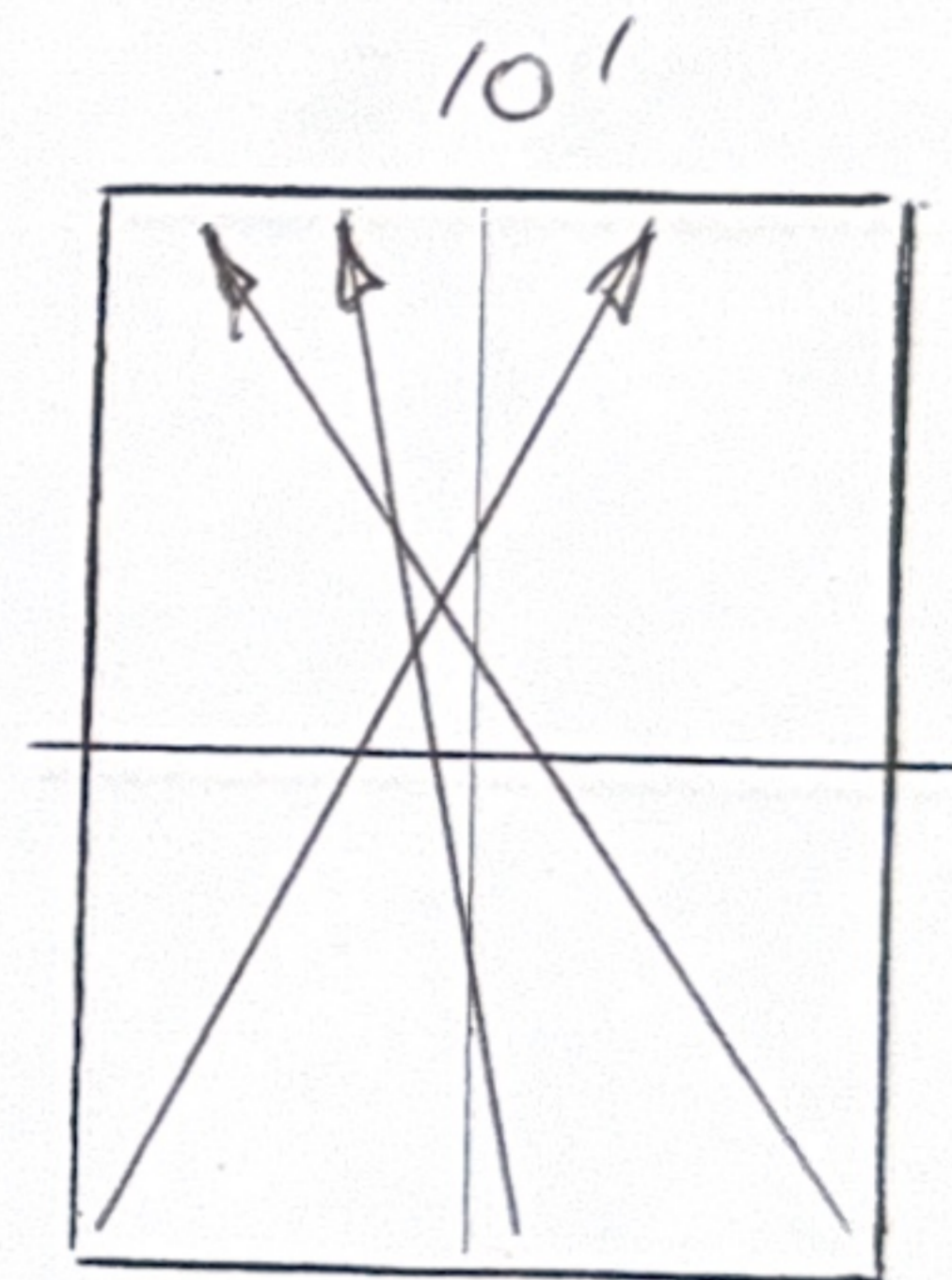
PHYSICAL FOOTWORK BEFORE TRAINING ON TABLE 5x20x40'



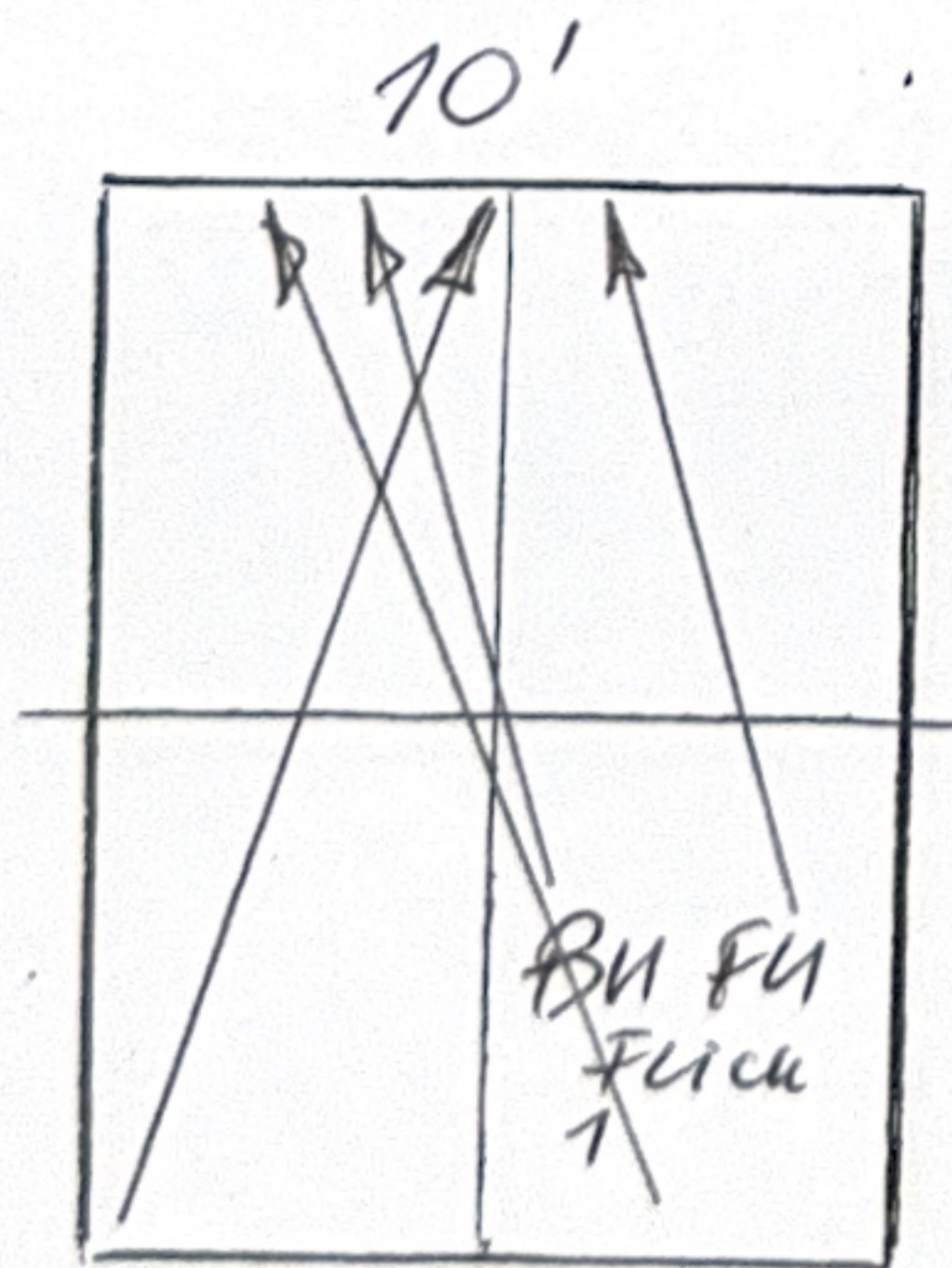
BH DOWN THE FH
5' LINE 5' 5'



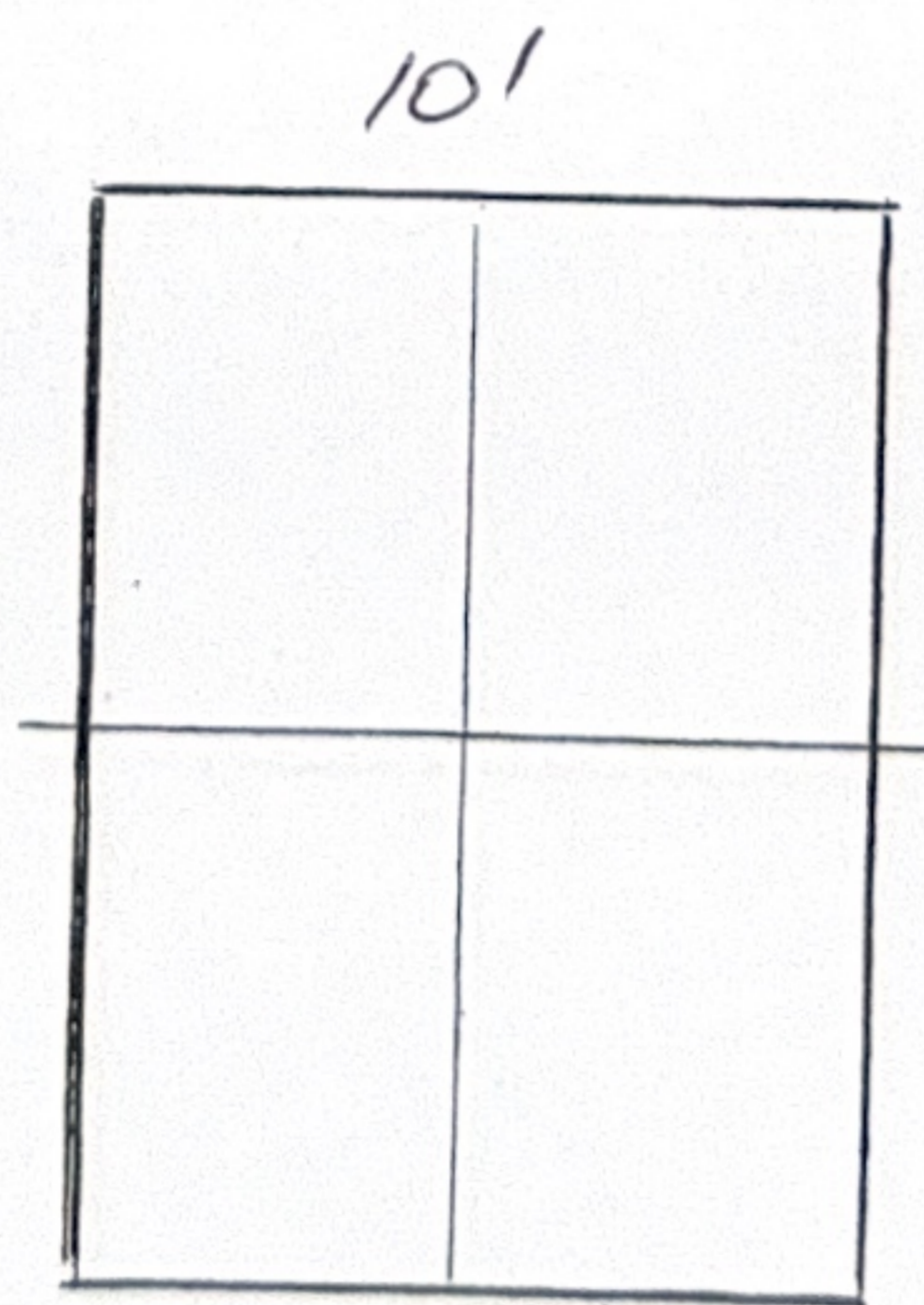
SERVICE PRACTICE
15' - SHORT
15' - LONG



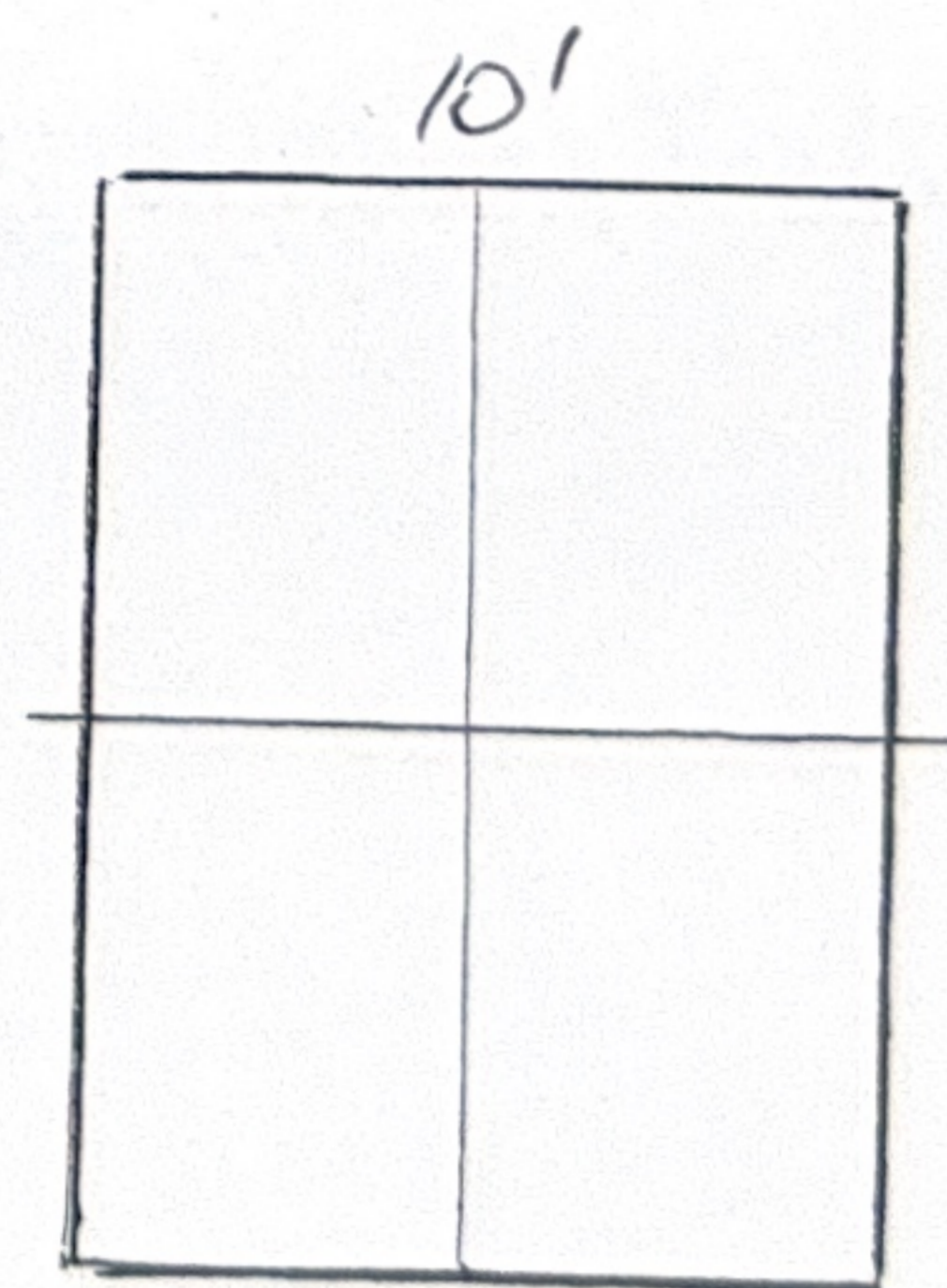
BHS2 VS CHOP
FHS3 VS CHOP
FHS1 VS CHOP



BH 2
FHS 3



INDIVIDUAL
ADVANTAGES



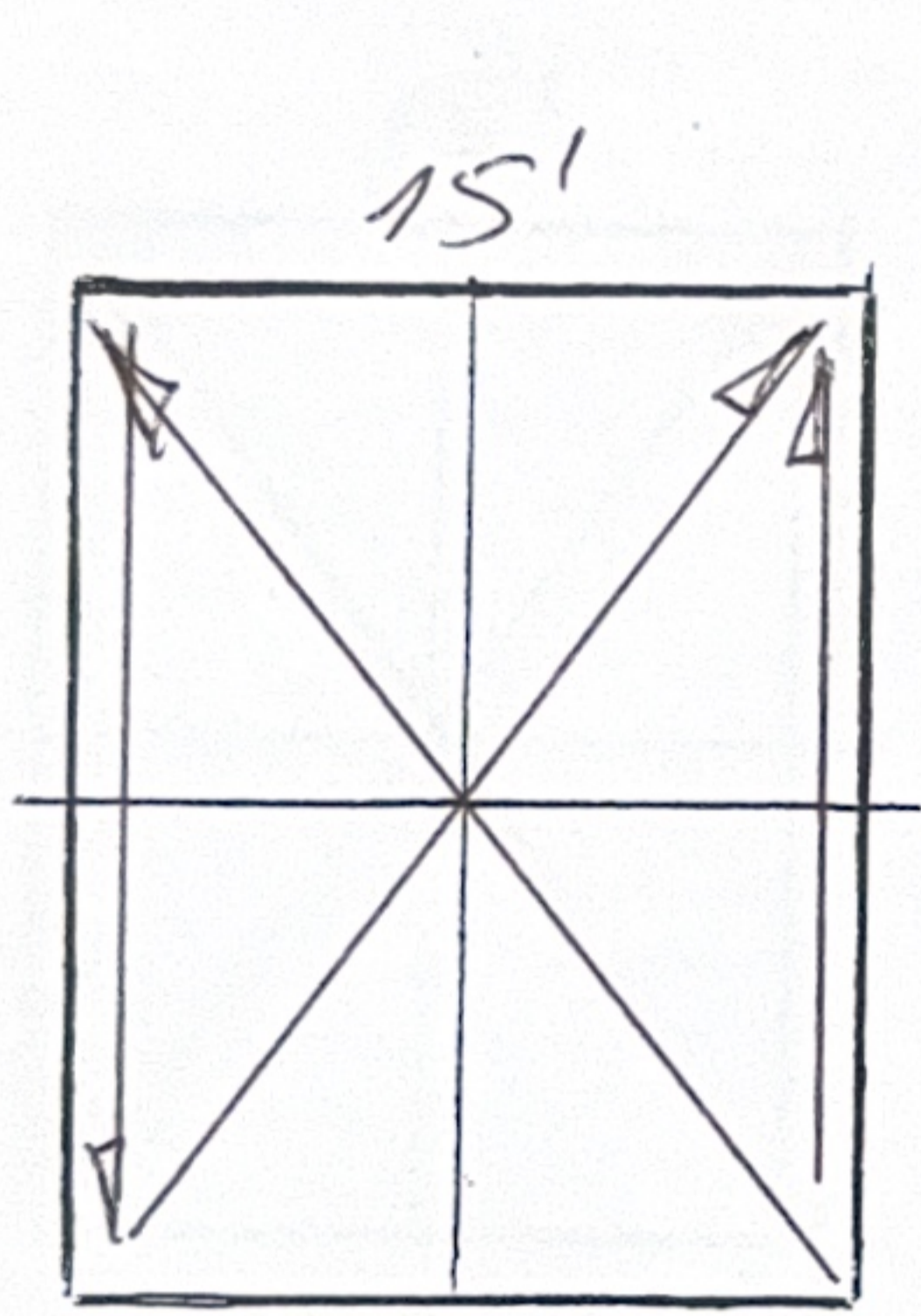
INDIVIDUAL
ADVANTAGES

PHYSICAL : SLIPPING ROPES ≈ 20' + LATER /50/50/

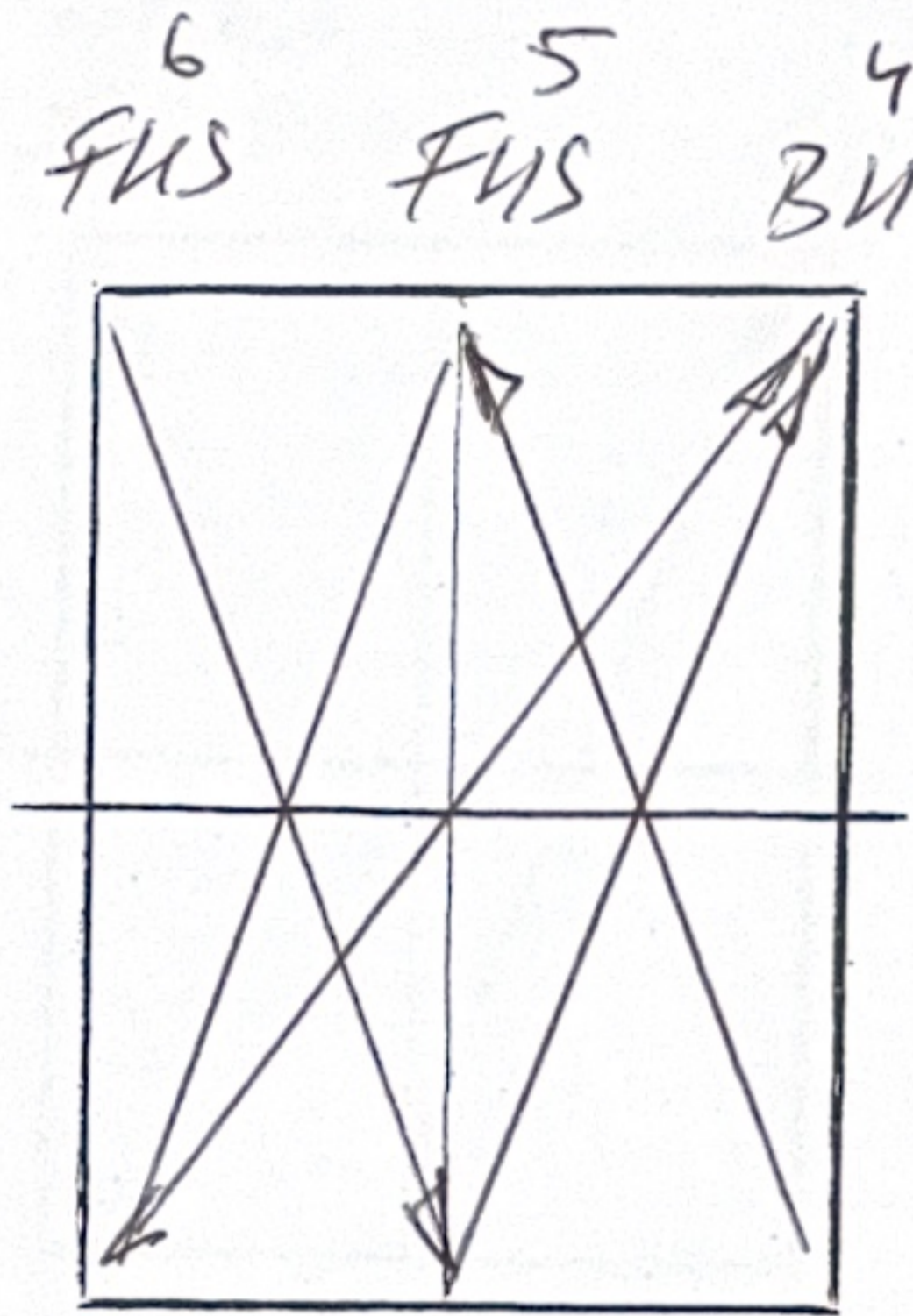
14.04.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUADS

1. TACTICAL PREPARATION 2. TRAINING MATCHES

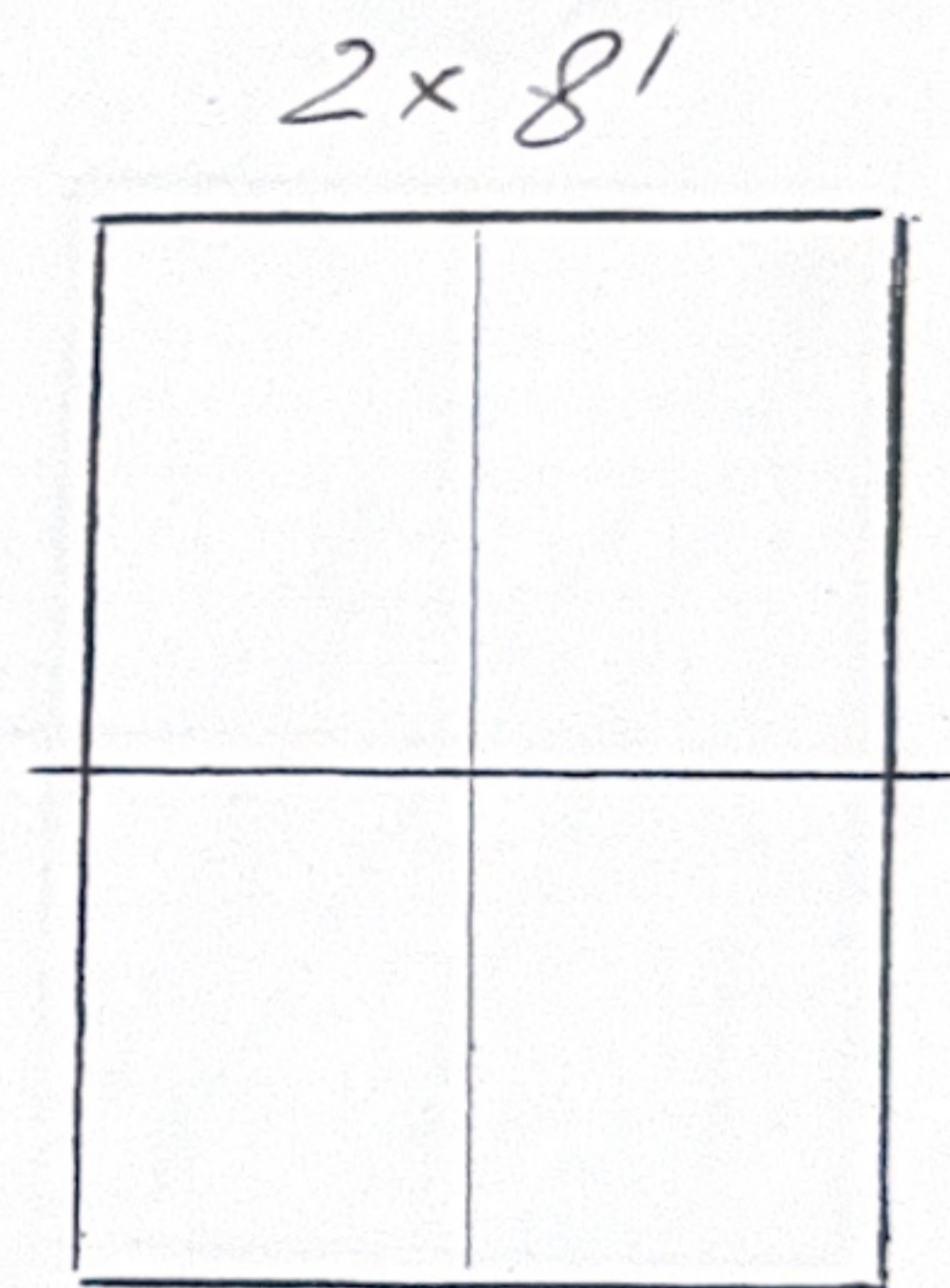
PHYSICAL: FOOTWORK → SPEED 7' x 15" x 30"



BH DOWN THE FH
5' LINE 5' 5'



BH FHS FHS
1 2 3
10'-TOGETHER



INDIVIDUAL
FROM SERVICE
ADVANTAGES

MATCHES UP- AND DOWN BEST OF 3 (17-11-10-10)

