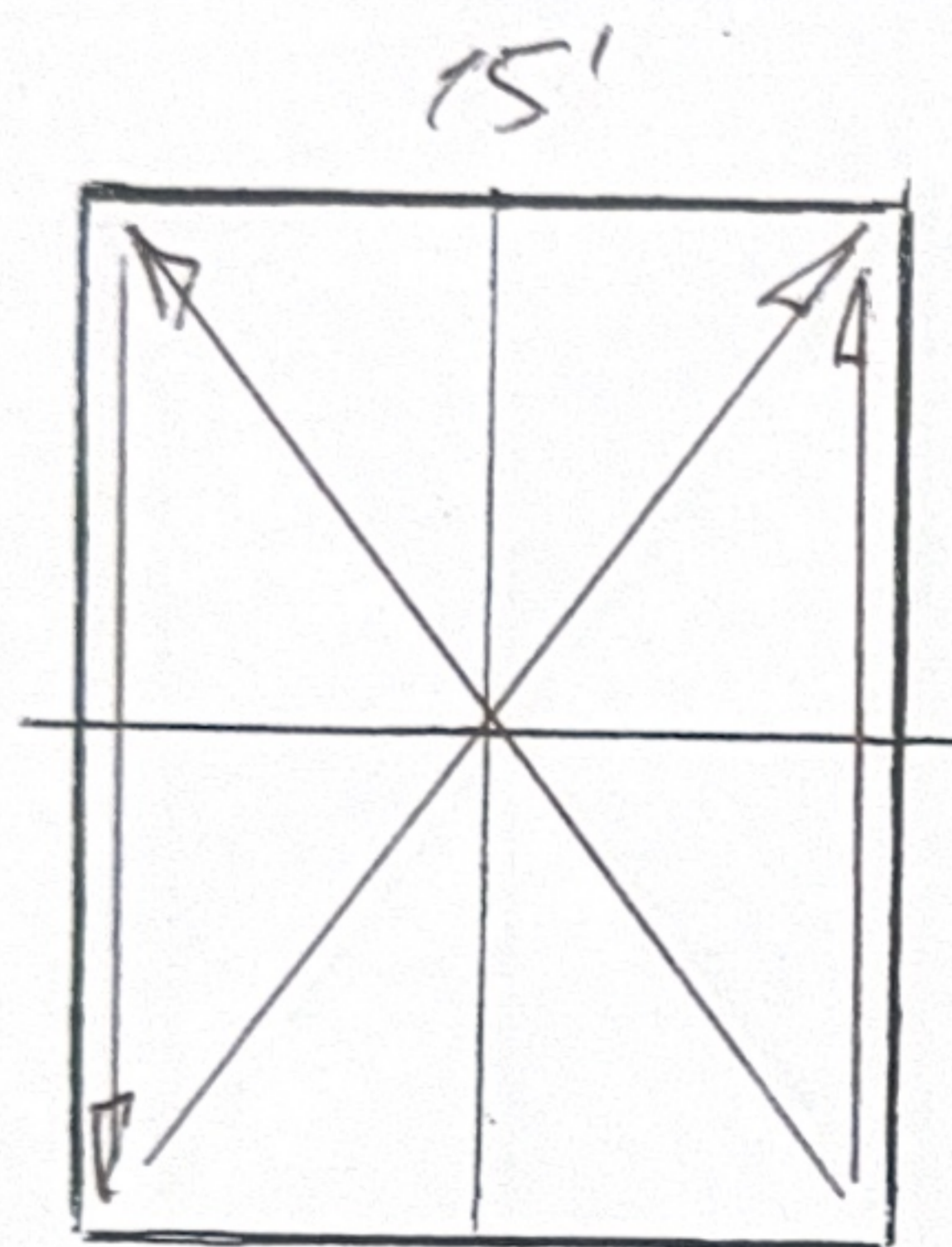


12.04.2026 SUNDAY 15.30-18.00 ELITE SQUAD

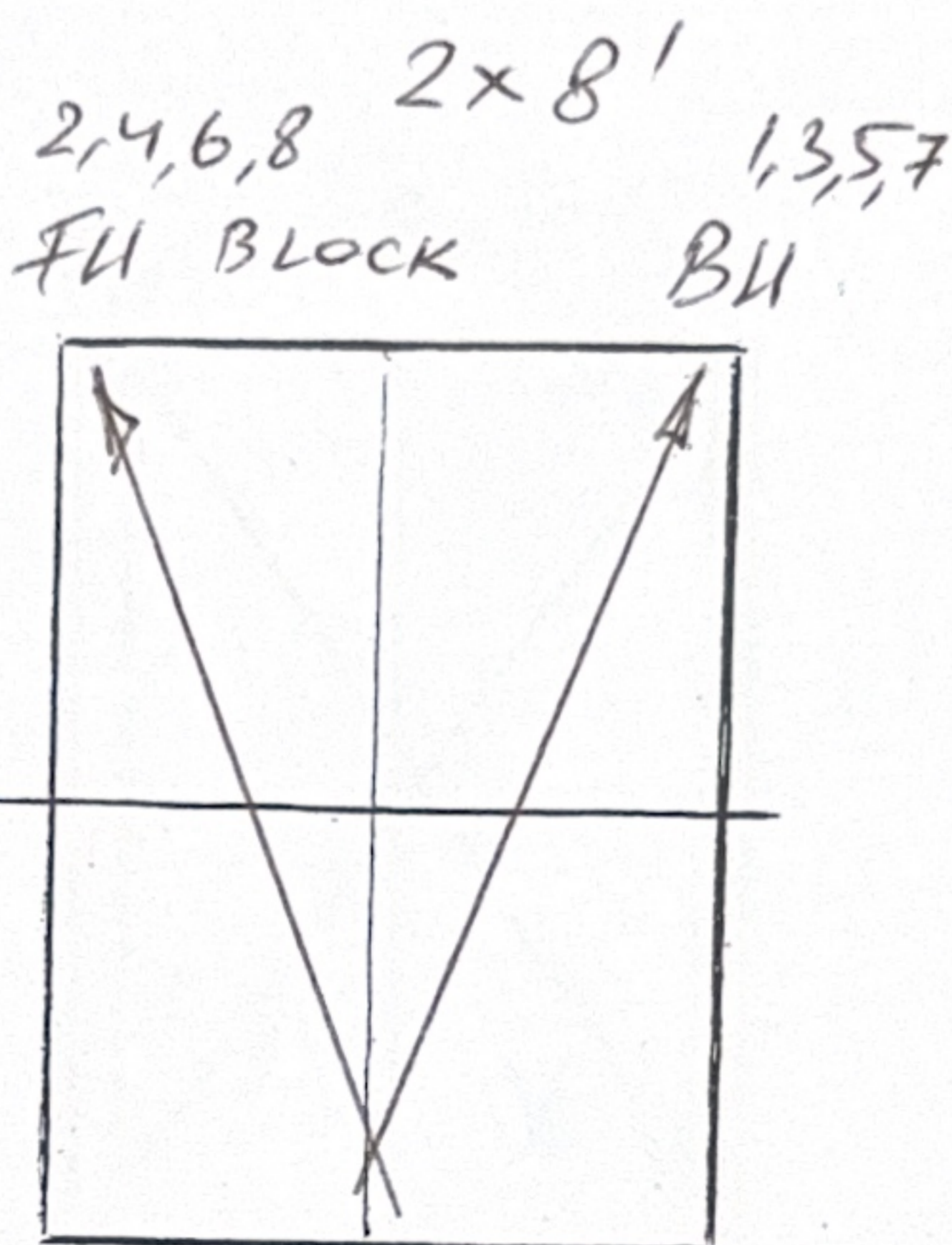
1. TACTICAL PREPARATION 2. PLACEMENT 3. 3TH BALL ATTACK

PHYSICAL: BEFORE TRAINING ON TABLE FOOTWORK WITH TURNS

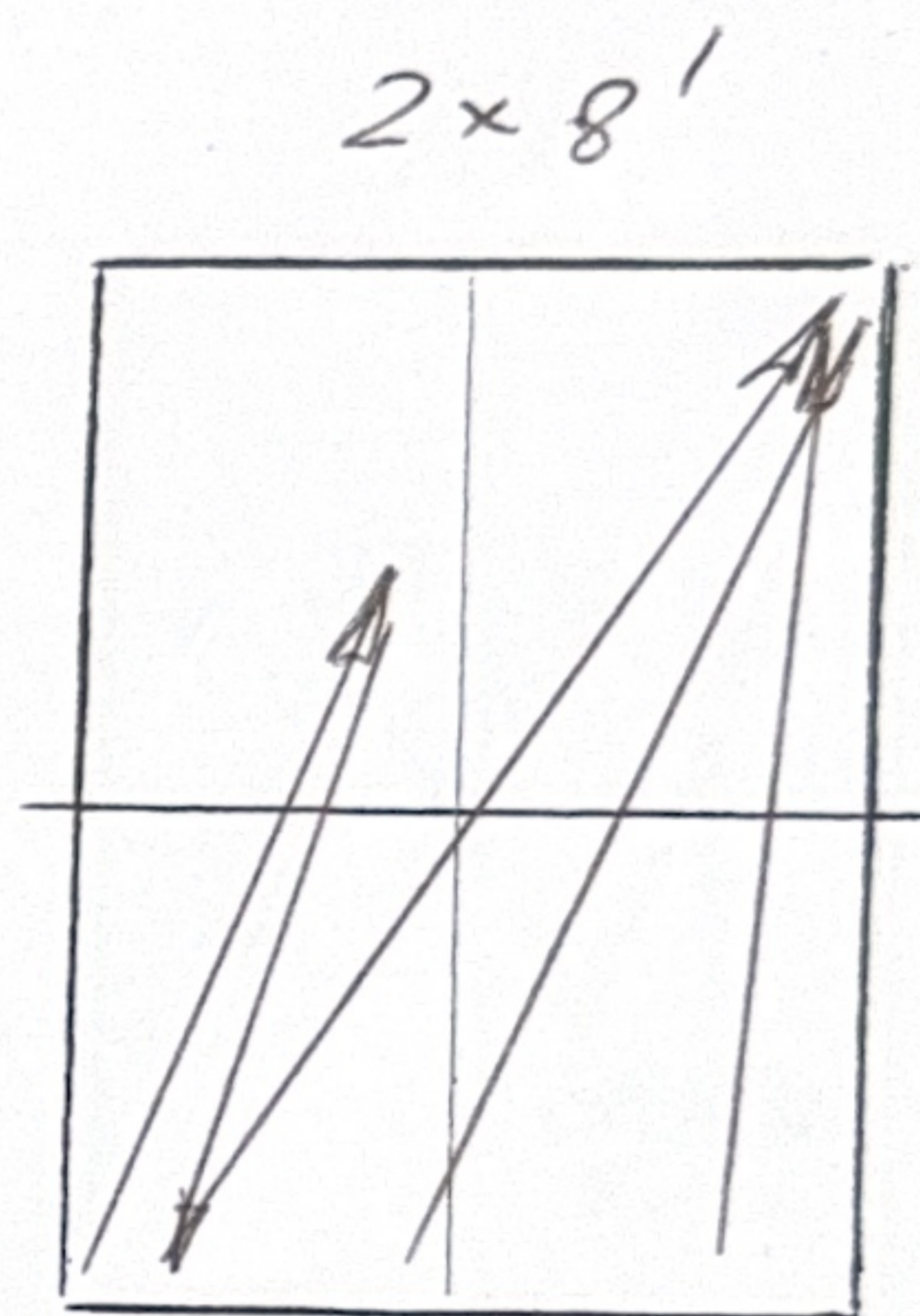
UP AND DOWN $\approx 25'$ (WIN YOUR SERVICE) $5 \times 25' \times 25'$



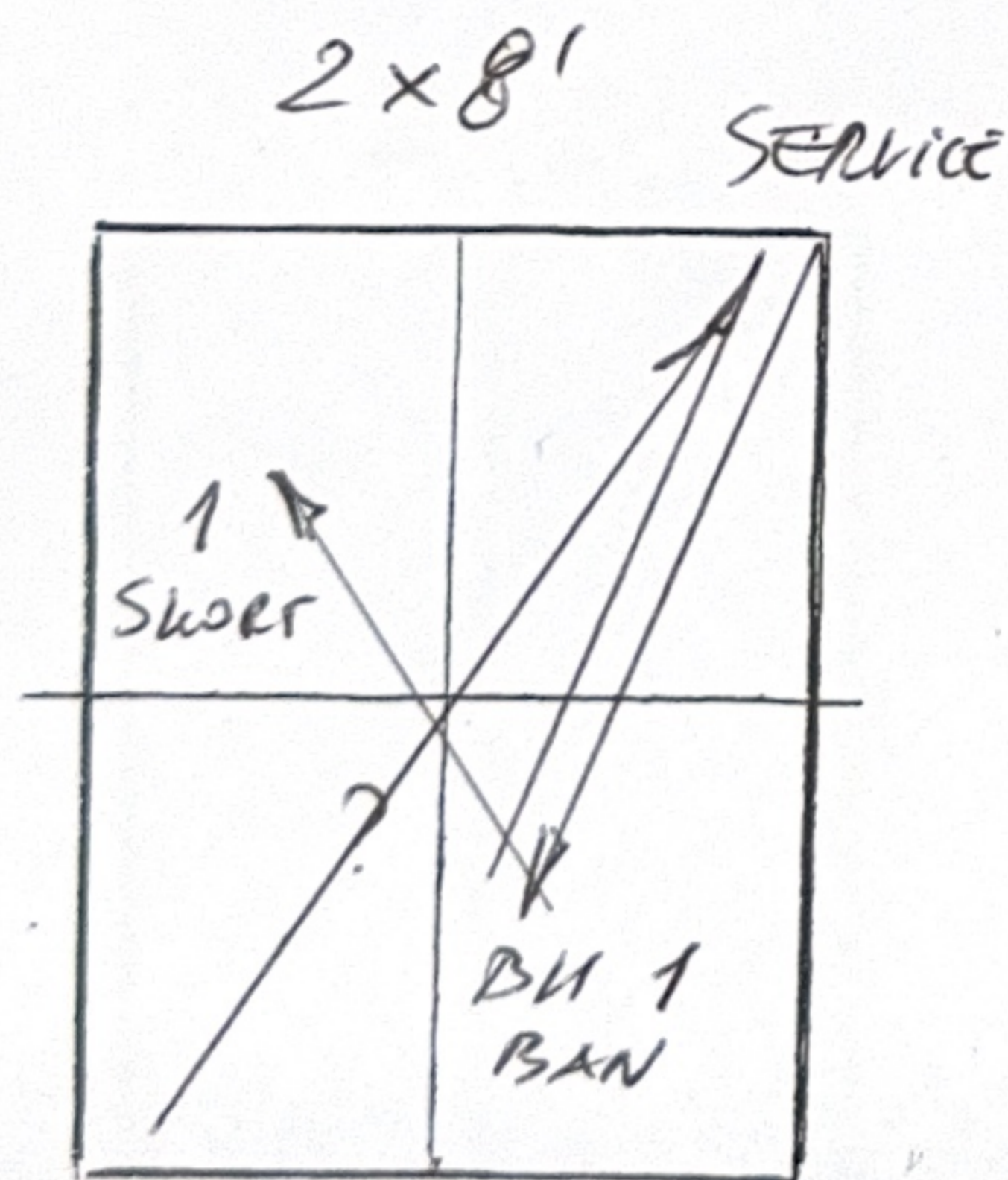
BH DOWN THE FH
5' LINE 5' 5'



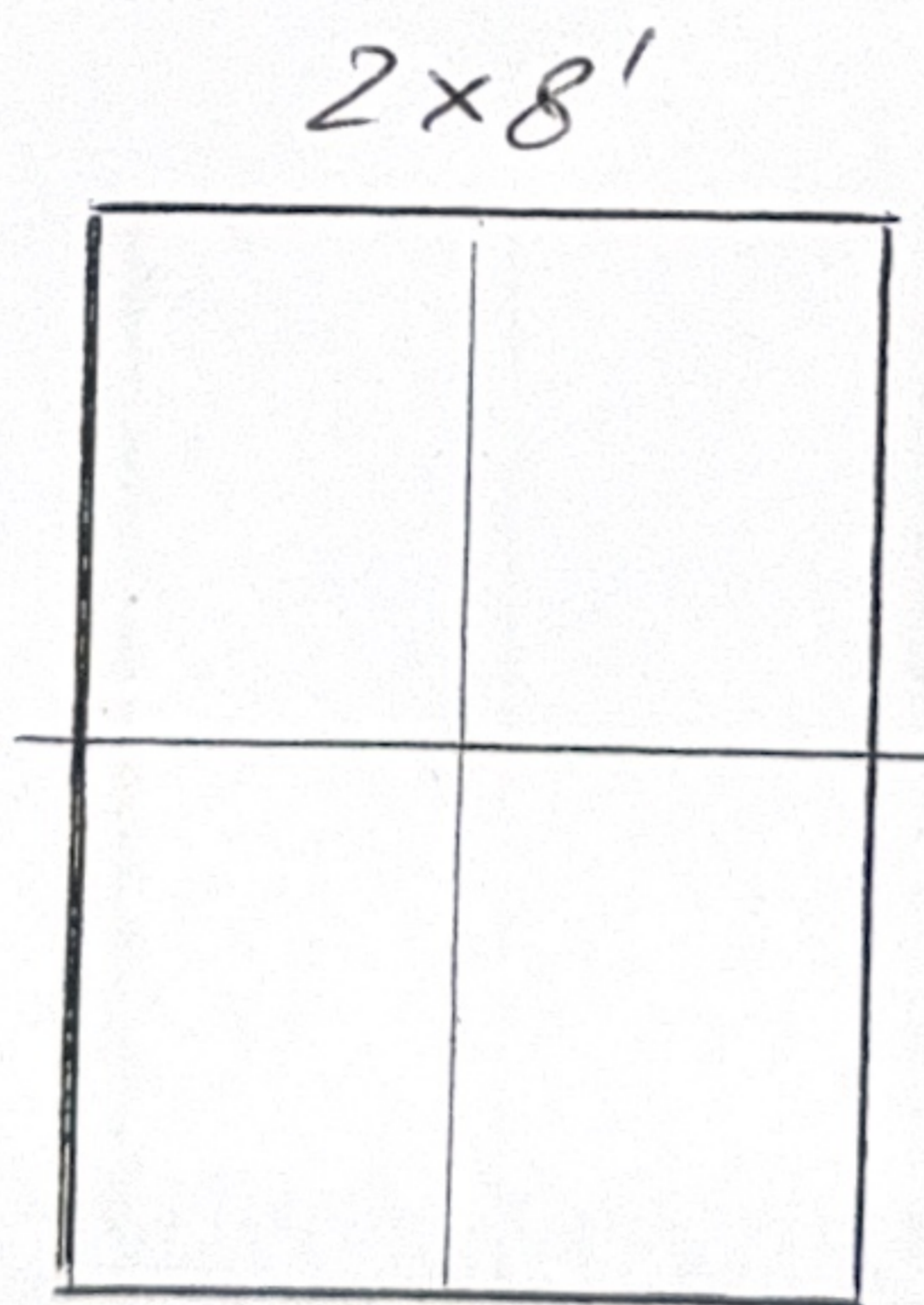
FHS
AFTER 8 BALLS
POINT FREE



SERVICE + FROM
BUS / FHS ALL TABLE
1 TO THE BH



BUS + FREE
2



INDIVIDUAL
FROM SERVICE

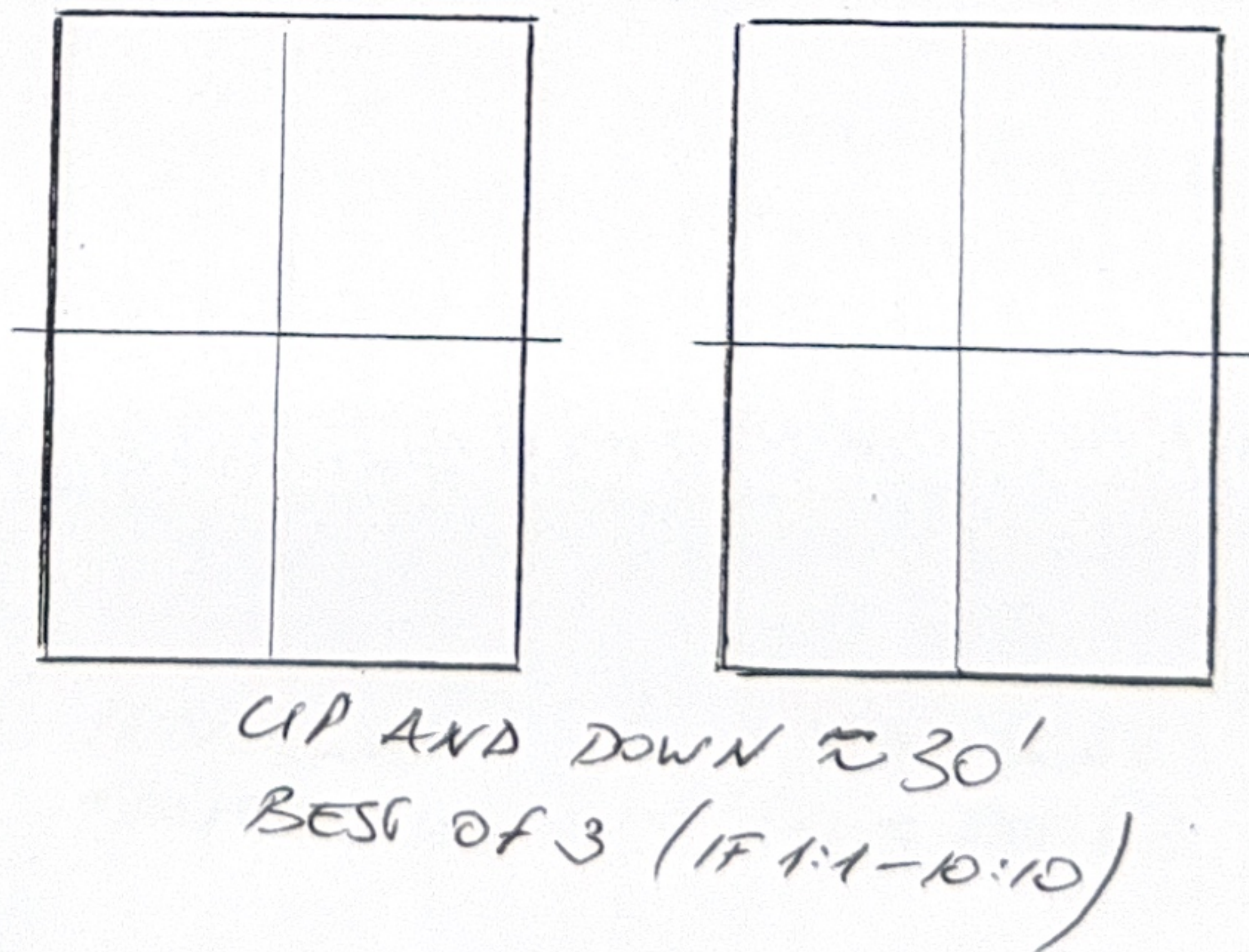
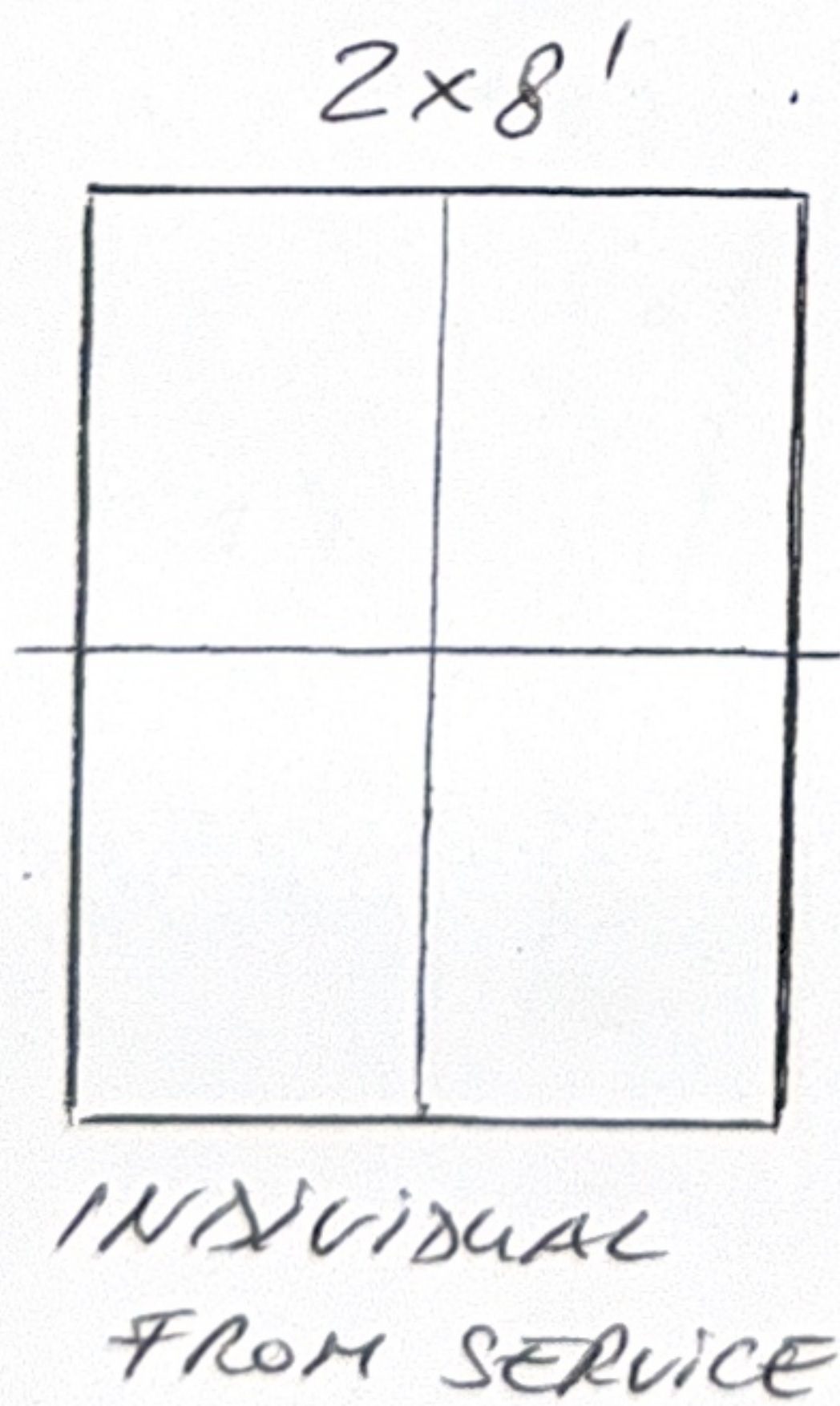
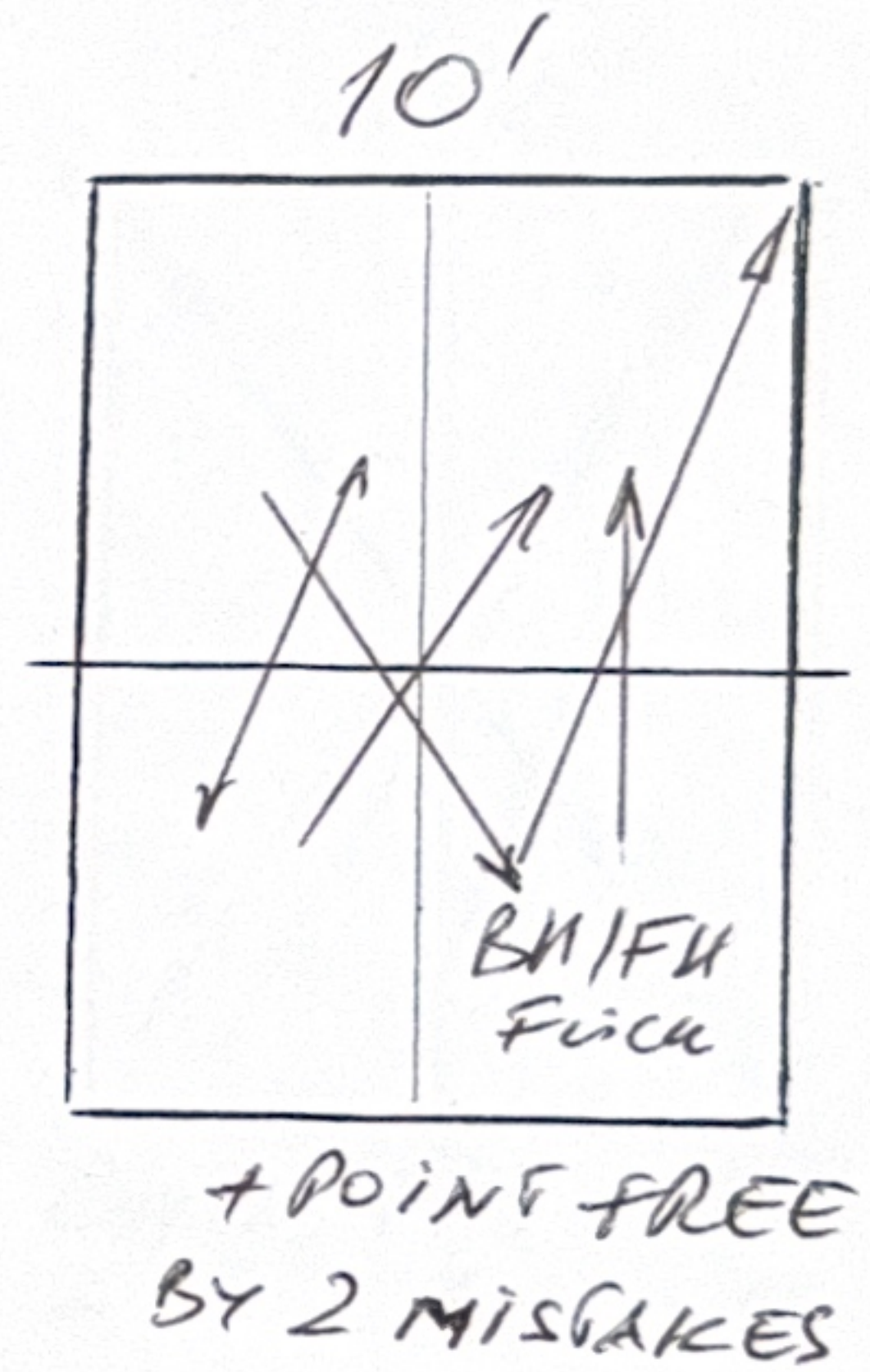
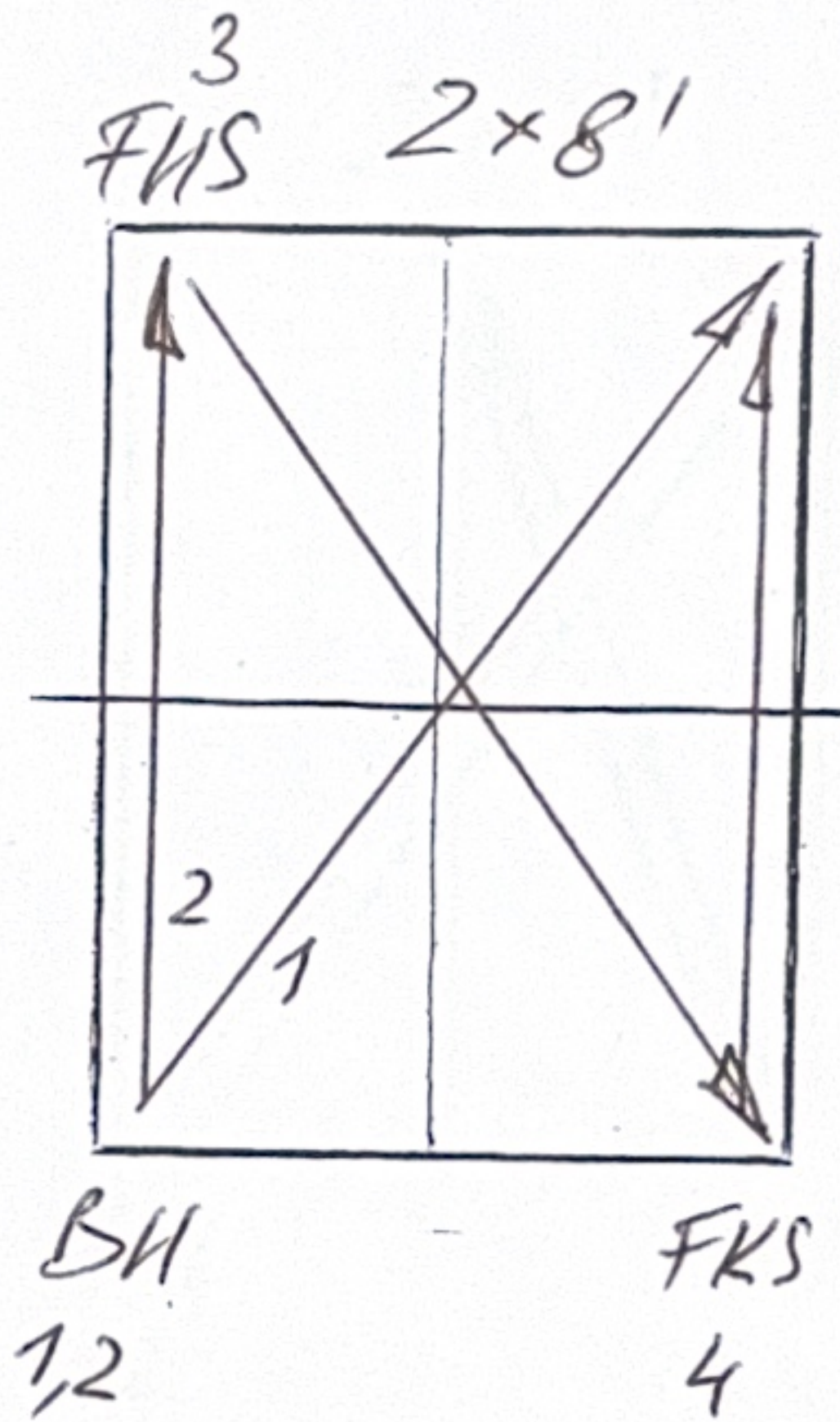
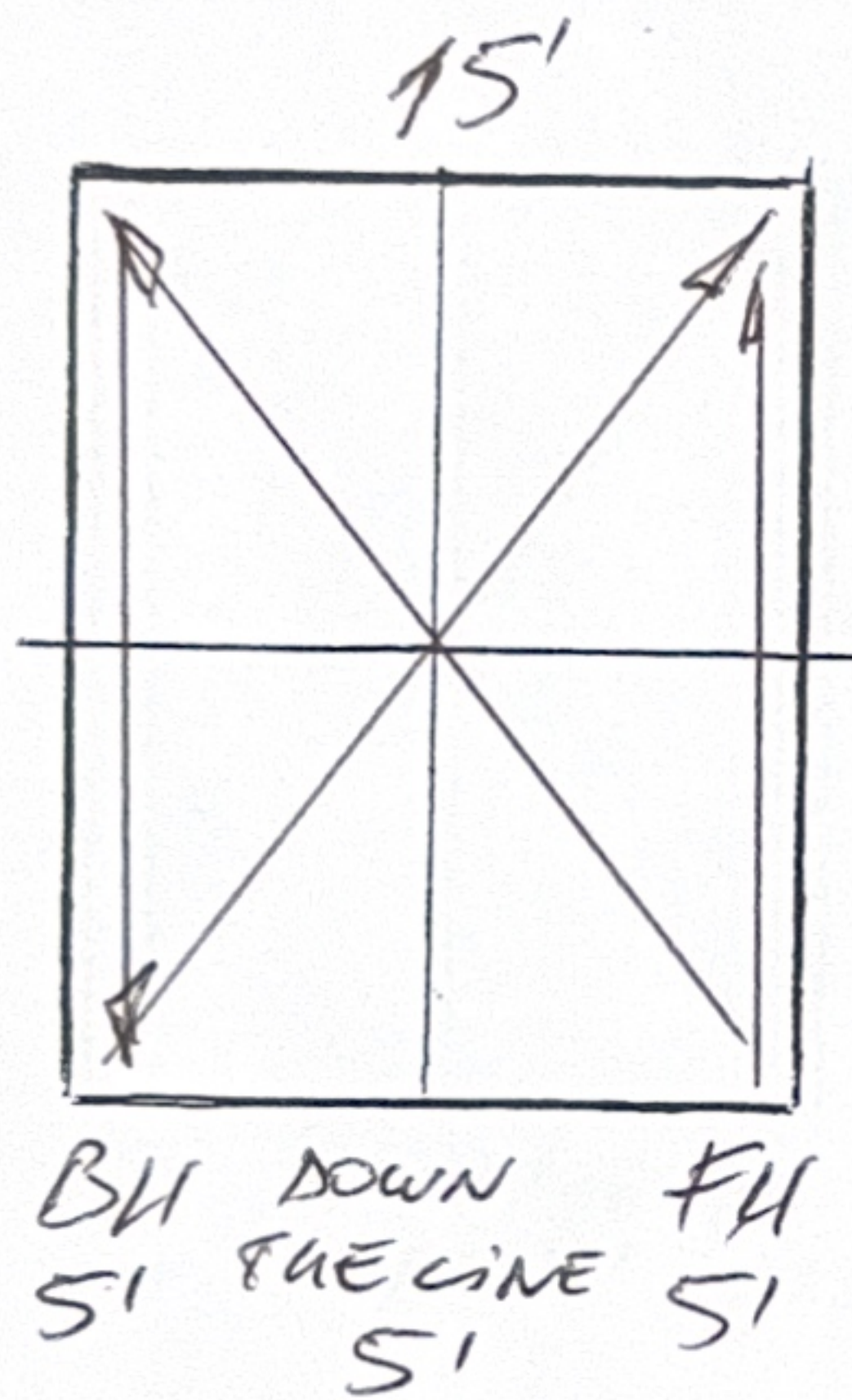


UP AND DOWN
 $\approx 25'$

14.04.2026 TUESDAY 19:15-21:15. ELITE SQUAD

1. TACTICAL PREPARATION 2. TRAINING MATCHES

PHYSICAL: SPRINTS FROM DIFFERENT POSITIONS 10x10x20'



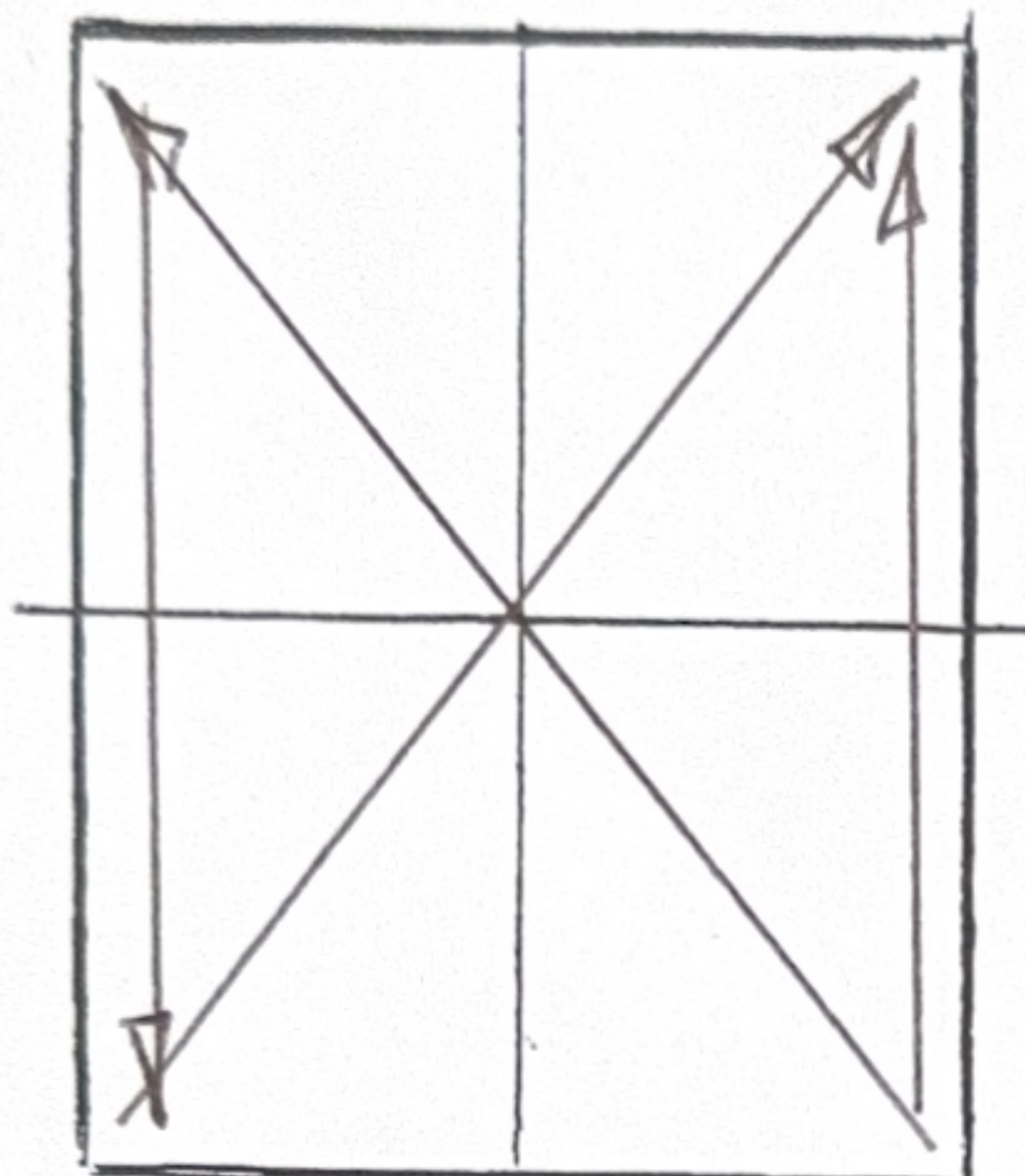
18.04.2026 SATURDAY 15.30-18.00 ELIFE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. INDIVIDUAL FACTICAL

COMBINATIONS

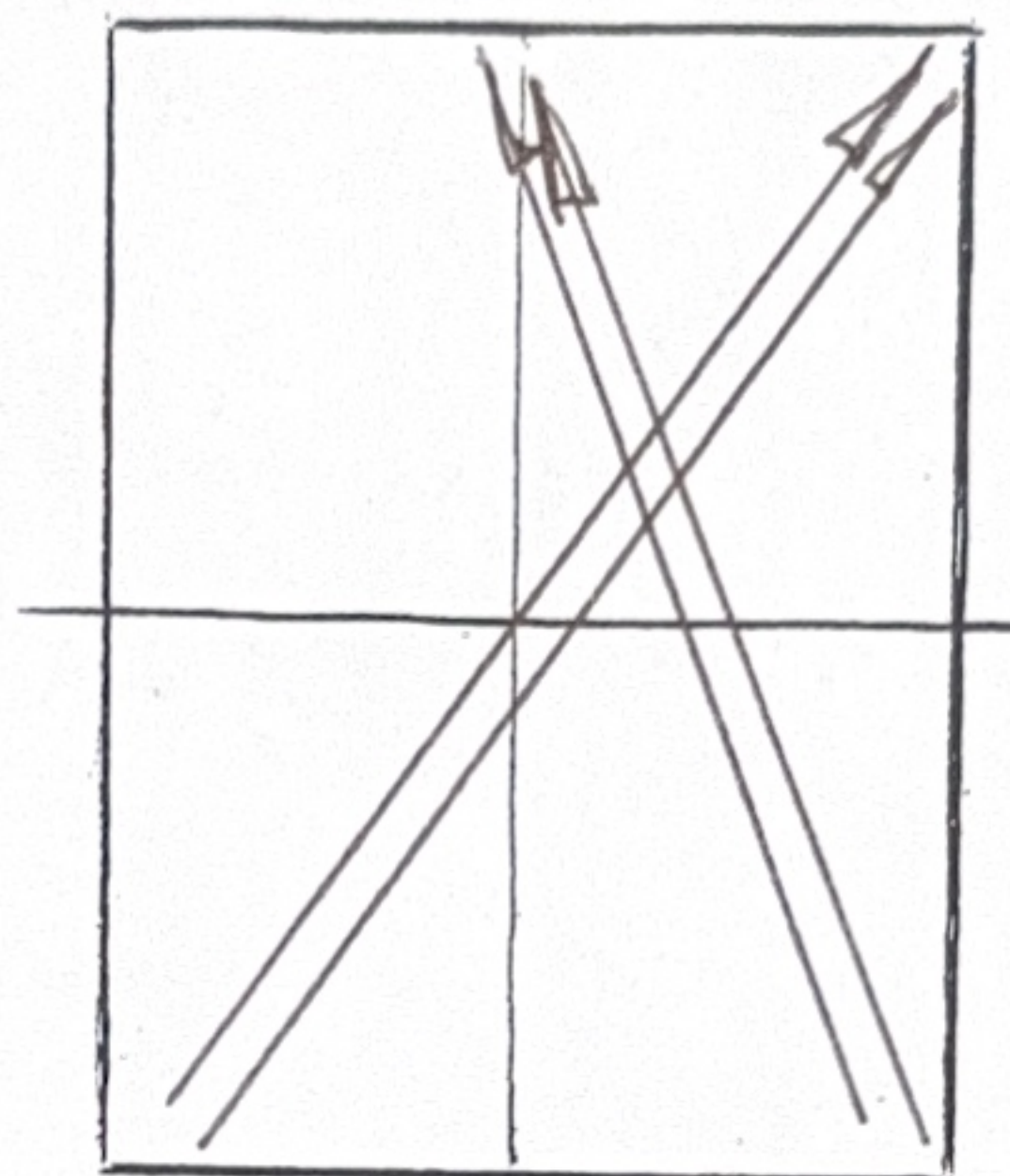
WARMING UP → THERABANDS

15'



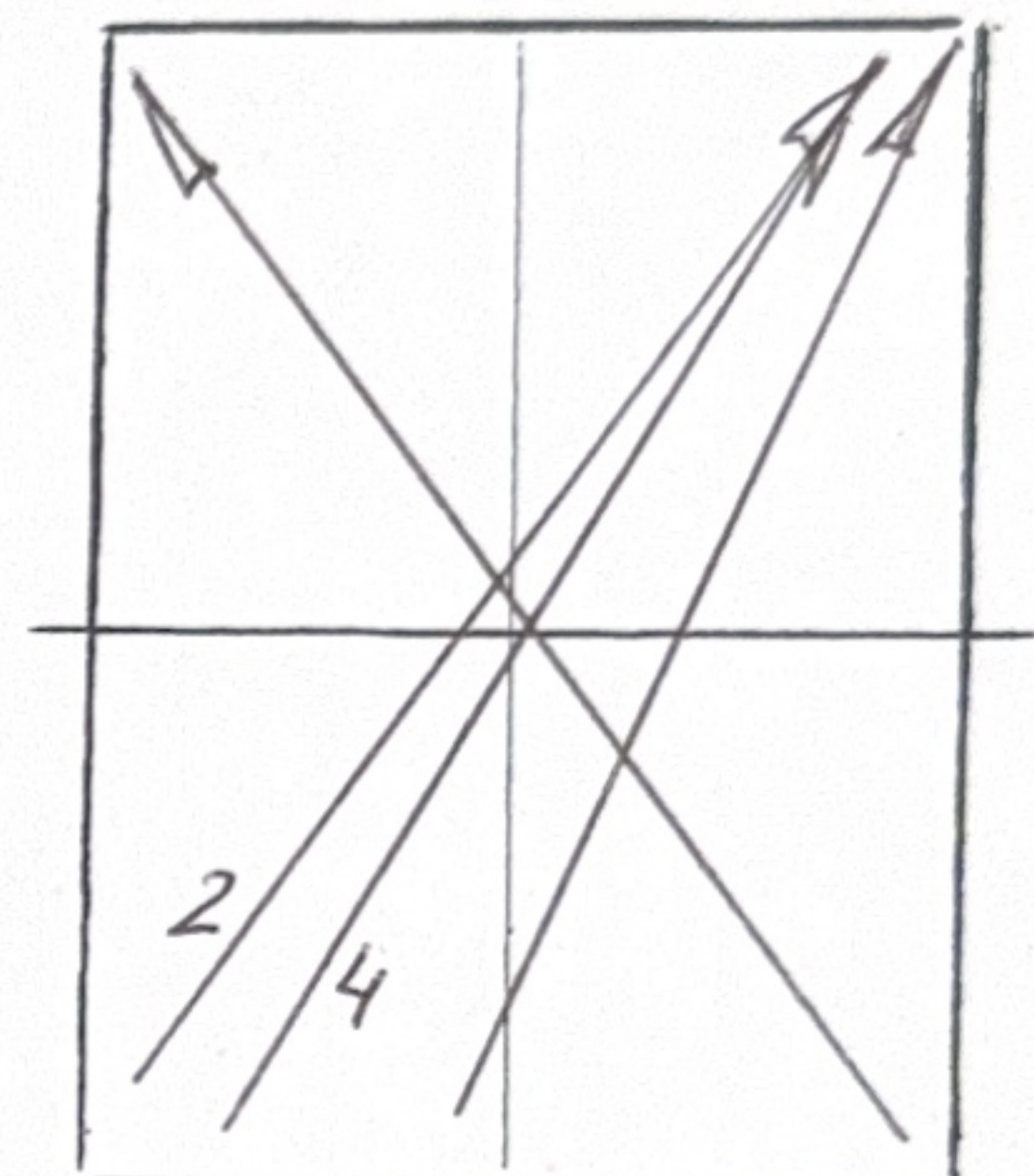
BH DOWN THE FH
S1 LINE S1 S1

2x8'



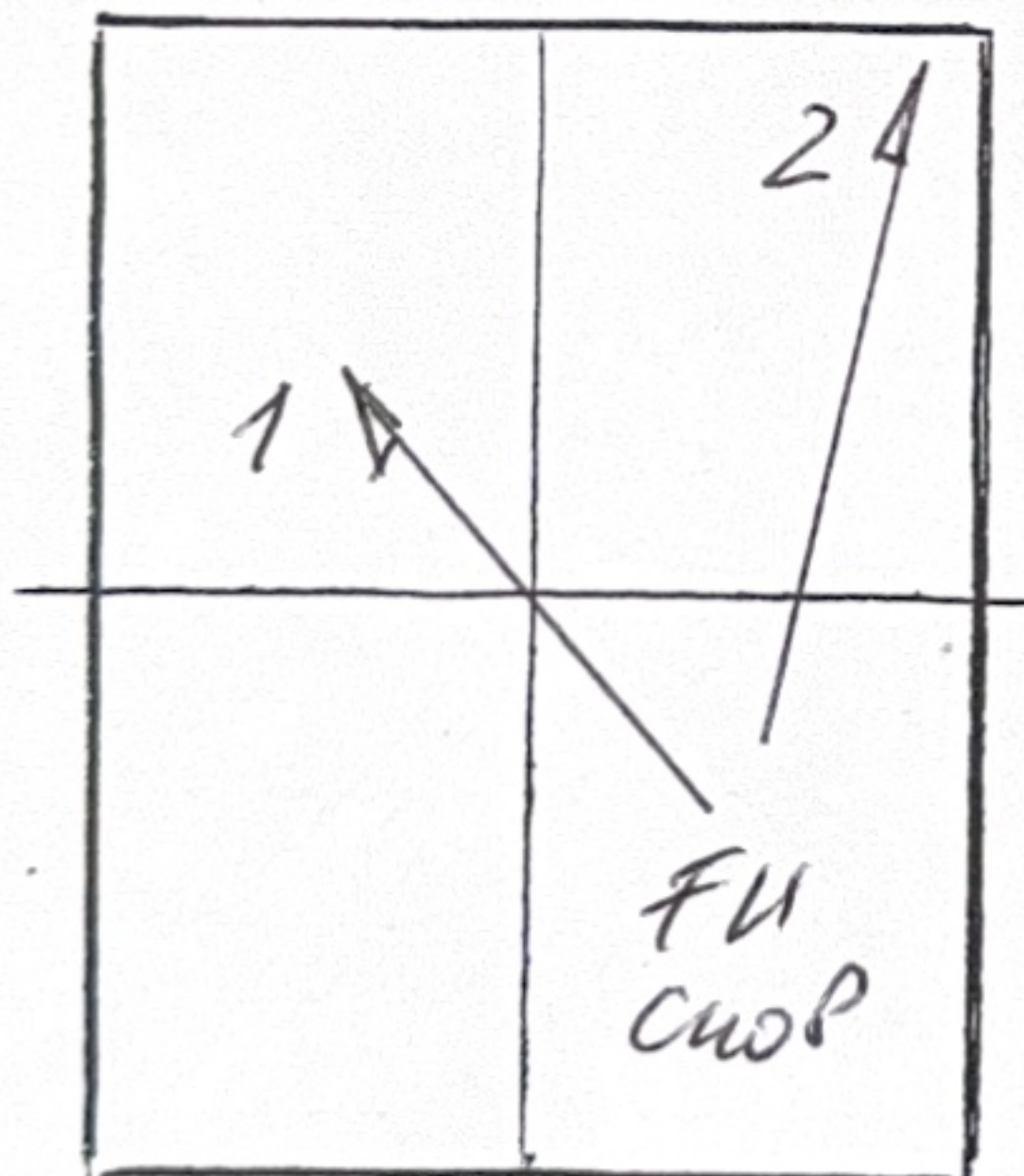
BH - FUS
1,2 3,4

2x8'

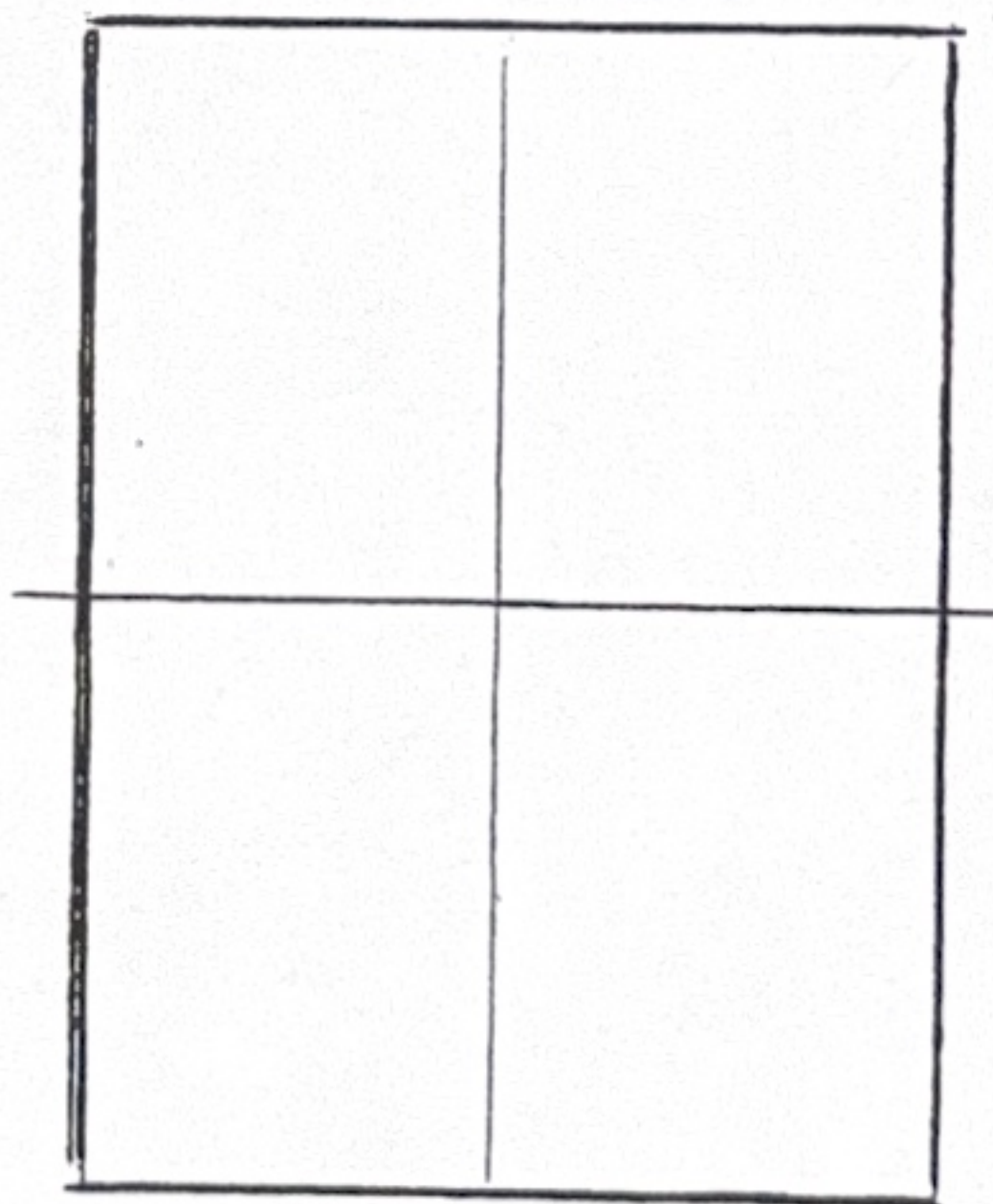


BH FUS FUS FUS
2 4 1,3 5
AFTER 5 BALLS
FREE ALL TABLE

2x4'

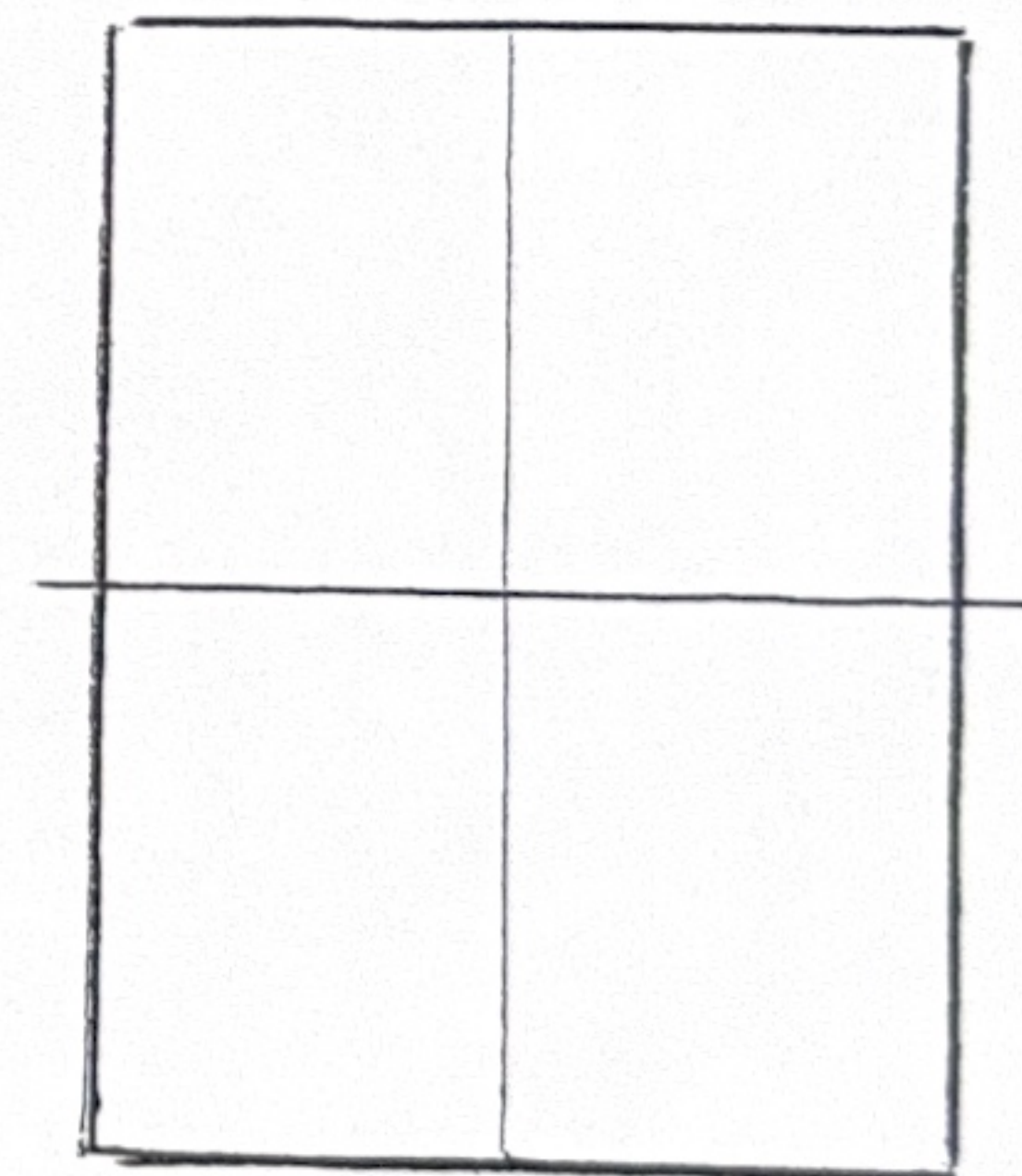


2x8'



INDIVIDUAL
FROM SERVICE

2x8'



INDIVIDUAL
FROM RECEIVE