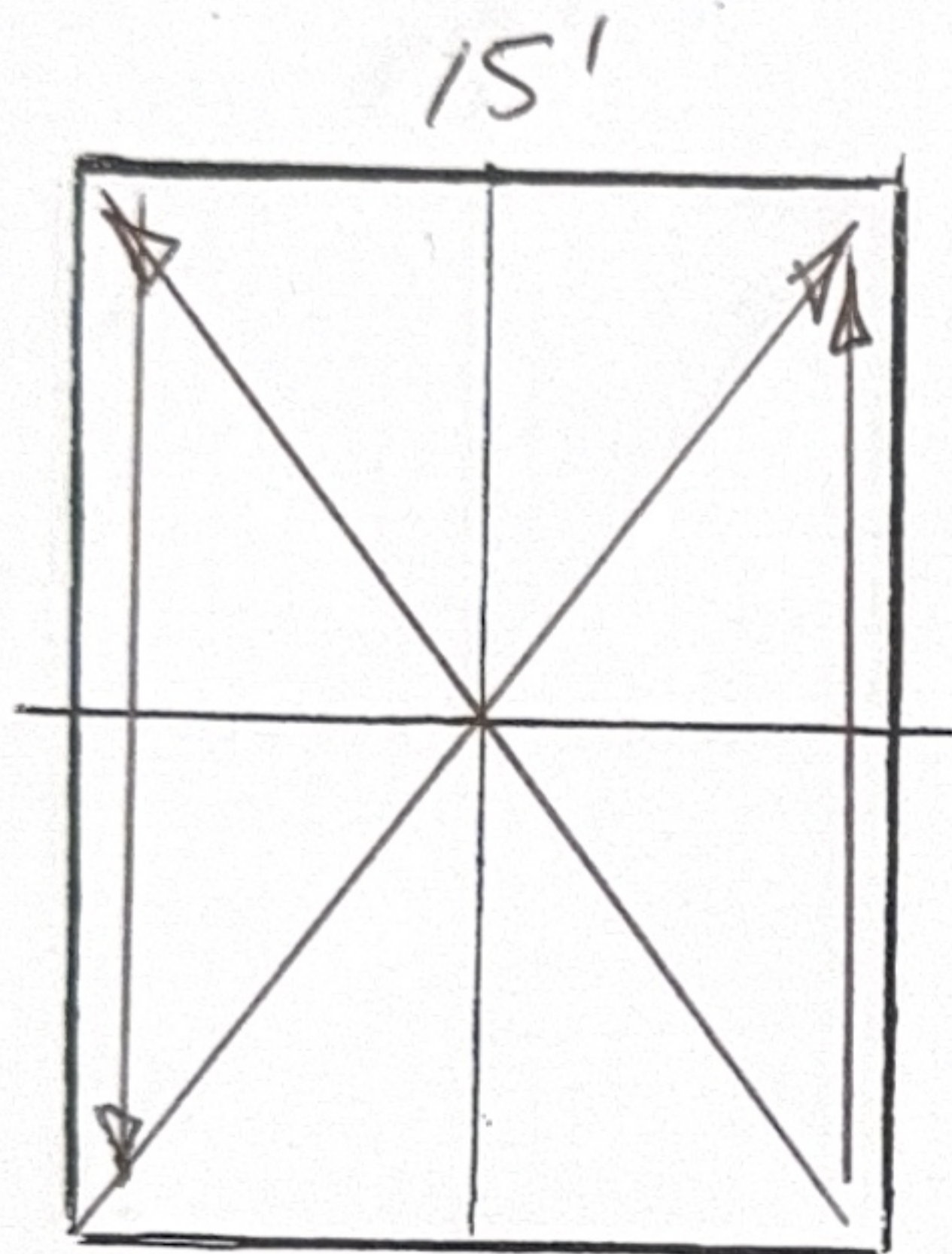


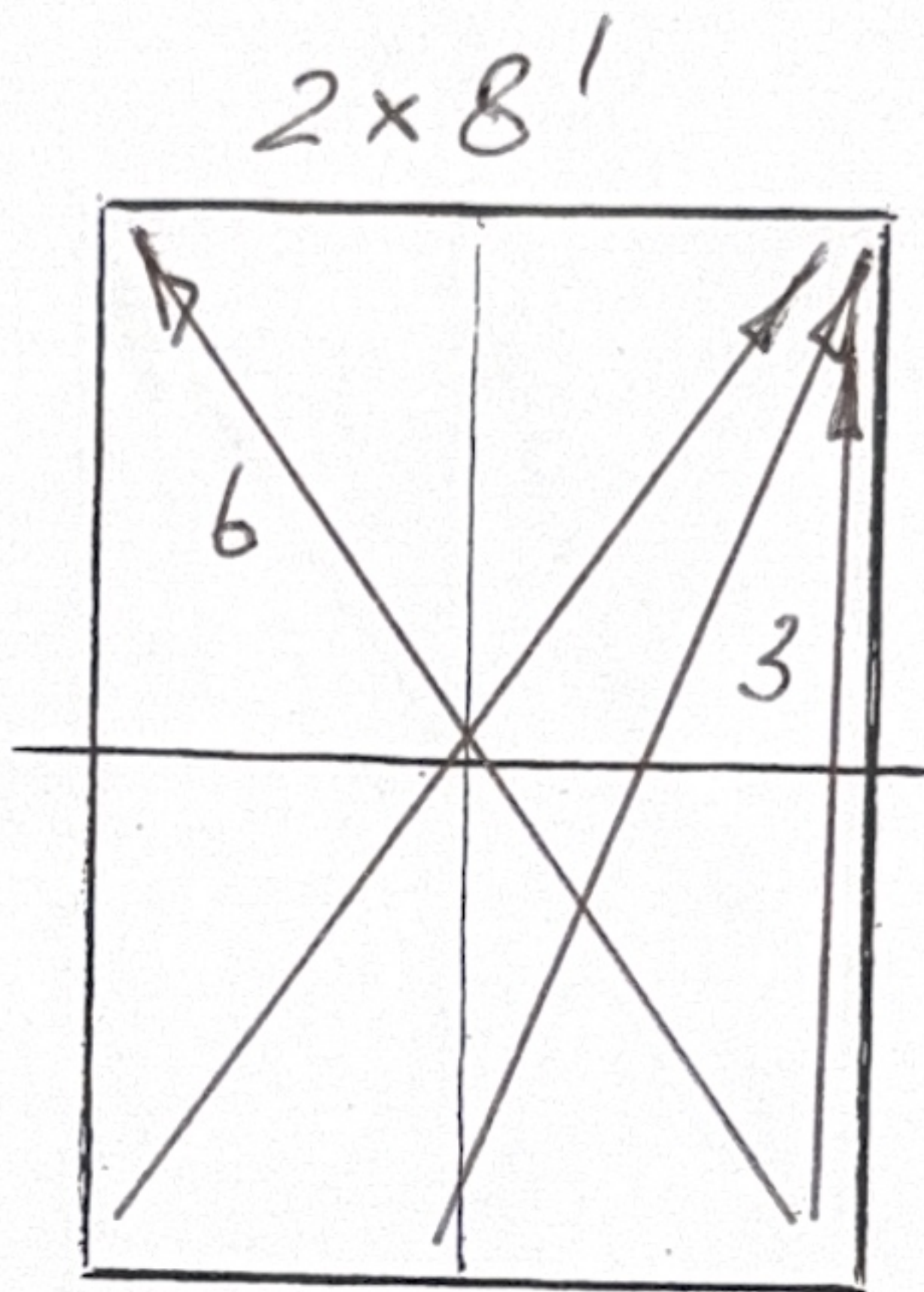
12.04.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. SERVICE PRACTICE

PHYSICAL: FOOTWORK -> SPEED BEFORE TRAINING ON TABLE

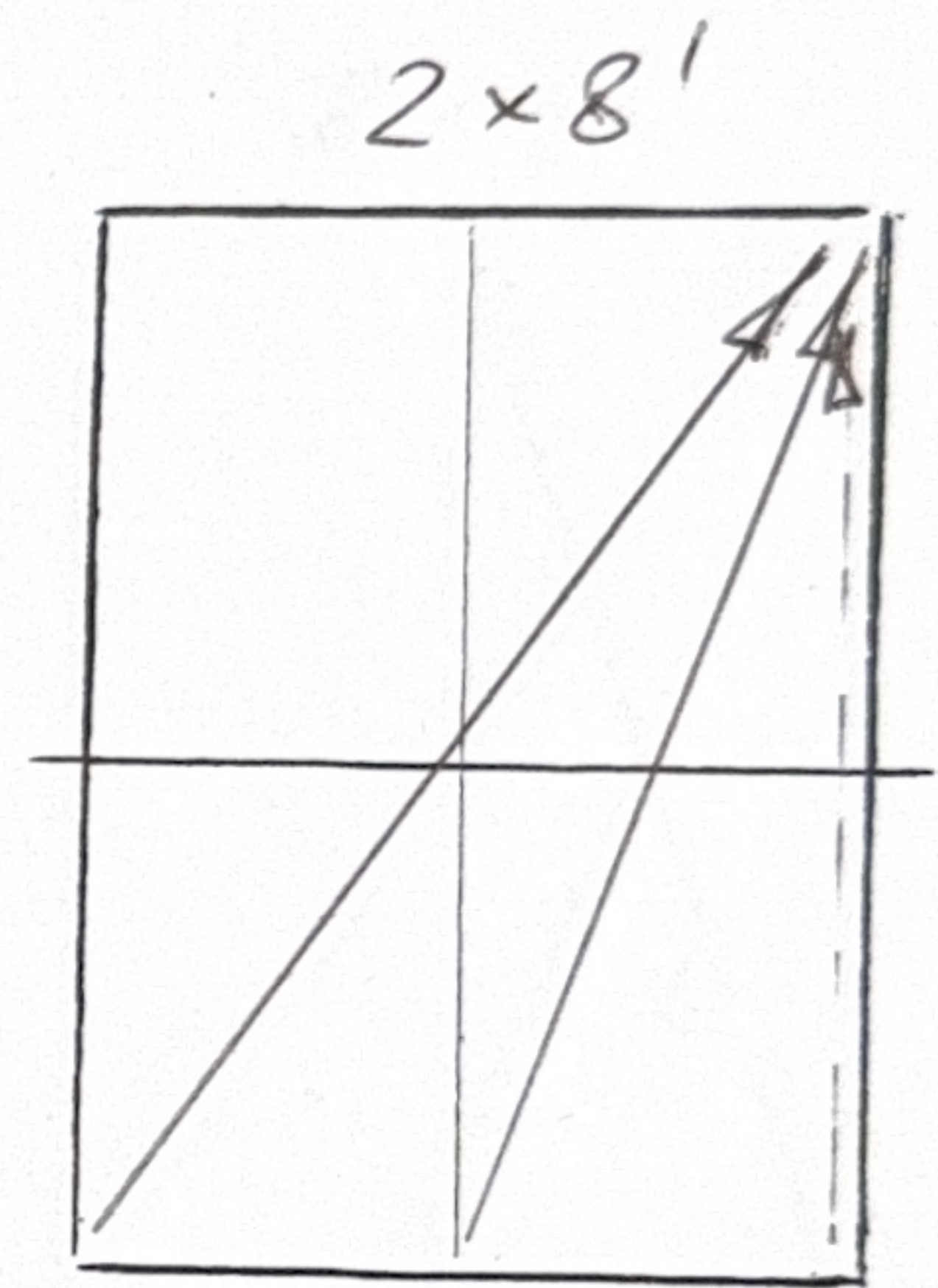


BH DOWN THE FH
5' LINE 5' 5'

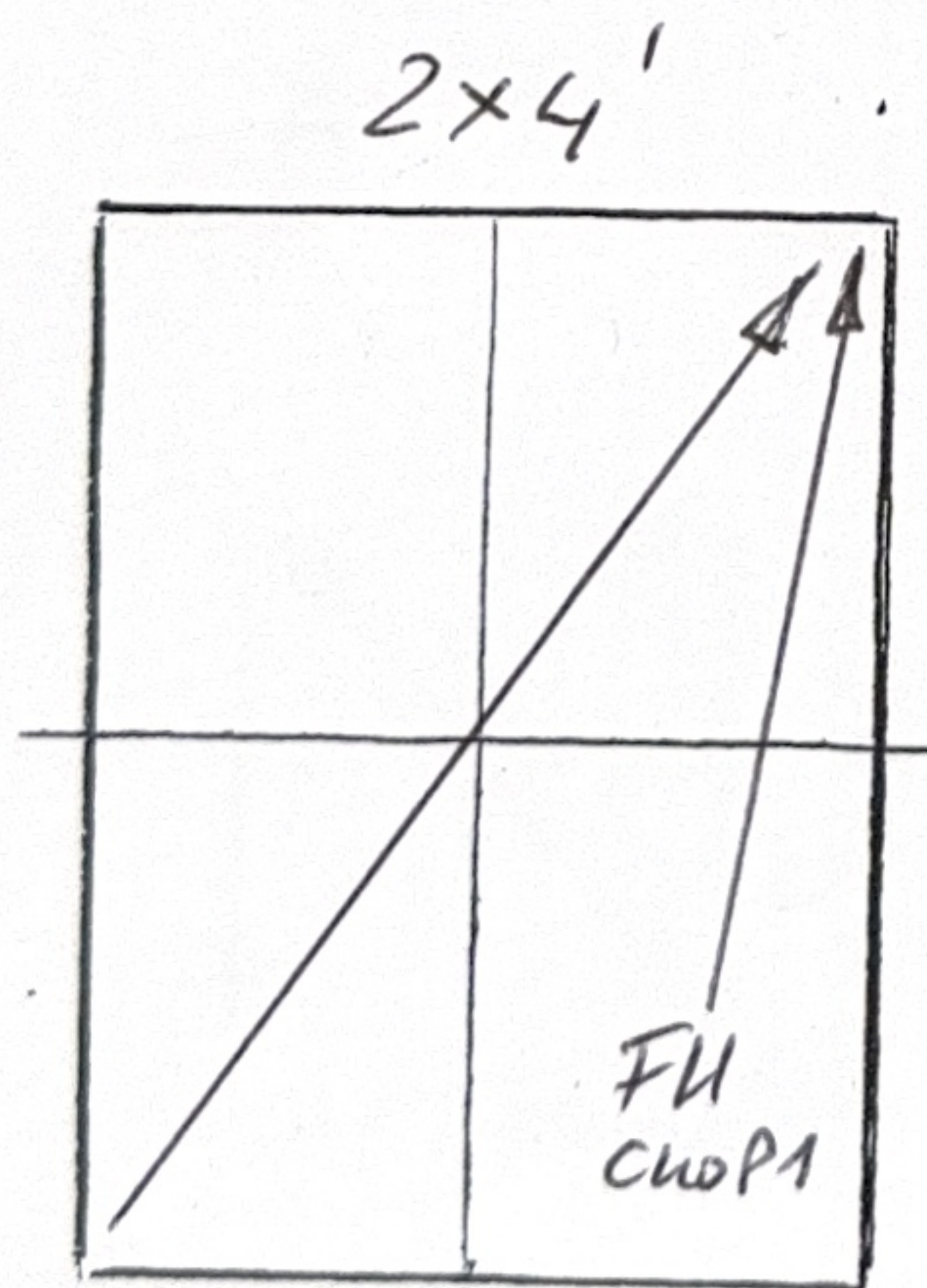


BH FHS FHS
2,5 1,4 3,6

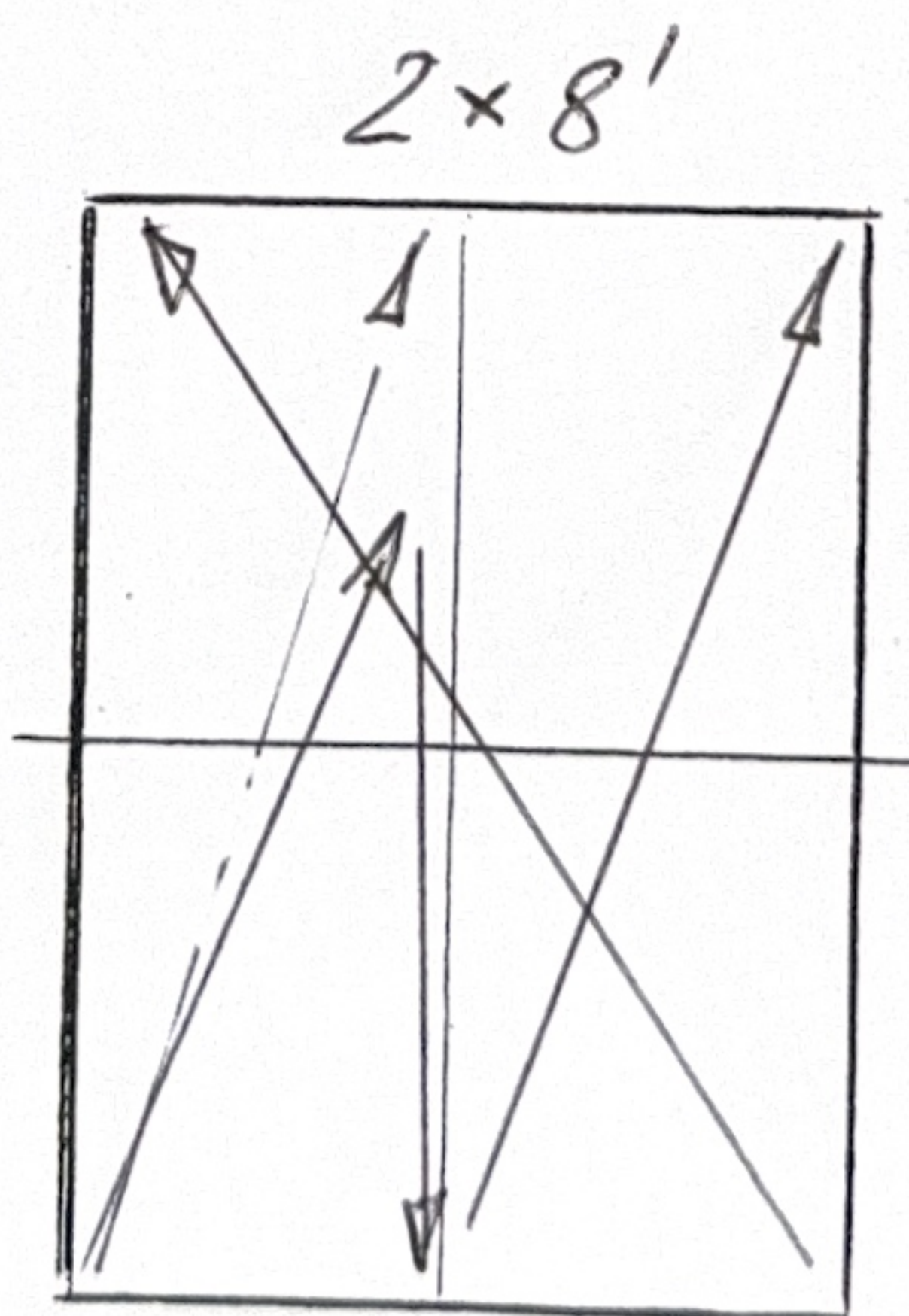
AFTER 6 BALLS
FREE ALL TABLE



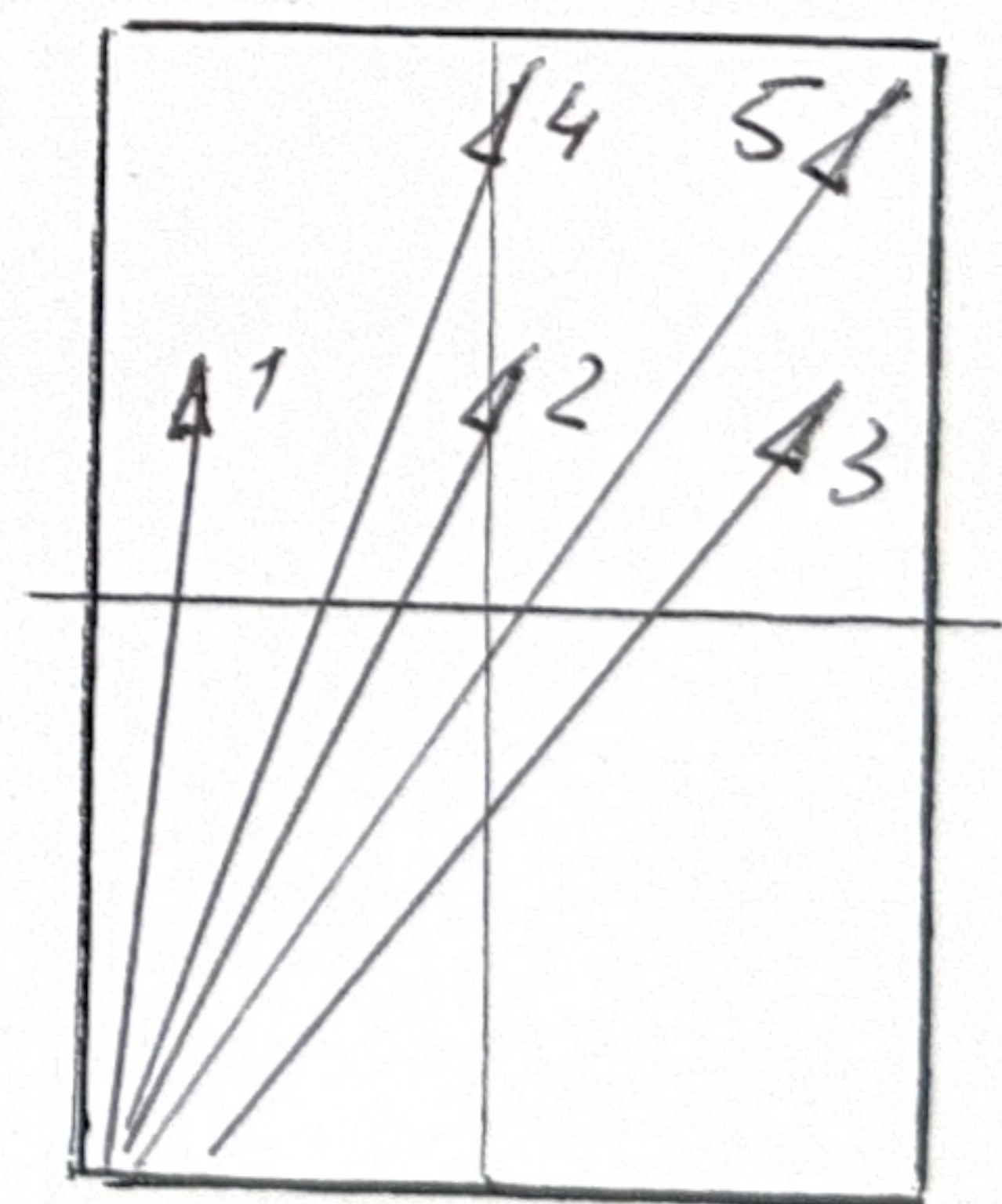
BH FHS FHS
1 2 ? 2



BH
CHOP
2



SERVICE FHS FHS
BH 1 2
2 ?

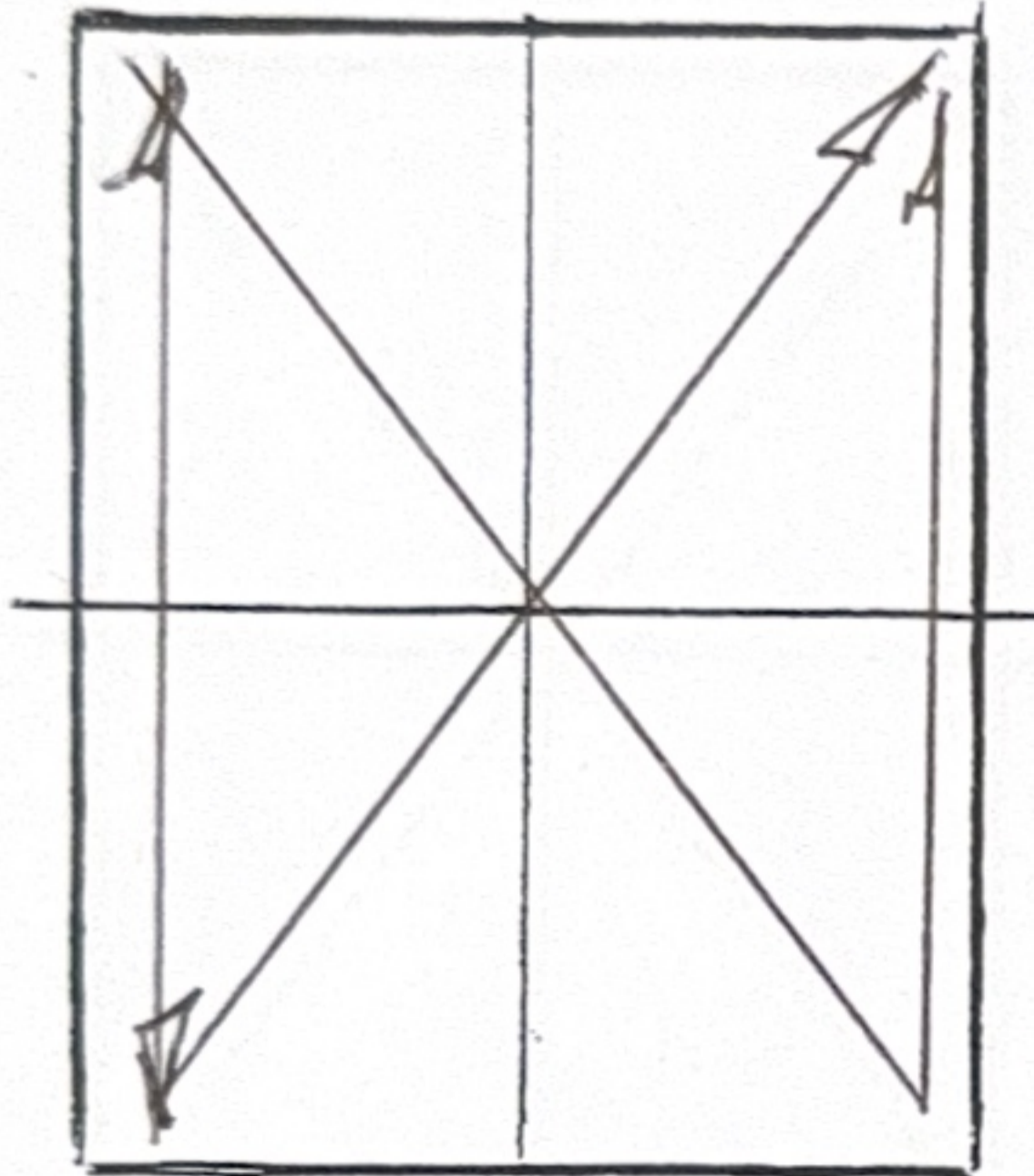


SERVICE SHORT 10'
SERVICE LONG 10'

15.04.2026 WEDNESDAY 17.30-19.00 FIGURE SQUAD

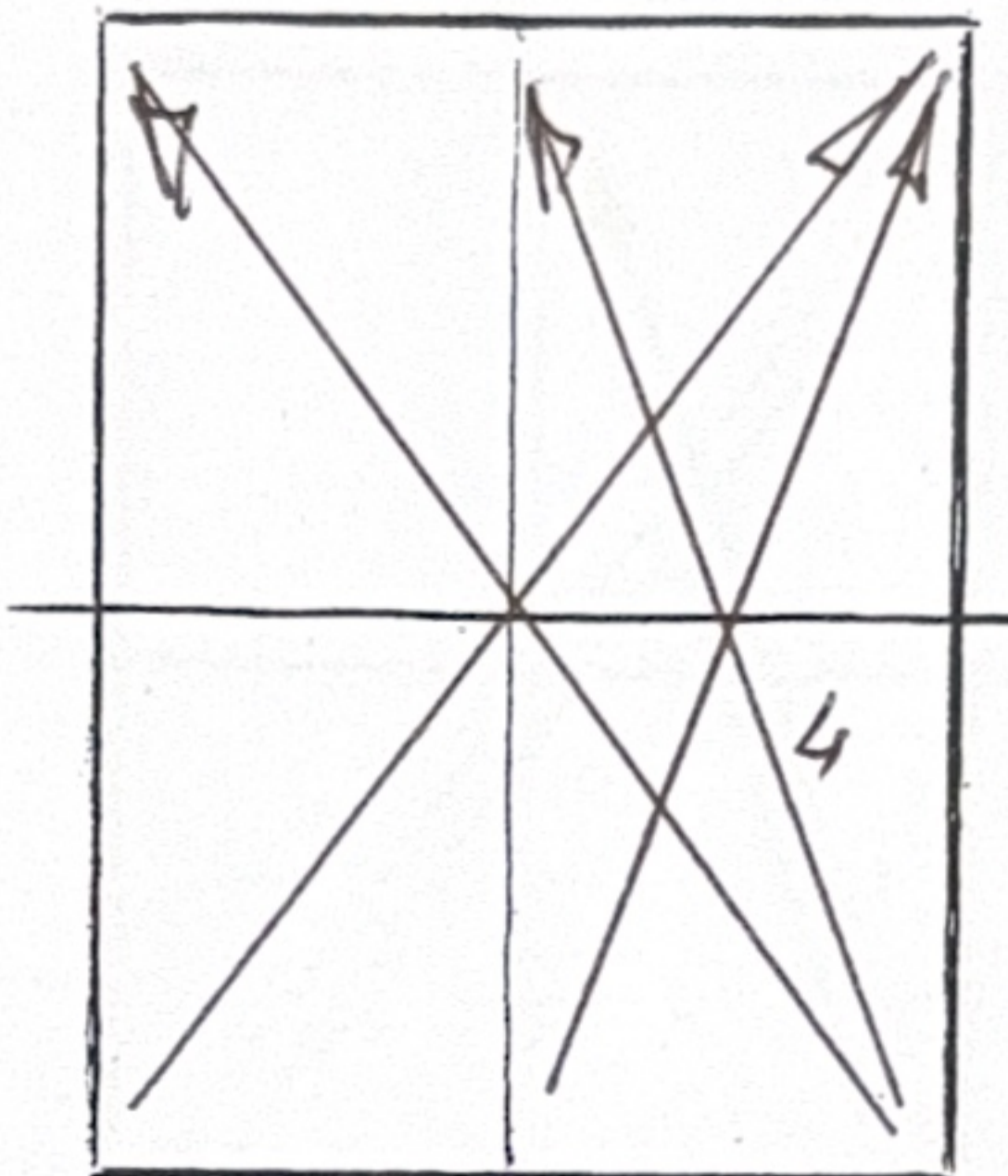
1. TECHNIQUE 2 PLACEMENT 3. 3TH BALL ATTACK.

15'



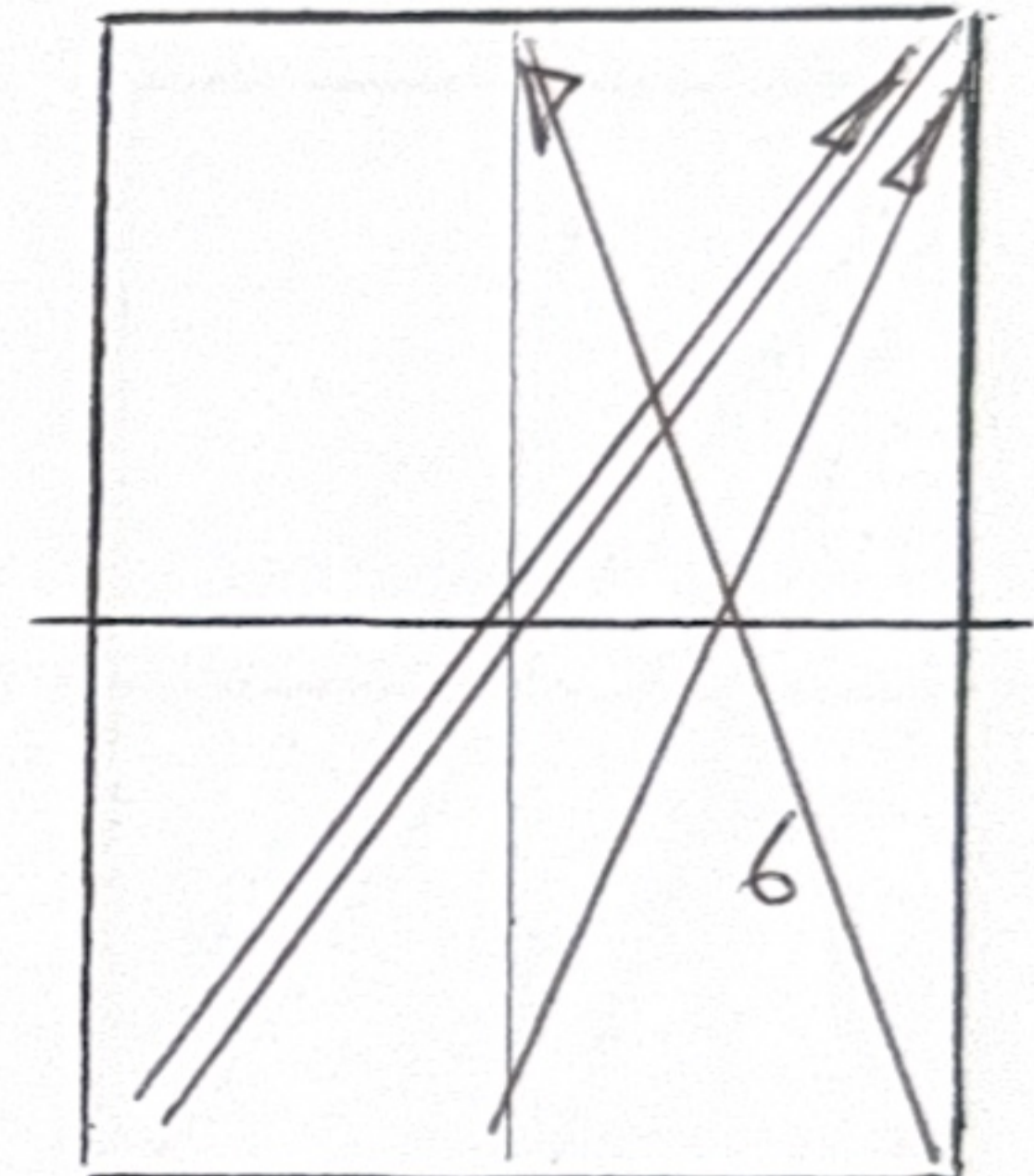
BH DOWN THE FH
5' LINE 5' 5'

2x8'



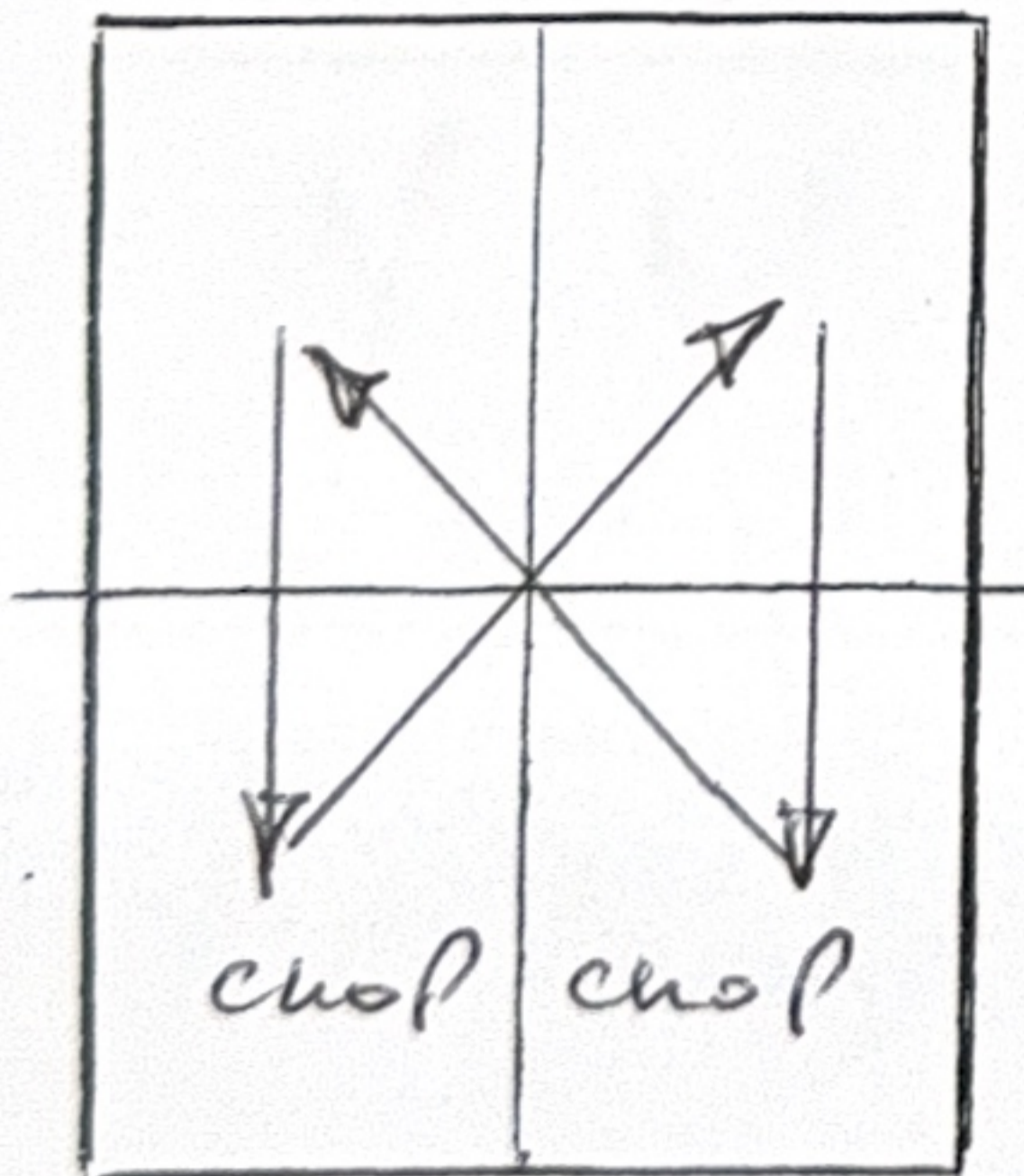
BH FHS FHS
1,3 2,6 4,8
5,7 AFTER 8 BALLS
POINT FREE

2x8'



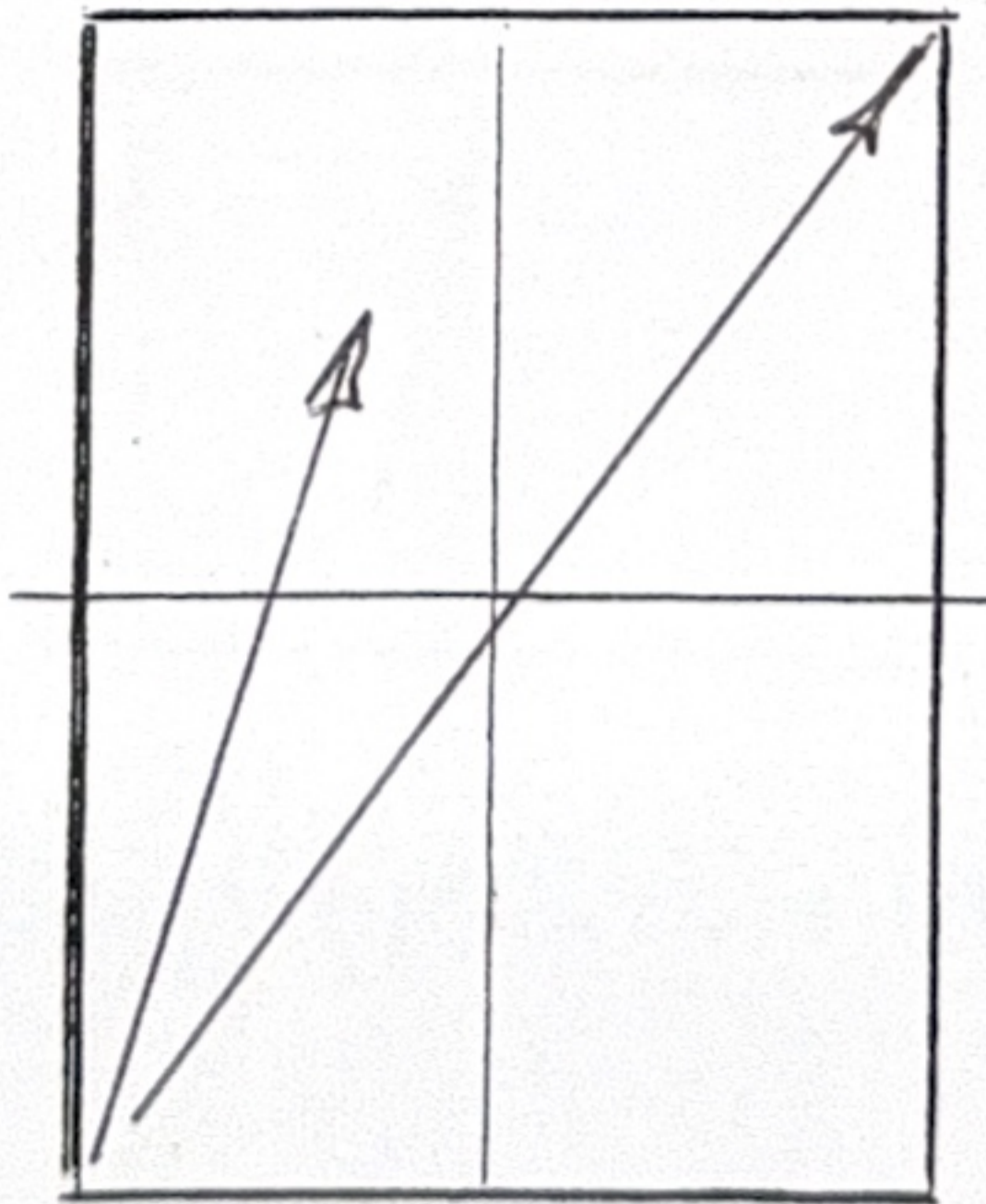
BH FHS FHS
1,2 3 6
4,5 AFTER 6 BALLS
POINT FREE

2x4'

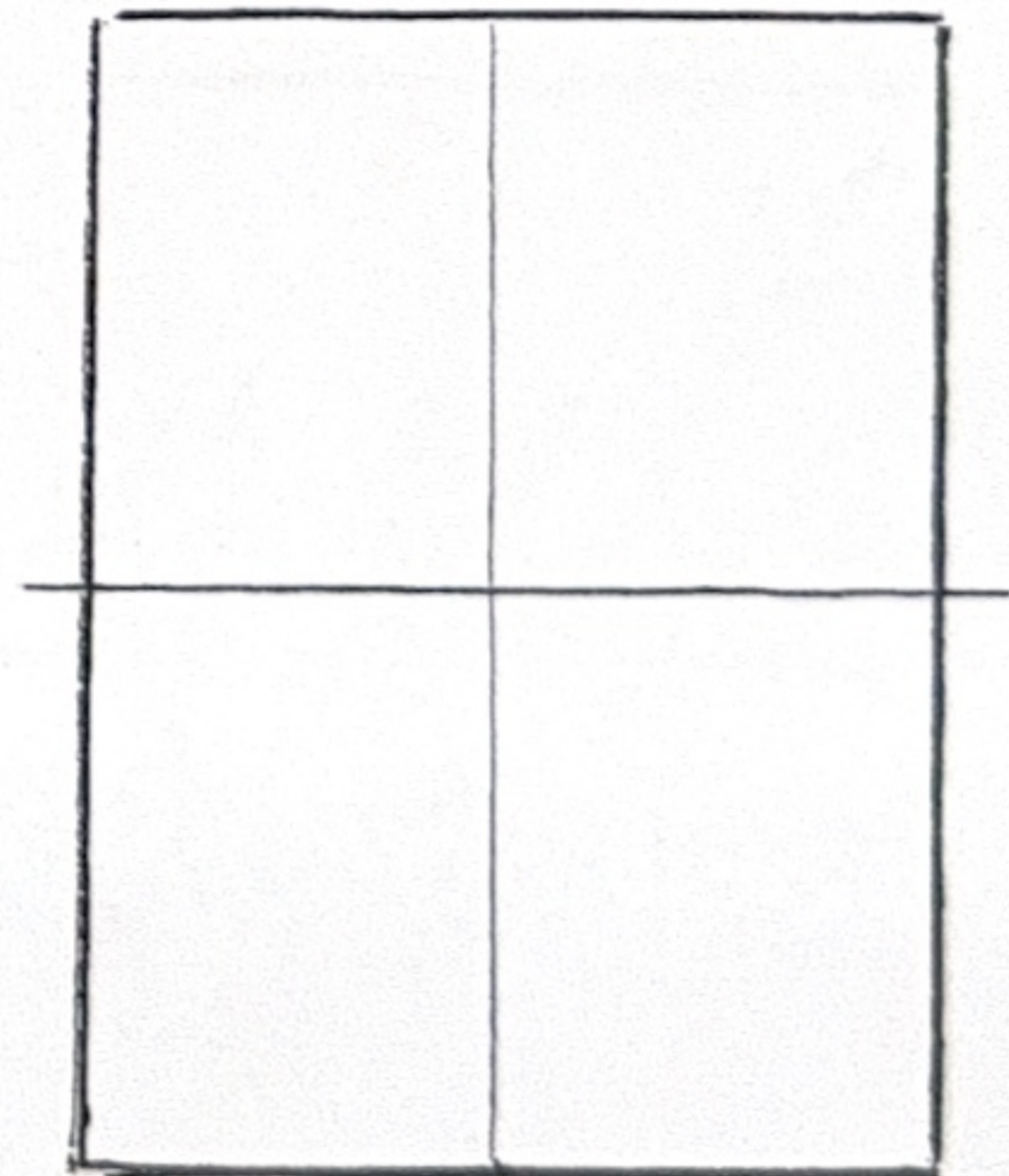


SHORT / OR
1/2 LONG

2x8'



SERVICE SHORT
TO FH OR
LONG TO BH
+ FREE



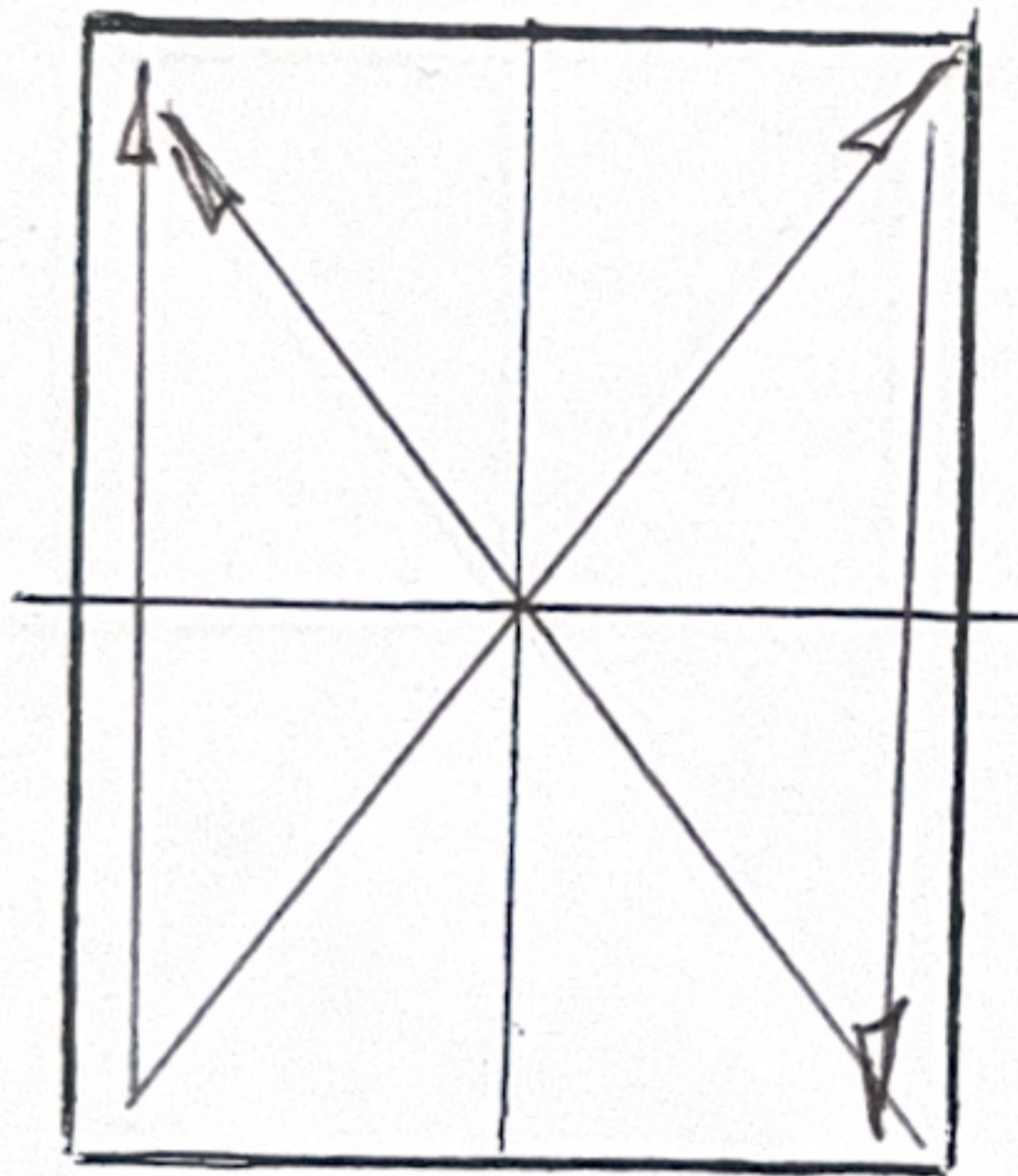
18.04.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. 3RD BALL ATTACK

4. SERVICE PRACTICE (SPIN + PLACEMENT)

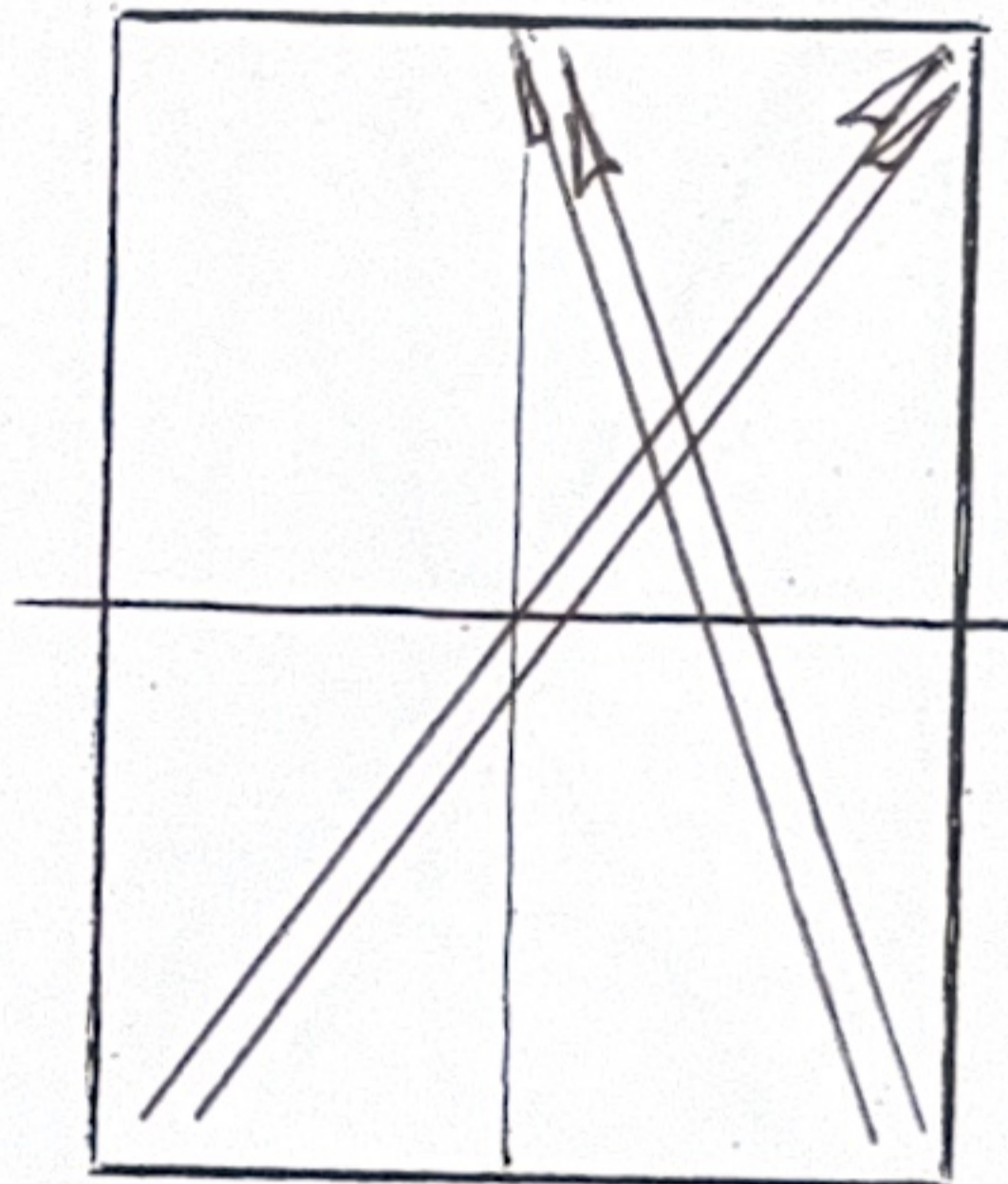
UP-AND-DOWN SEFS

15'



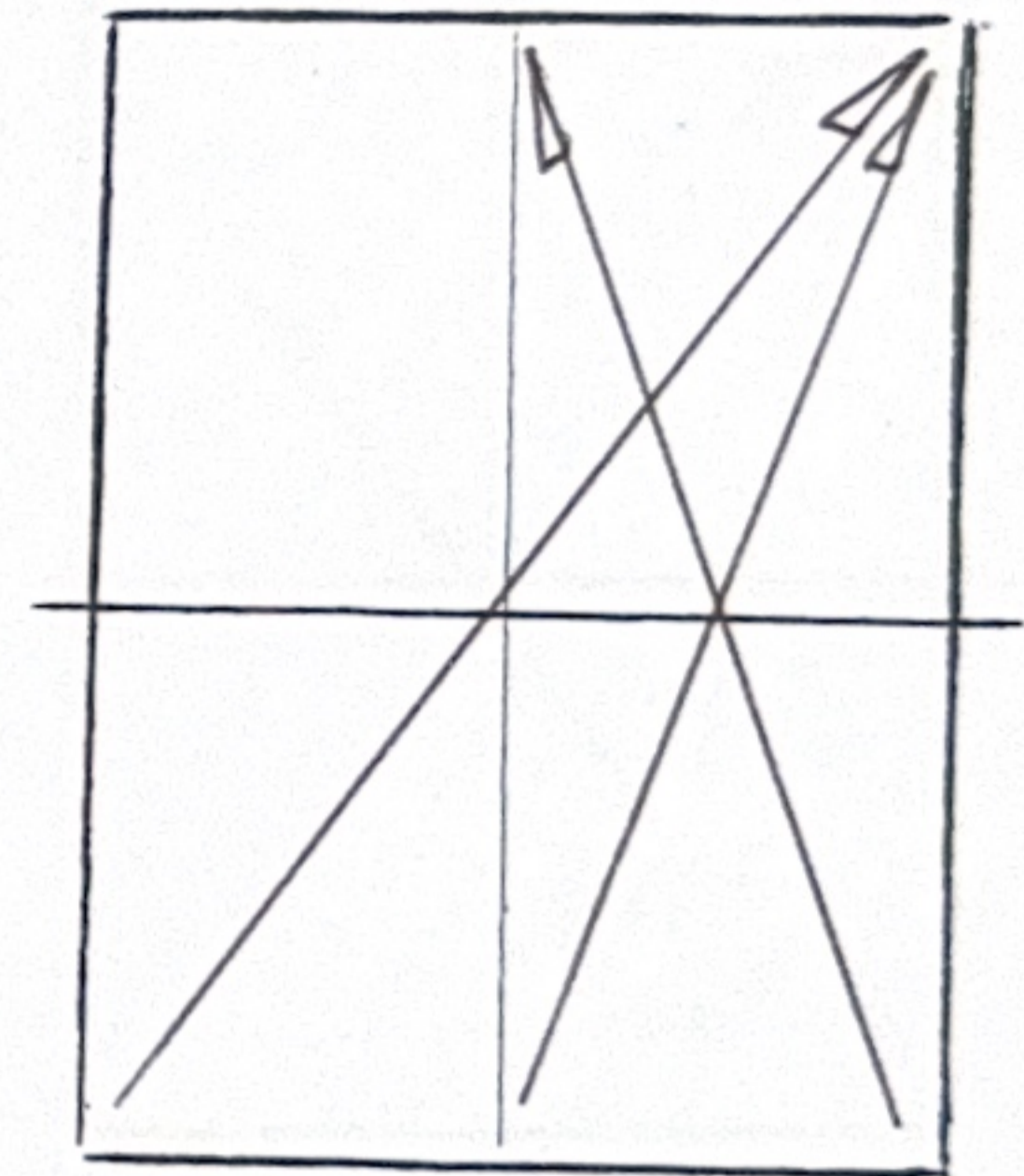
BH DOWN THE FH
SI LINES 5' 5'

2x8'



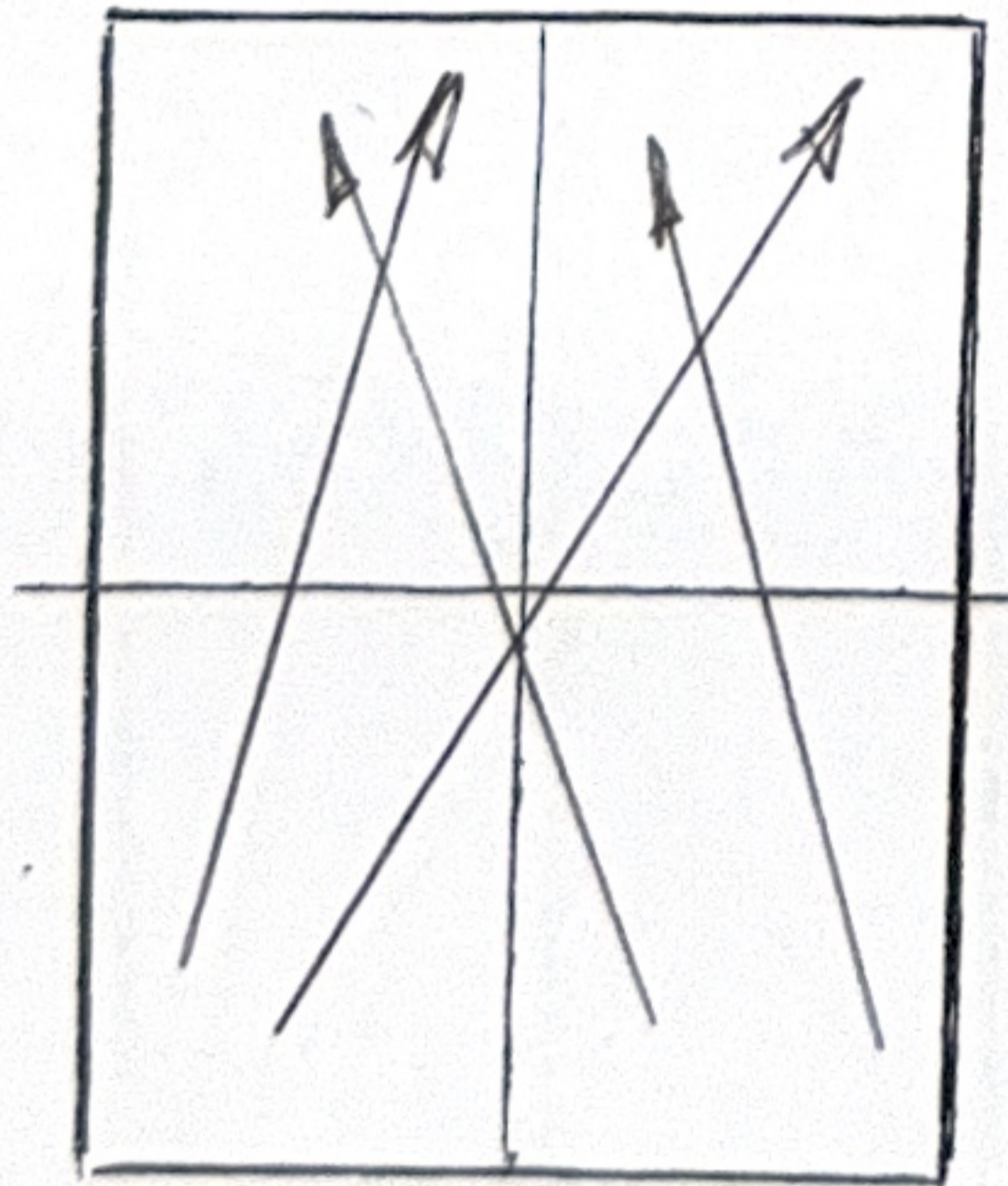
BH - FHS
1,2 3,4

2x8'



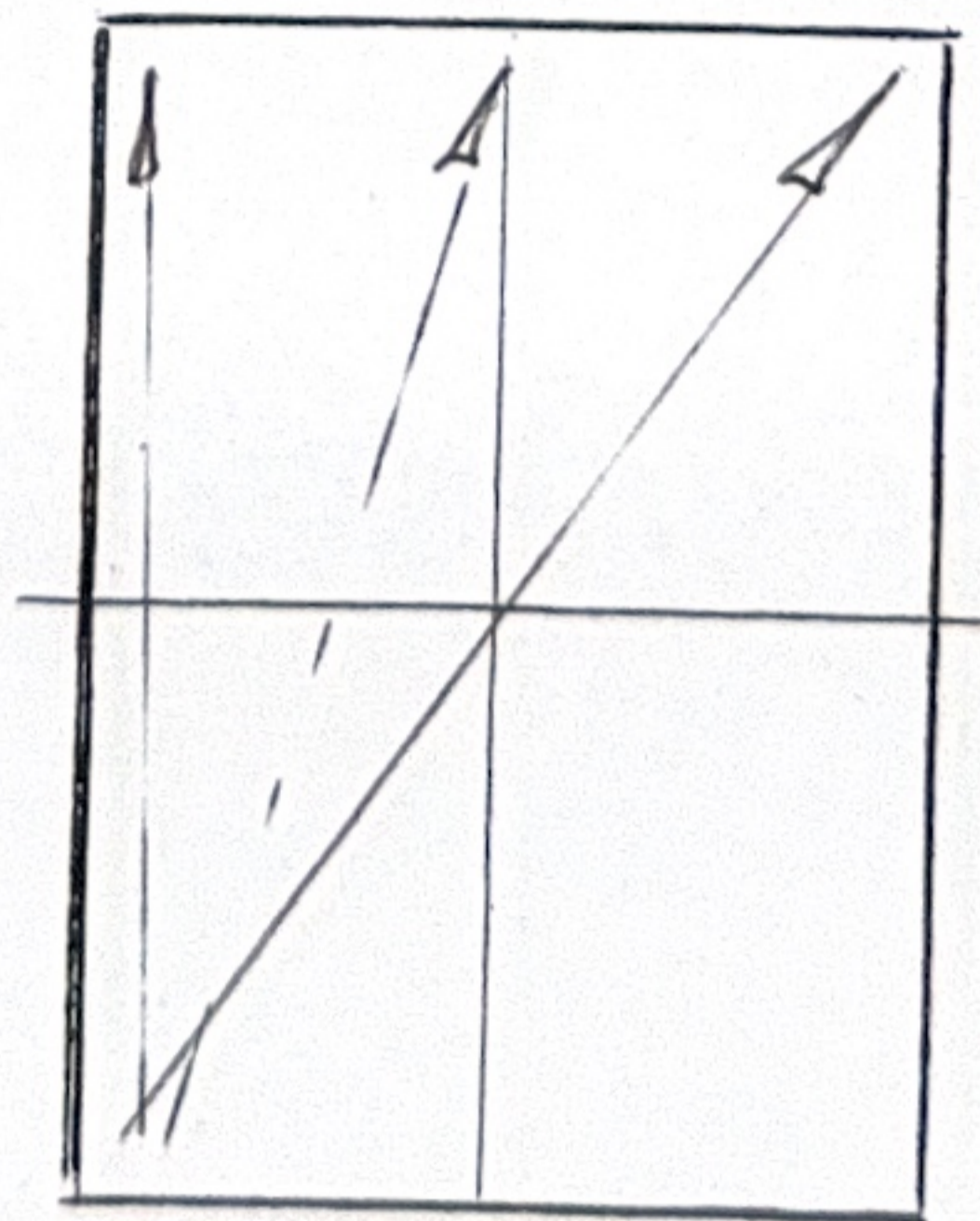
BH FHS FHS
2 1 3

~7'8'

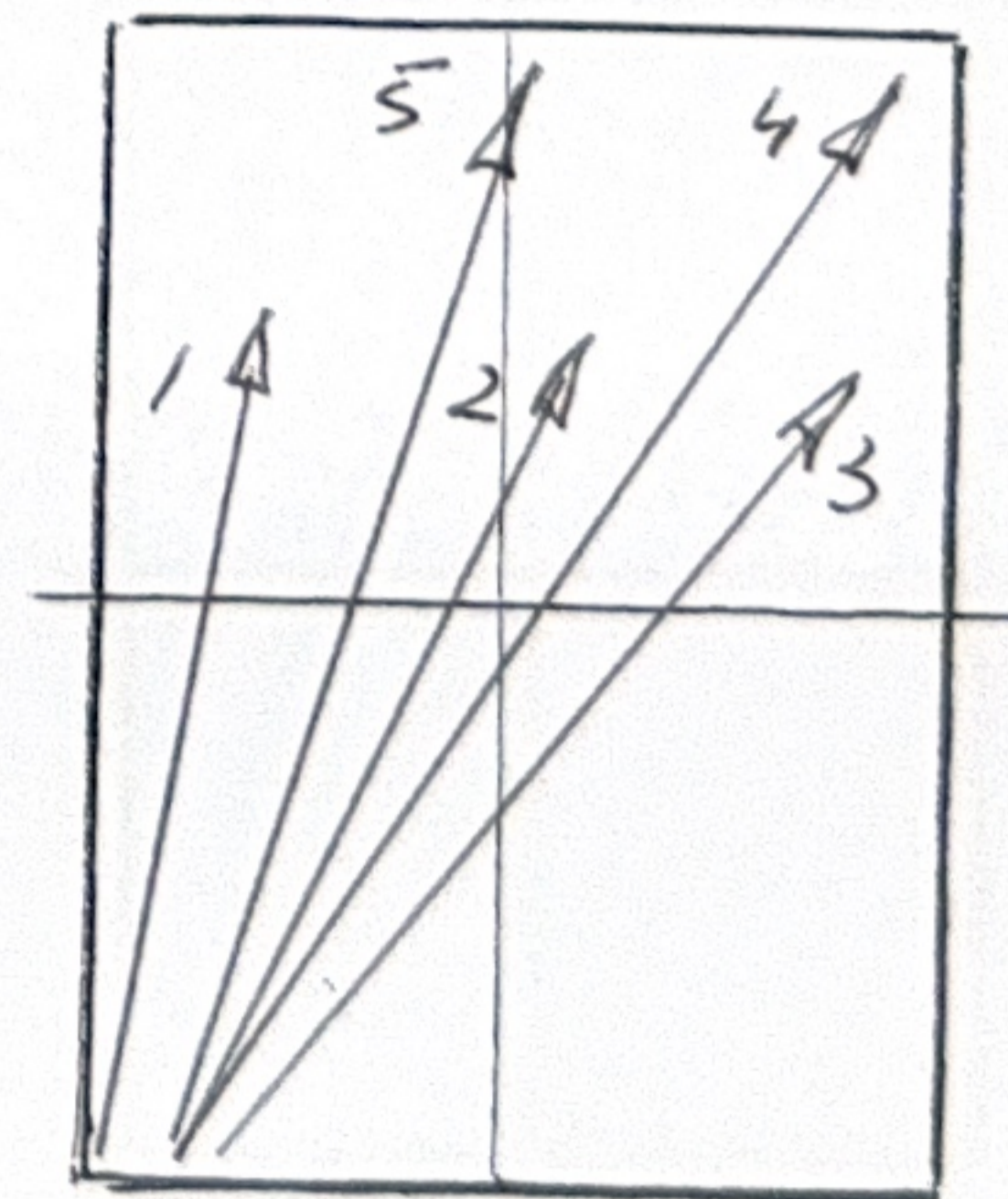


1 SET CHOP
ALL TABLE

2x8'



SERVICE LONG
+ FREE



SERVICE
PRACTICE
10'-SHORT
10'-LONG