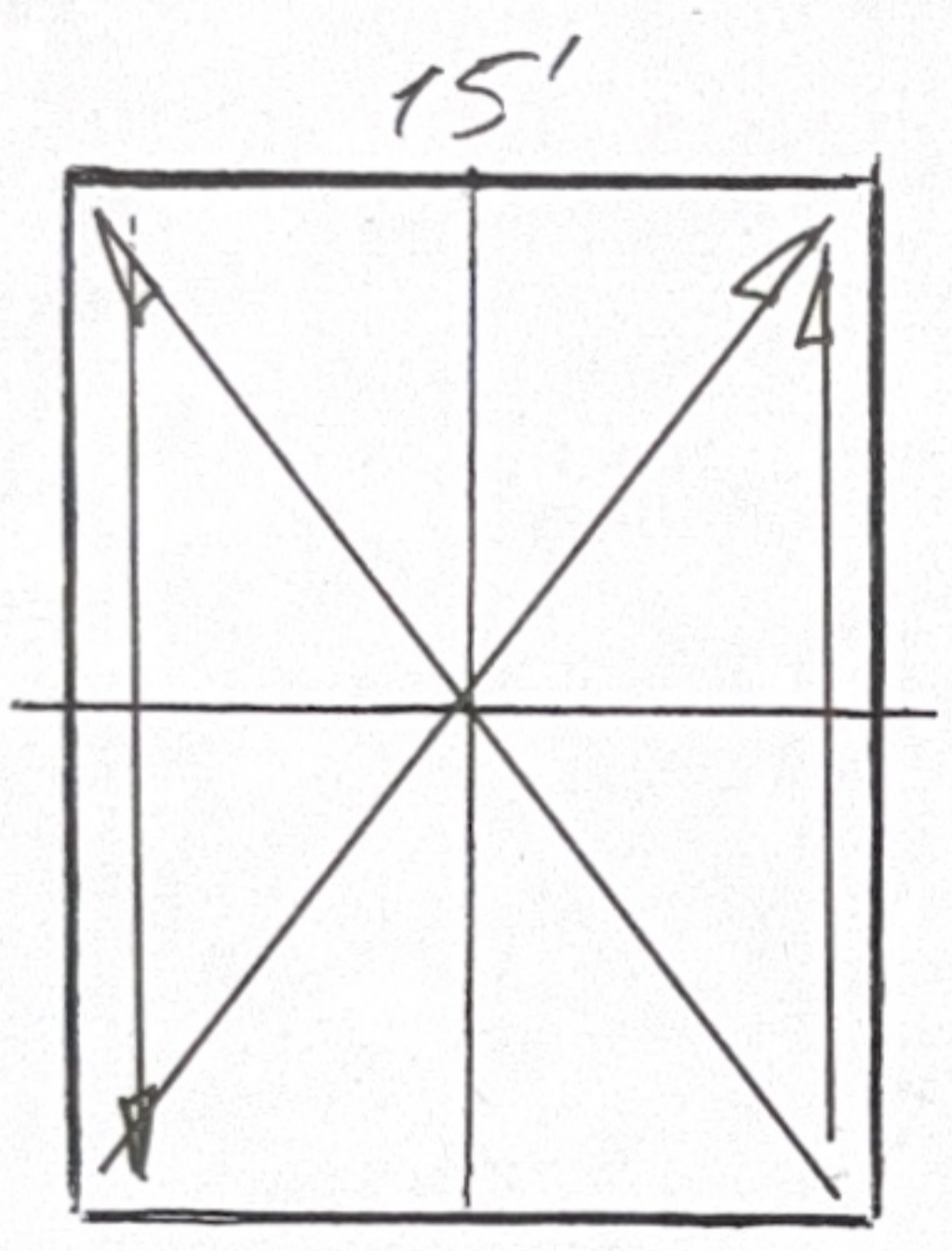


24.05.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

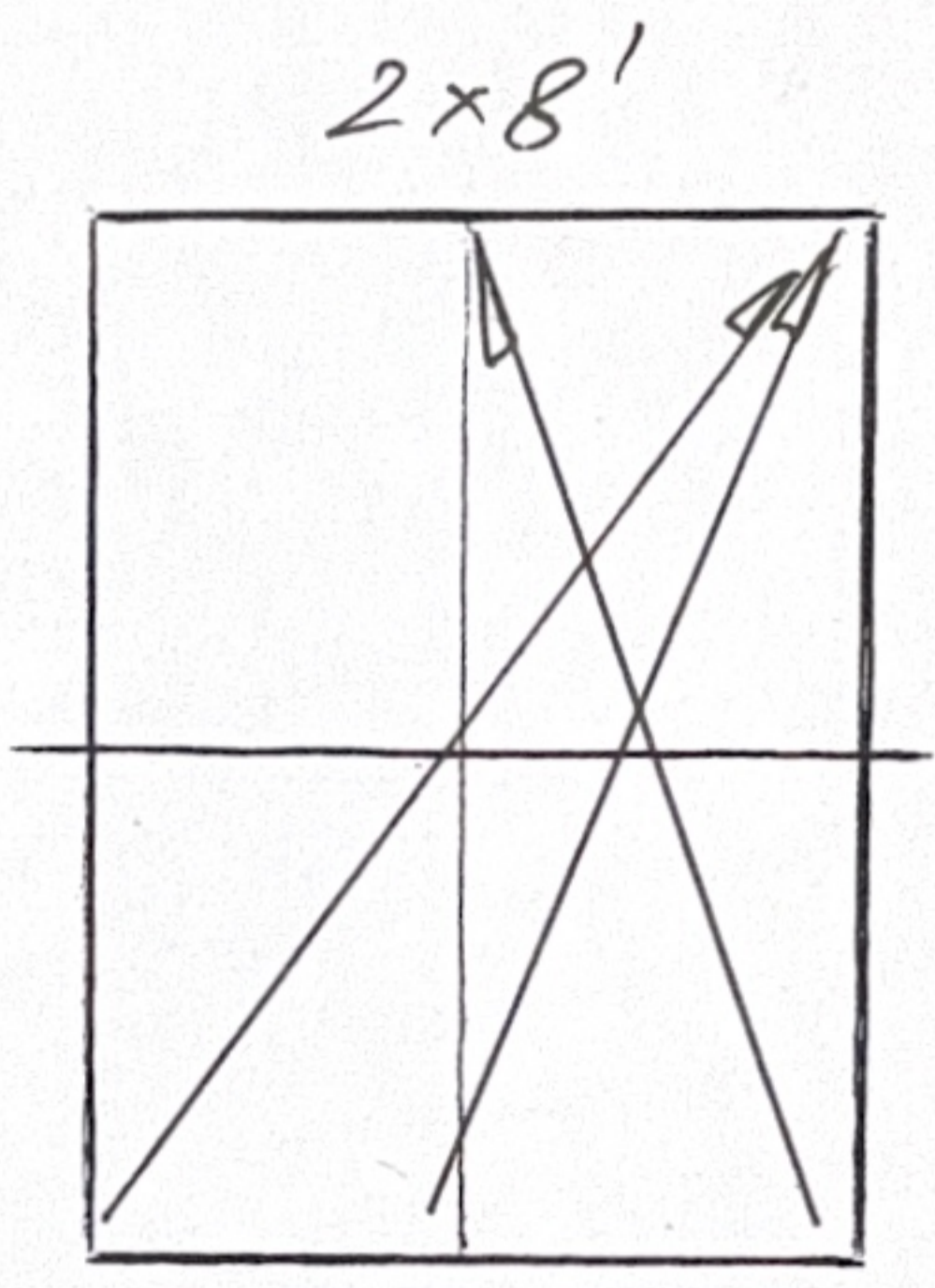
1. TACTICAL PREPARATION 2. 3TH BALL ATTACK

3. TRAINING MATCHES

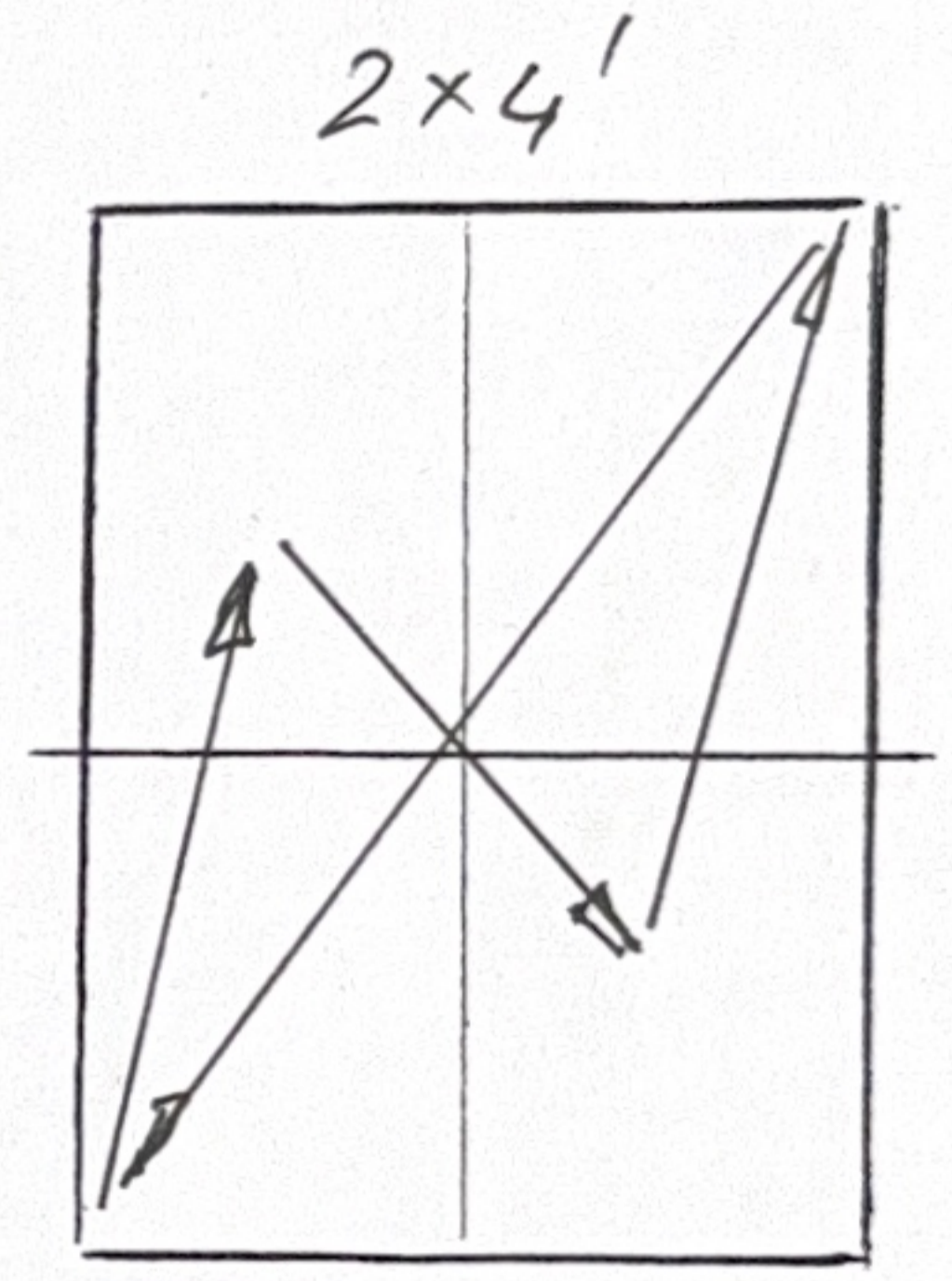
WARMING-UP → THERABANDS, FOOTWORK - SPEED 5x20" x 20"



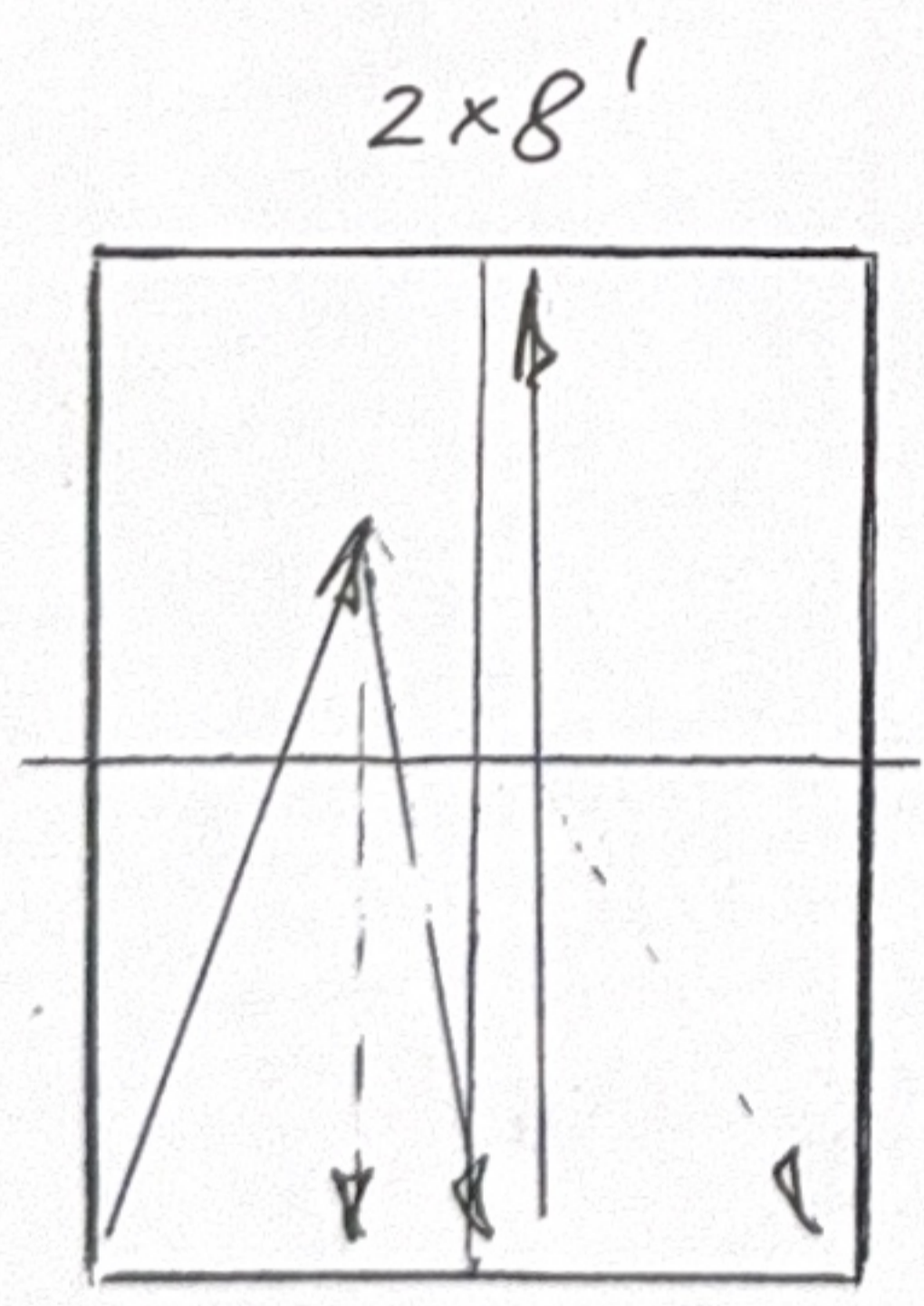
BH DOWN THE FH
5' LINES 5' 5'



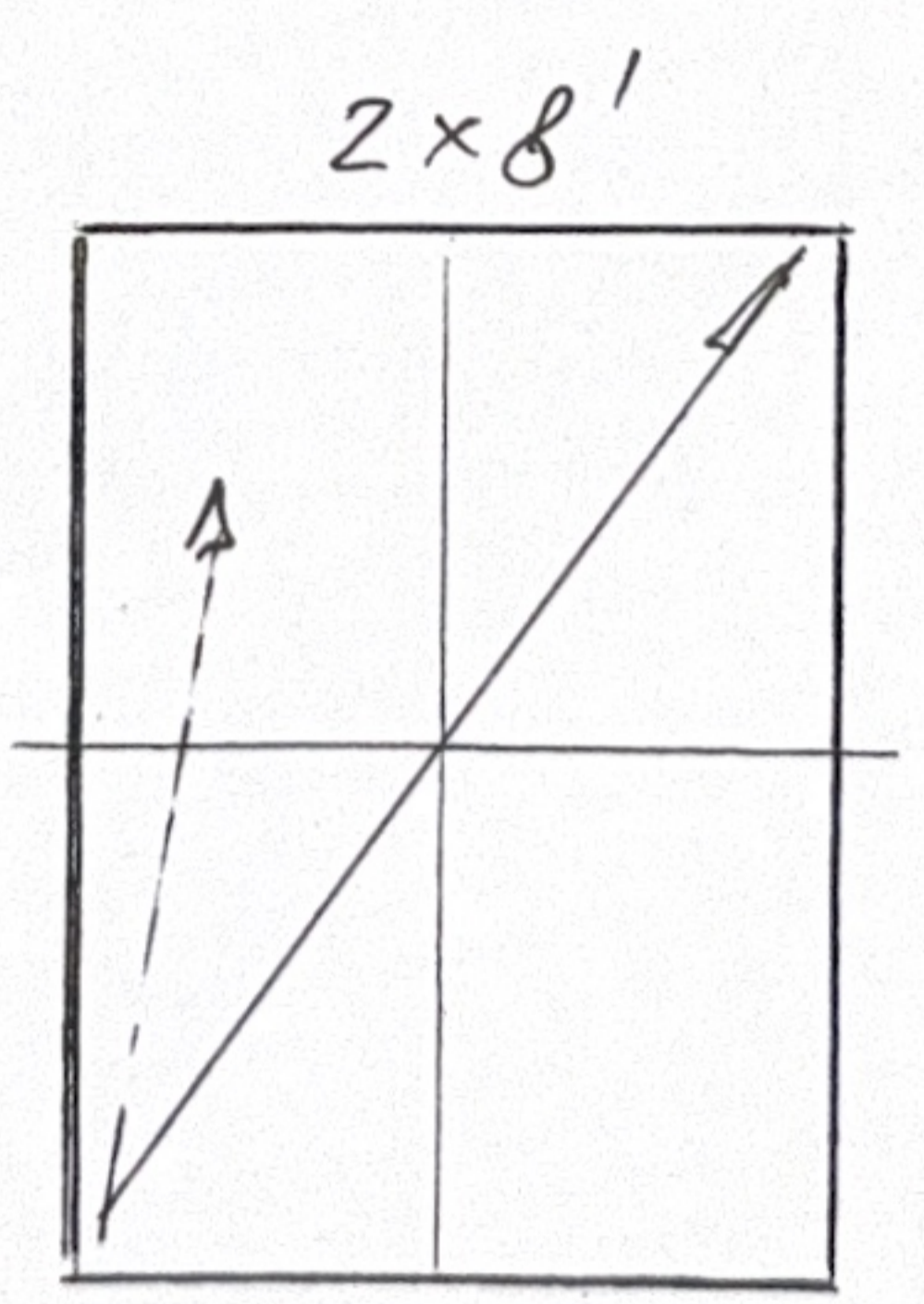
BH FHS FHS
3 1 2



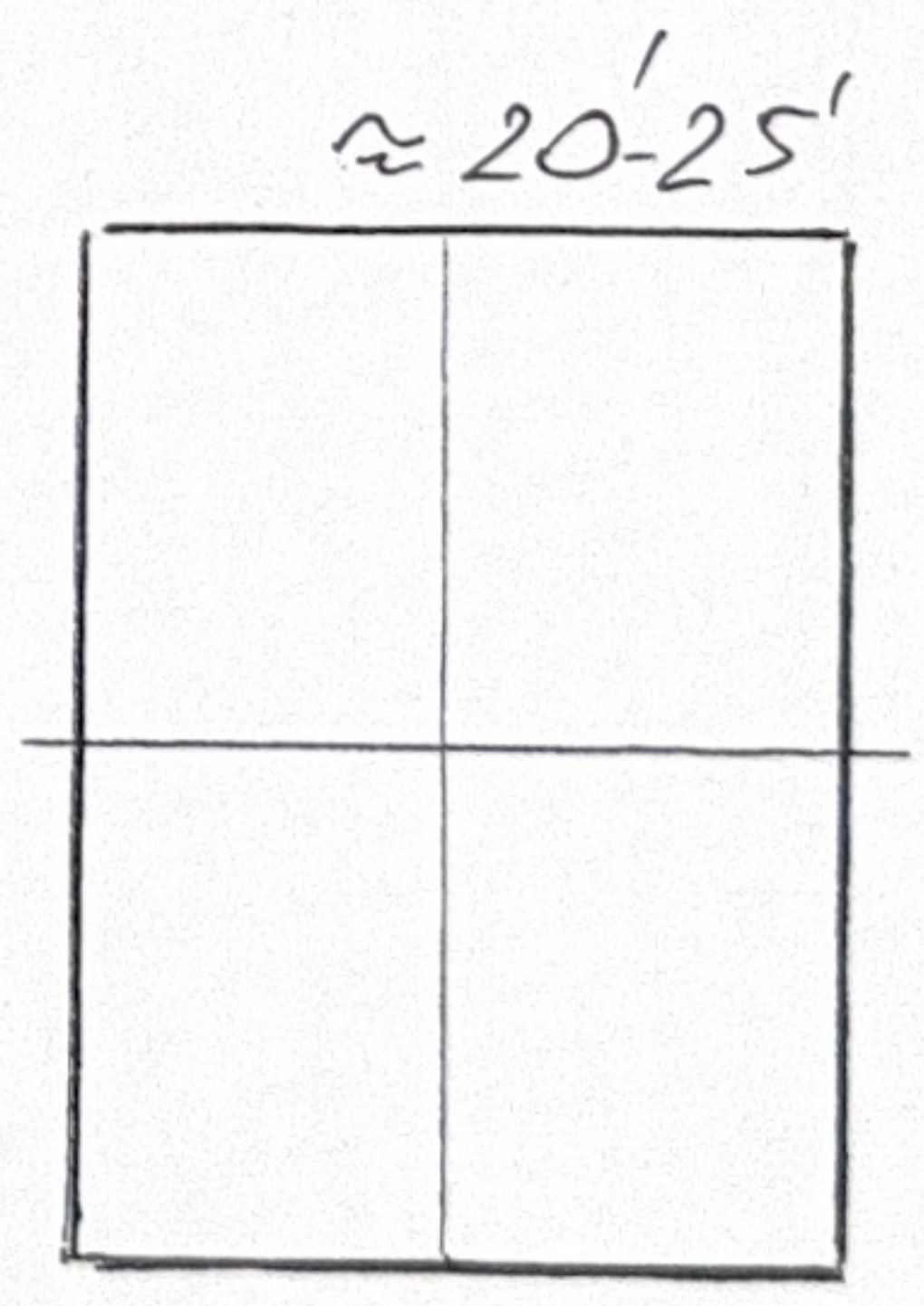
CHOP
SHORT TO FH
LONG TO BH



SERVICE + 3TH BALL
ATTACK TO THE MIDDLE
+ FREE



SERVICE SHORT
TO FH OR LONG
TO BH
+ FREE



UP AND DOWN
WIN YOUR
SERVE

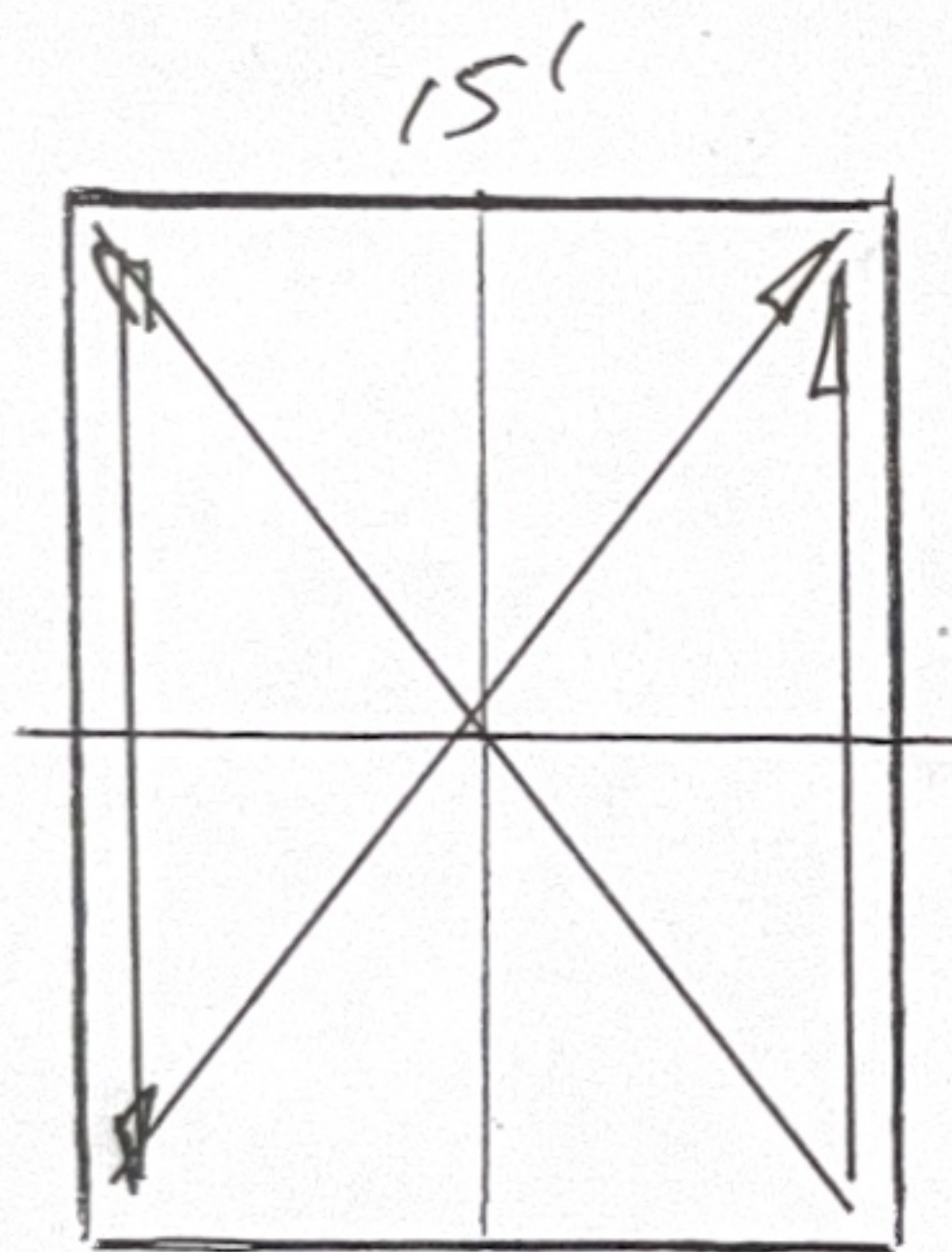
PHYSICAL - SKIPPING ROPES

25.05.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

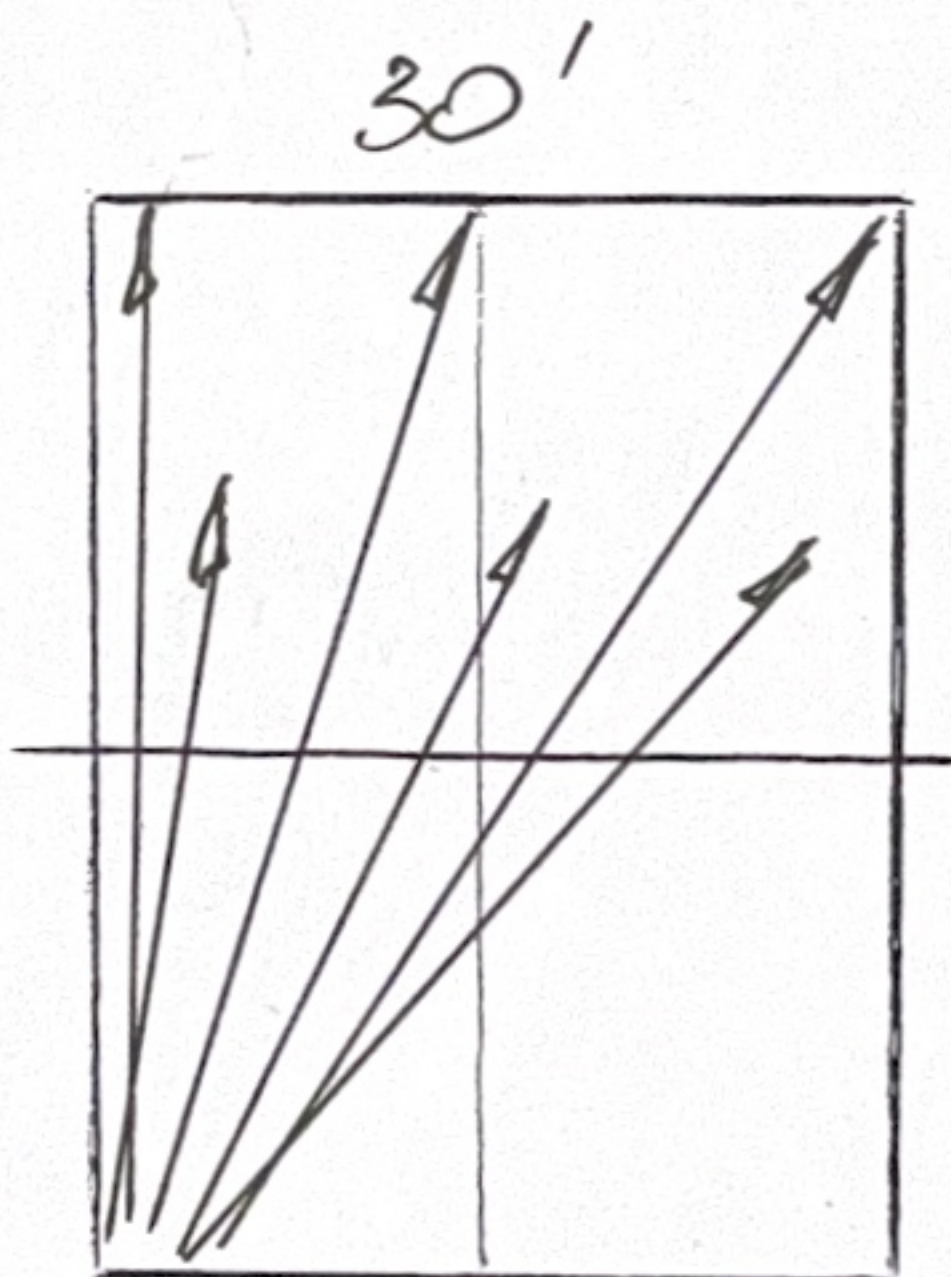
1. SERVICE AND RECIEVE PRACTICE 2. MULTI BALLS

WARMING UP → THERABANDS FOOTWORK → SPEED 6x15x30

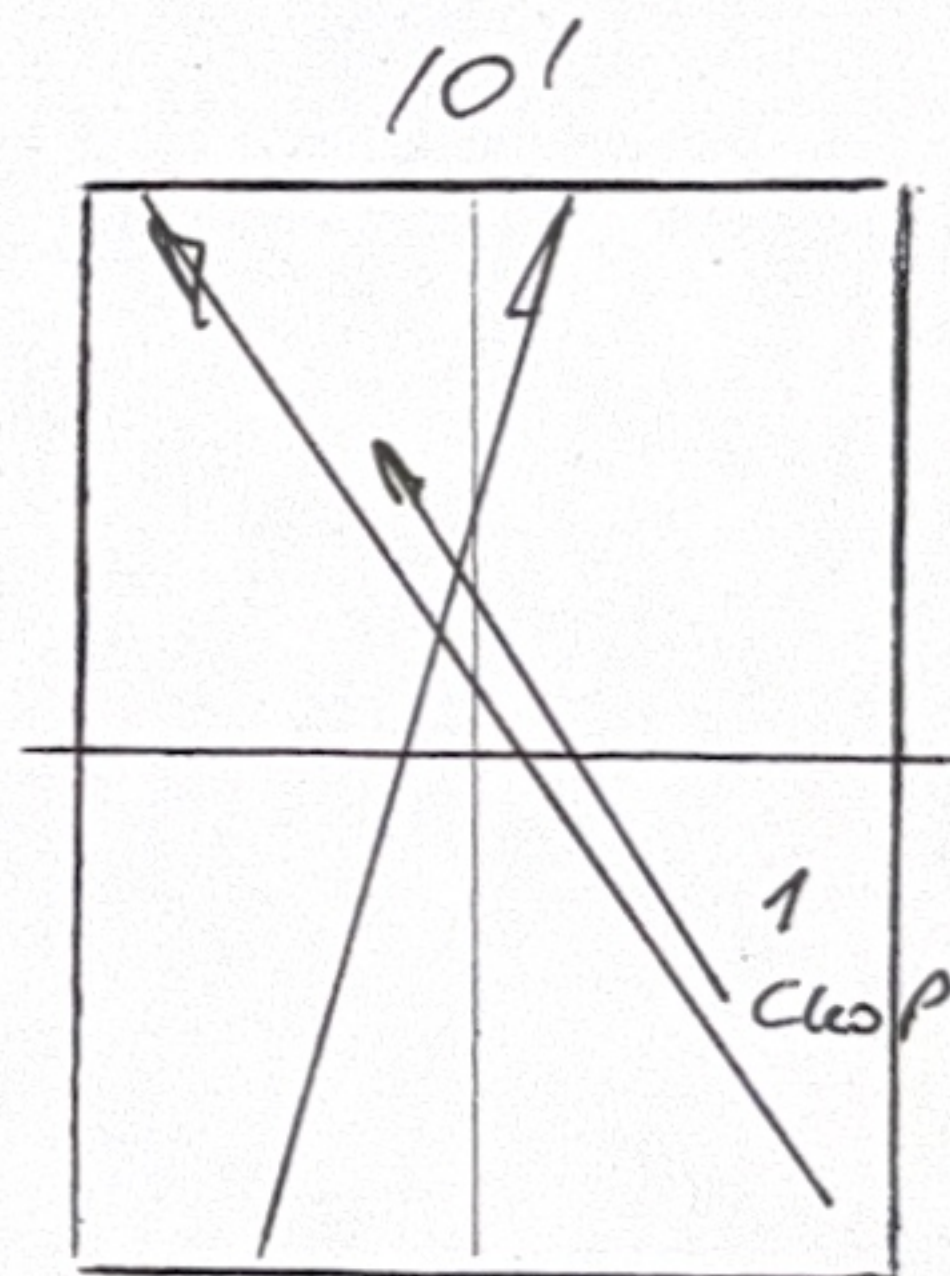
PHYSICAL → LADDER ≈ 15'-20'



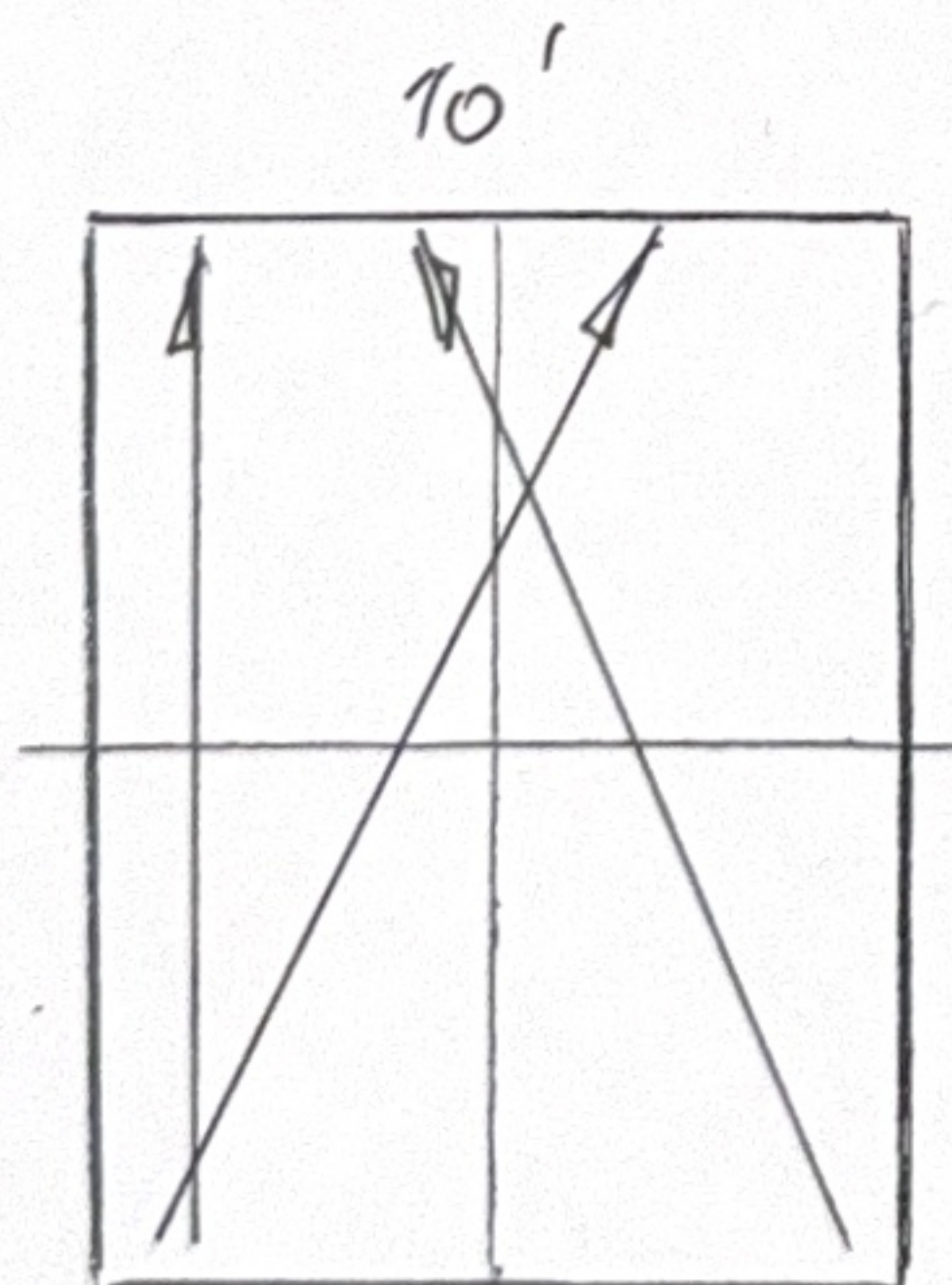
BH DOWN THE FH
5' LINE 5' 5'



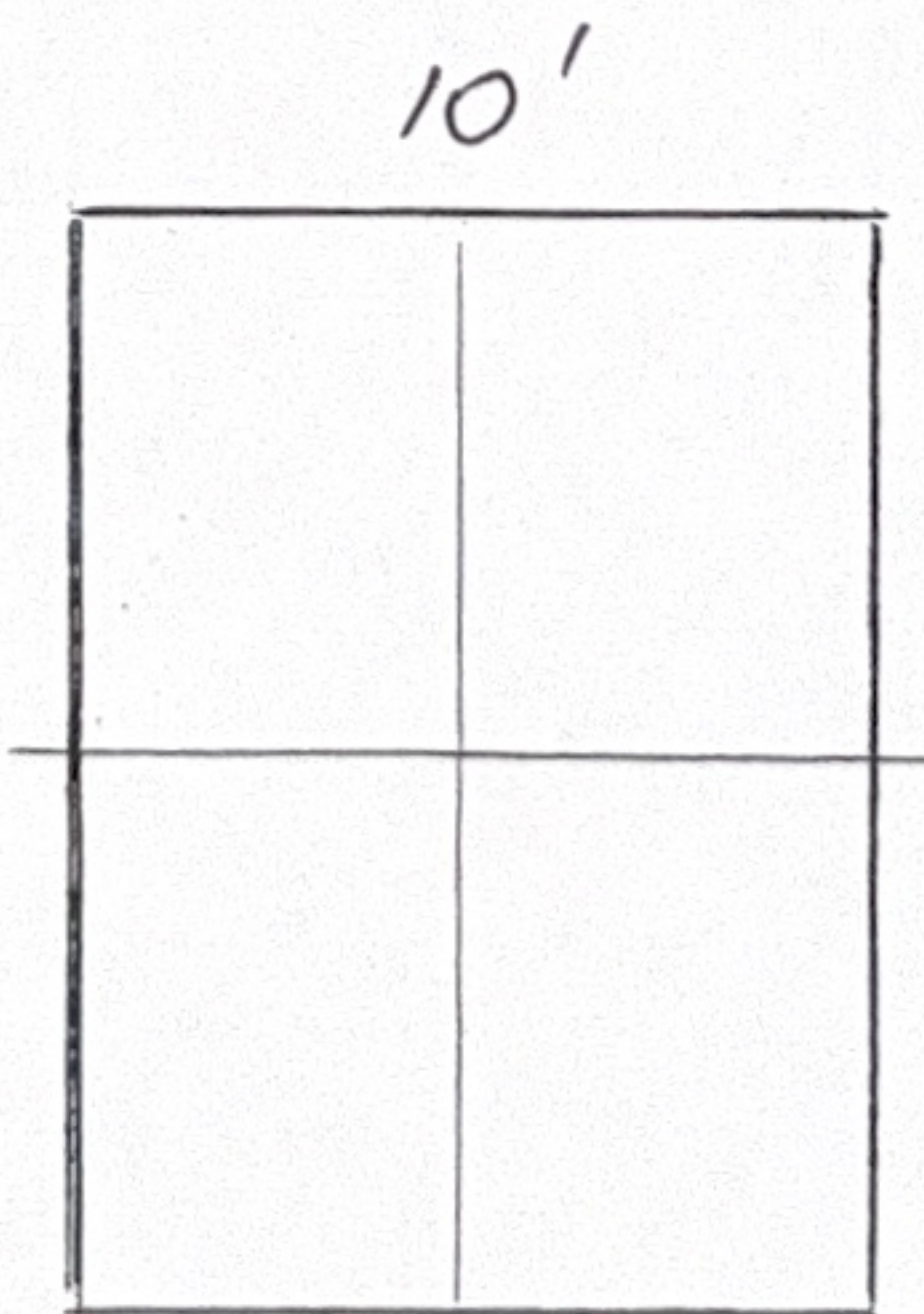
SERVICE + RECIEVE
SHORT - 7' + 7'
LONG - 7' + 7'



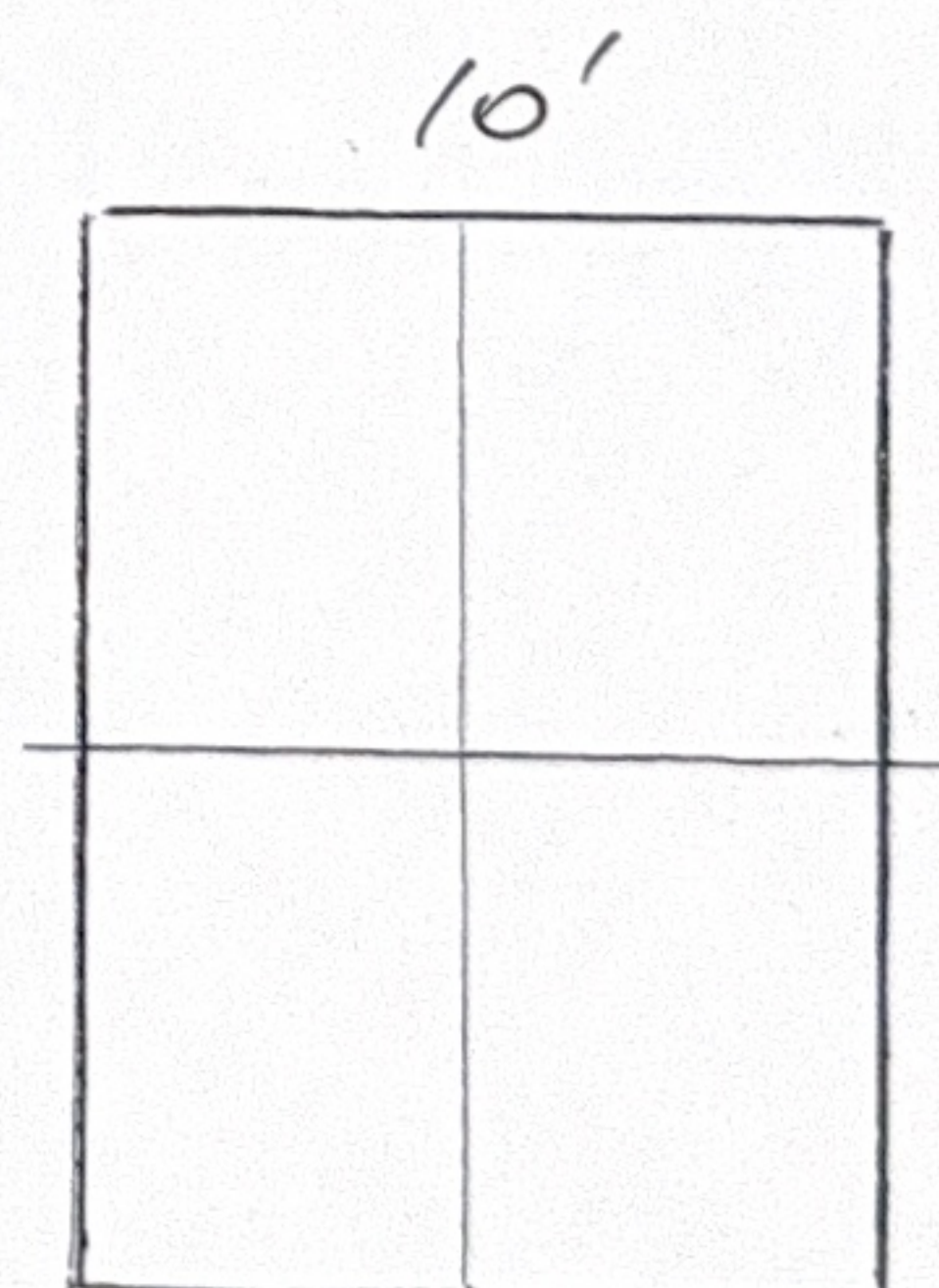
FHS 2
VS B/S
FHS 3



B/S 1 VS B/S
B/S 2
FHS 3



INDIVIDUAL

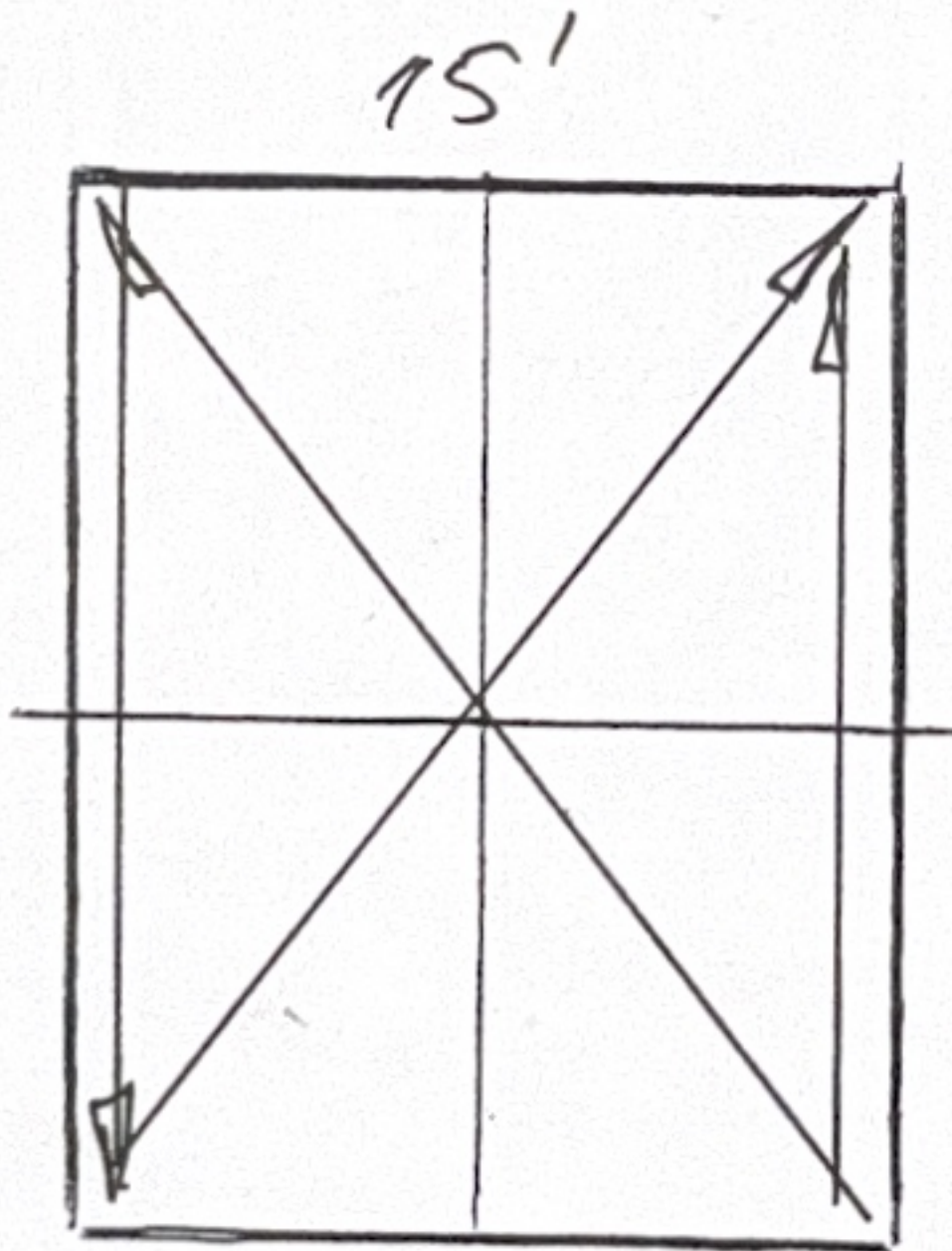


INDIVIDUAL

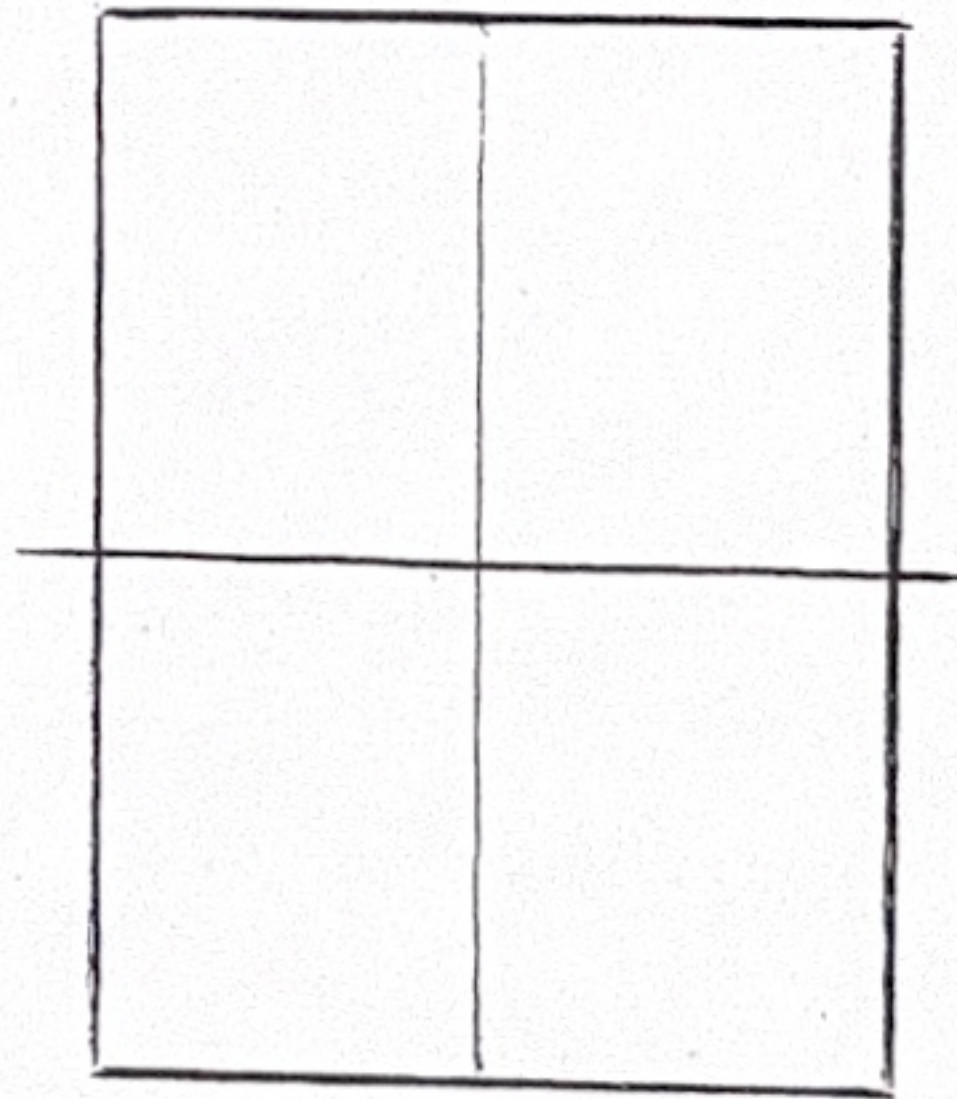
26.05.2026 TUESDAY INTERMEDIATE SQUAD 17.00-19.00

TRAINING MATCHES → SINGLES, DOUBLES

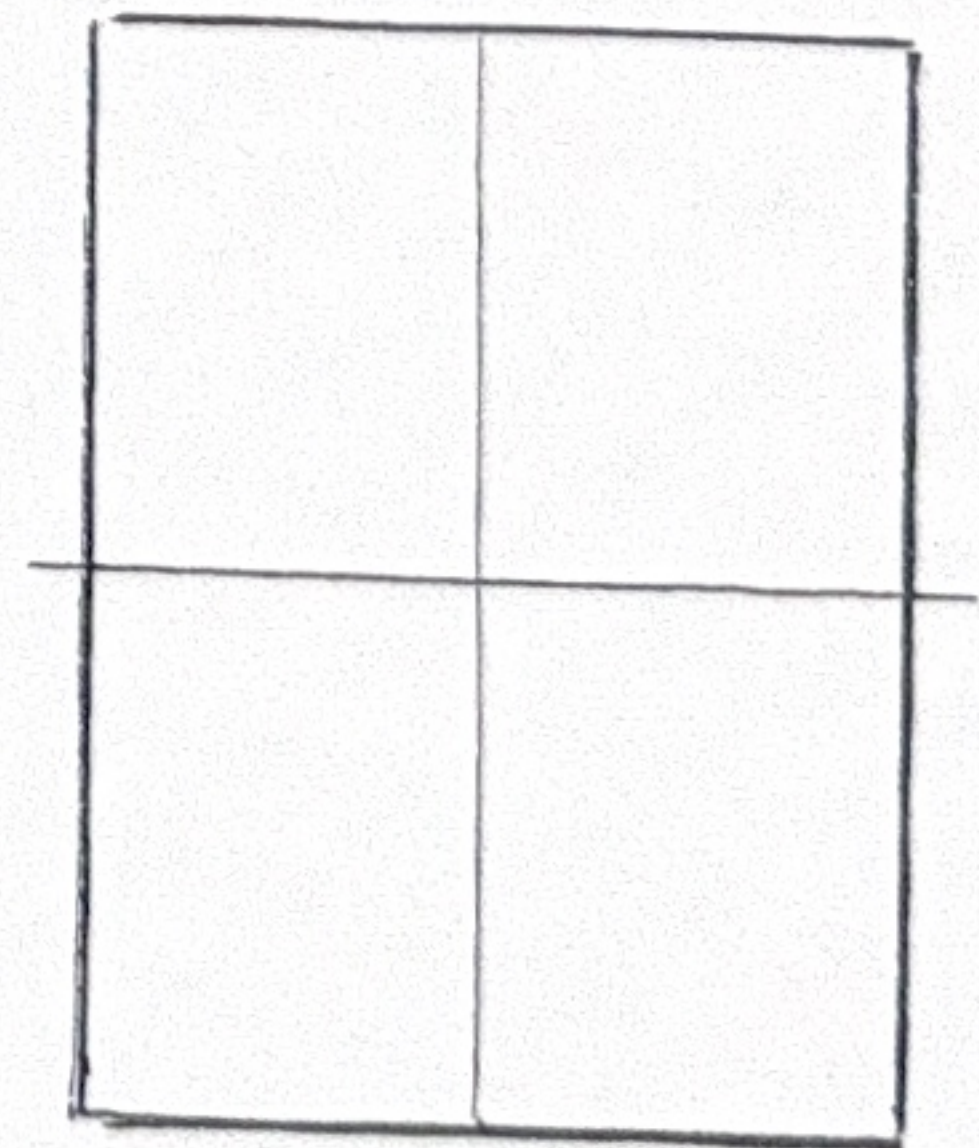
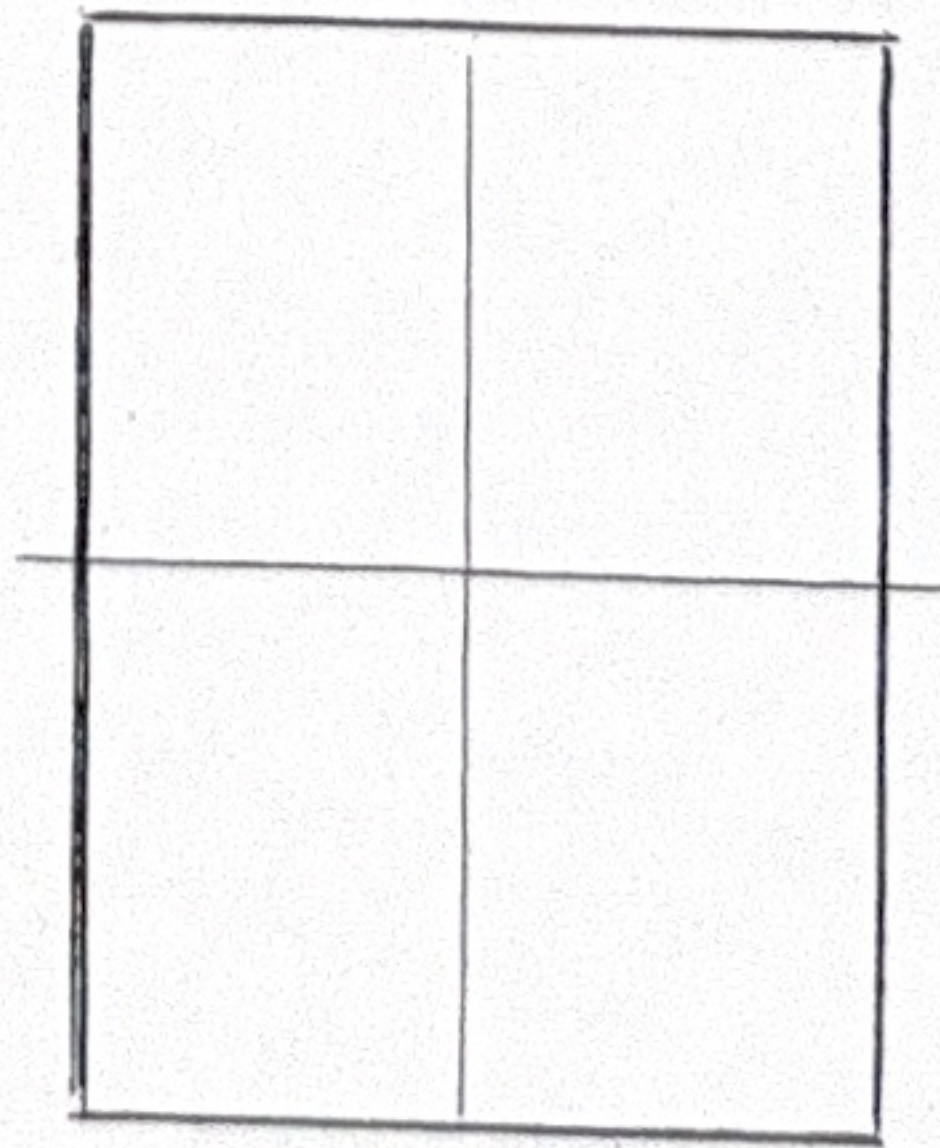
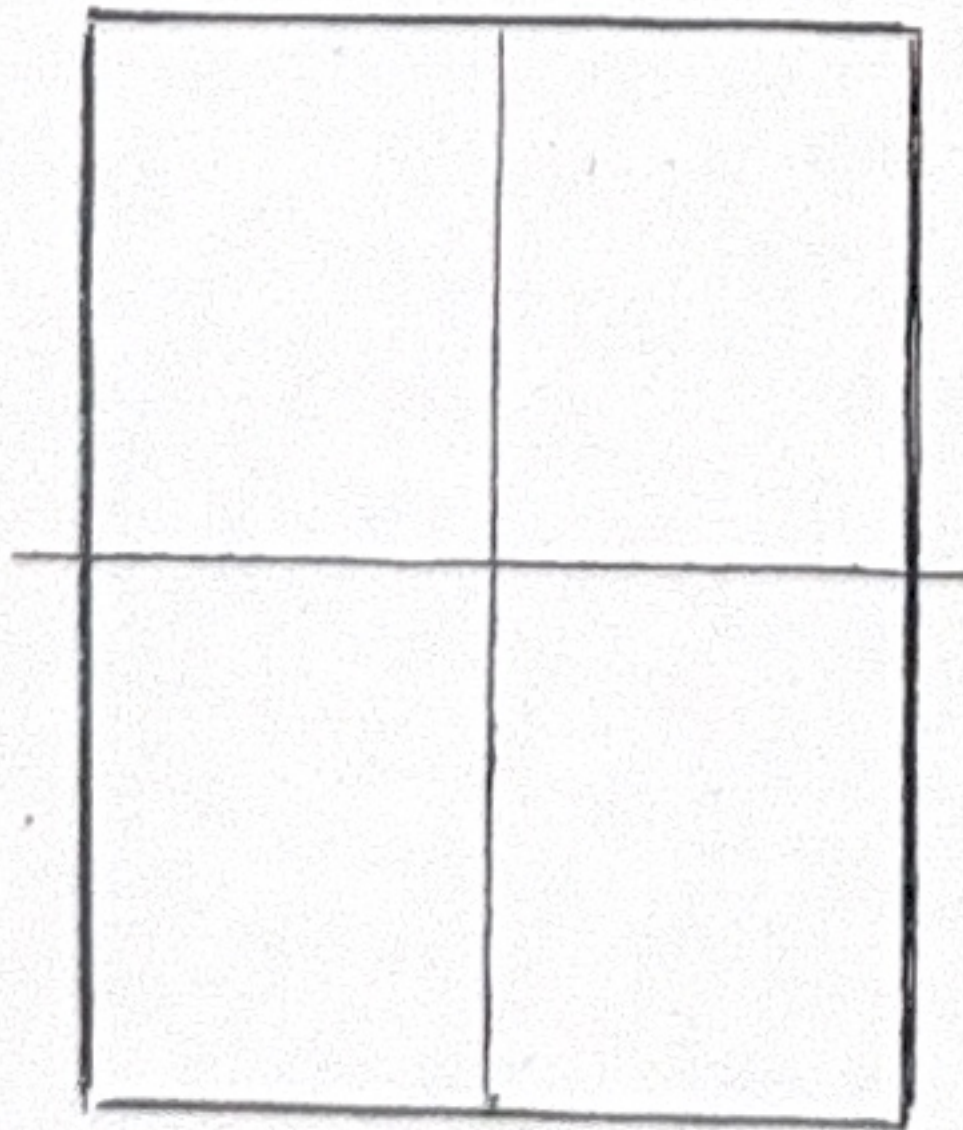
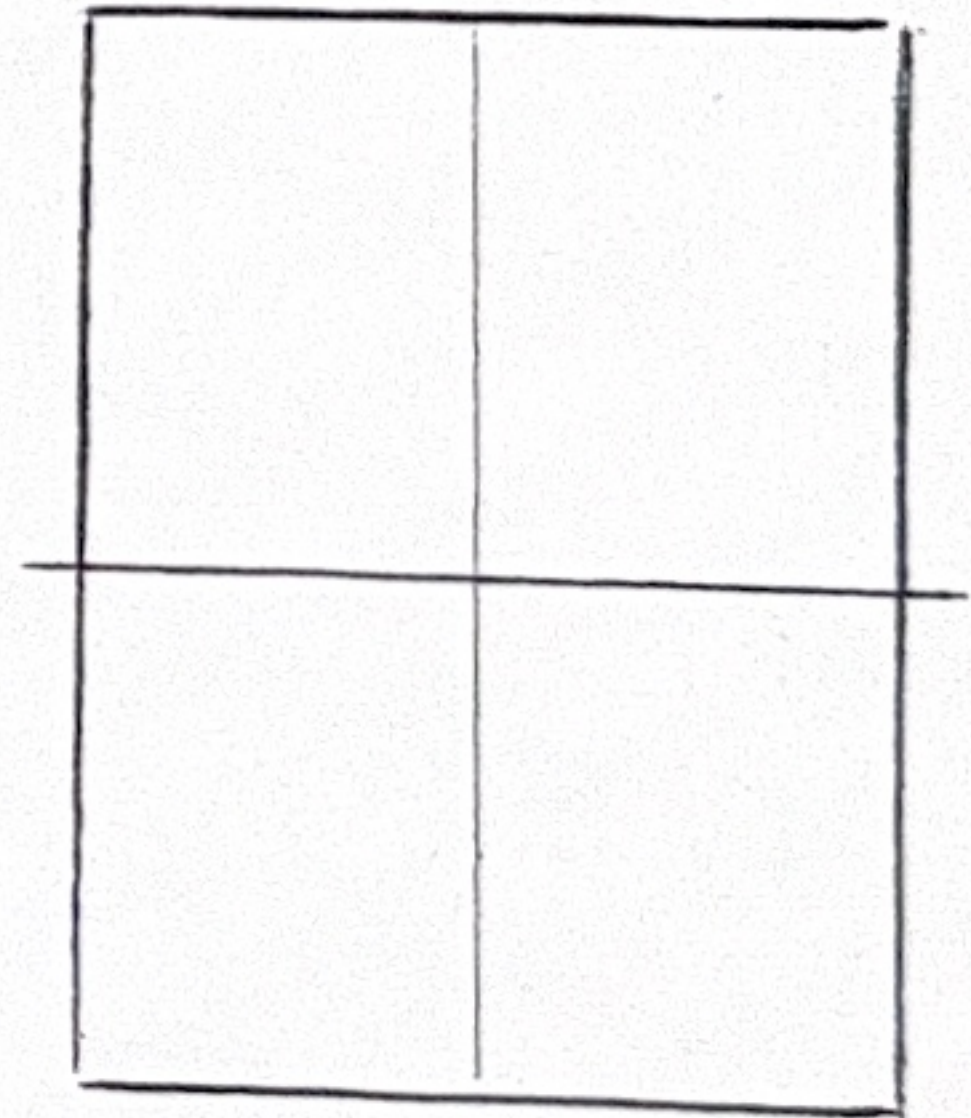
WARMING UP → THERABANDS, FOOTWORK, SPRINTS 15



BU DOWN THE FH
5' LINE 5' 5'



UP AND DOWN
SINGLES ≈ 40'



UP AND DOWN
DOUBLES ≈ 30'
