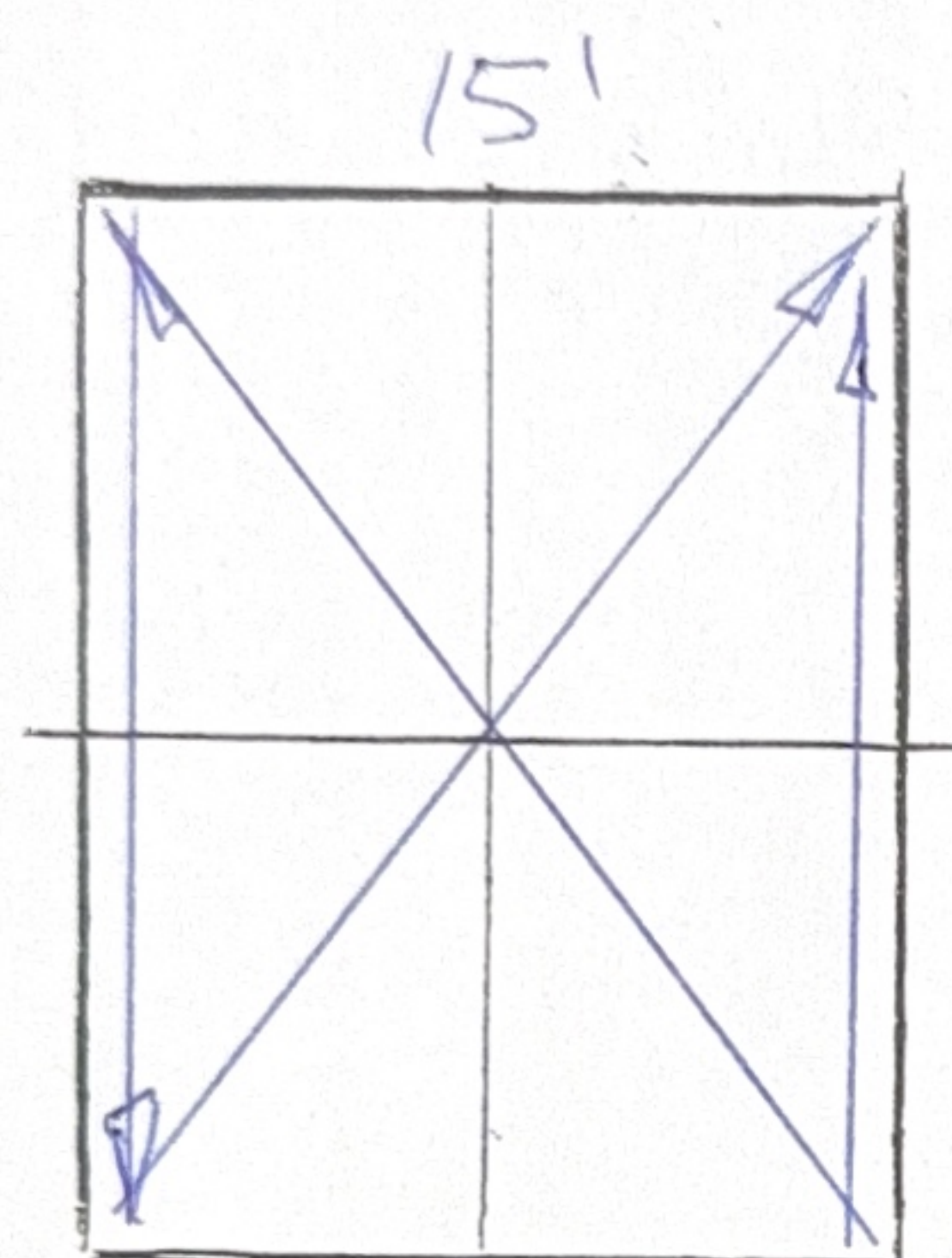


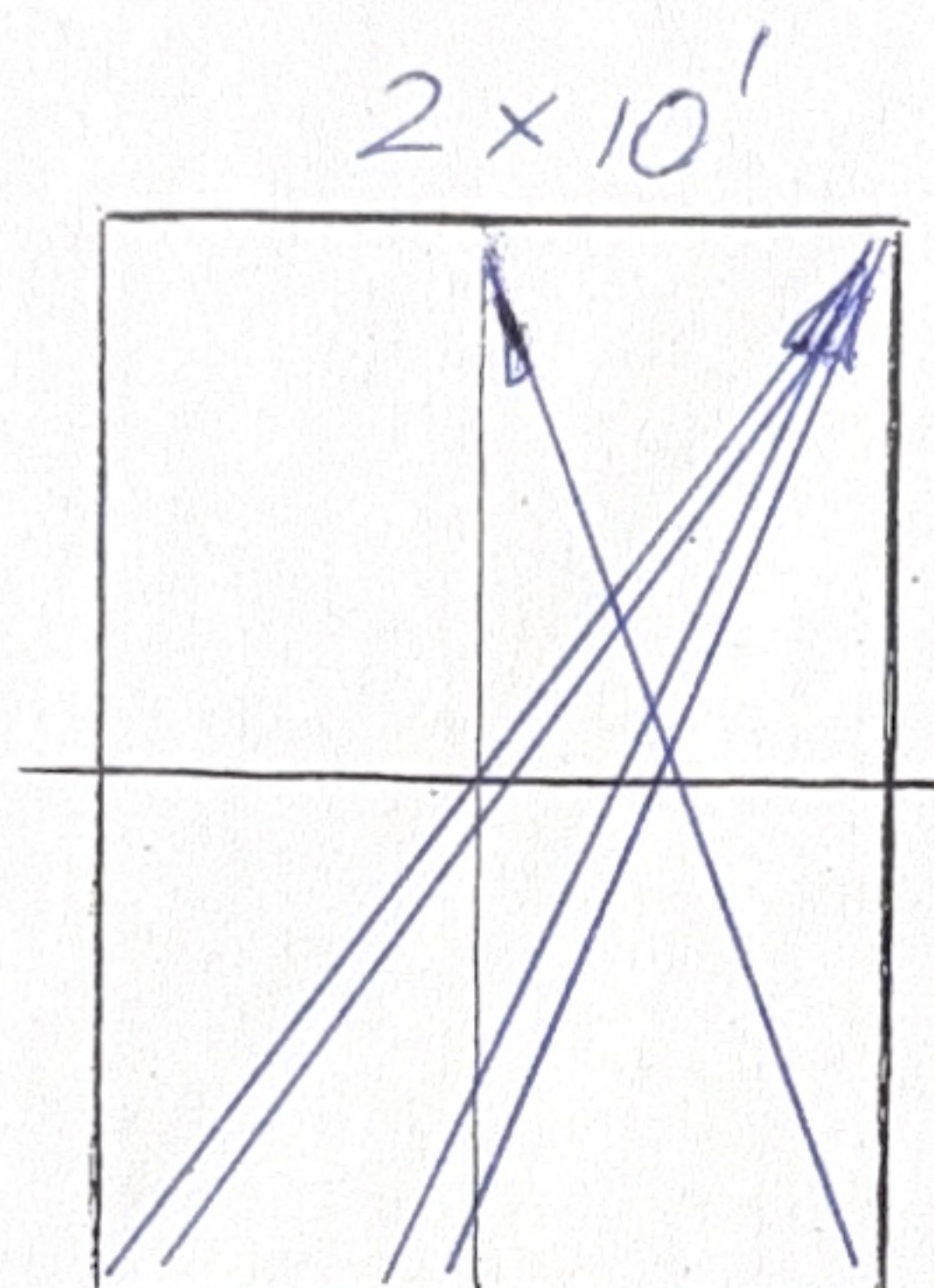
09.08.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. FOOTWORK / SIDE TO SIDE, CROSSOVER PIVOT,
3. 3rd BALL ATTACK 4. TRAINING MATCHES

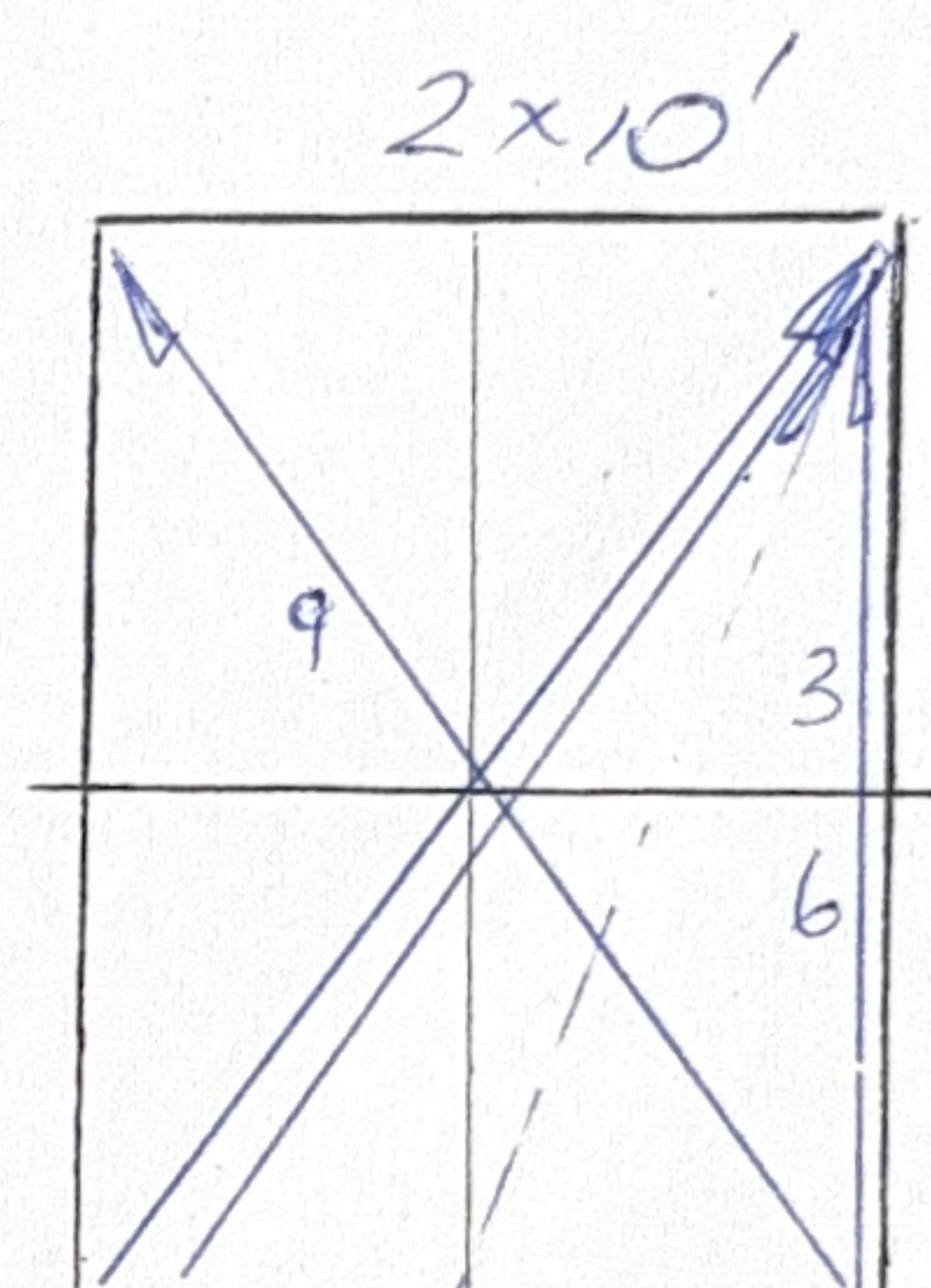
WARMING UP → THERABANDS, SHADOWS 3x3x25"x25"



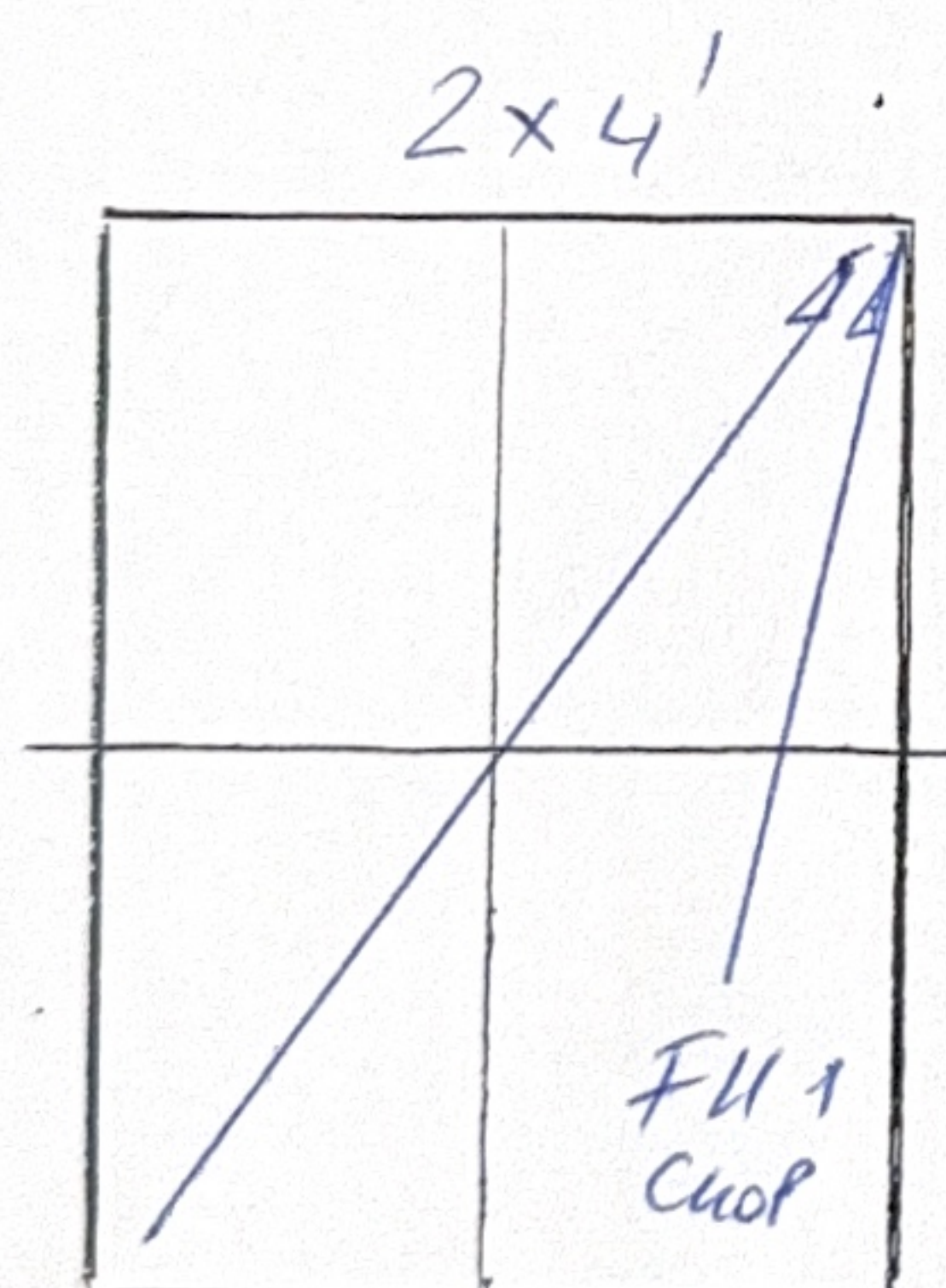
BH DOWN THE FH
5' LINE 5' 5'



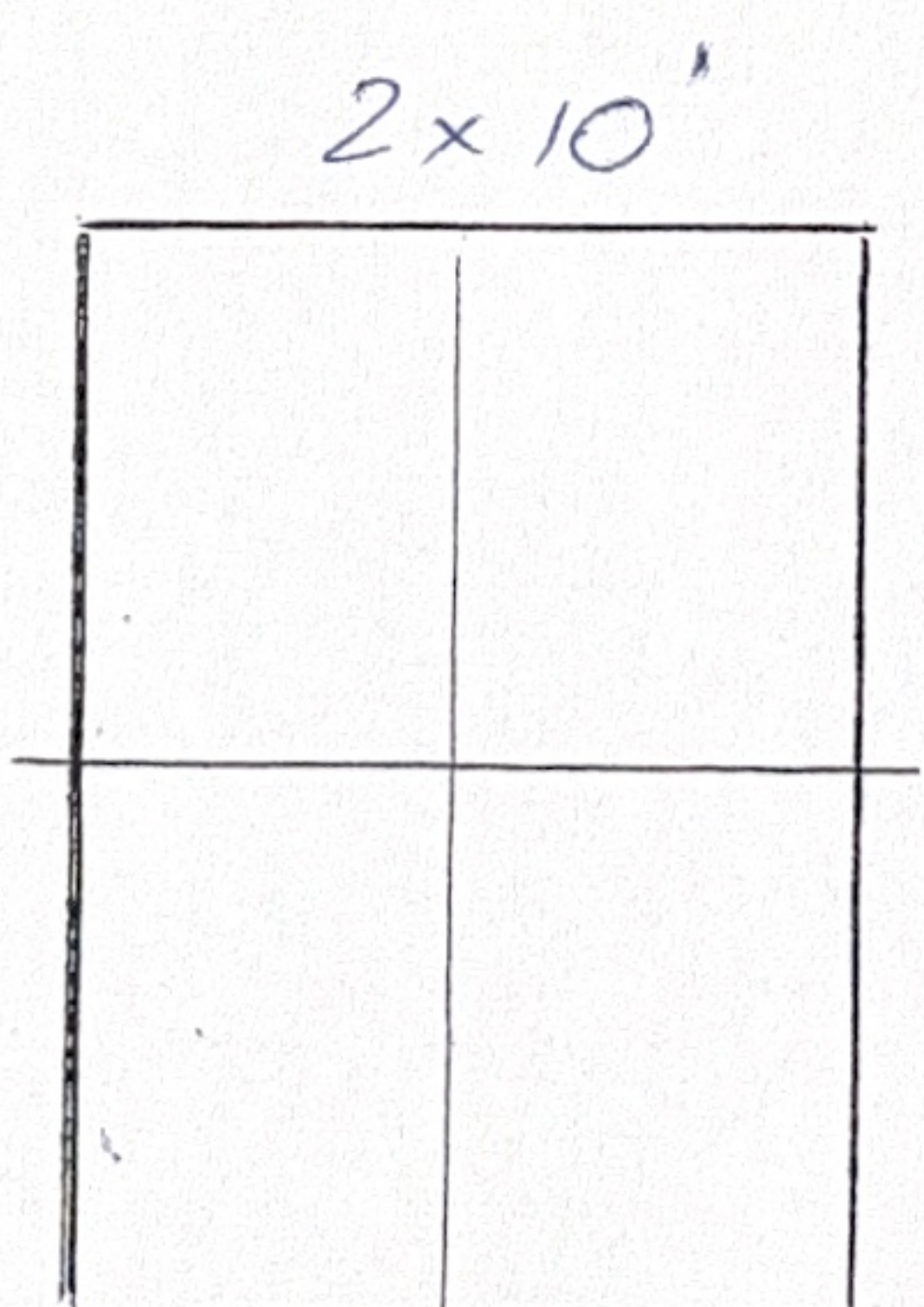
FHS FHS FHS
2,4 1,3 5
AFTER 10 BALLS
FREE



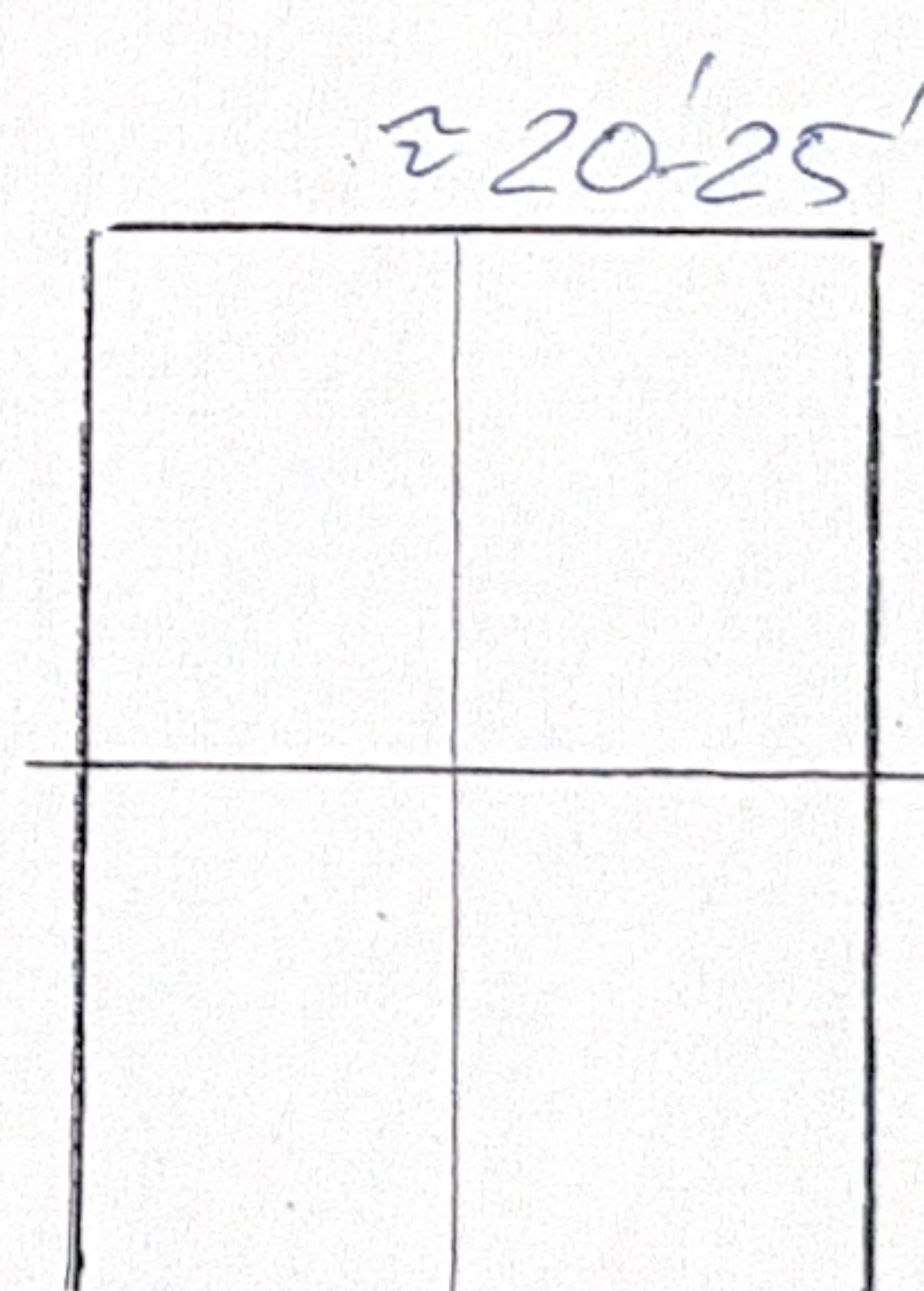
BH FHS FHS
1 FHS 2(B) 3
2 AFTER 9 BALLS
FREE



BH
CHOP
2



INDIVIDUAL
FROM
SERVICE



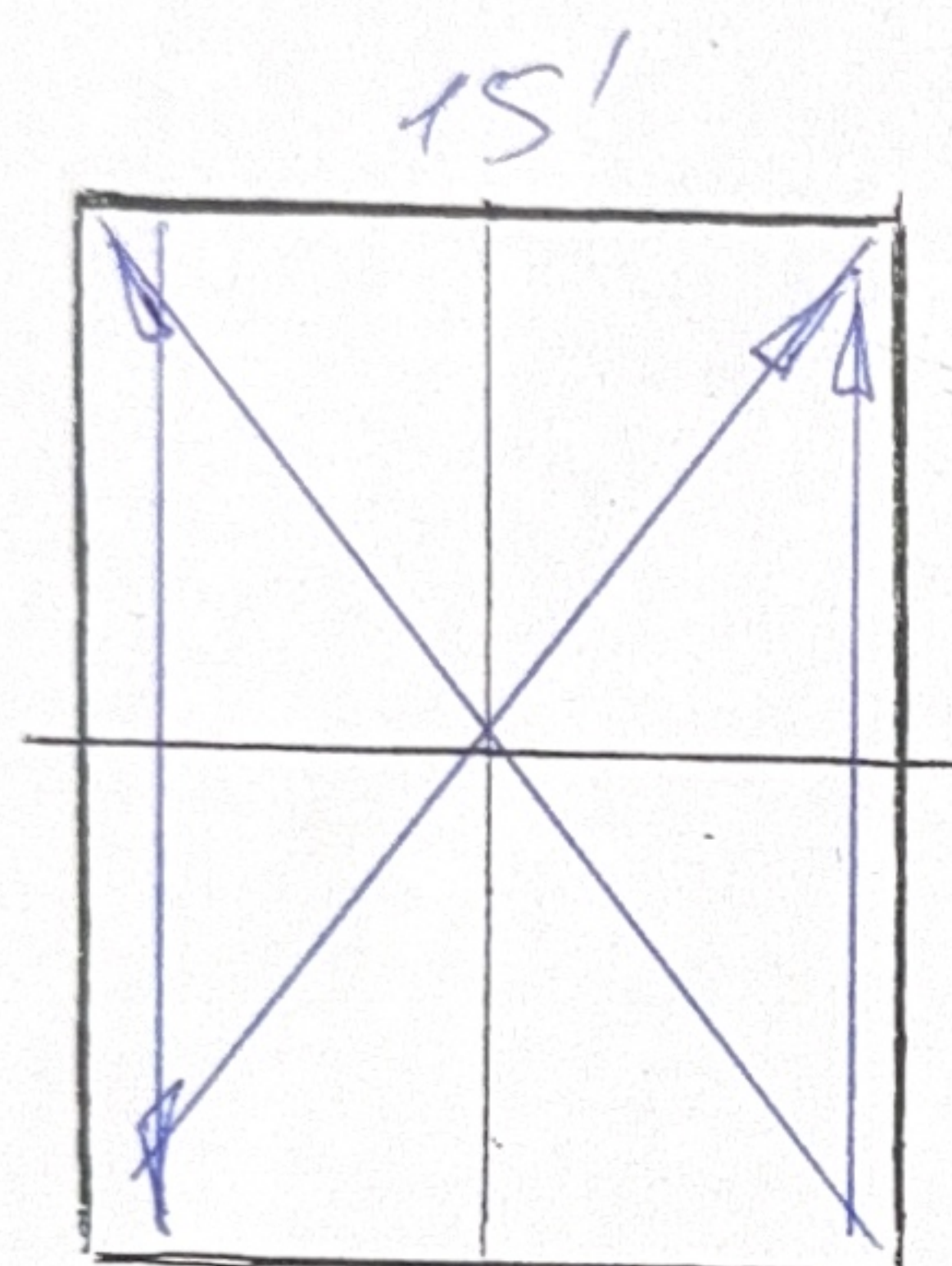
ONE SET
UP AND DOWN

PHYSICAL: SKIPPING ROPES ~20'

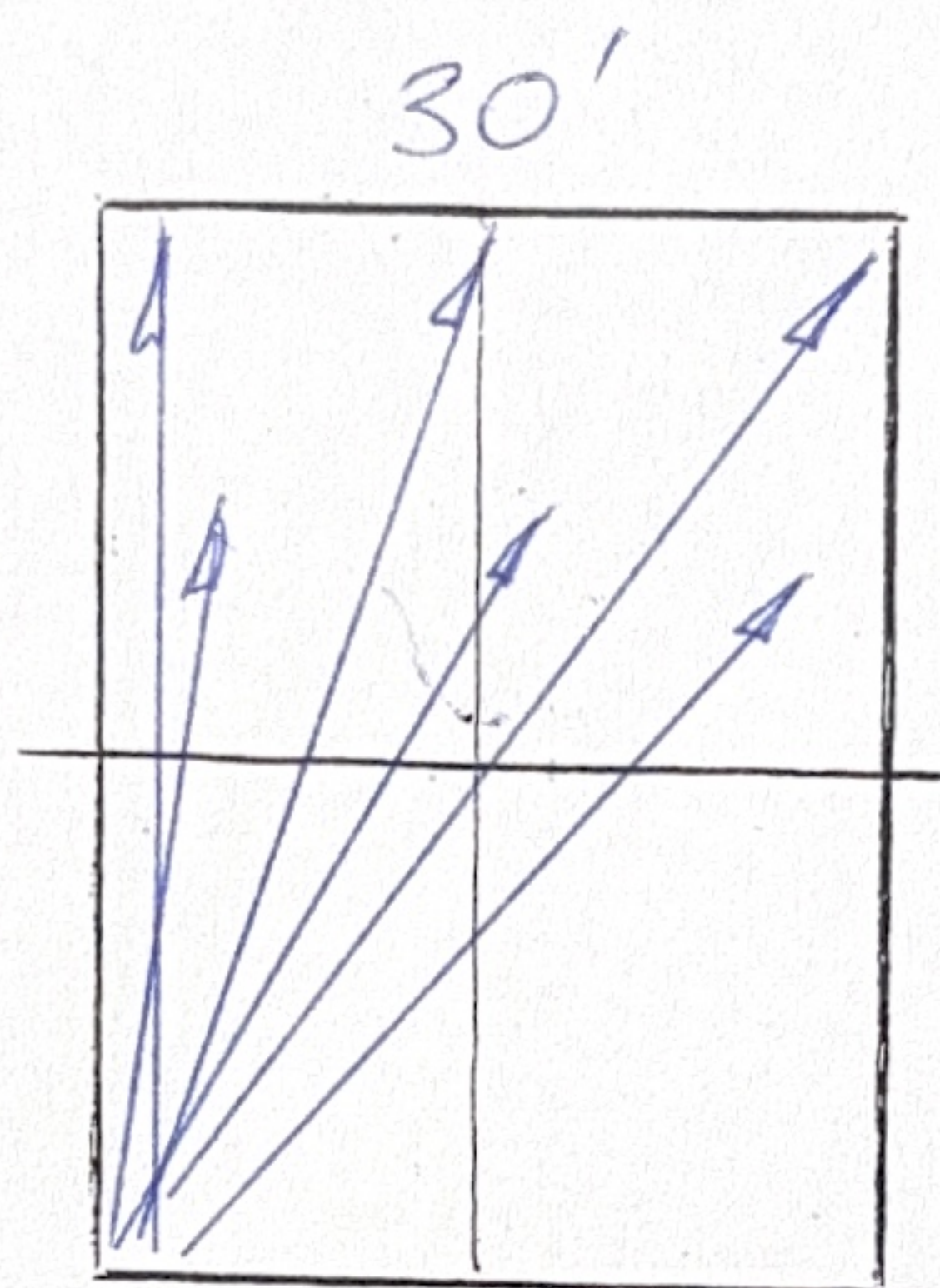
10.08.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

1. SERVE - RECEIVE PRACTICE 2. MULTIBALLS

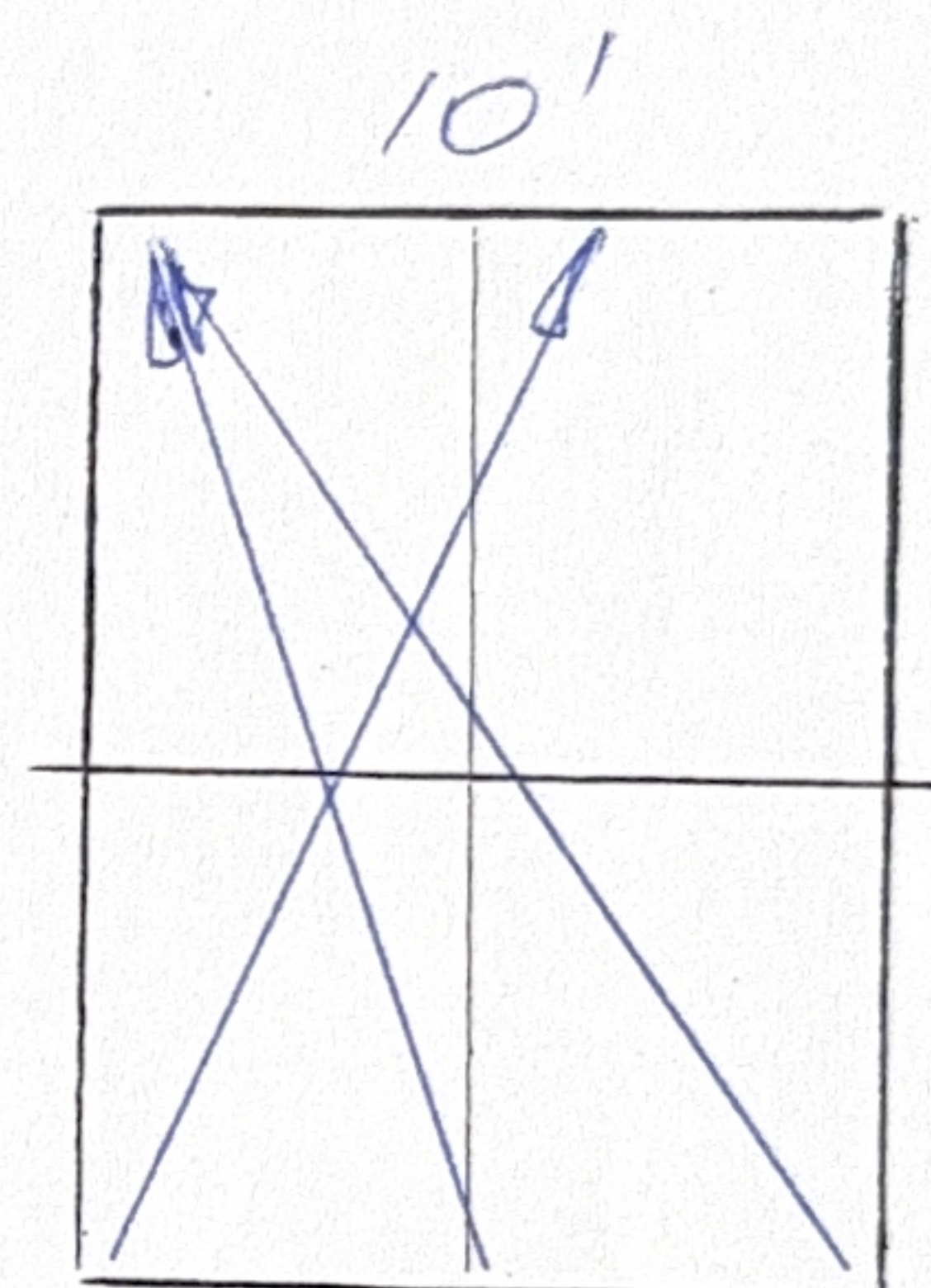
WARMING-UP: THERABANDS, SHADOWS 3x3x25'x25'



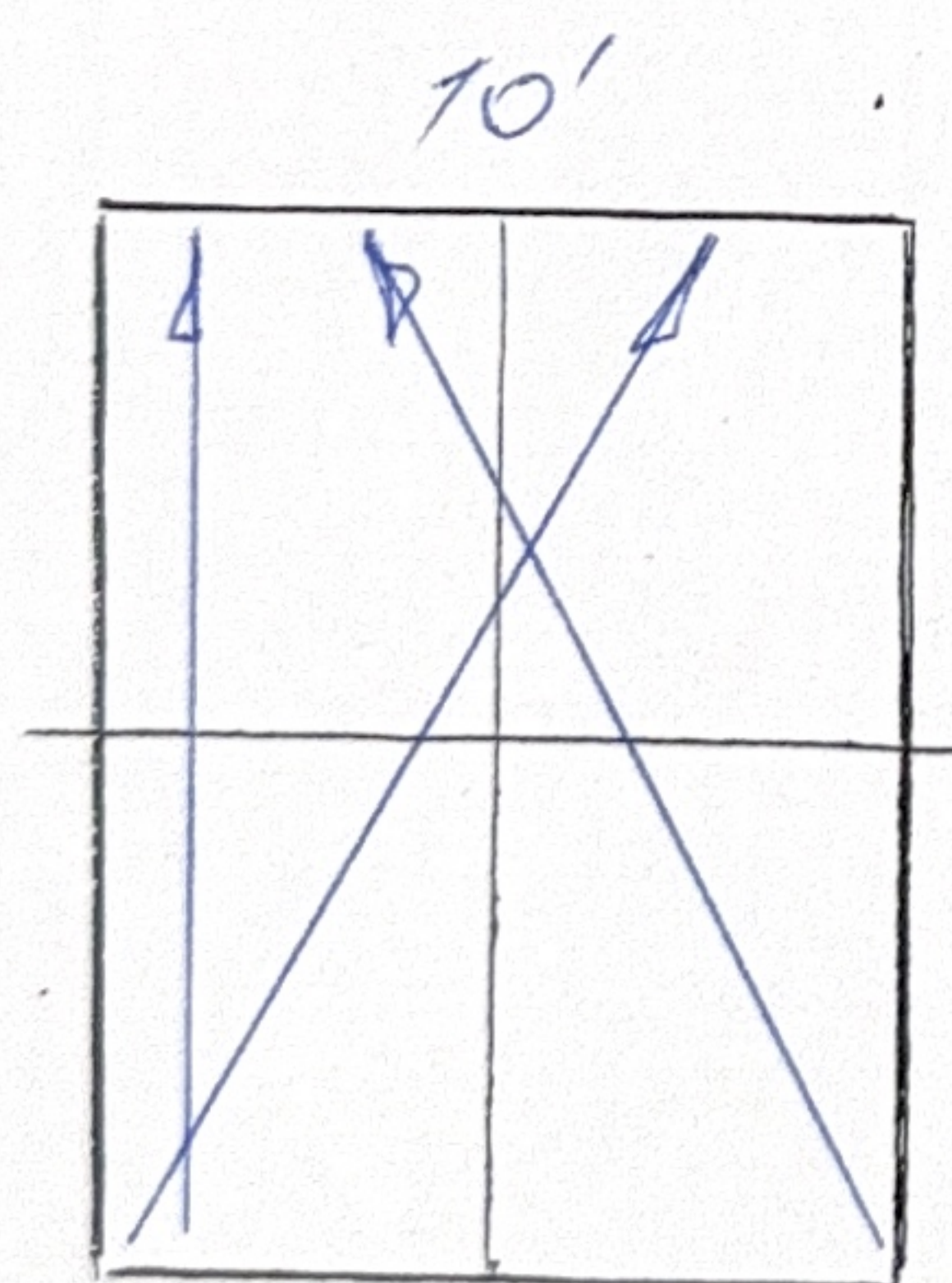
BH DOWN THE FH
S' LINES' S'



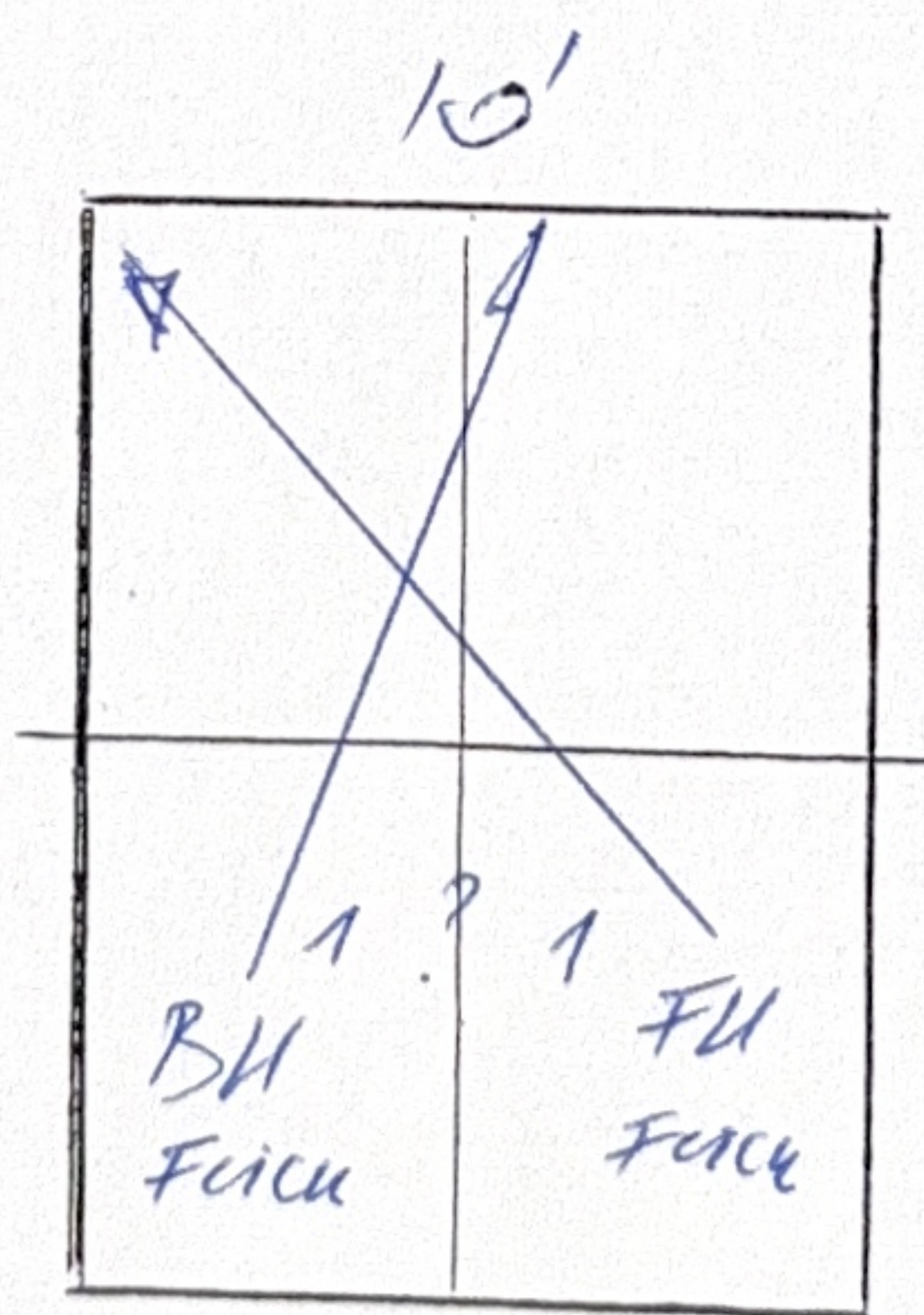
SERVICE SHORT 15'
SERVICE LONG 15'



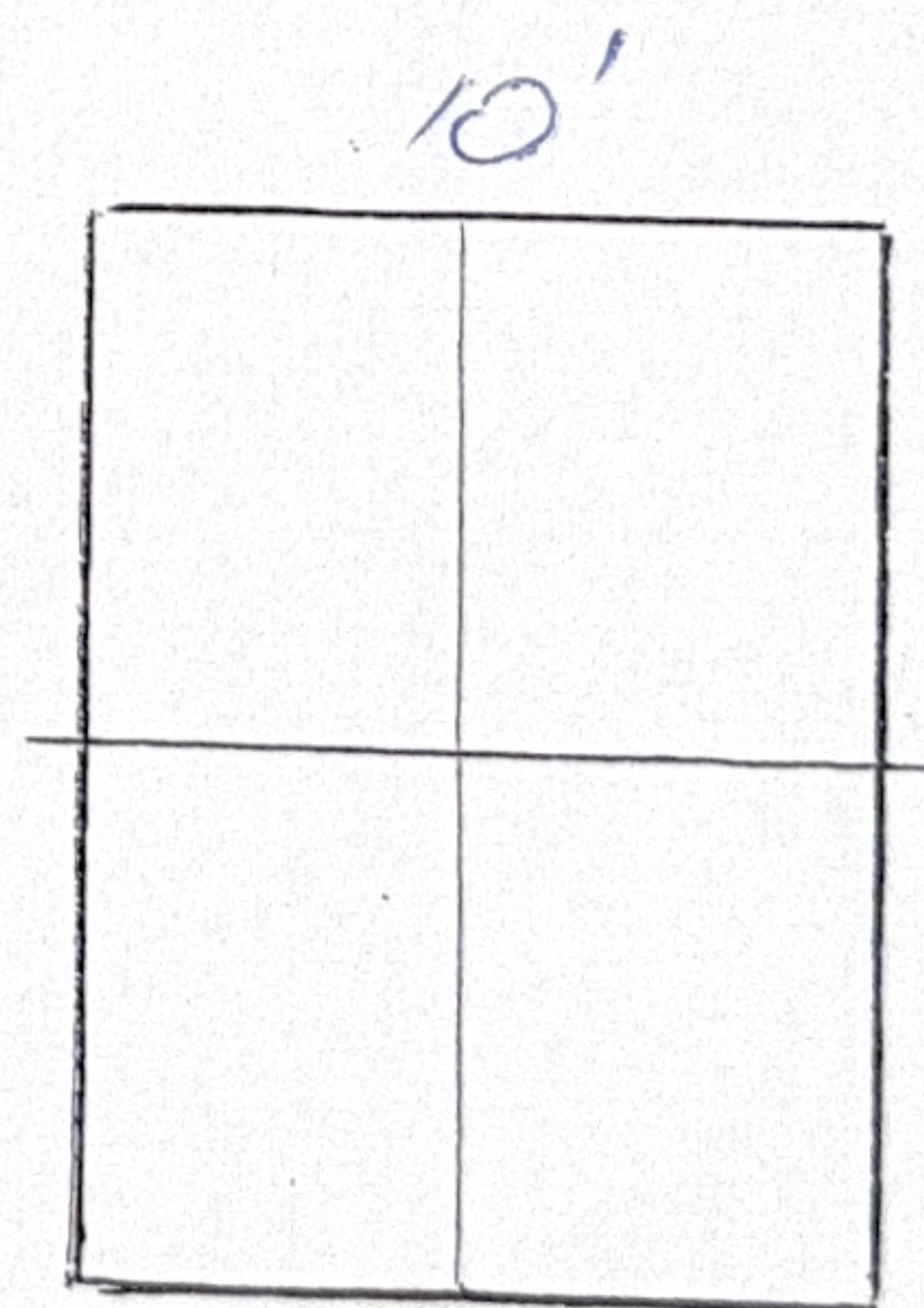
BH 3 FHS 1 vs. BIS FHS 2 vs. TIS



BS 1 vs BIS FHS
BH 2 vs TIS 3



+ 2-3 BALLS
FREE ALL TABLE



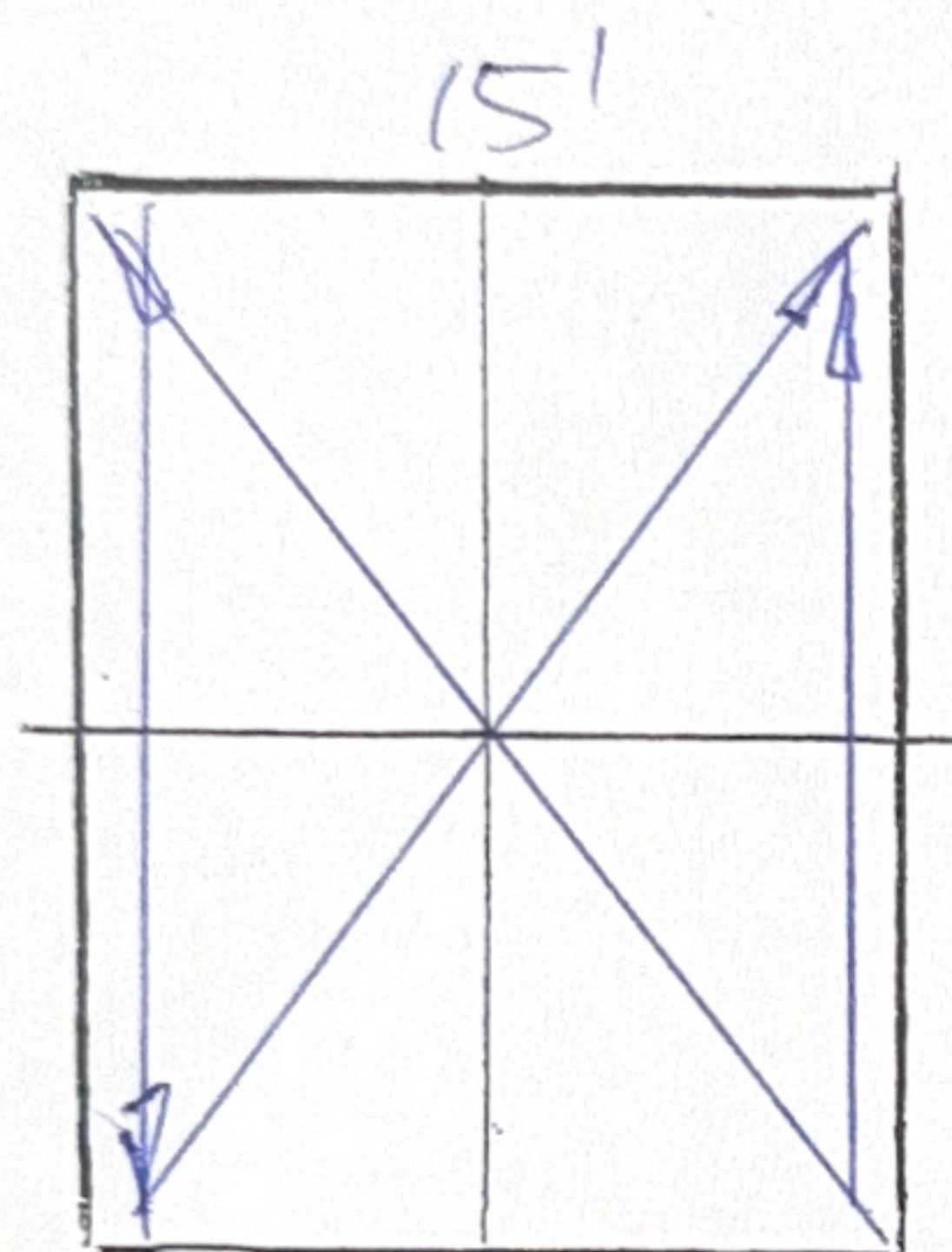
INDIVIDUAL

PHYSICAL: LEGS - THUMPS, HANDS - TRICEPS ~ 15-20'

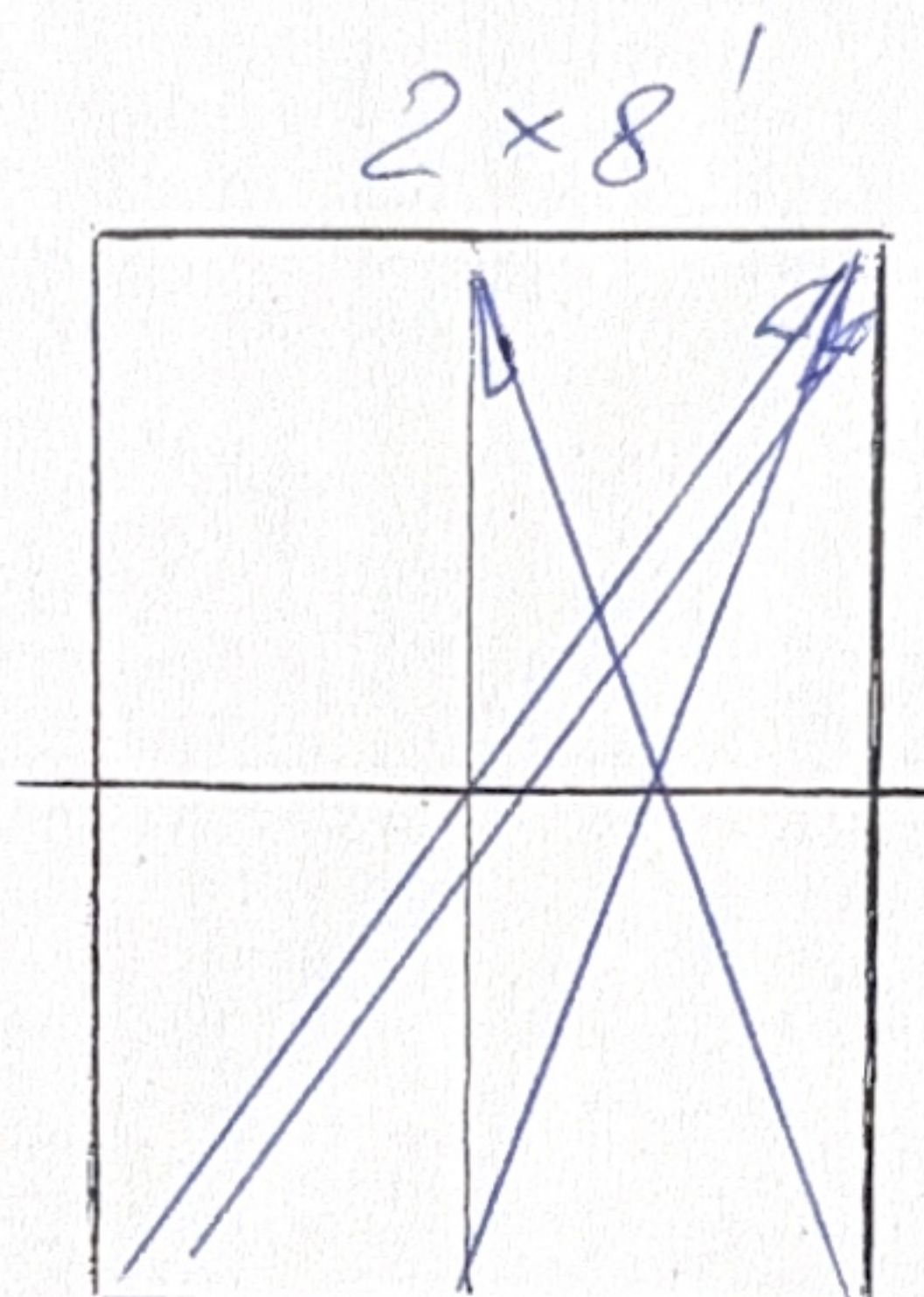
11.08.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TACTICAL PREPARATION, 2. INDIVIDUAL FROM
SERVICE 3. TRAINING MATCHES

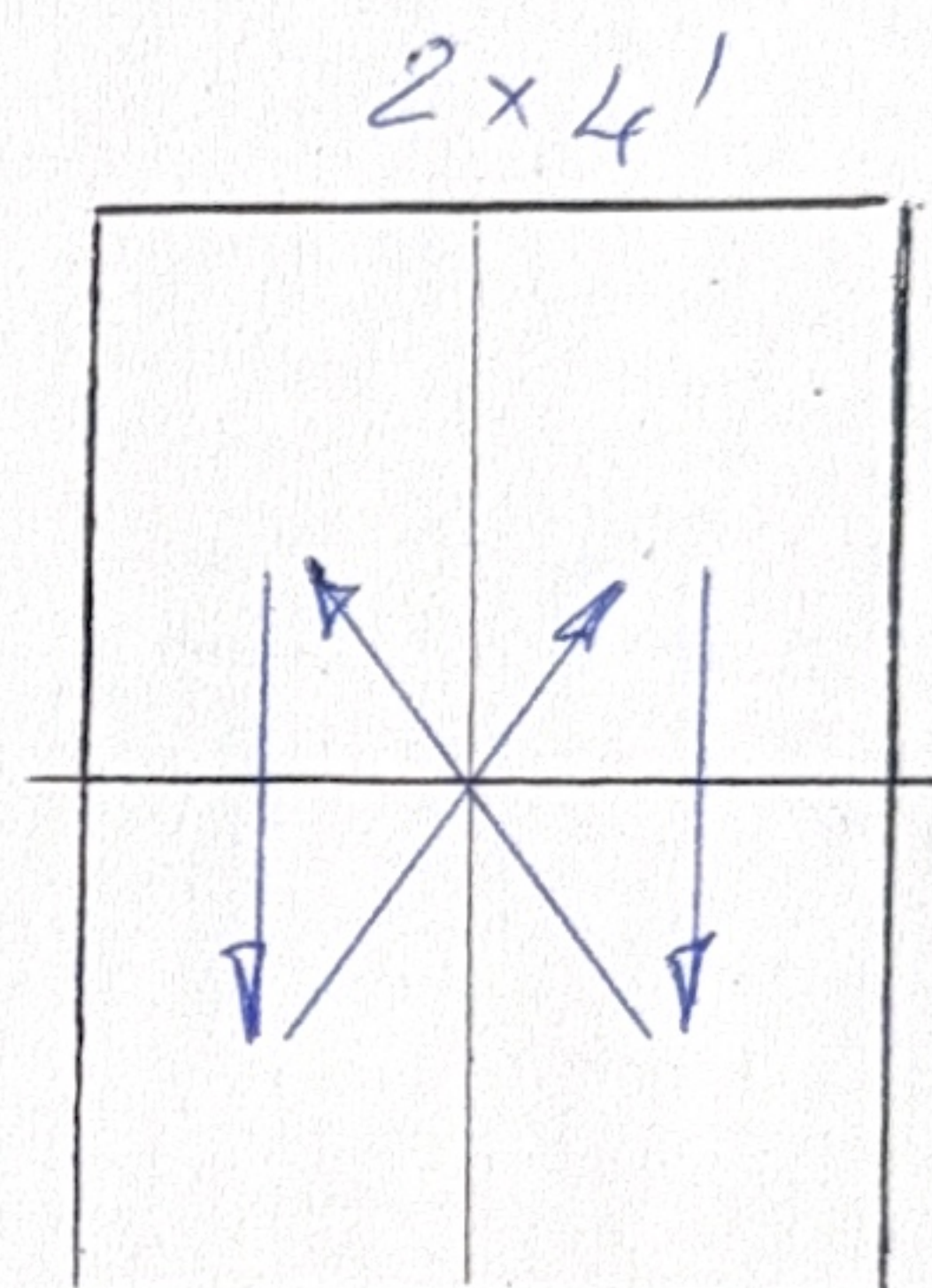
WARMING-UP → TREX BANDS, SHADOWS 3x3x25x25



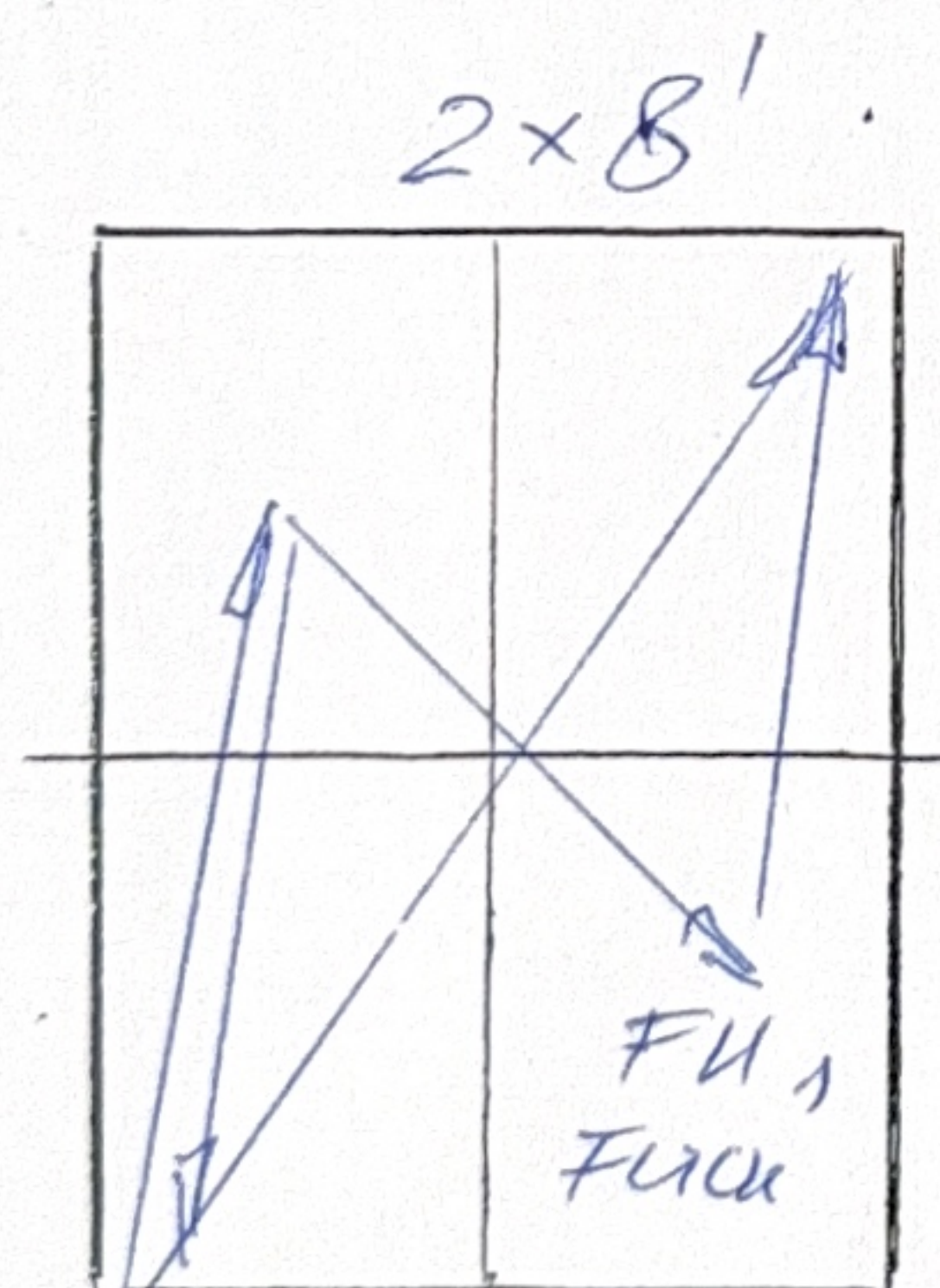
BH DOWN THE FH
5' LINES 5' 5'



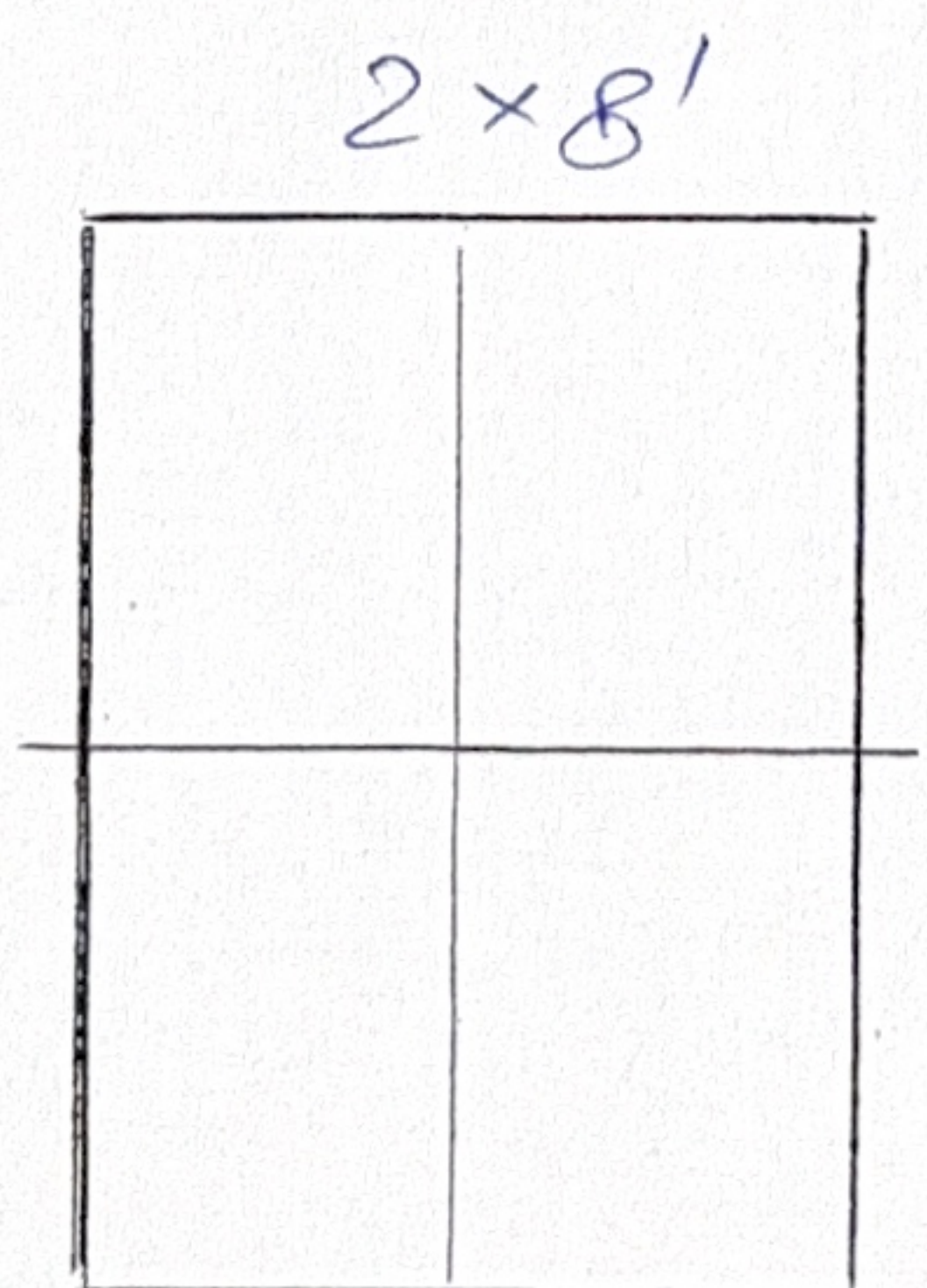
BH FUS FUS
1,3 2 4



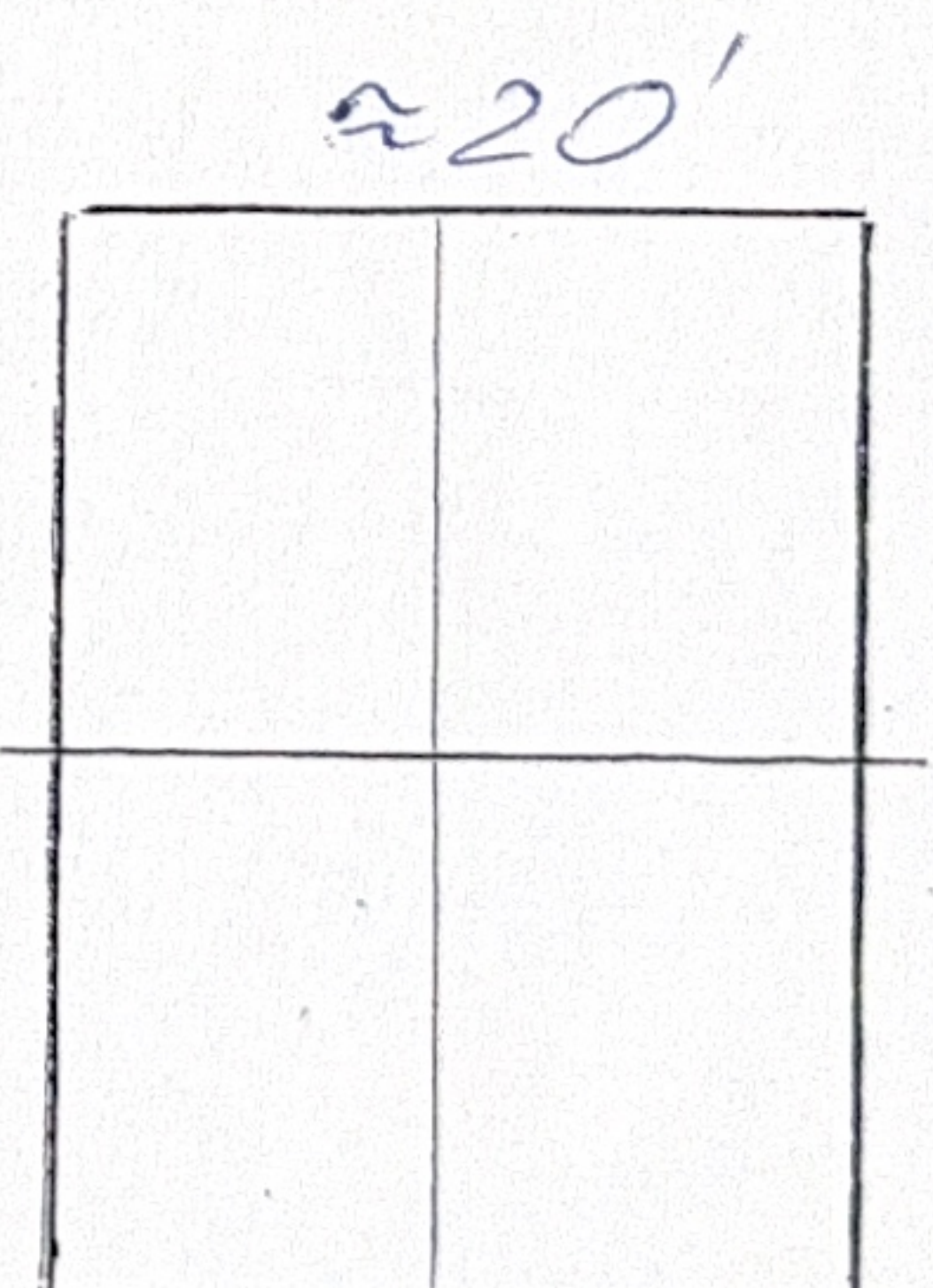
SWORE N 8 (A1-A2)
LONG ALL (B1-B2)
TABLE



SERVICE + FREE
BUS 1 ALLTABLE
(FUS)1



INDIVIDUAL



UP AND DOWN
UP TO 3 POINTS