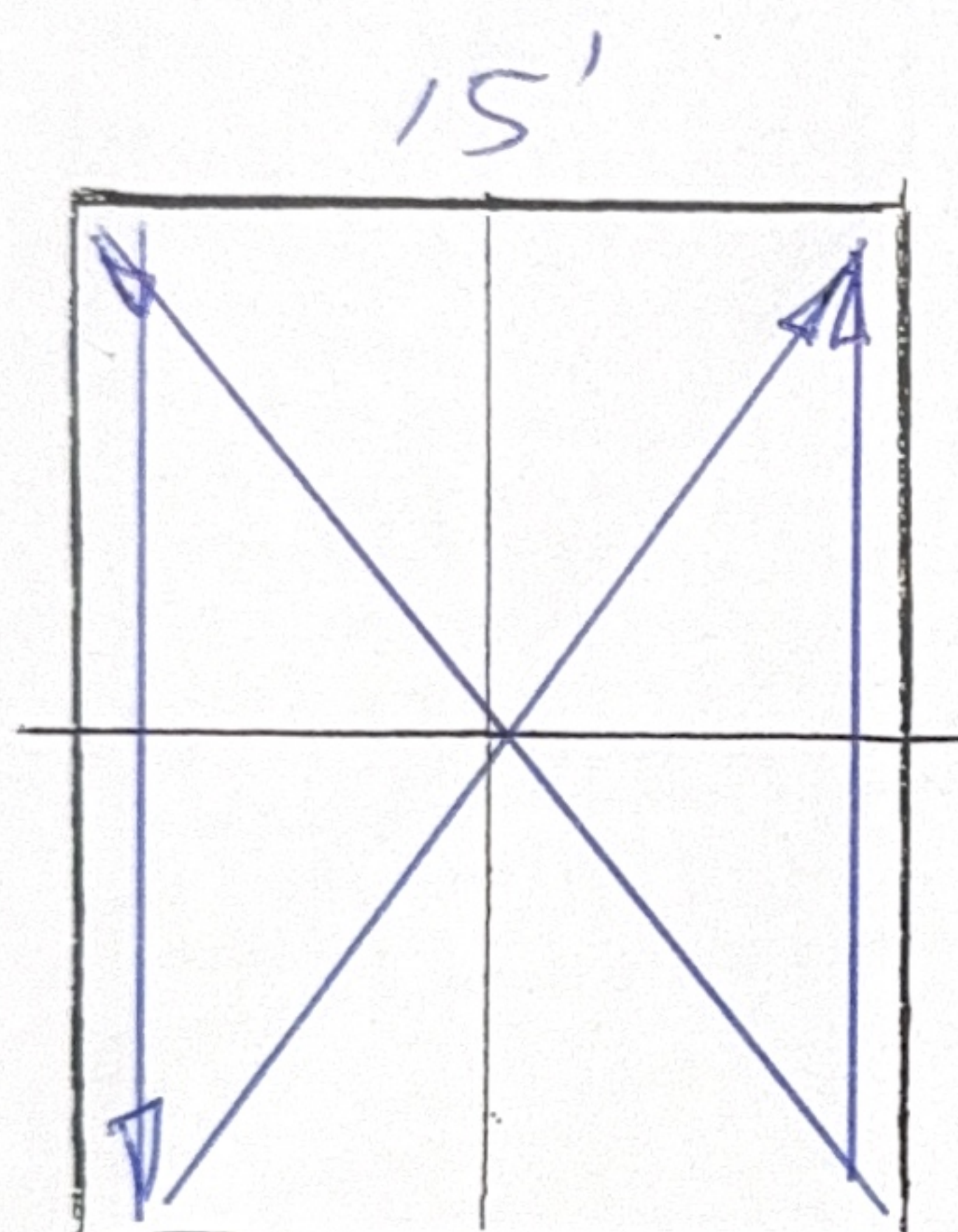


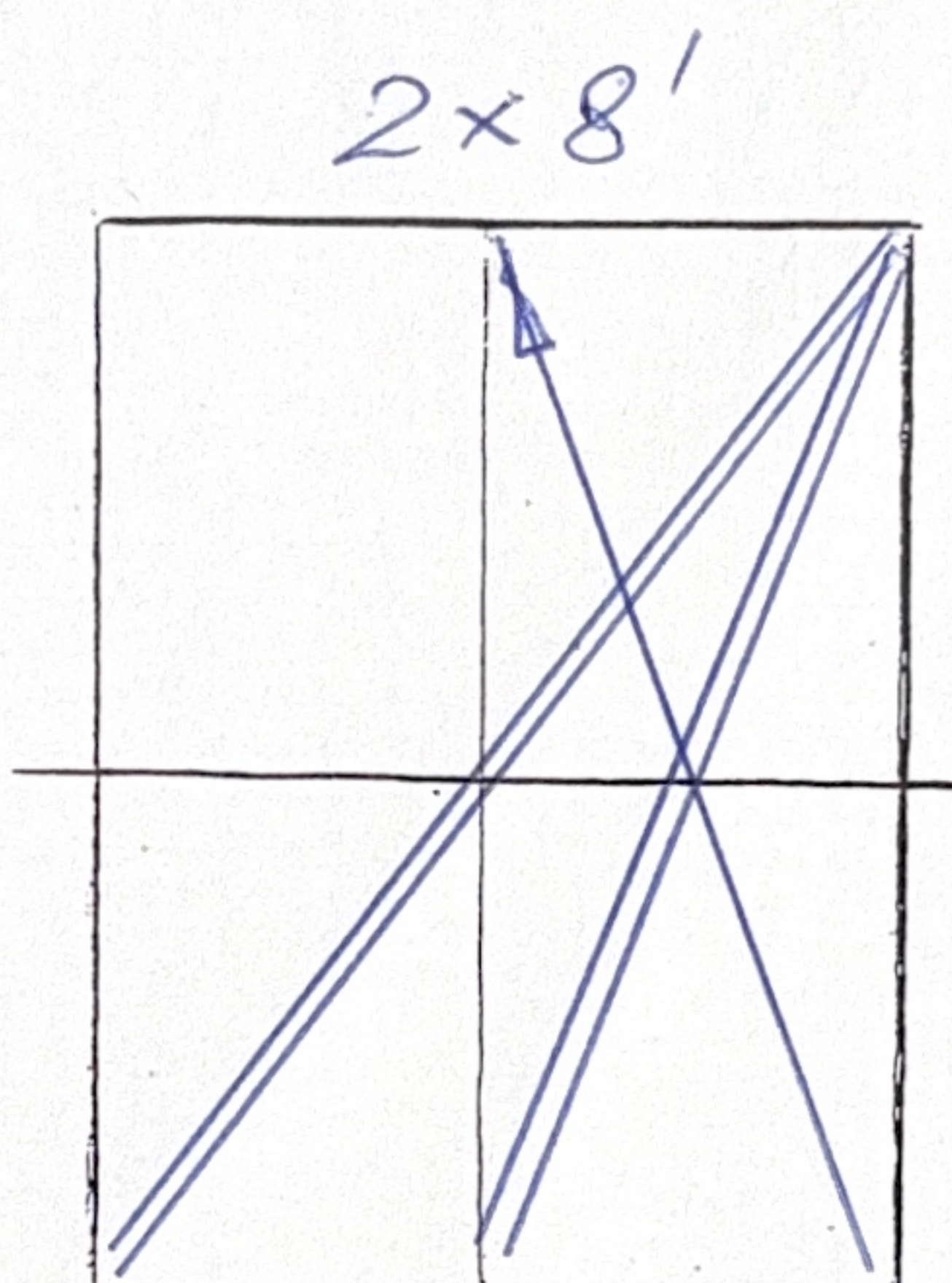
23.08.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK (SIDE TO SIDE, PIVOT, CROSSOVER)
3. 3rd BALL ATTACK (ADVANTAGES) 4. UP AND DOWN (UP TO 3 POINTS)

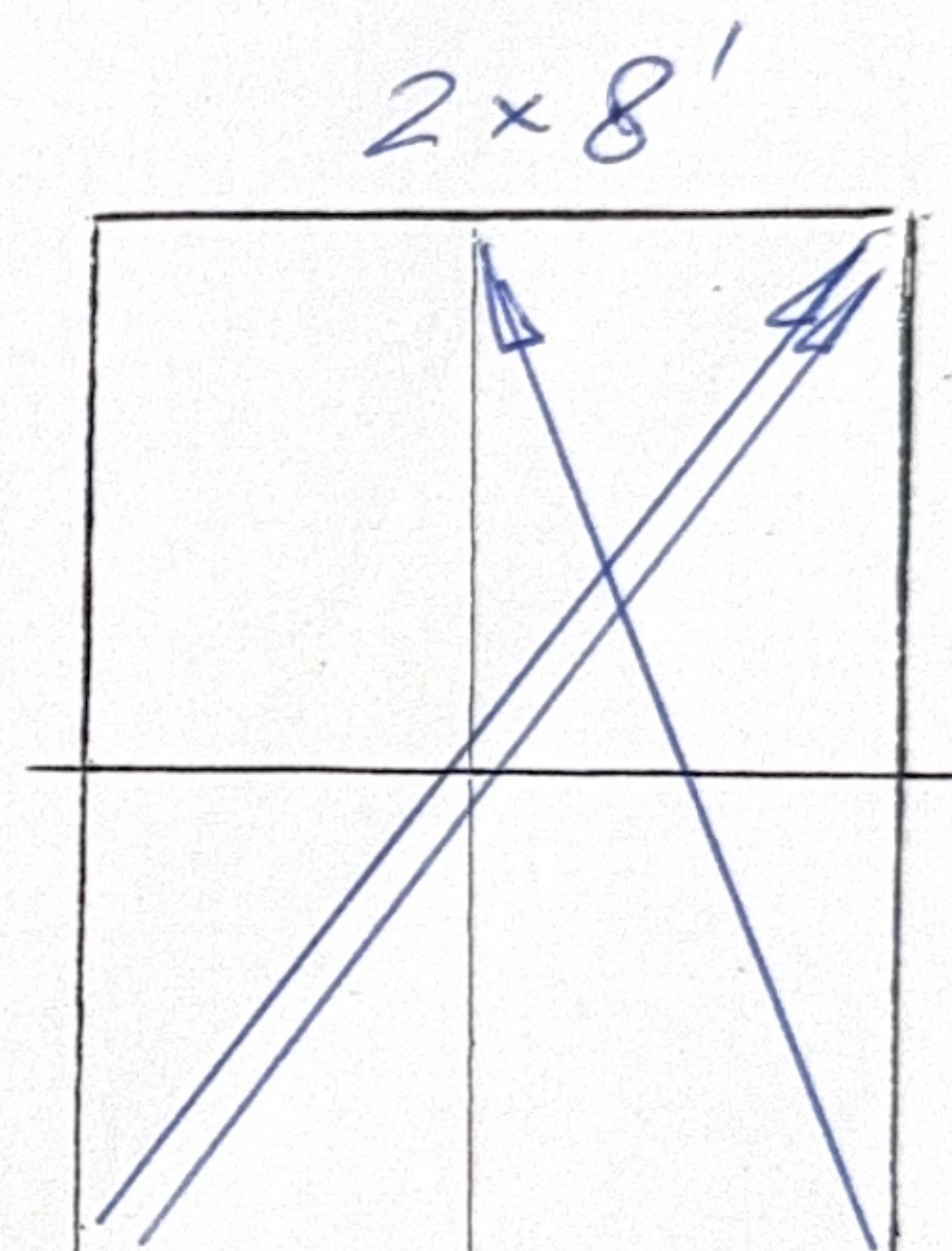
WARMING-UP → THERABANDS, FOOTWORK SPEED 6x20x40"



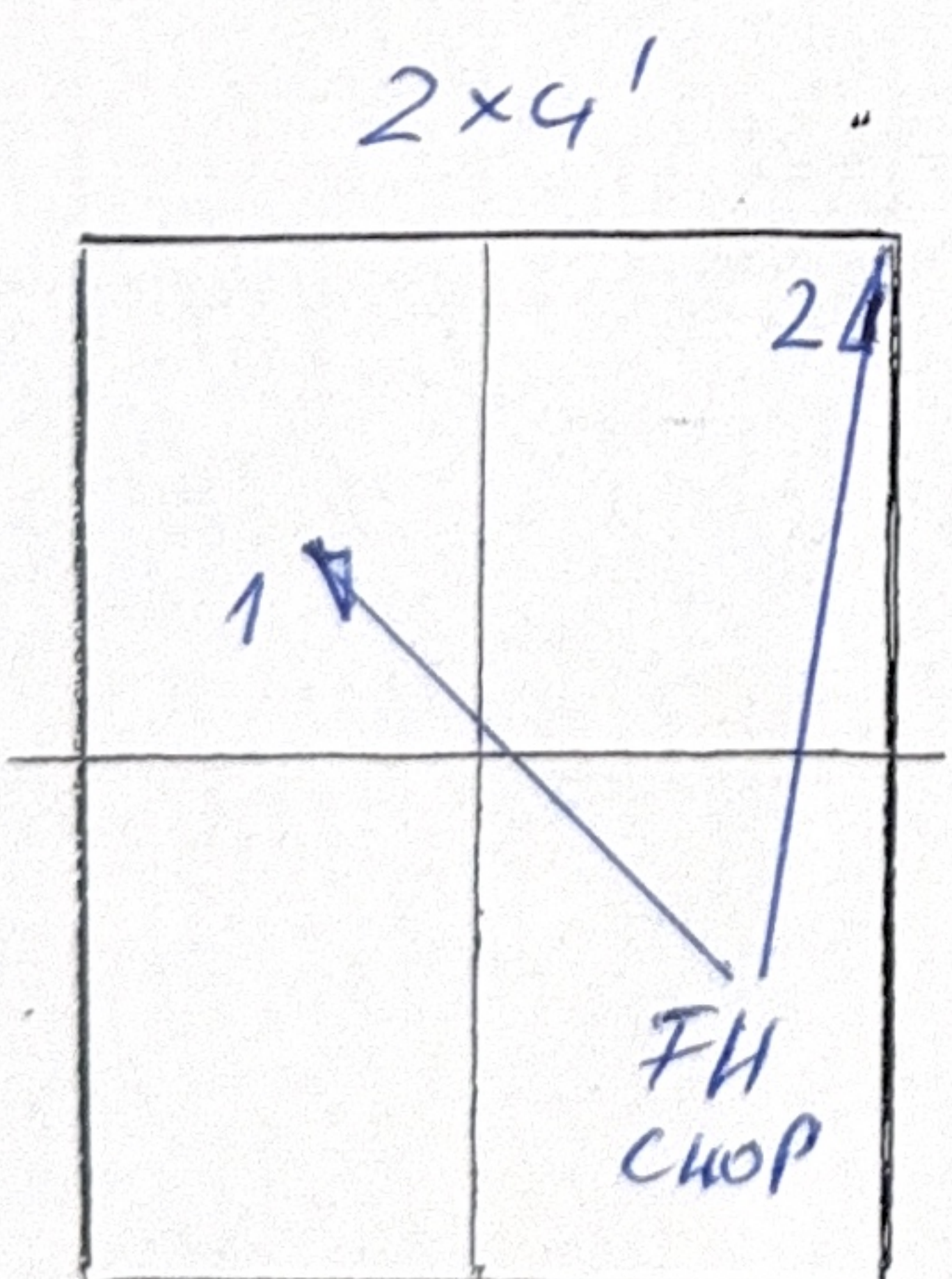
BH DOWN THE FH
5' LINE 5' 5'



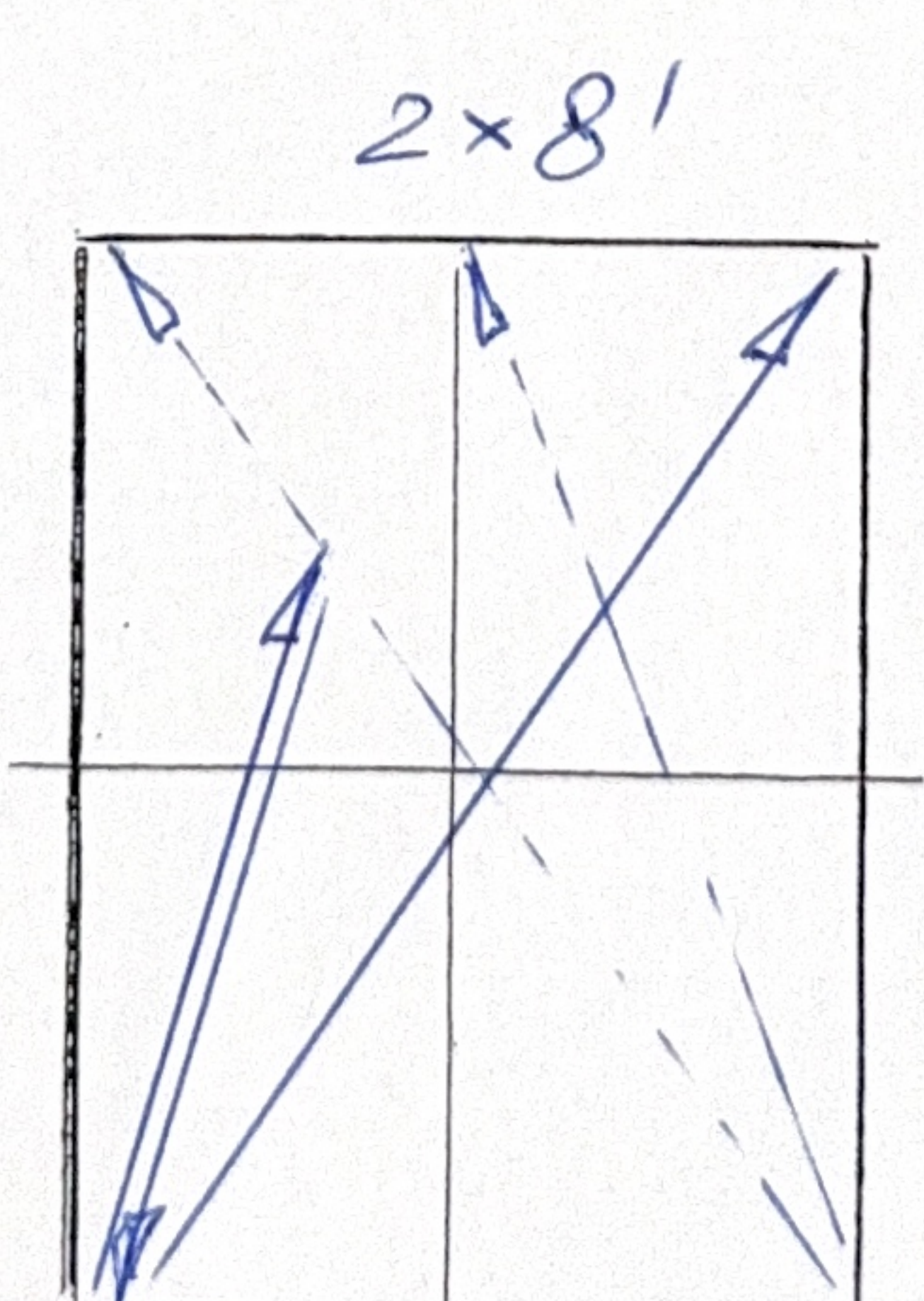
FHS FS FHS
2,4 1,3 5
AFTER 10 BALLS
ALL TABLE FREE



BH1 FHS
FHS2 3

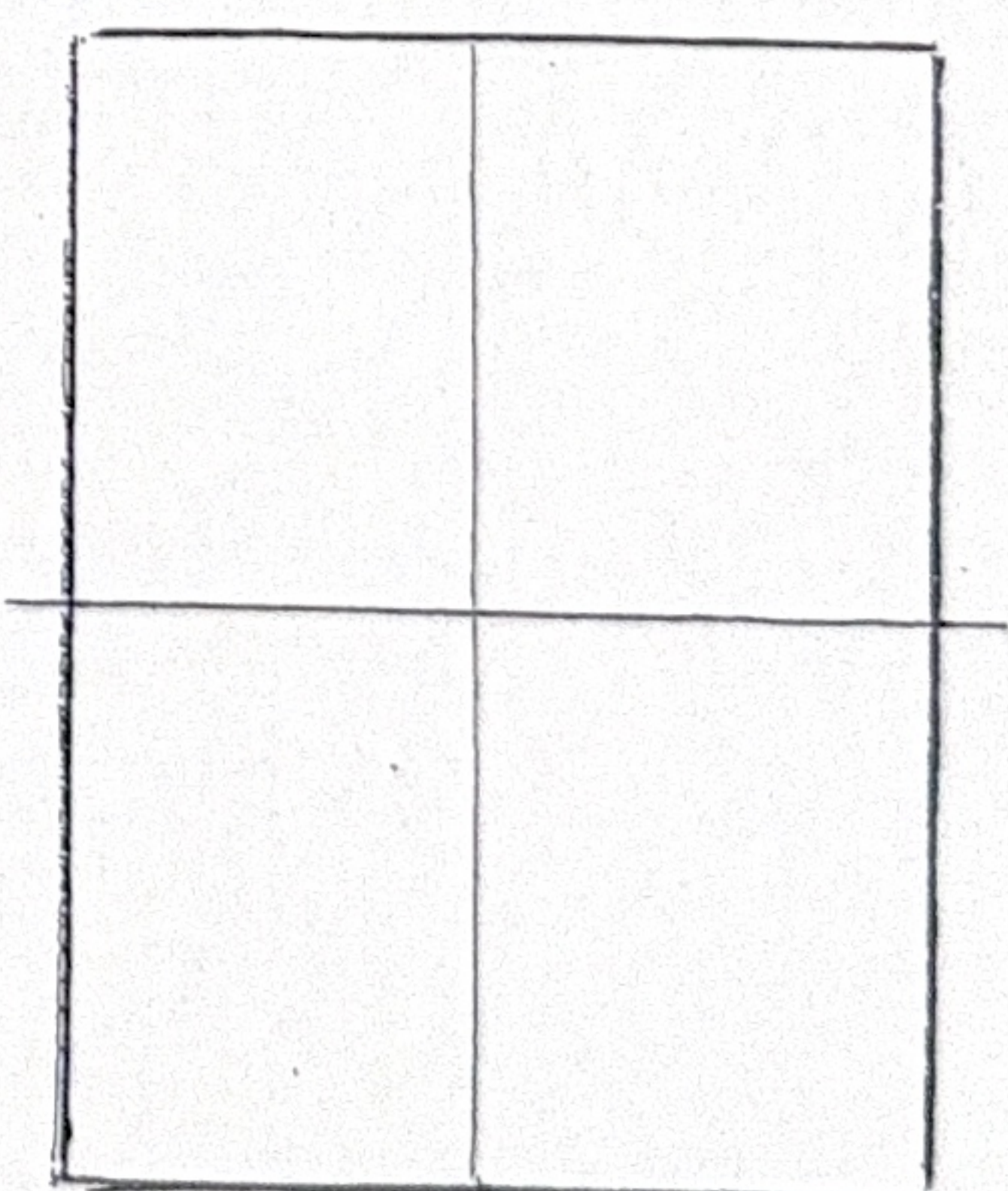


SHORT TO FH
LONG TO BH



SERVE BH S1
(FHS 1) FHS
2

≈25' UP AND DOWN



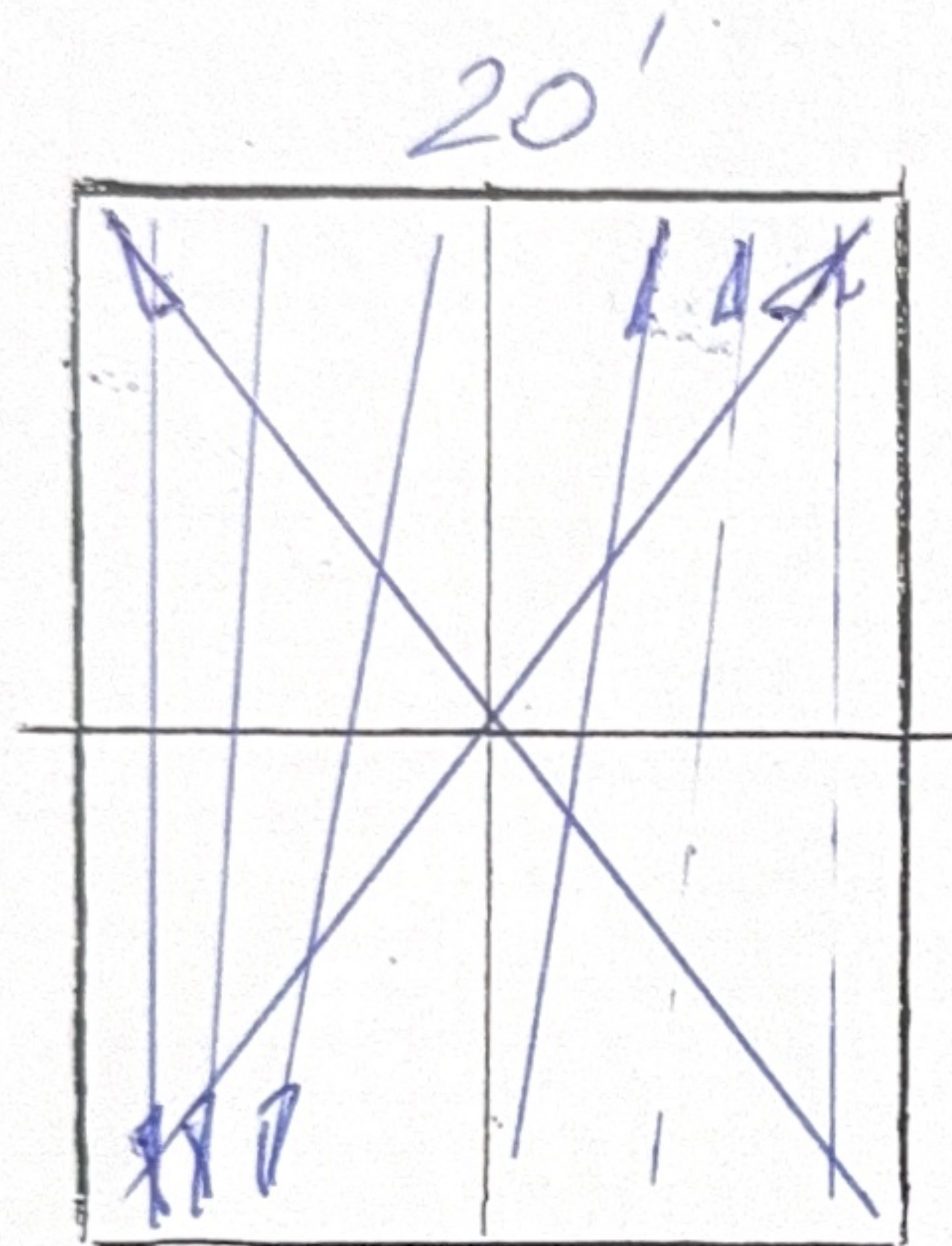
UP TO 3 POINTS

25.08.2026 TUESDAY 19.15-21.15. ELIFE SQUAD

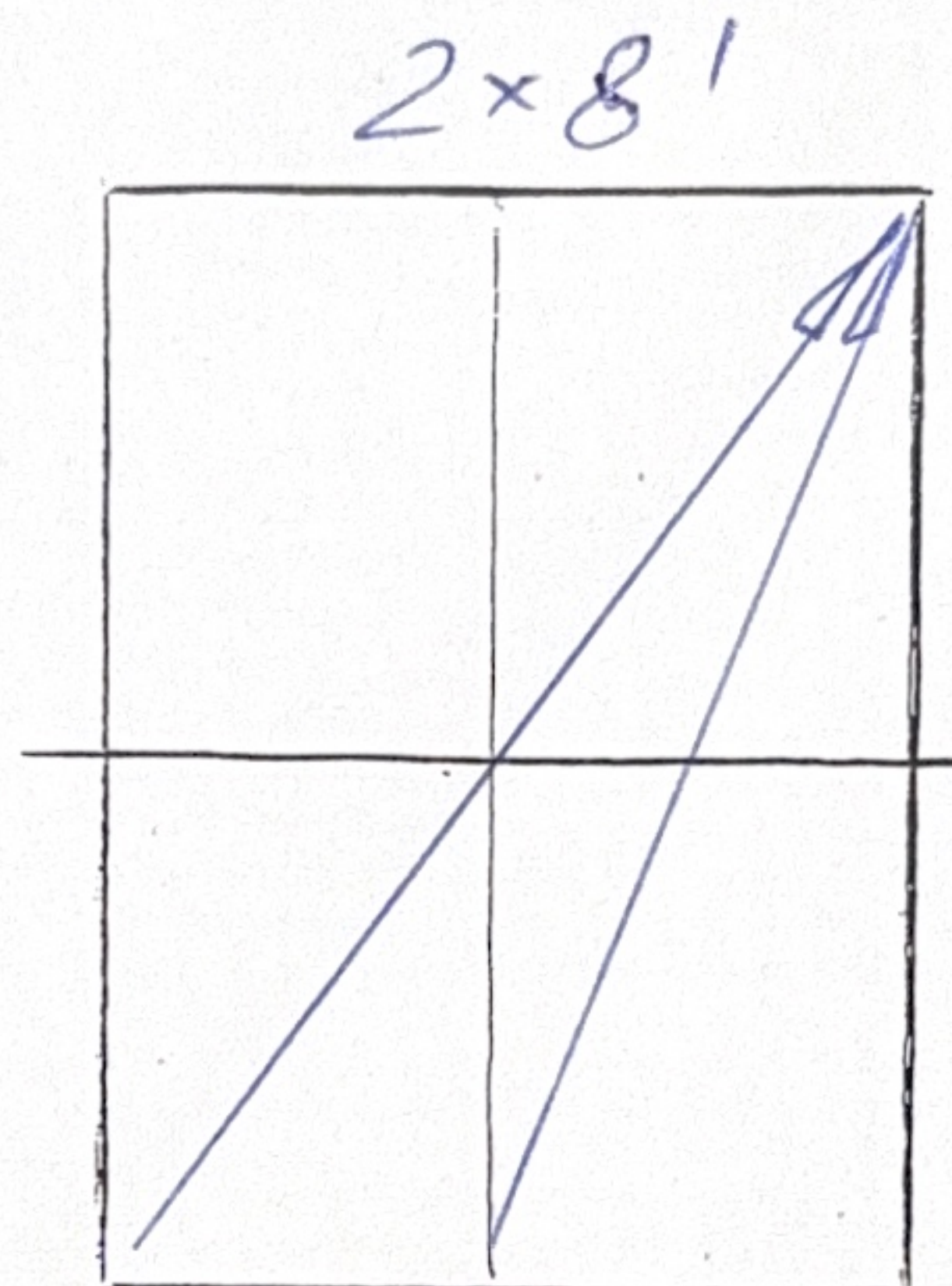
1. REACTION 2. BALANCE 3. STABILITY, 4. TRAINING MATCHES

WARMING-UP → THERABANDS, FOOTWORK → REACTION

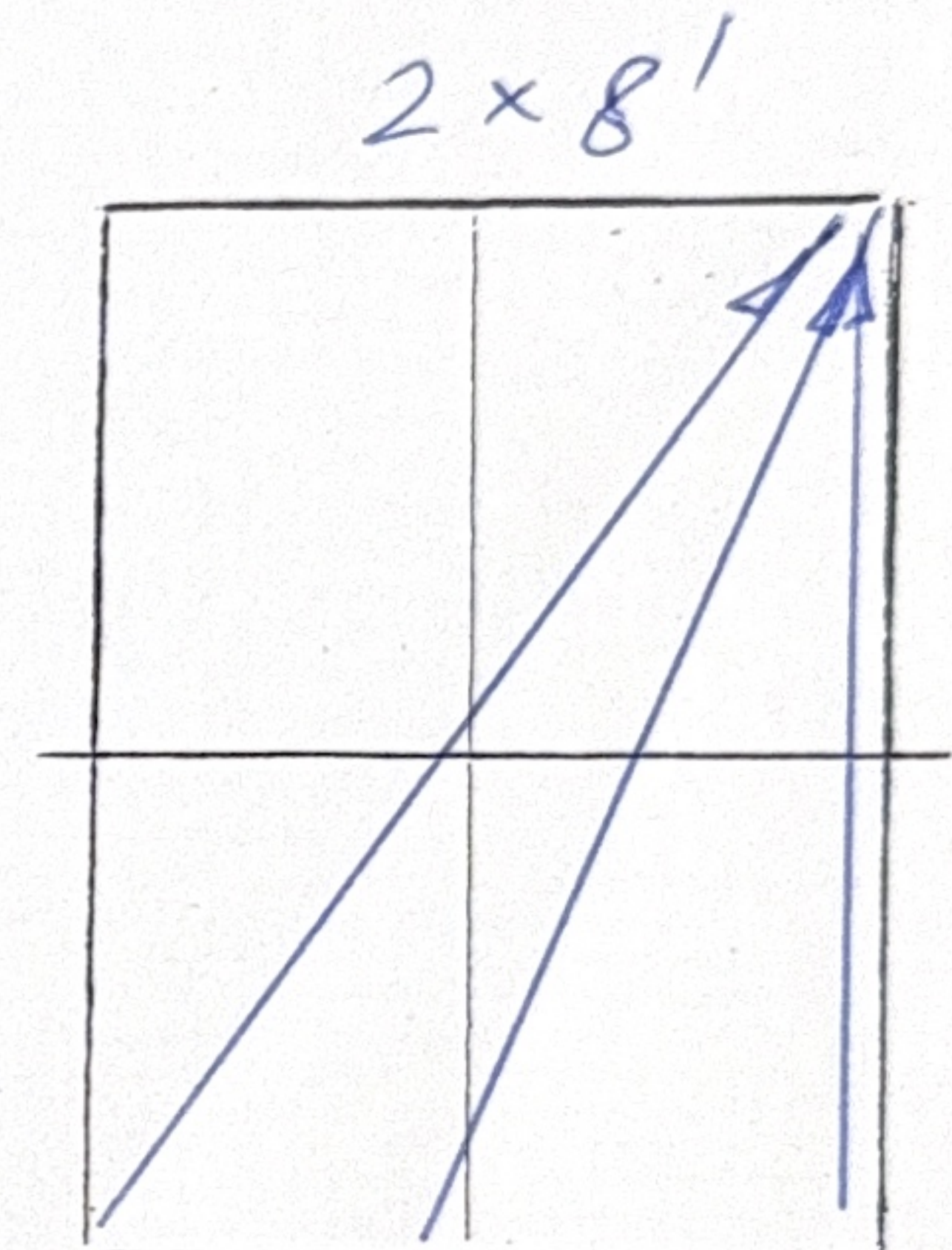
6x20'x30'



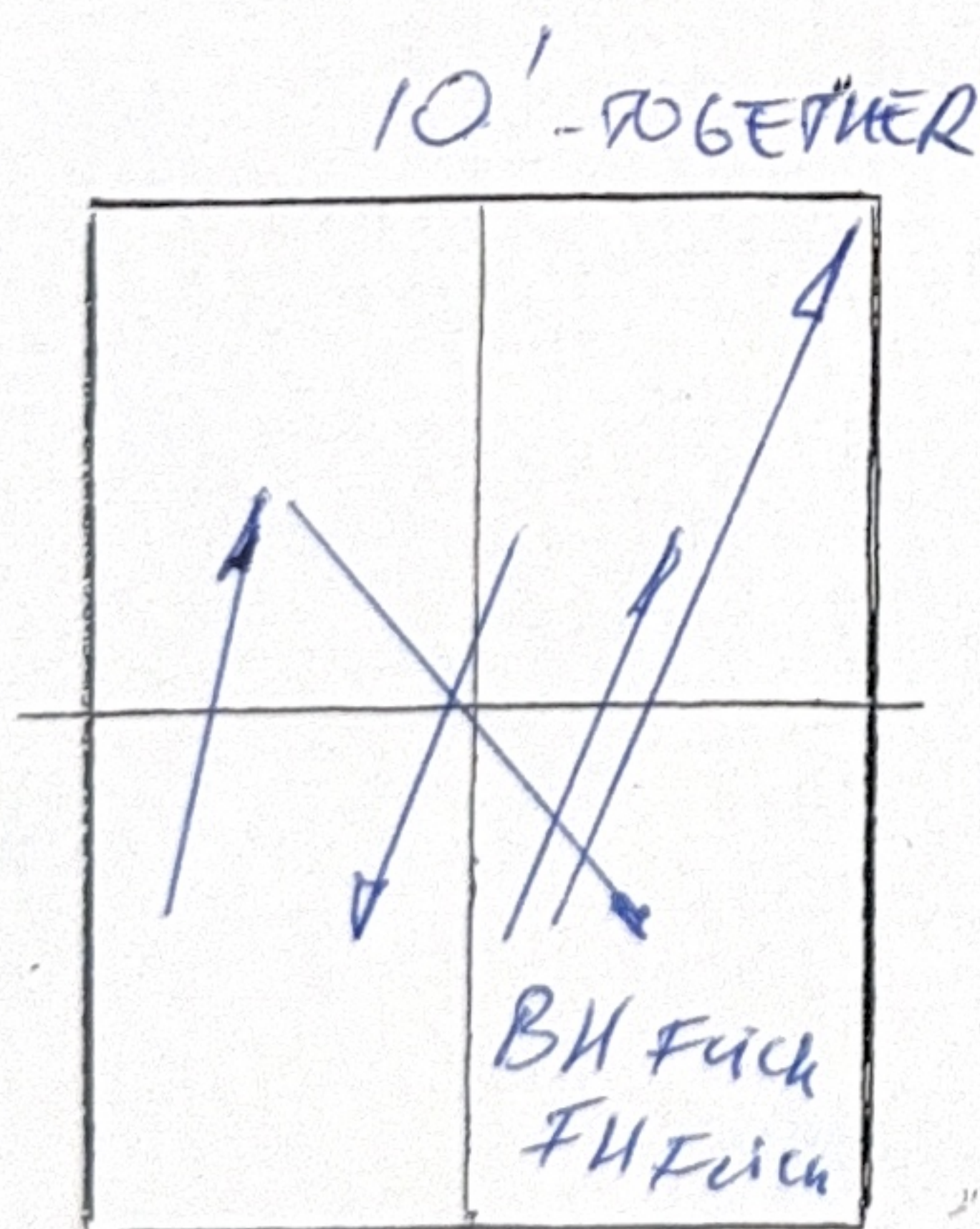
BH DOWN THE FH
5' LINE 2x5' 5'
FROM 1/2 TABLE



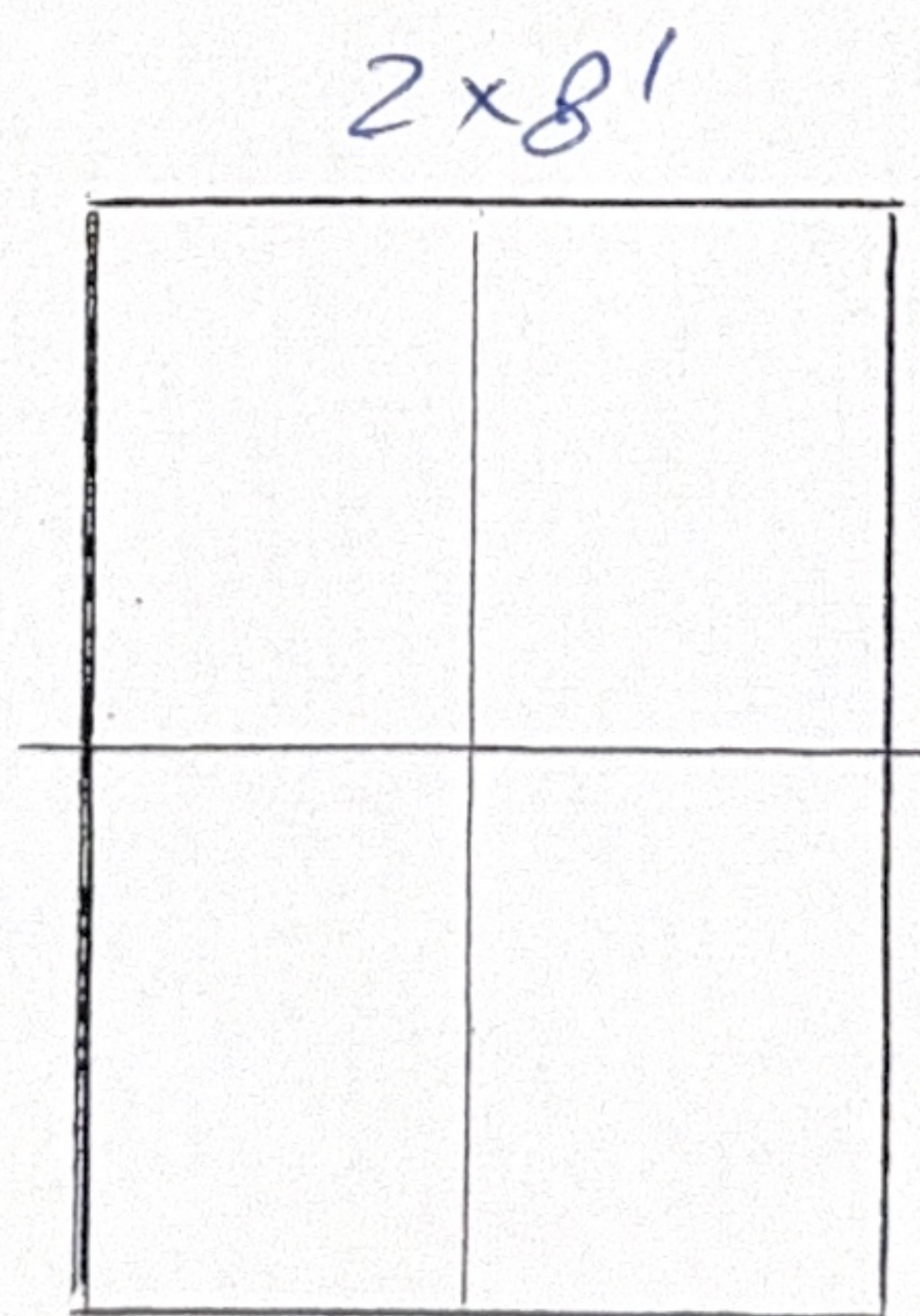
BH FHS
FREE FROM
1/2 TABLE



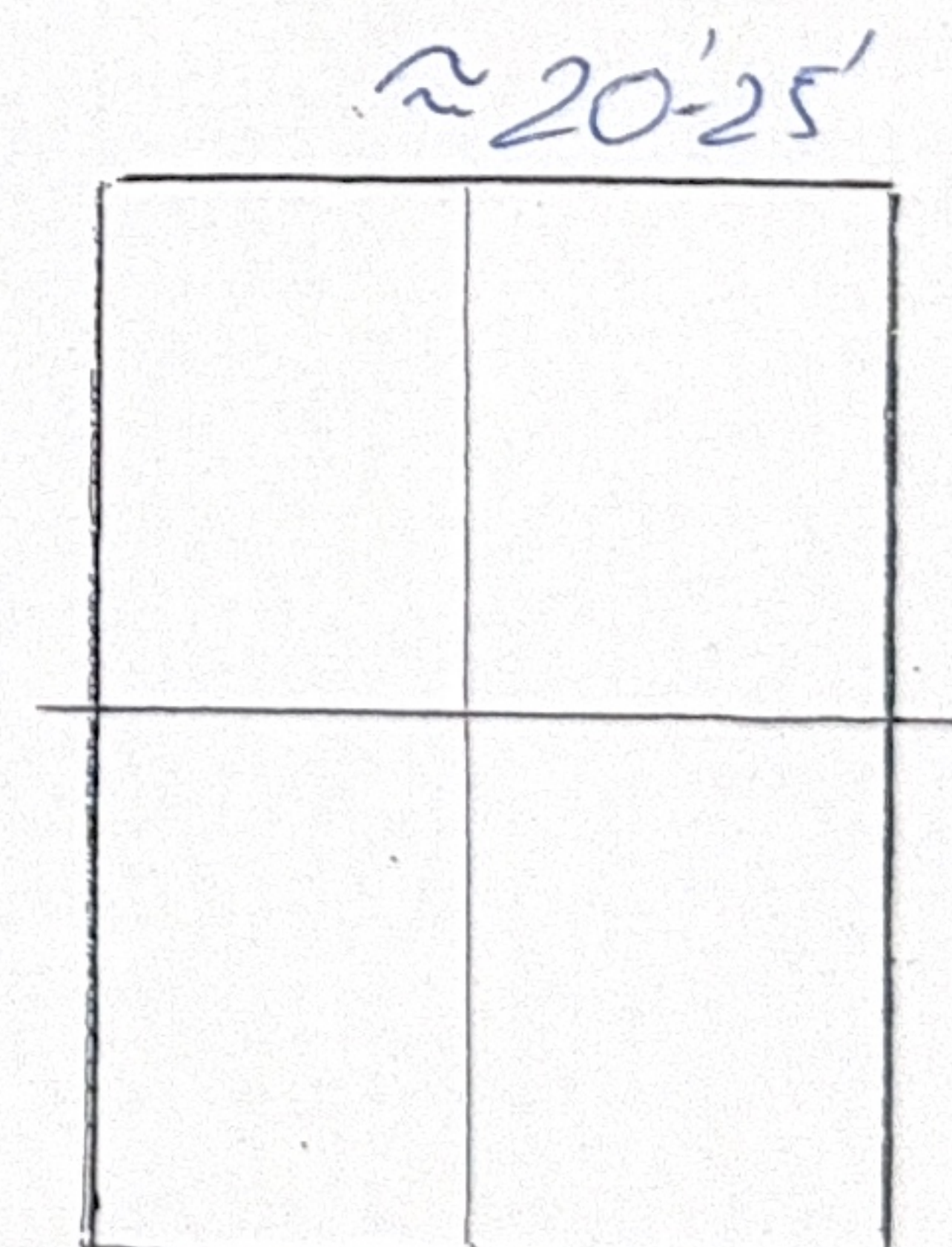
BH FHS FHS
2(3) ? 1(2) ? 2(3)



SHORT-SHORT
+ FICK TO BH +
FREE (BY 2 MISTAKE)



INDIVIDUAL
FROM
SERVICE



UP AND DOWN
WIN YOUR SERVE
ONE SET

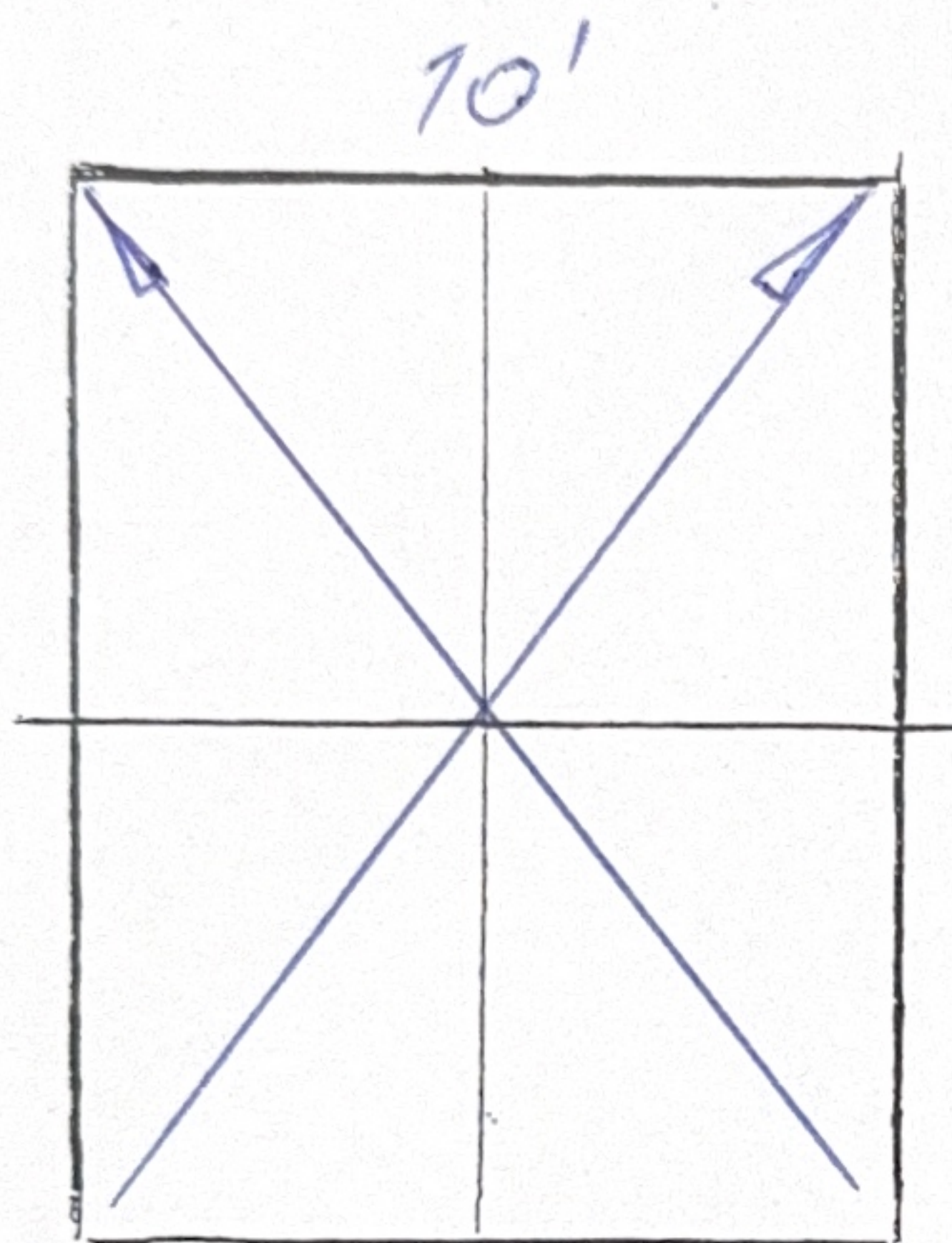
29.08.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1 TECHNIQUE 2 POWER OF ATTACHING STROKES

3 3rd BALL ATTACK (INTENTION TO WIN WITH POWER)

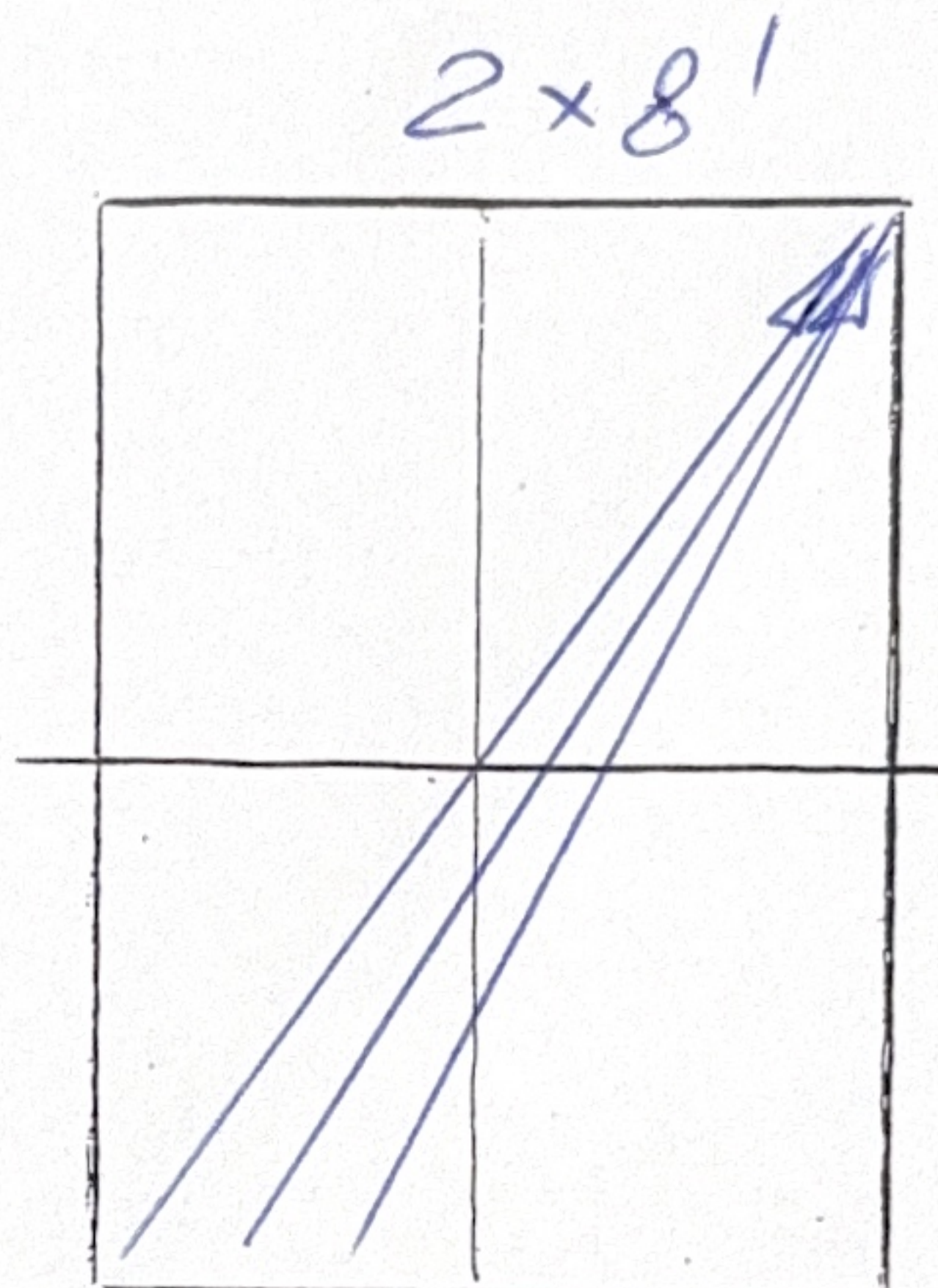
4. TRAINING MATCHES WARMING-UP → THERABANDS

FOOTWORK 5'x3'x3'

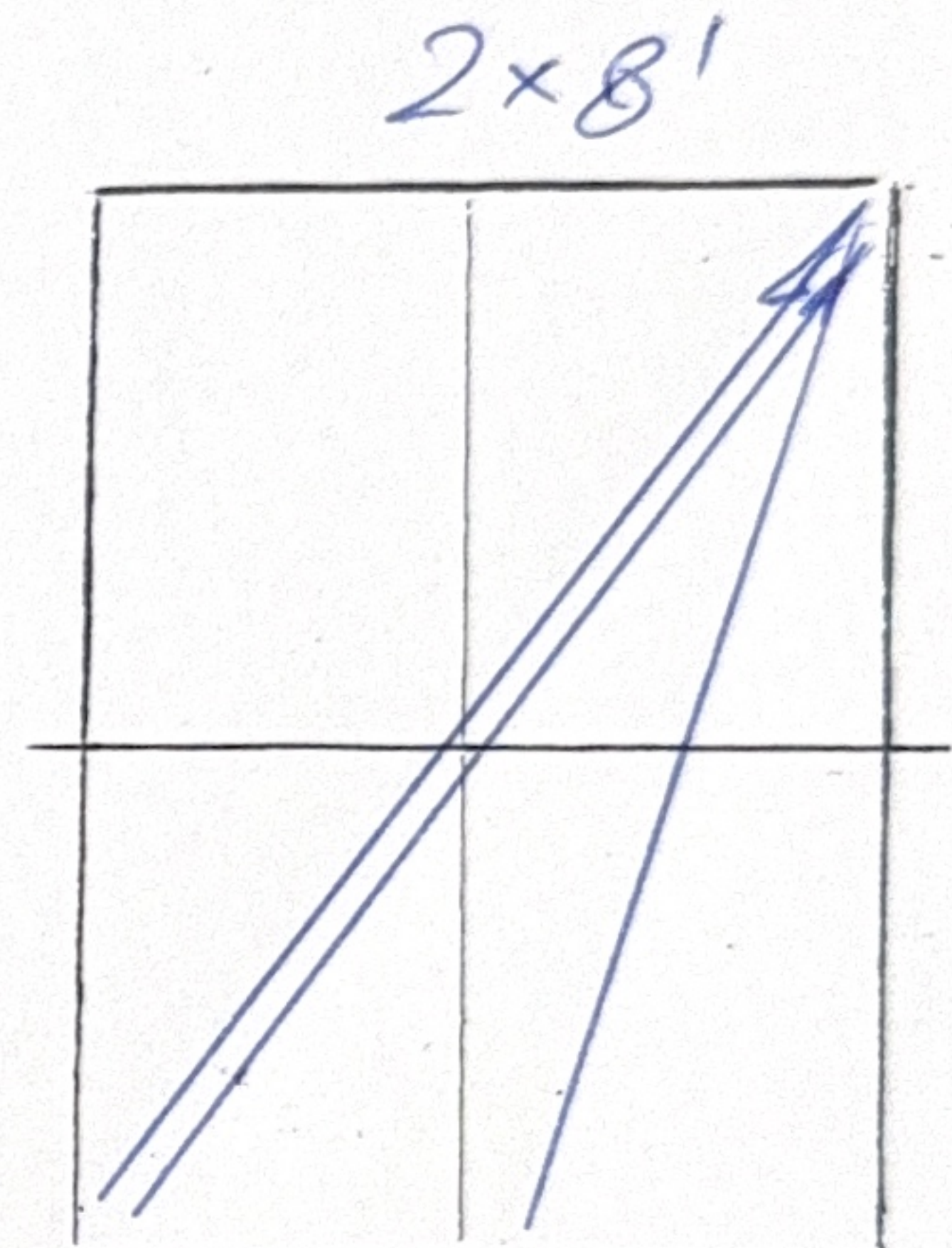


BH
5'

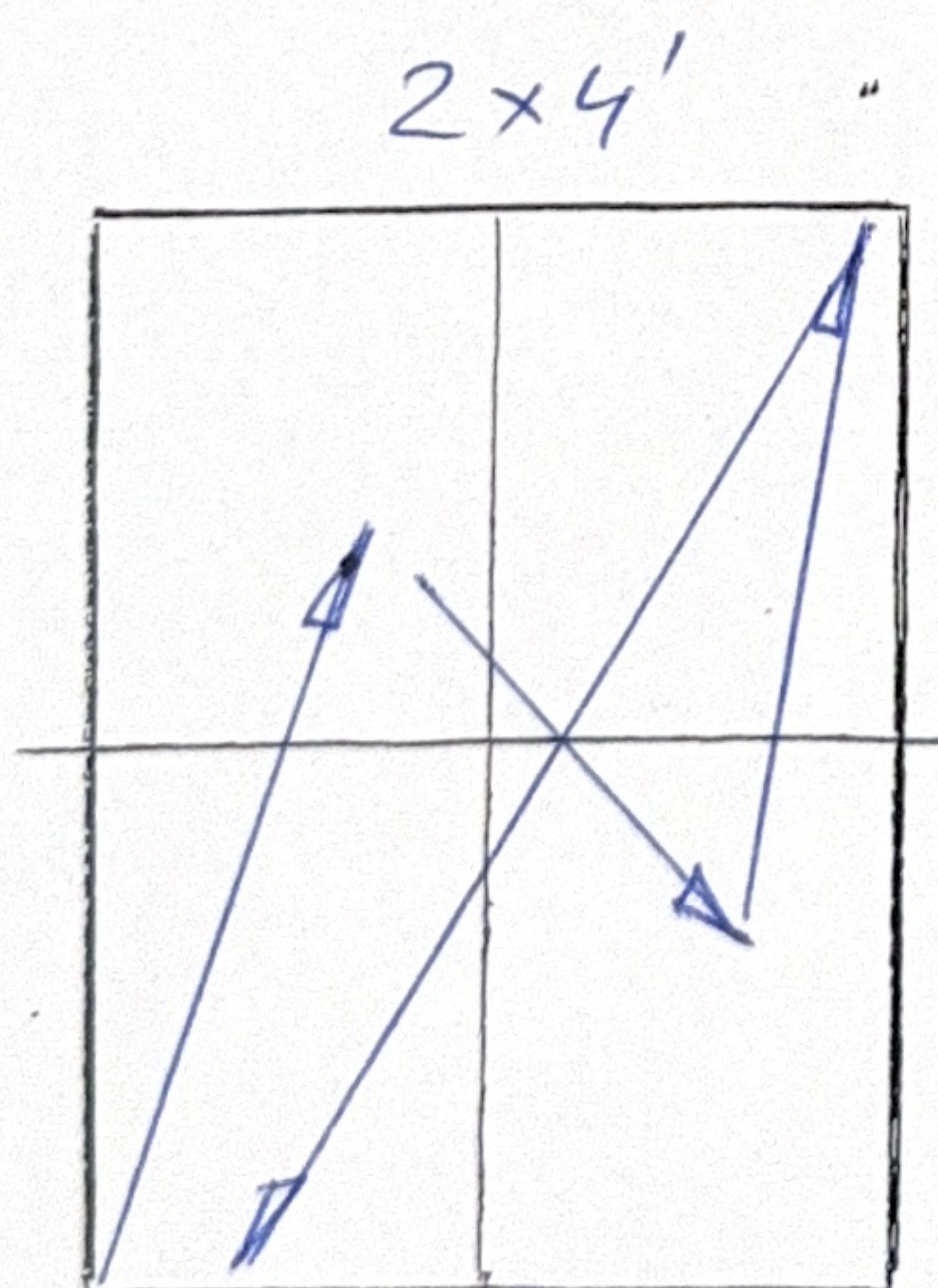
FH
5'



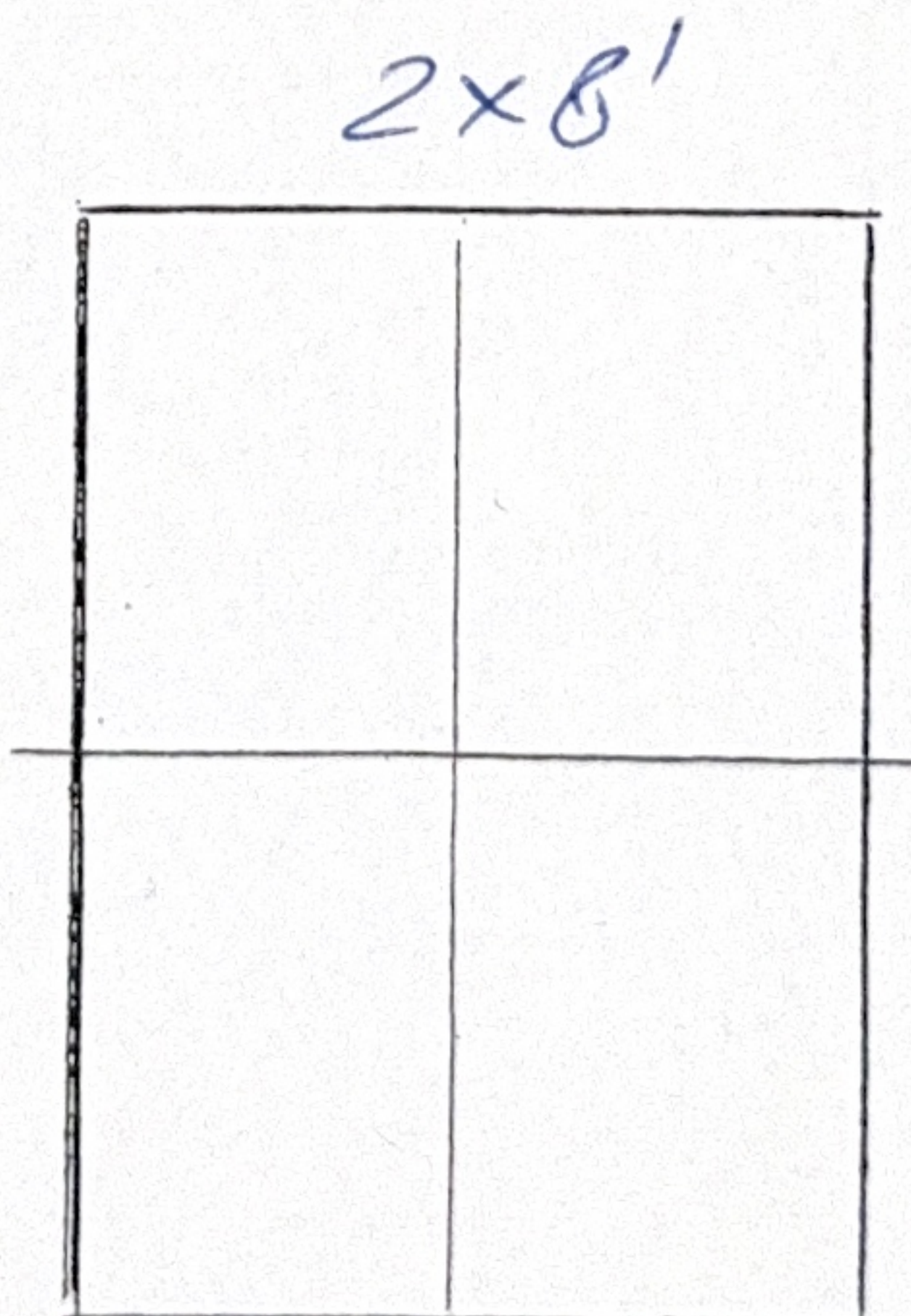
FHS FROM 1/2 TABLE
1,2,3-POWER



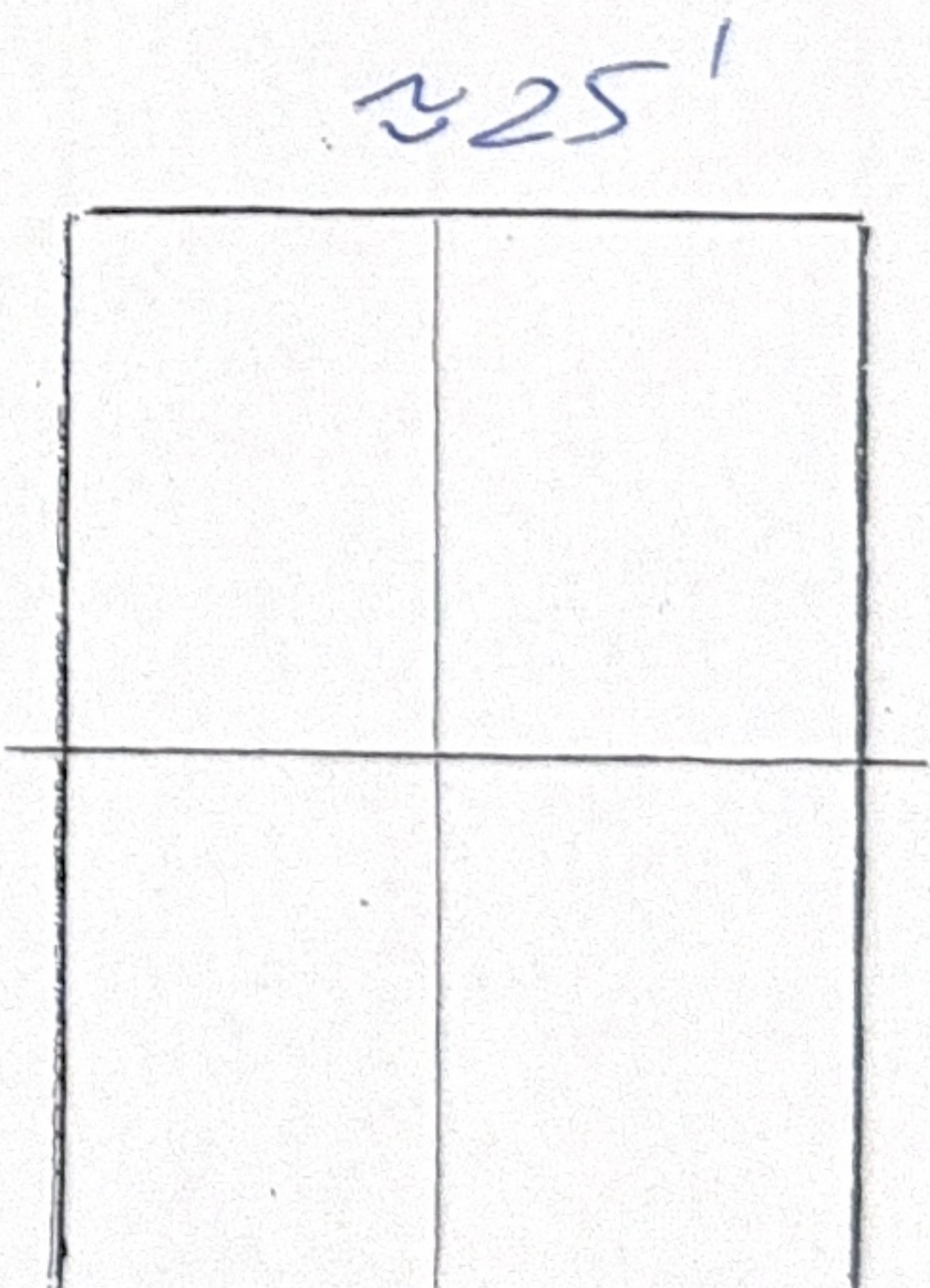
BHS₁ FHS₃
BHS₂-POWER



CHOP SHORT
LONG



INDIVIDUAL
FROM SERVICE
WIN WITH POWER



UP AND DOWN
WIN YOUR SERVE

PHYSICAL: LEGS (PLYOMETRIC), HANDS, CORE

SMALL CIRCUIT TRAINING (4 STATIONS) ~20'