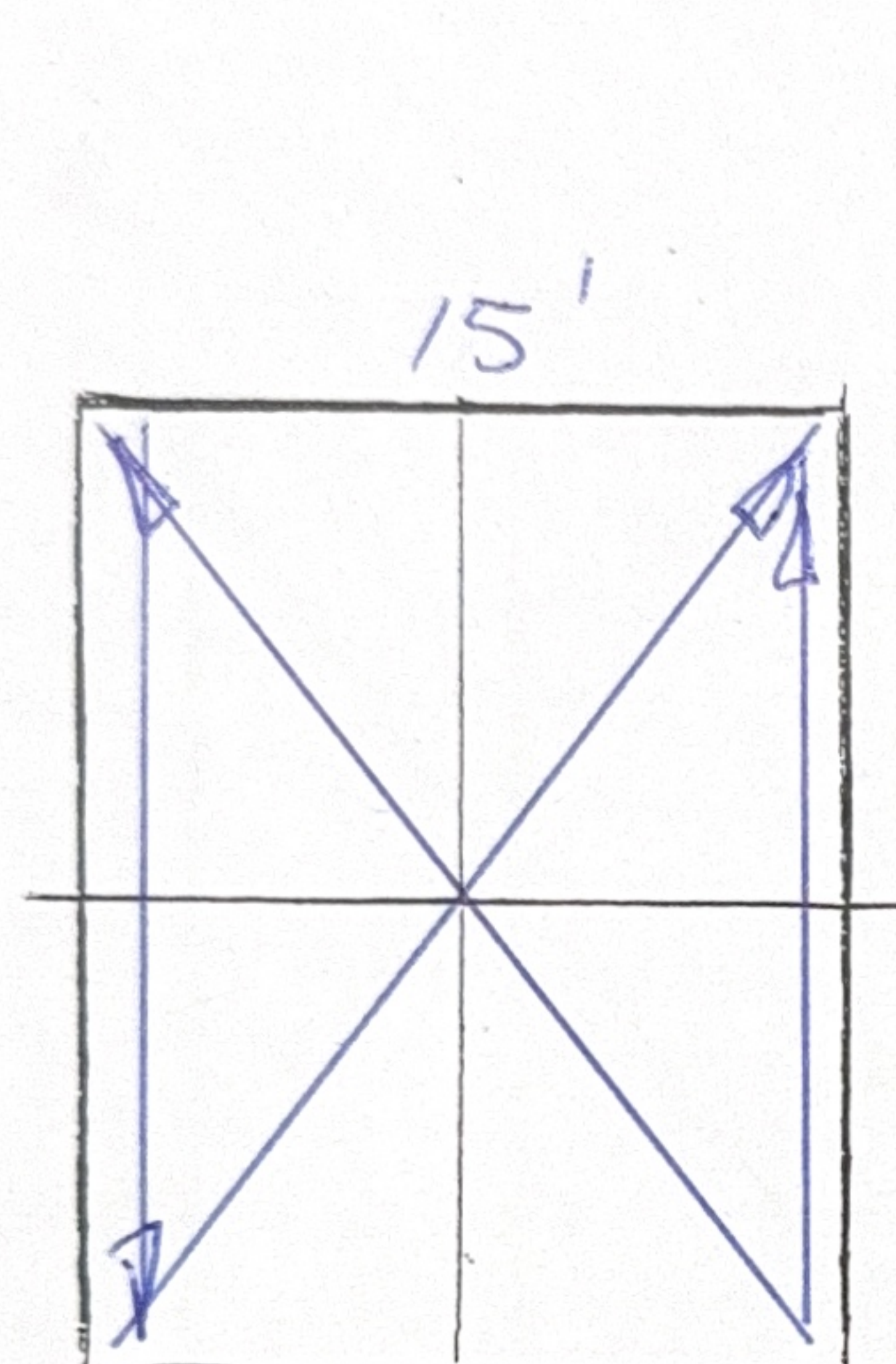


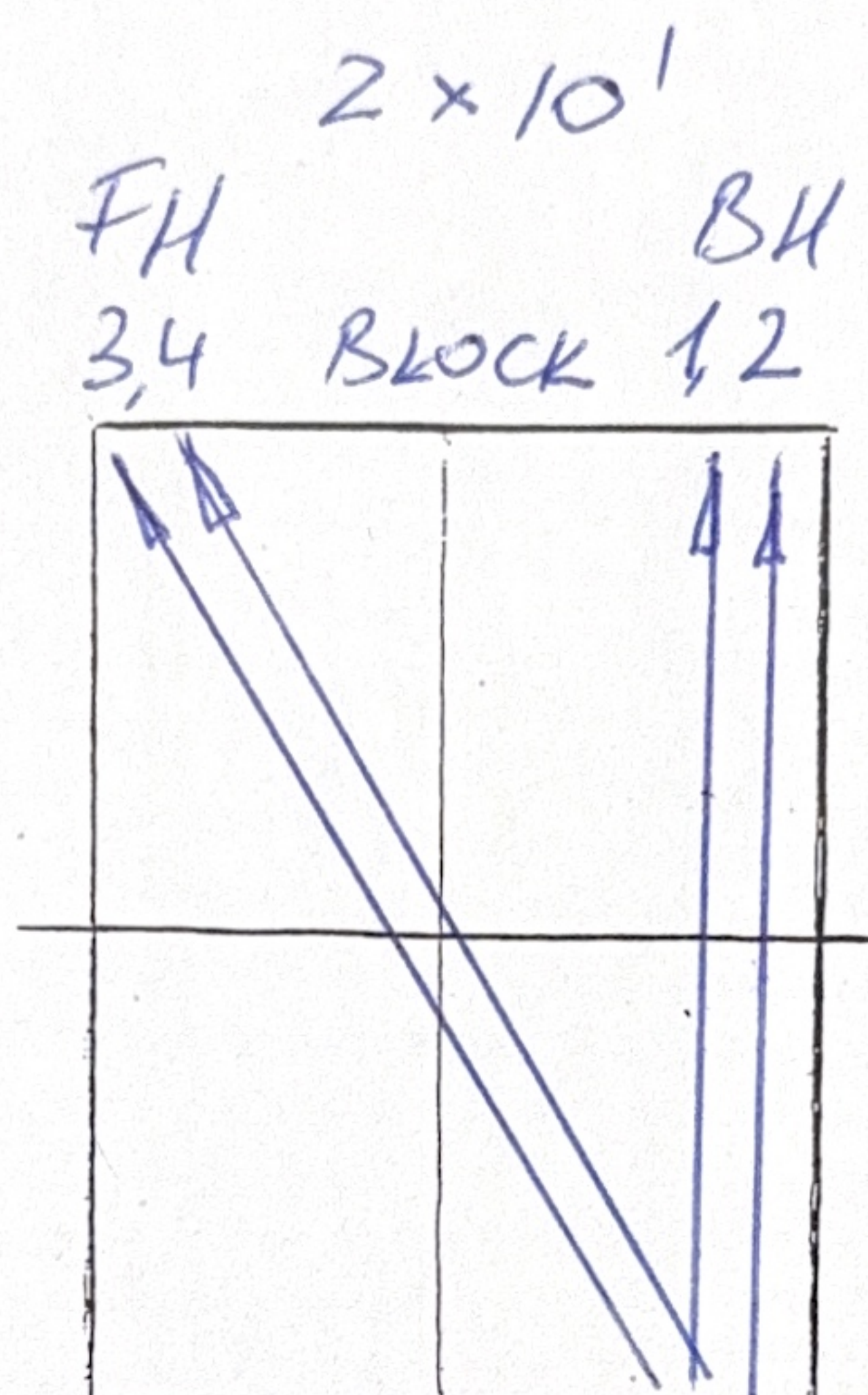
23.08.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TECHNIQUE 2. IMPROVEMENT OF DEFENSIVE GAME (BLOCKING)
3. 2ND AND 4TH BALL ATTACK 4. TRAINING MATCHES

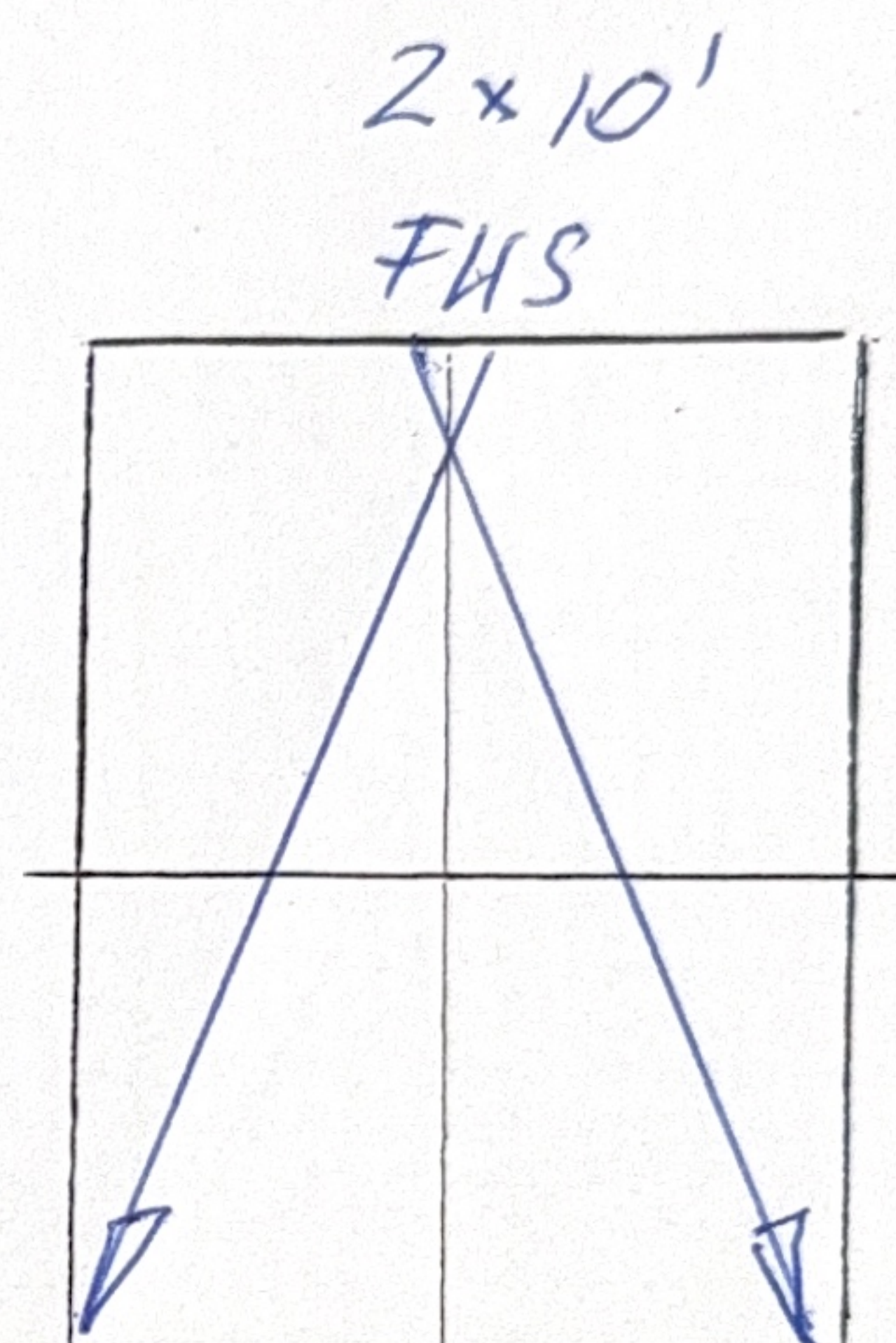
WARMING UP → THERABANDS, FOOTWORK - SPEED 6x20x40"



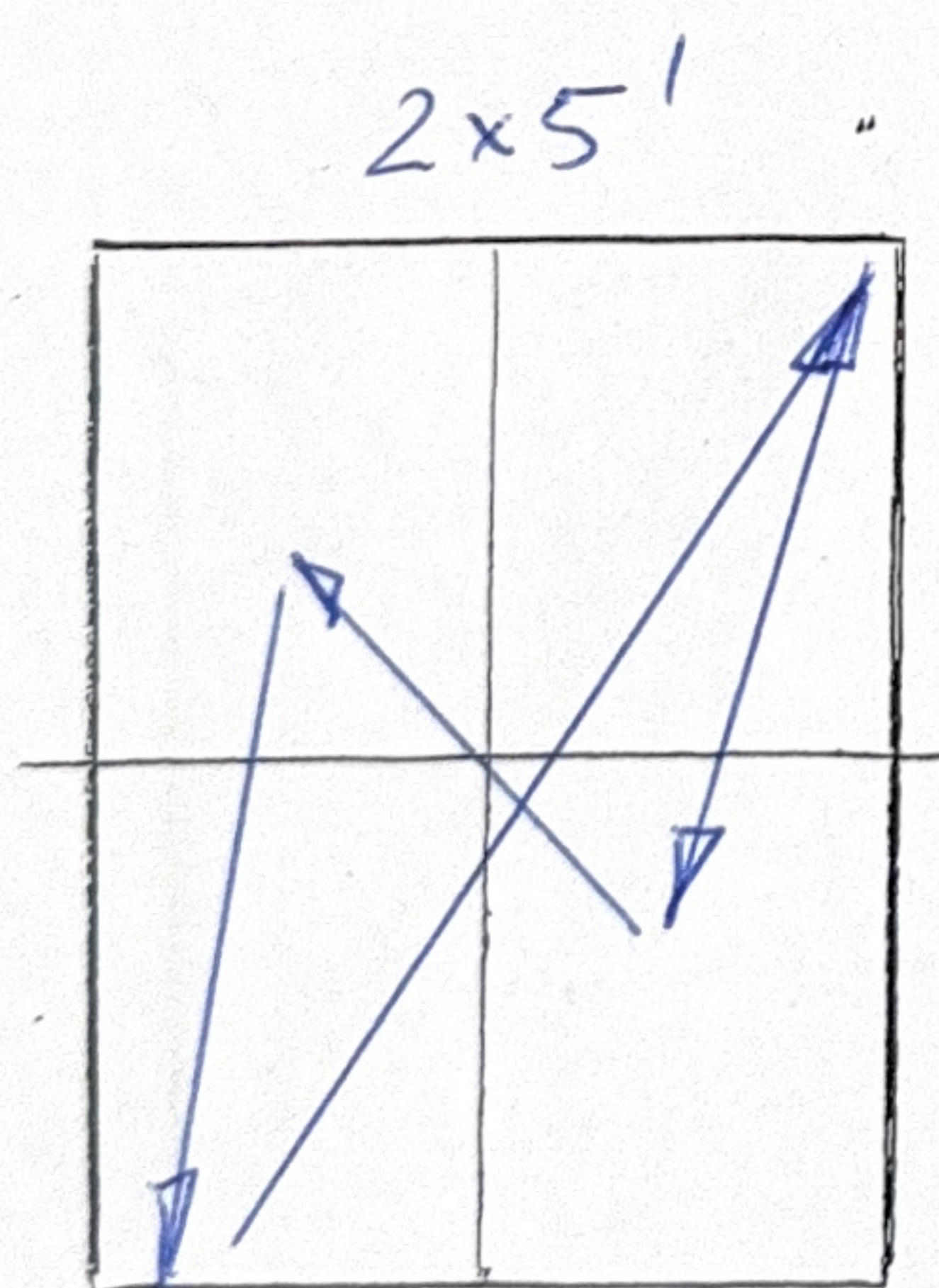
BH DOWN THE FH
5' LINE 5' 5'



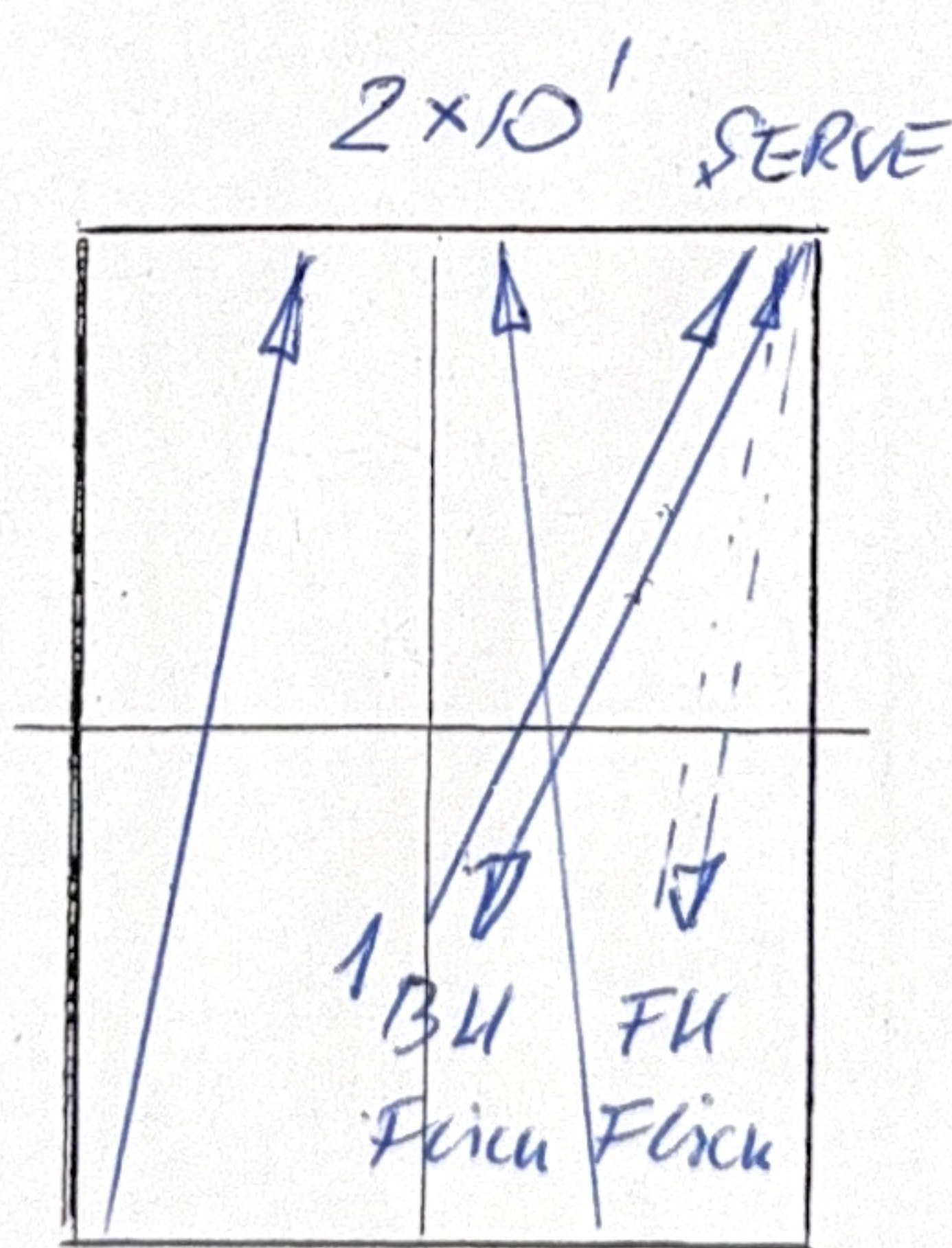
FHS



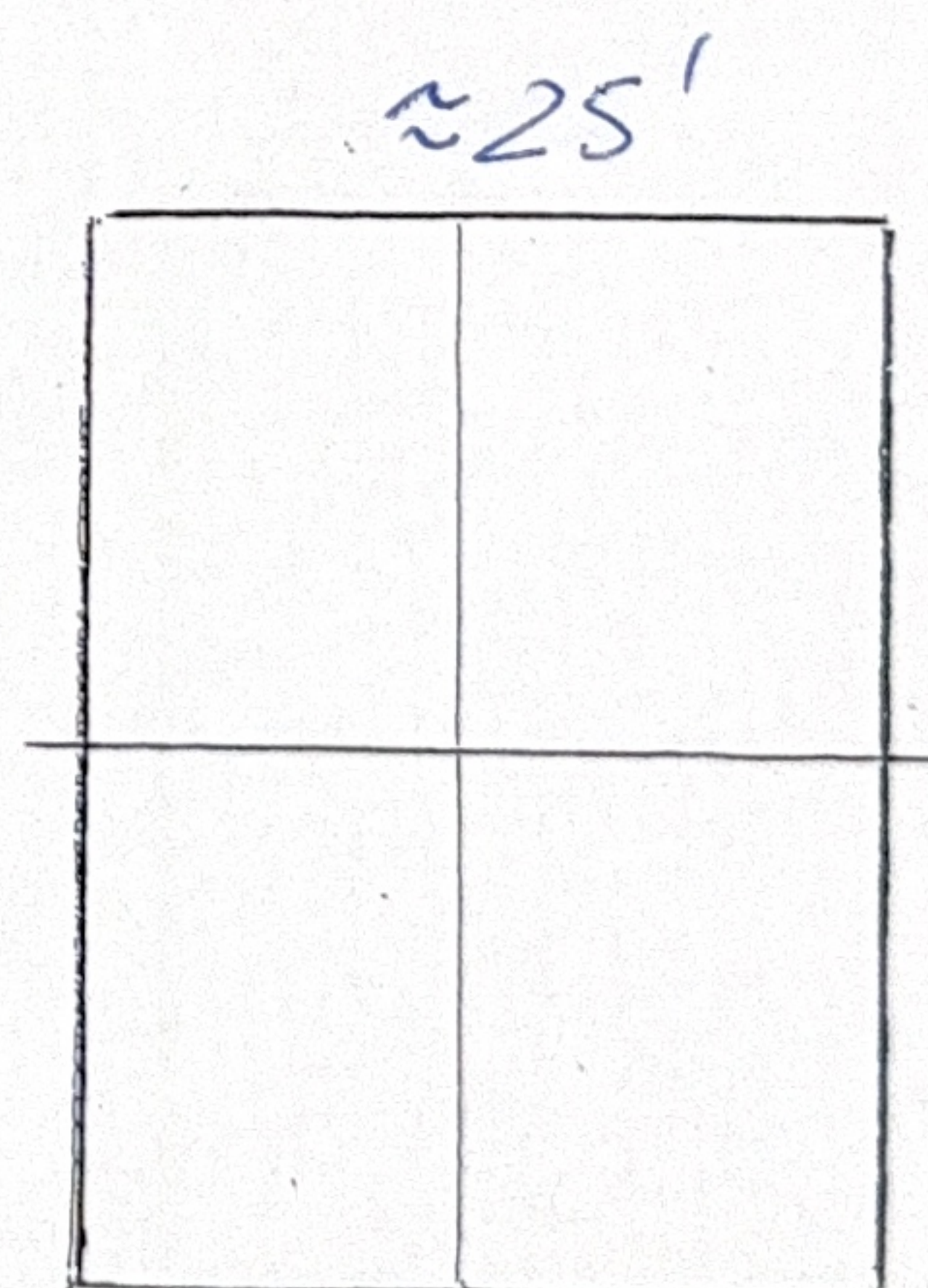
BH AFTER 8 FH
BLOCK BALLS-FREE BLOCK
ALL TABLE 1,3,5,7 2,4,6,8



CHOP
SHORT FH-
LONG BH



BHS 2 FHS
FROM 1/2
TABLE
+ FREE



UP AND DOWN
ONE SET

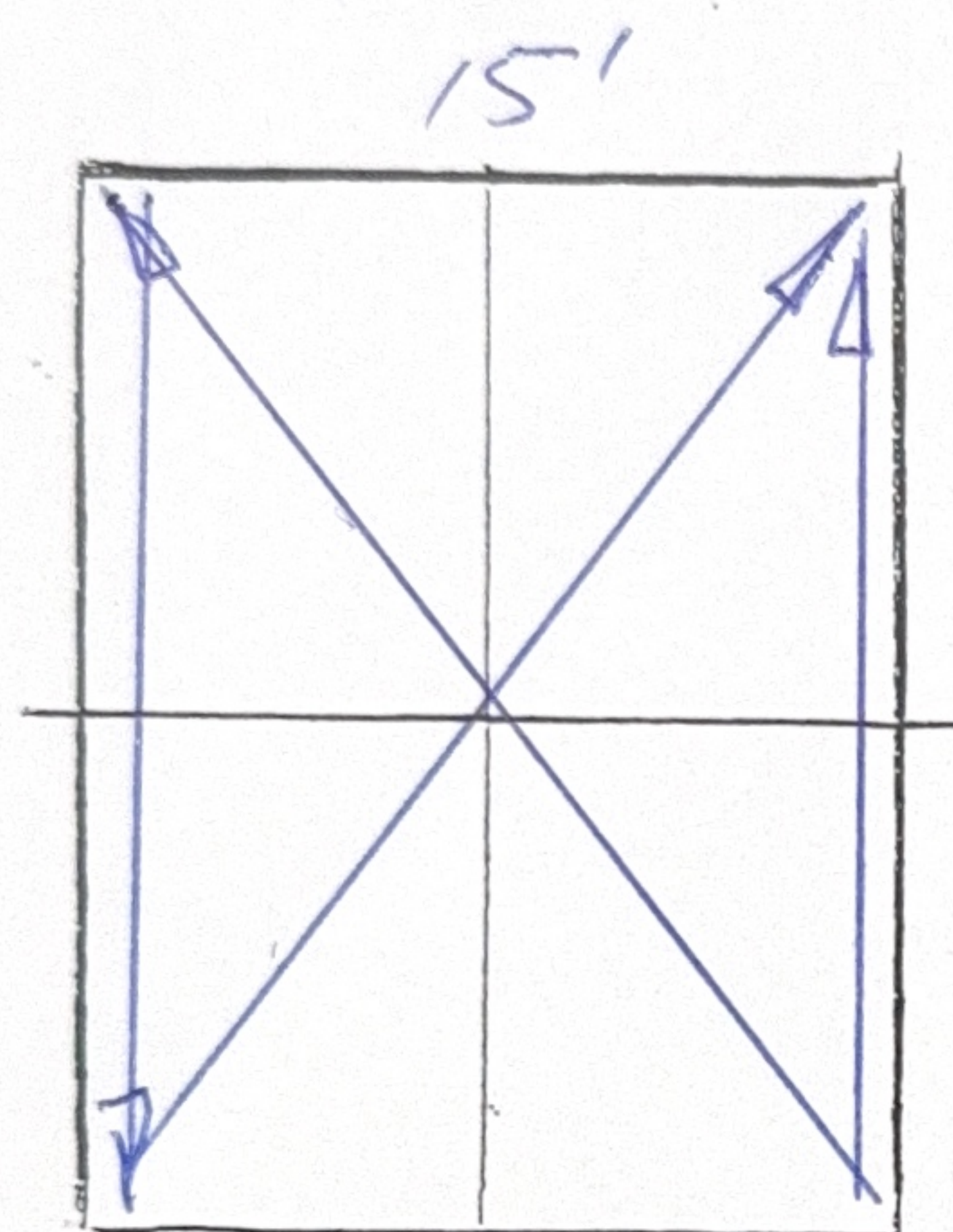
PHYSICAL: SKIPPING ROPES ≈ 15'-20'

24.08.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

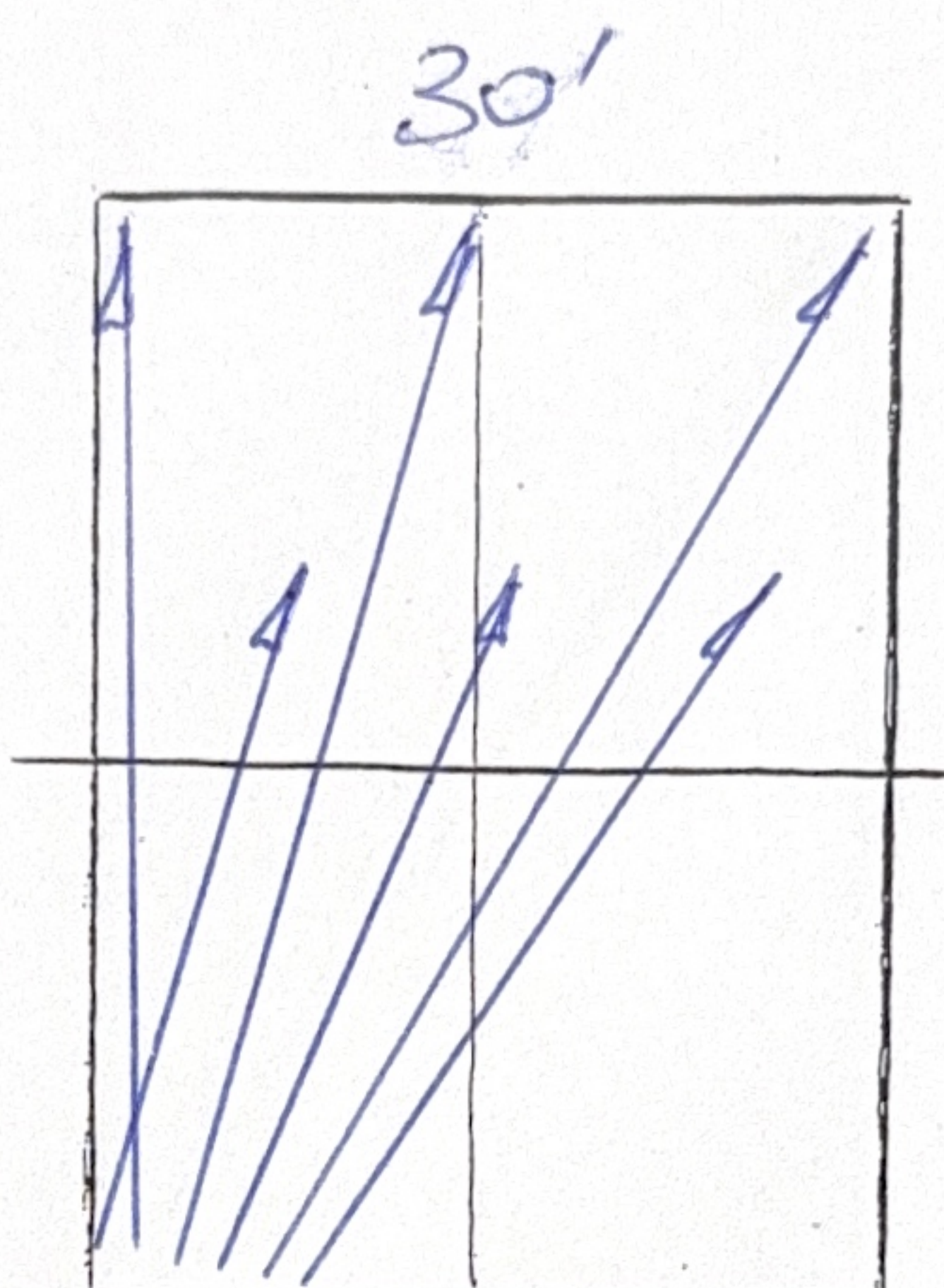
1. SERVE + RECEIVE PRACTICE 2. MULTIBALLS

WARMING-UP → THERABANDS, FOOTWORK (SPEED) 6x20x40

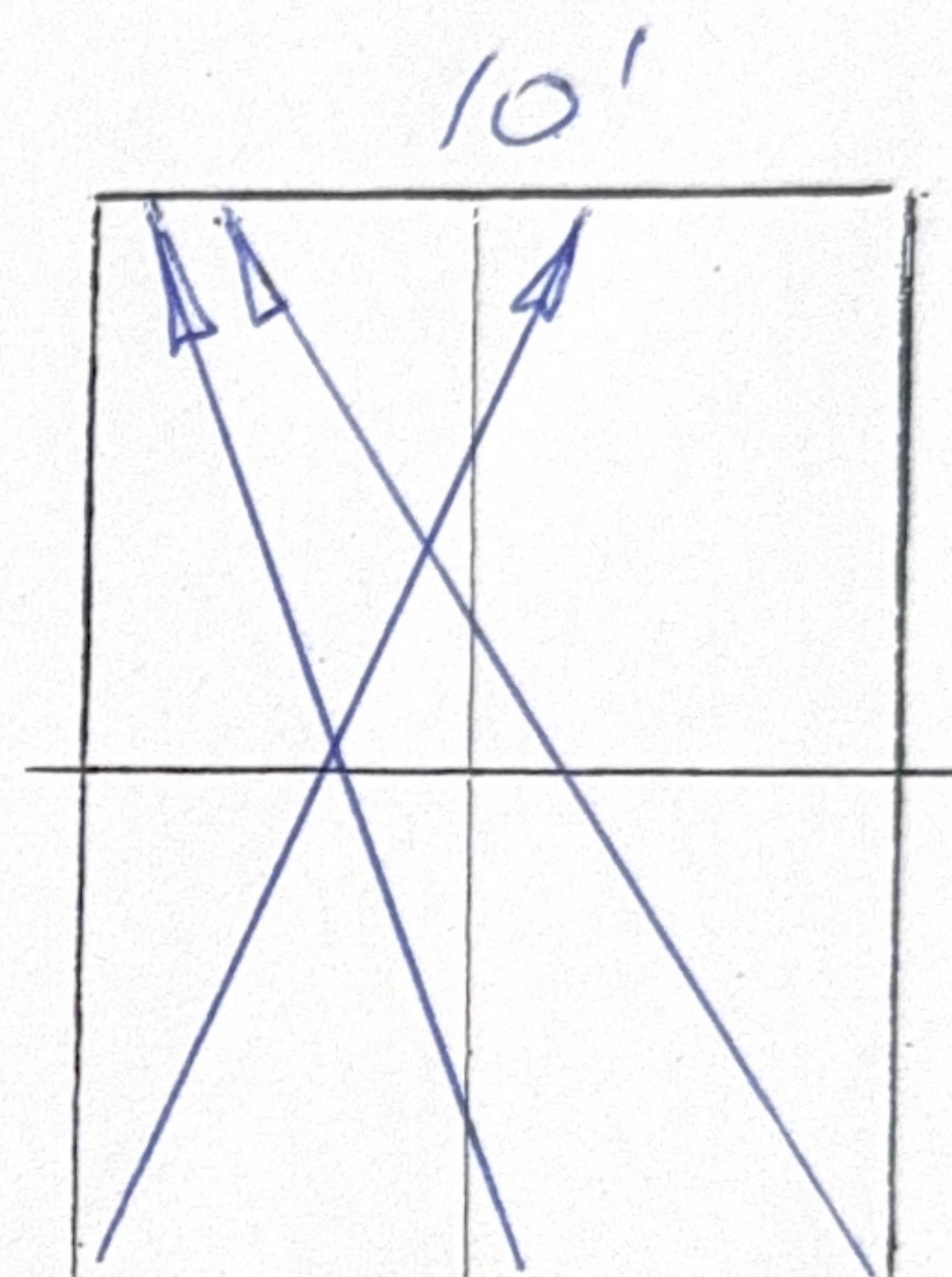
PHYSICAL: LEGS (PLYOMETRIC) HANDS (TRICEPS + BICEPS)



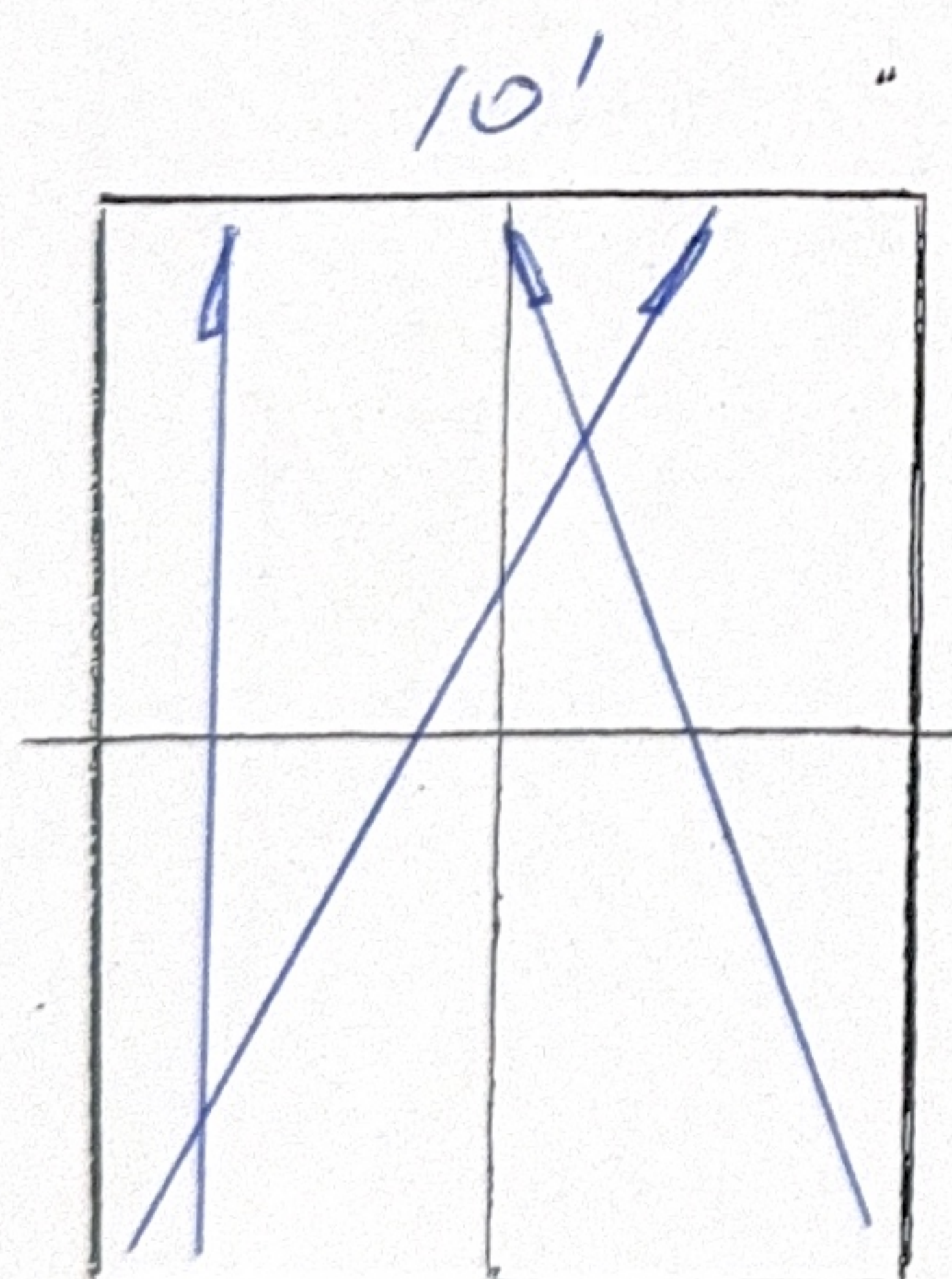
BH DOWN THE FH
S1 LINE S1 S1



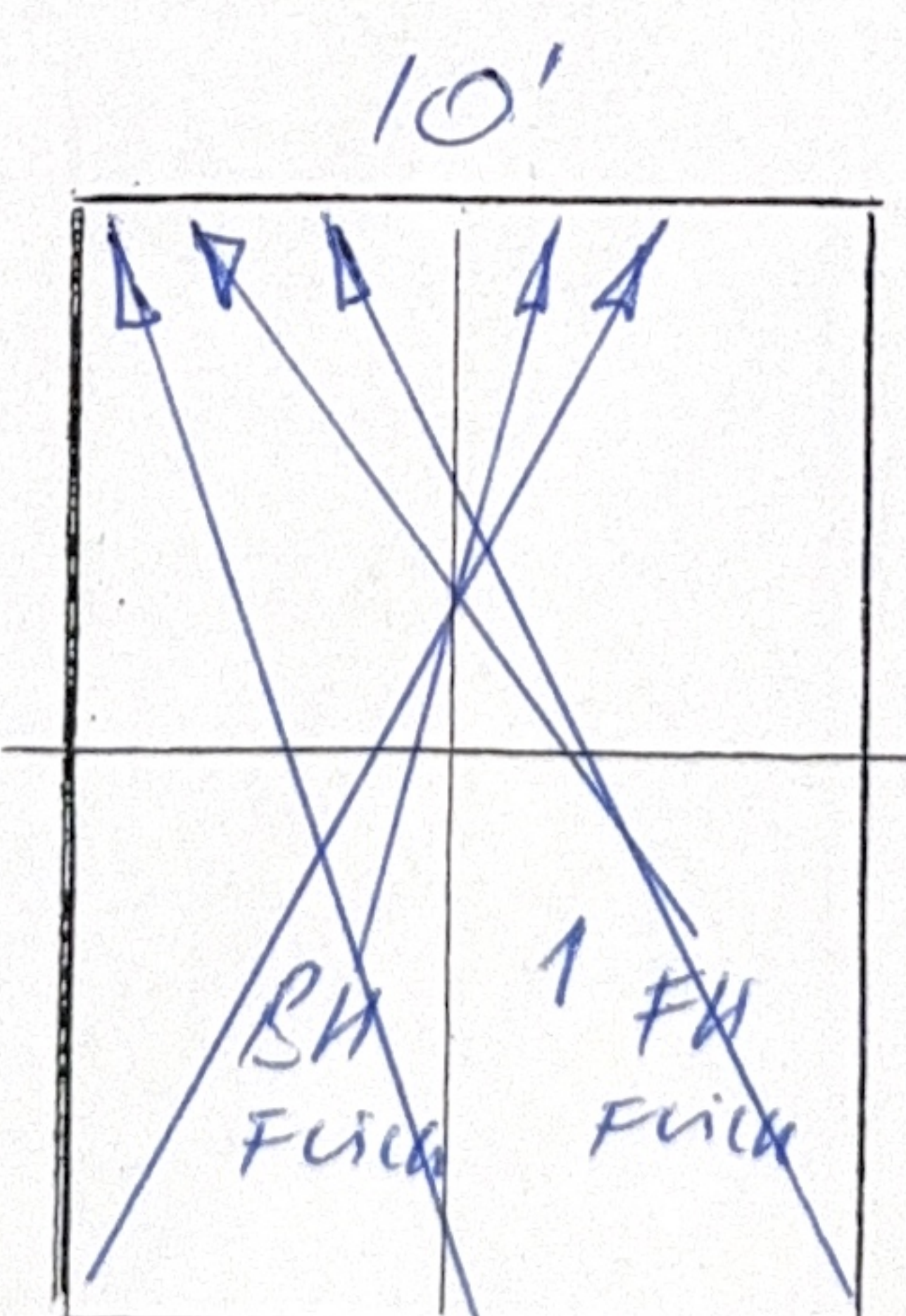
SERVE + RECEIVE
SHORT- 15' (7+7')
LONG- 15' (7+7')



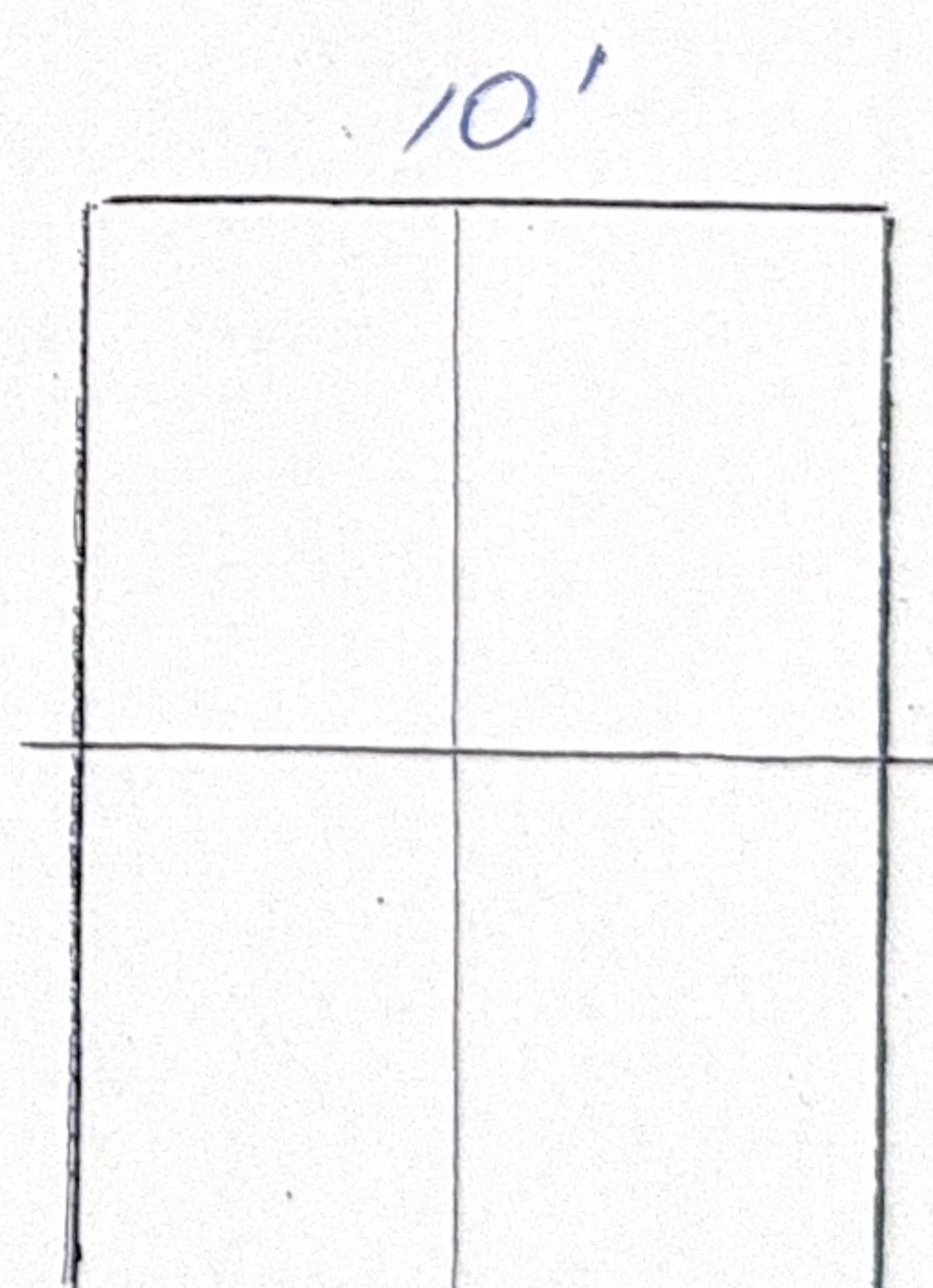
BH FUS FUS
3 1 2
VS BS



BHS FUS
1,2 3
VS BS VS TS



BH FUS FUS
3/4 2 3/4



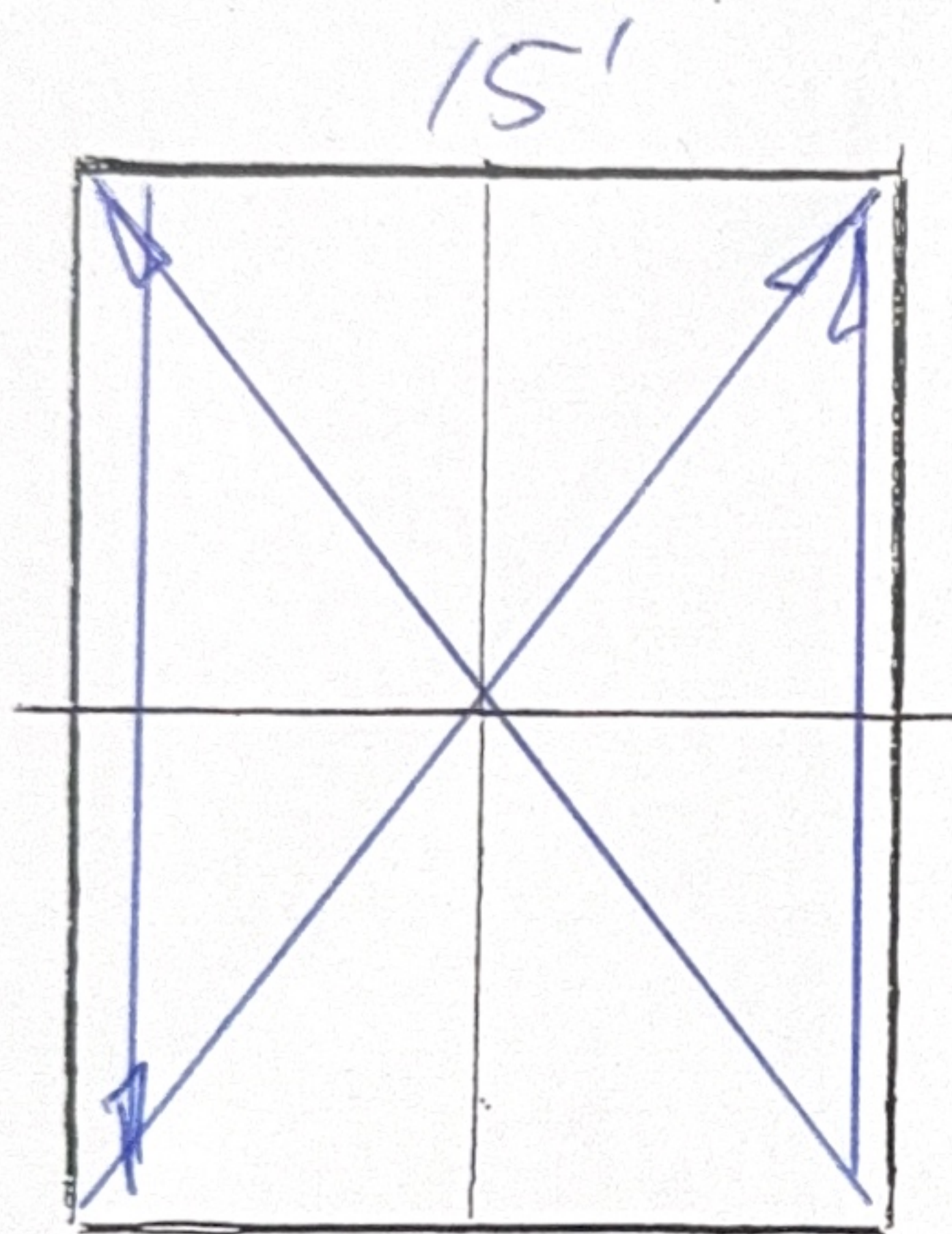
INDIVIDUAL

25.08.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

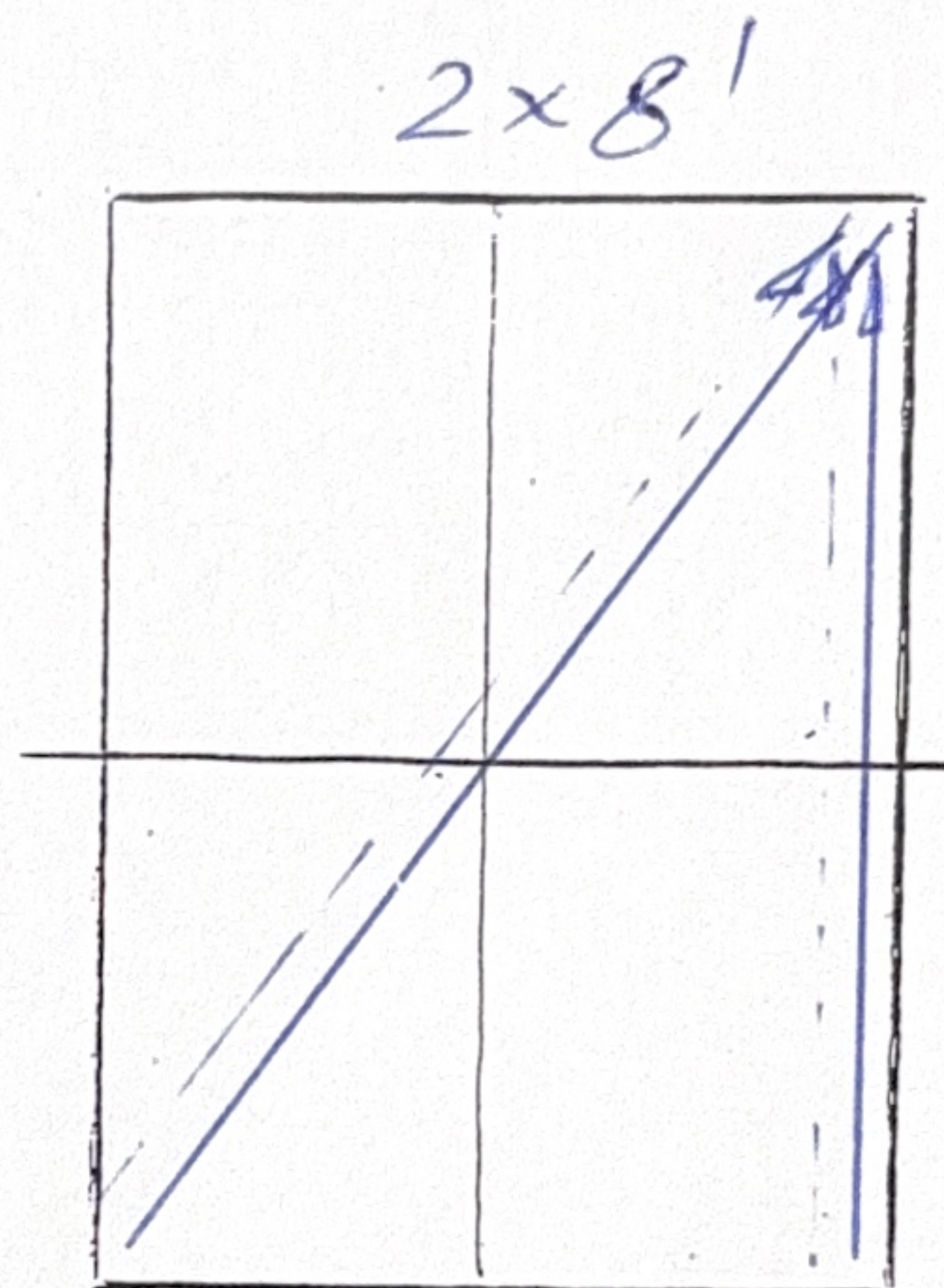
1. REACTION 2. BALANCE, 3. STABILITY 4. TRAINING MATCHES

WARMING UP → THERABANDS, FOOTWORK → REACTION

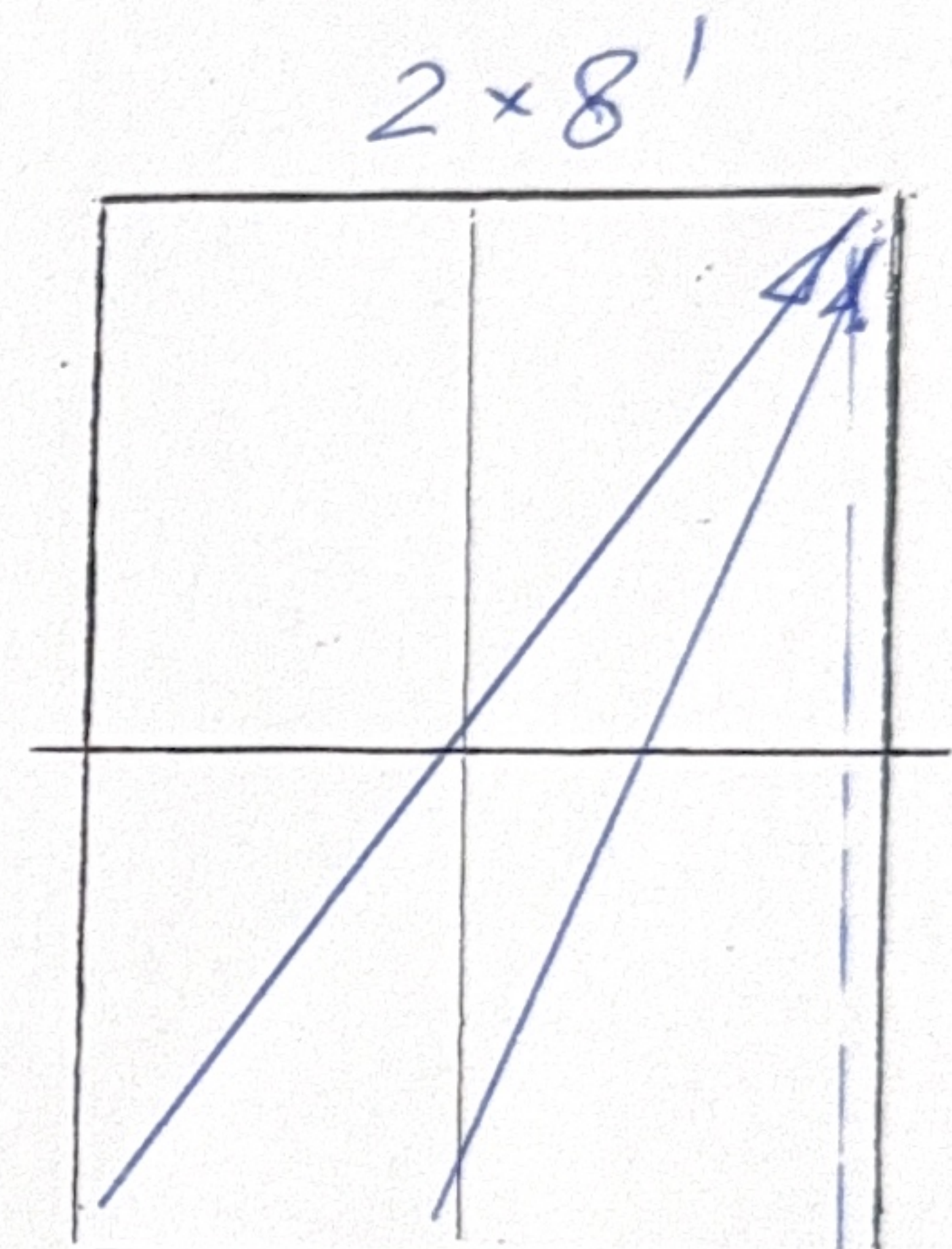
6x20"x30"



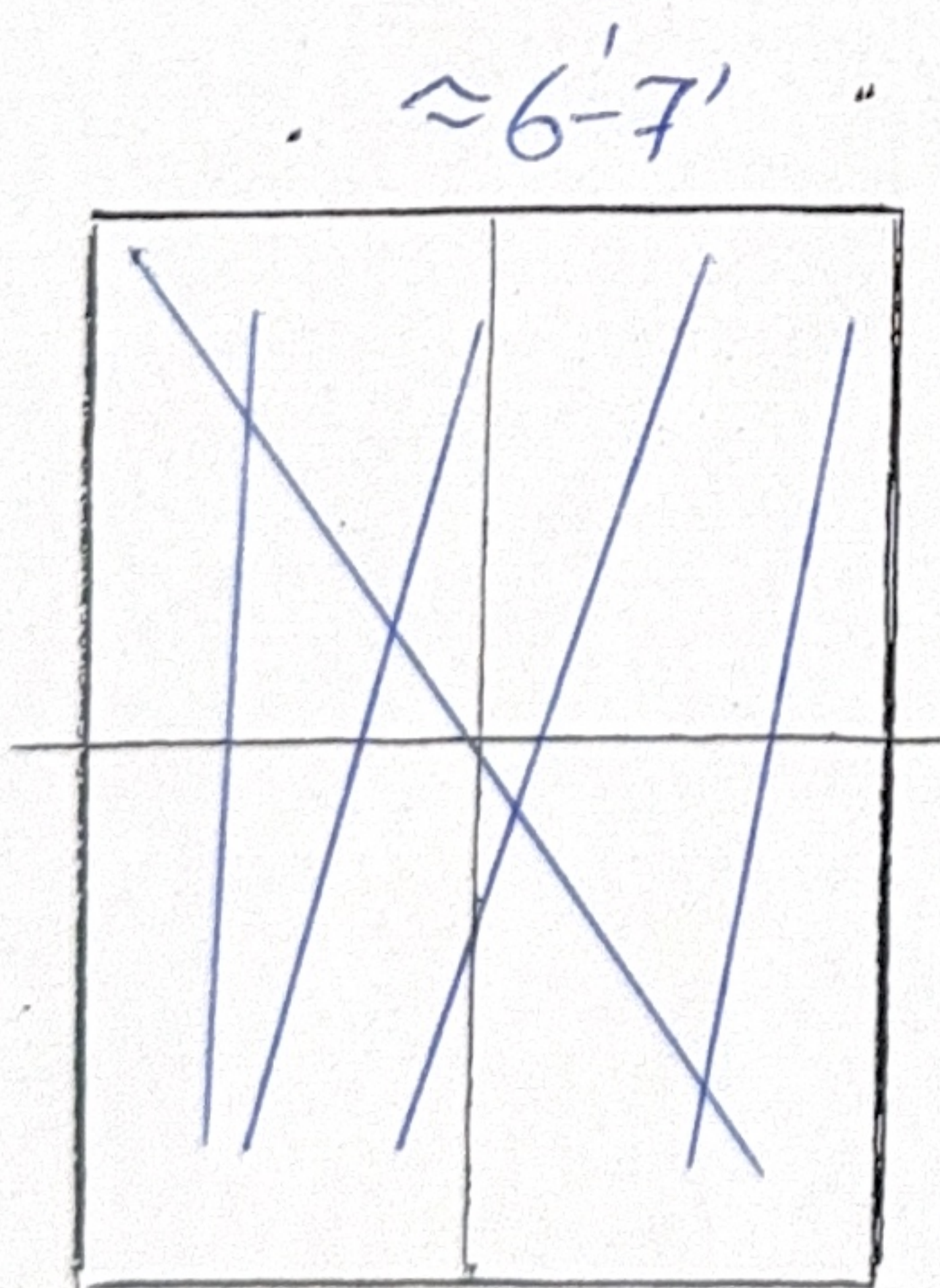
BH DOWN THE FH
5' LINE 5' 5'



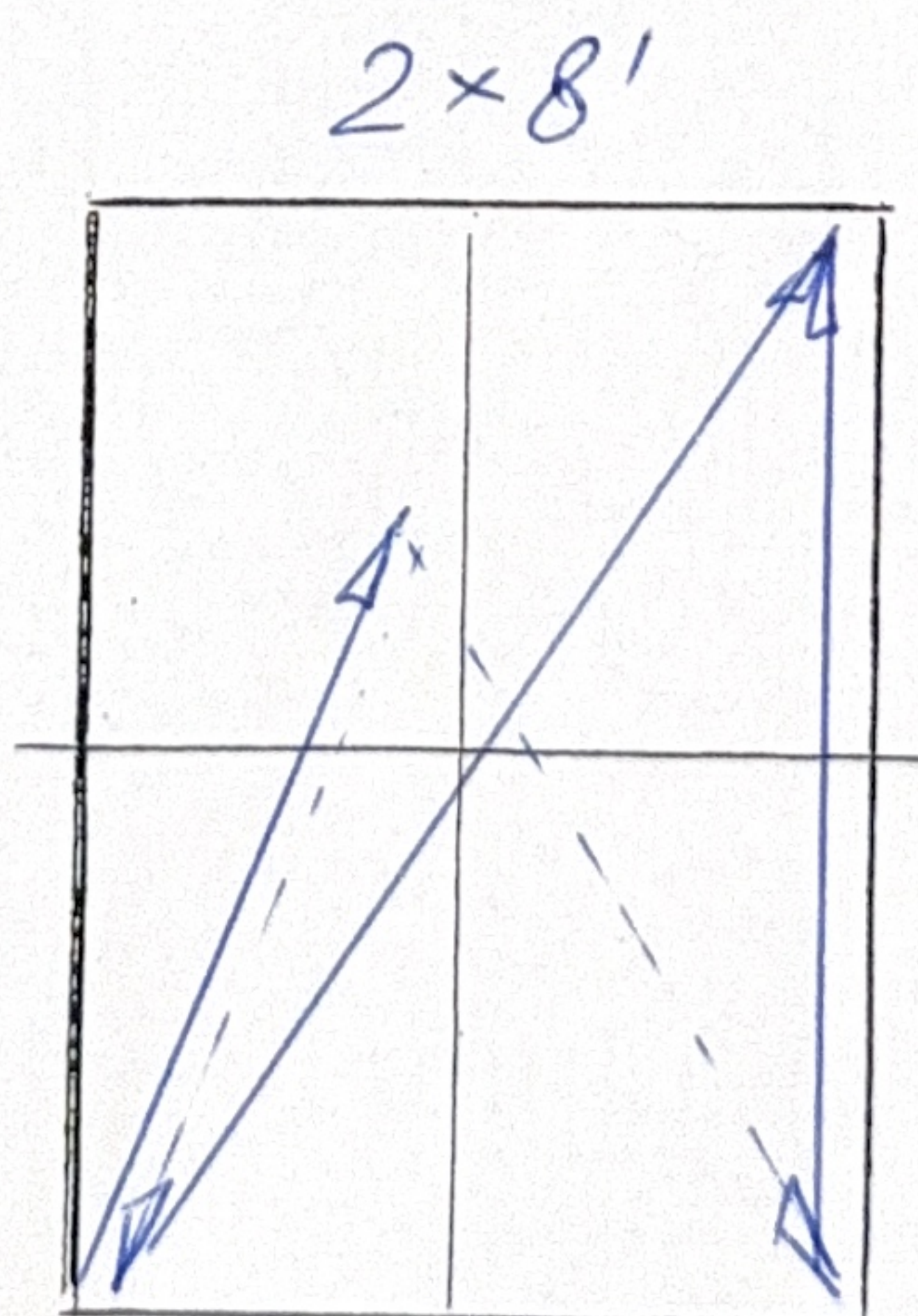
BH FHS
1(2) ? 1(2)



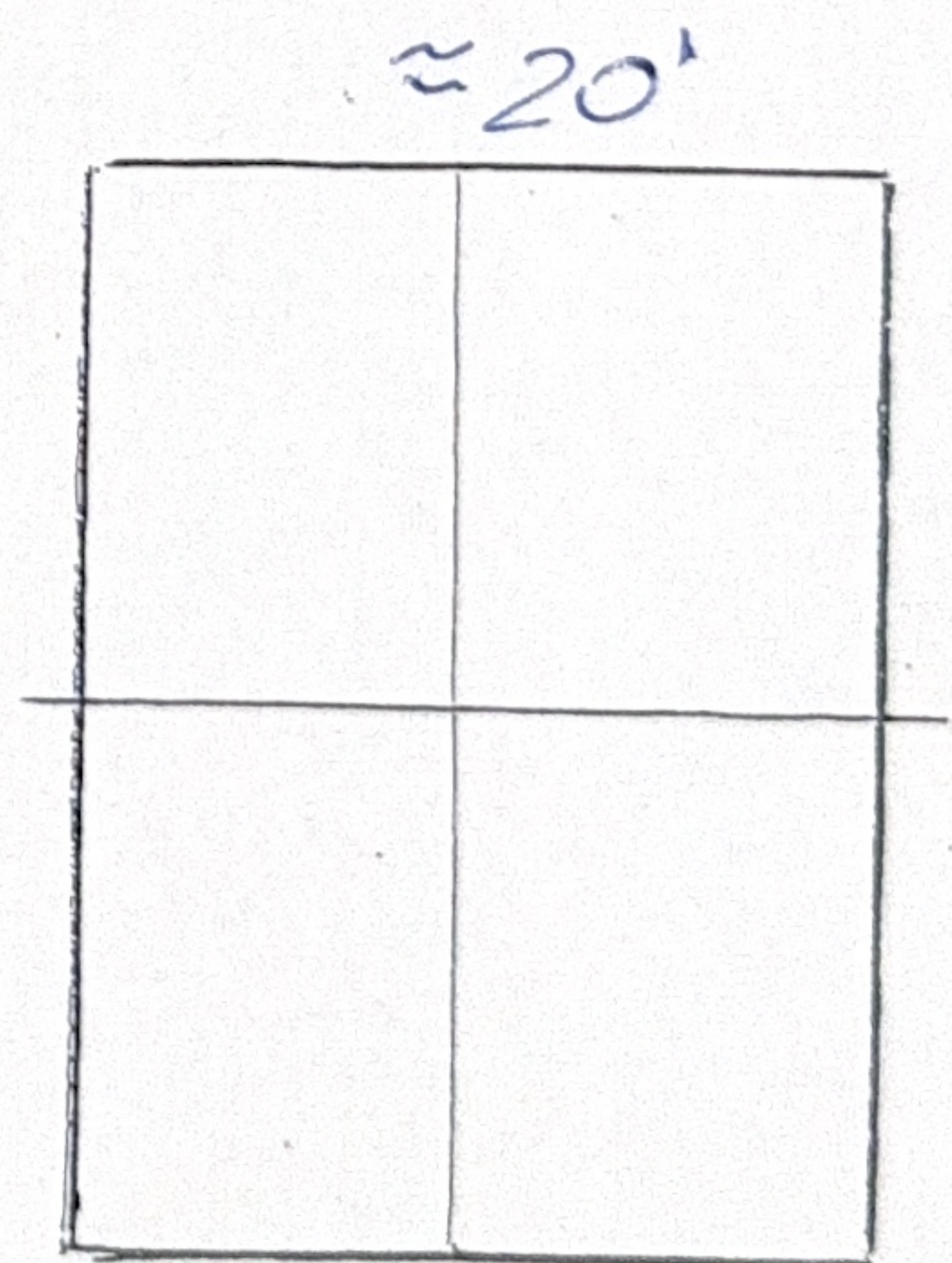
BH FHS FHS
1 2 ? 2



ALL TABLE
CHOP 1SET



SERVE FHS
BHS 1 ? 1
(FHS) AFTER FREE
ALL TABLE



UP AND DOWN
WIN YOUR SERVE
1SET