

23.08.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

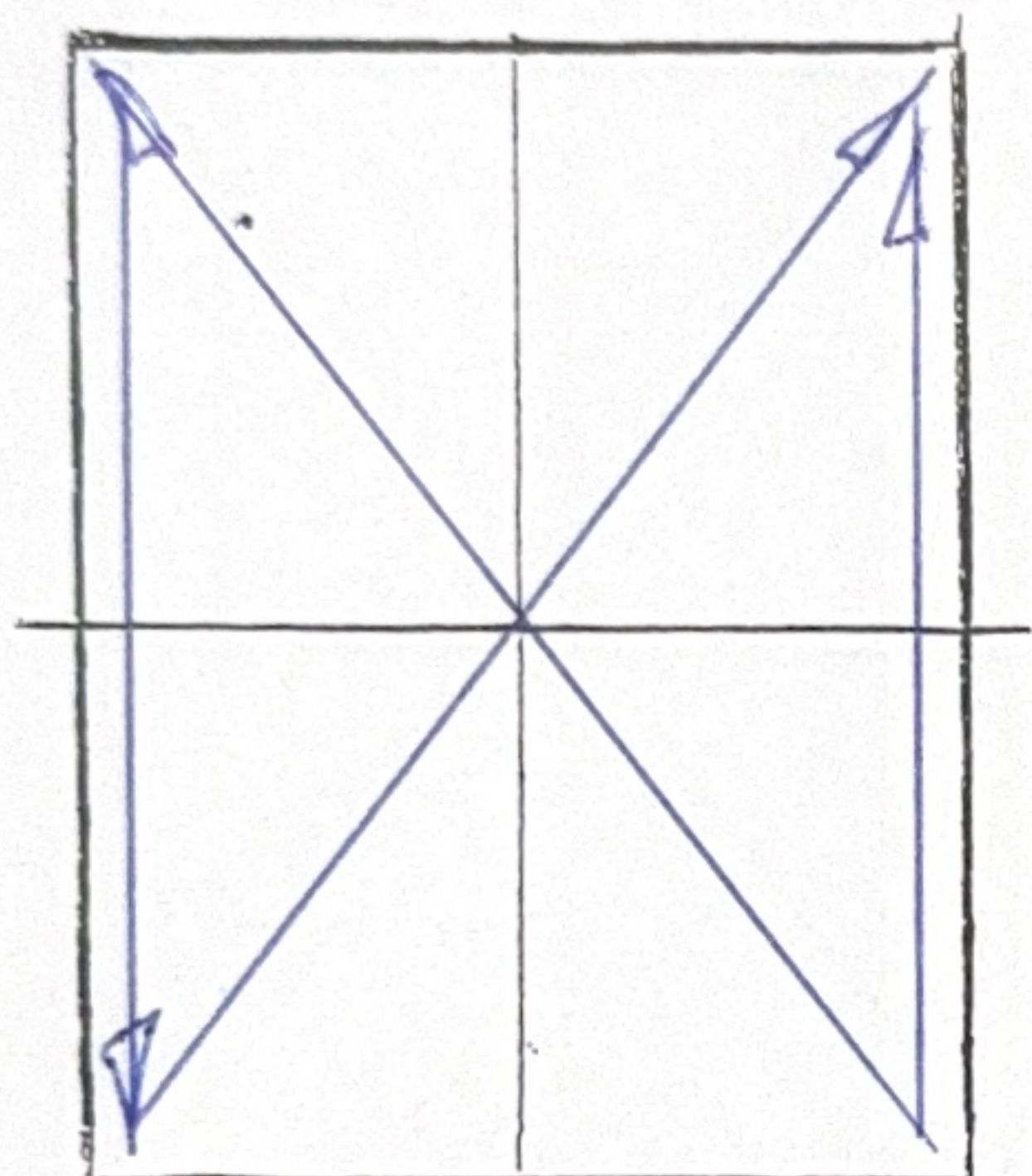
1. TECHNIQUE 2. QUALITY OF FH TOPSPIN VS B/S

3. SERVE PRACTICE (QUALITY OF THE SPIN)

4. UP AND DOWN → TRAINING MATCHES WARM-UP → FOOTWORK

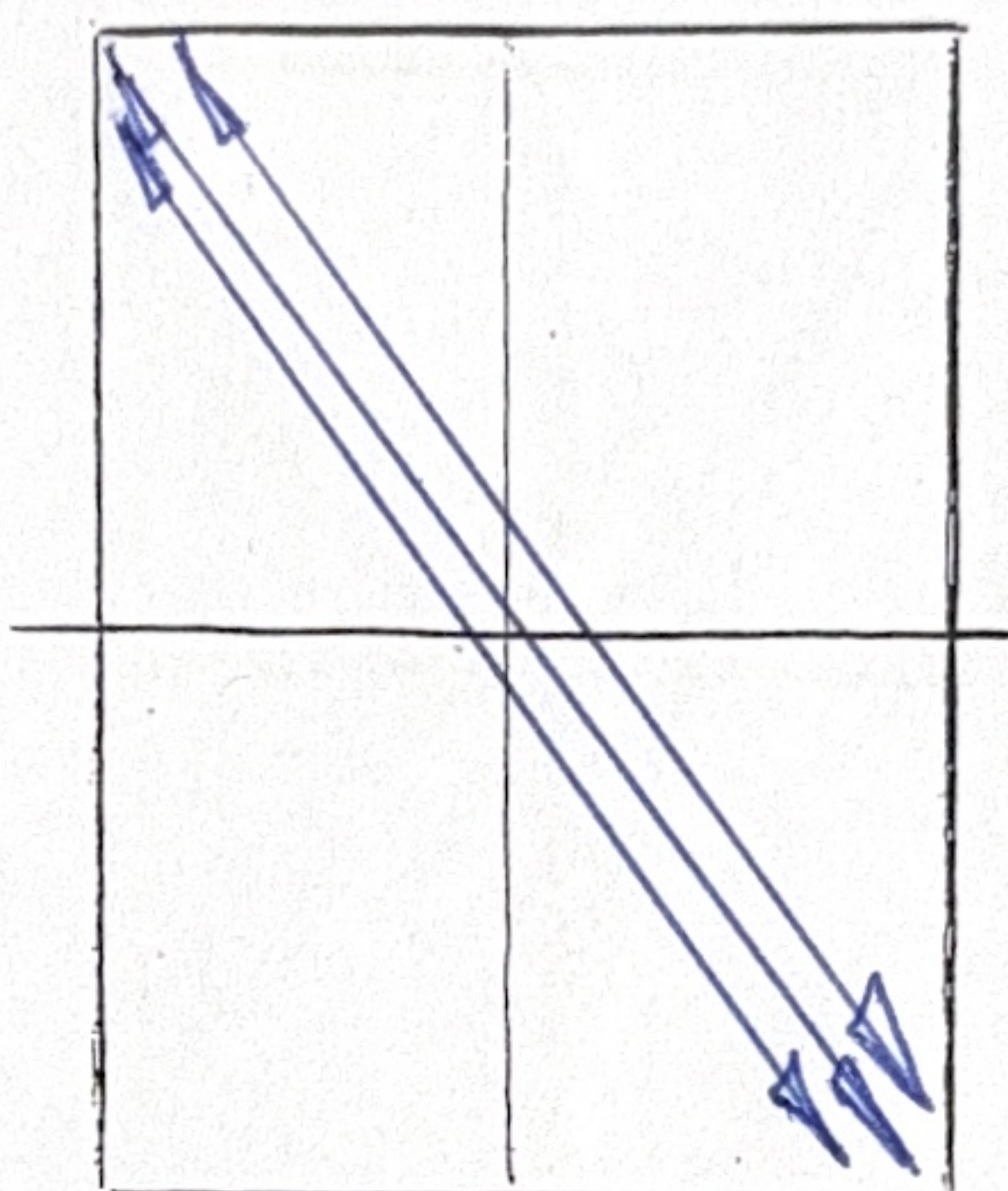
6'20" x 40"

15'



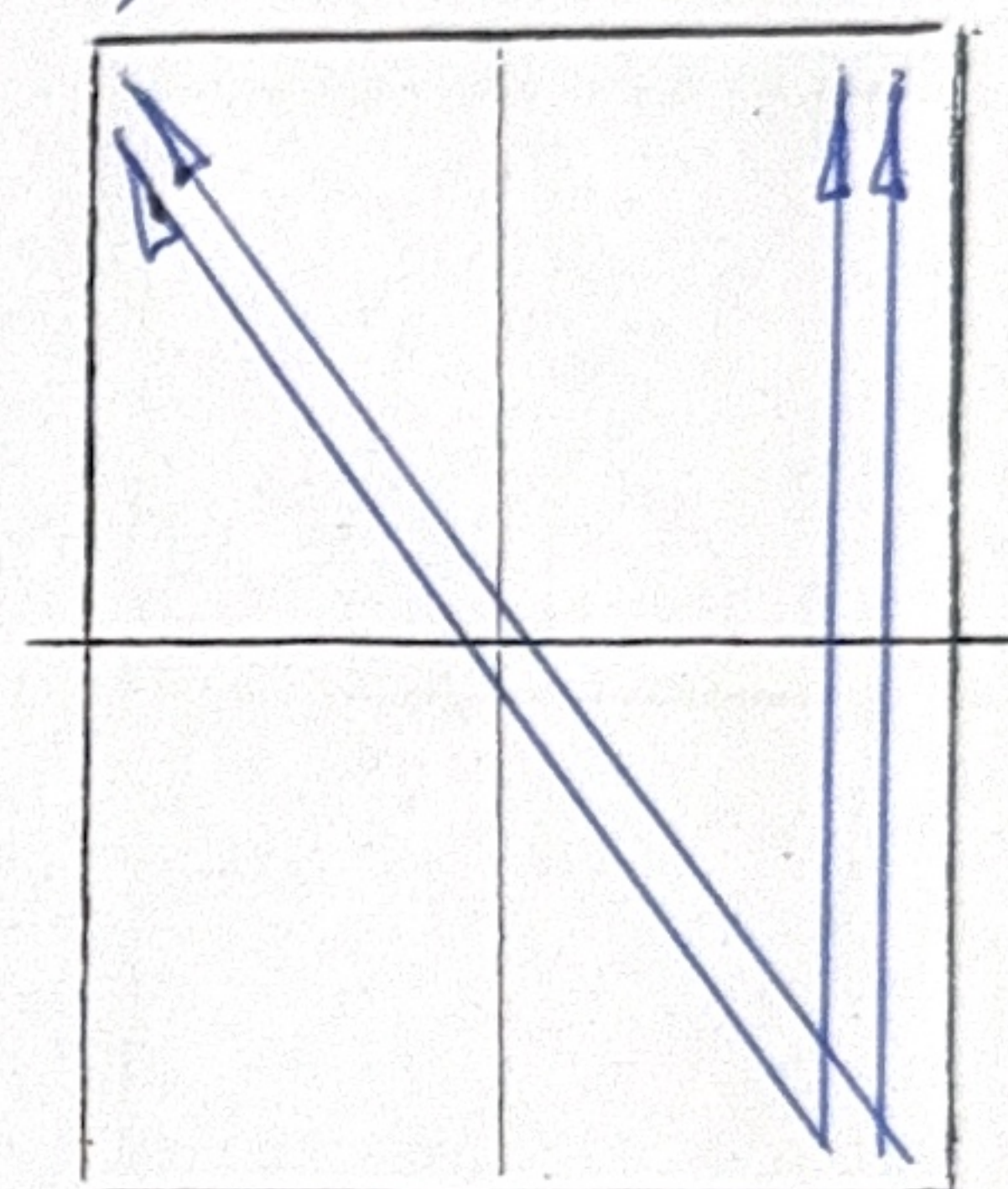
BH DOWN THE FH
5' LINE 5' 5'

FHS 1,2,3 10'



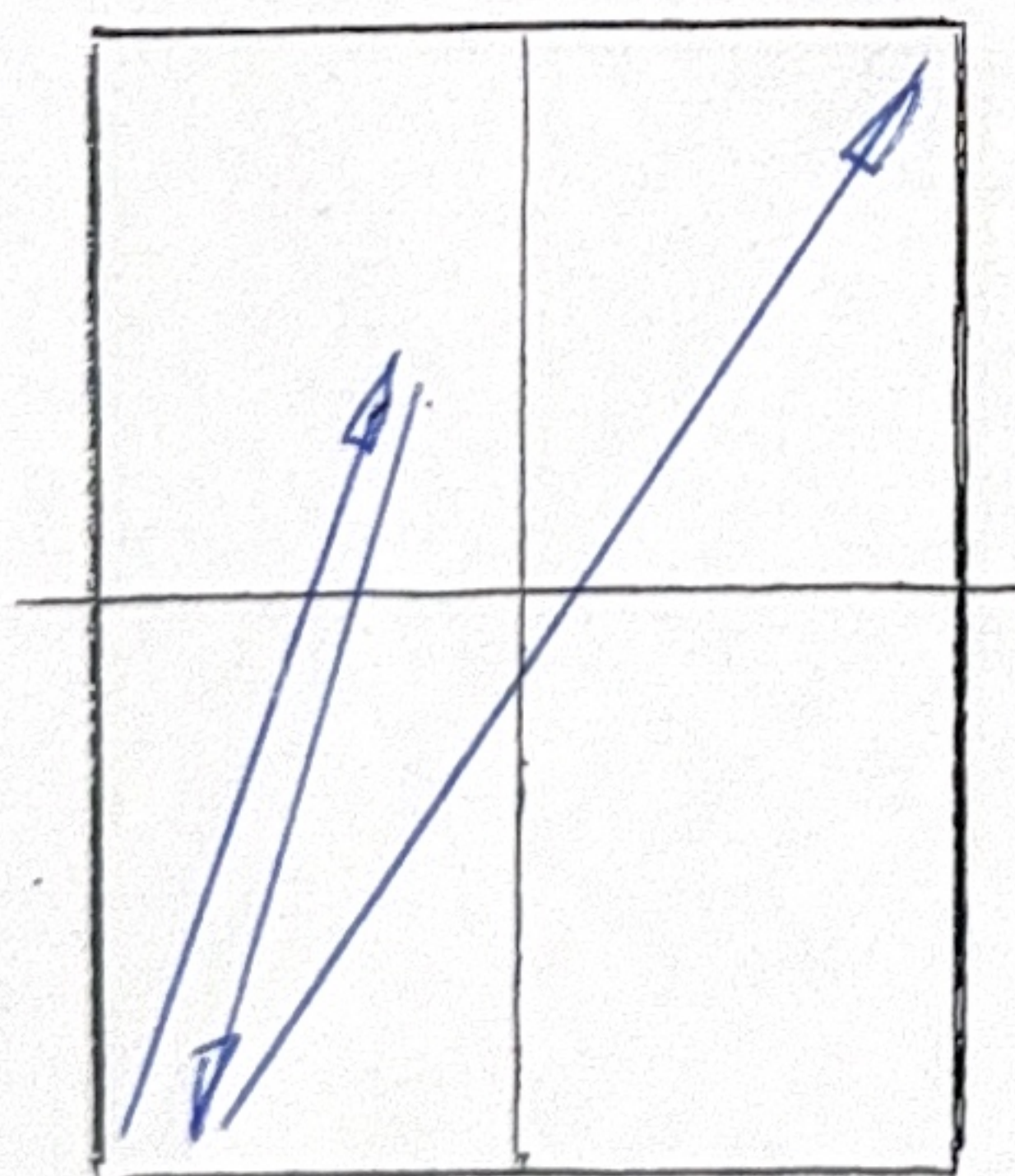
TOGETHER FHS
1,2,3

3,4 2x8' 1,2



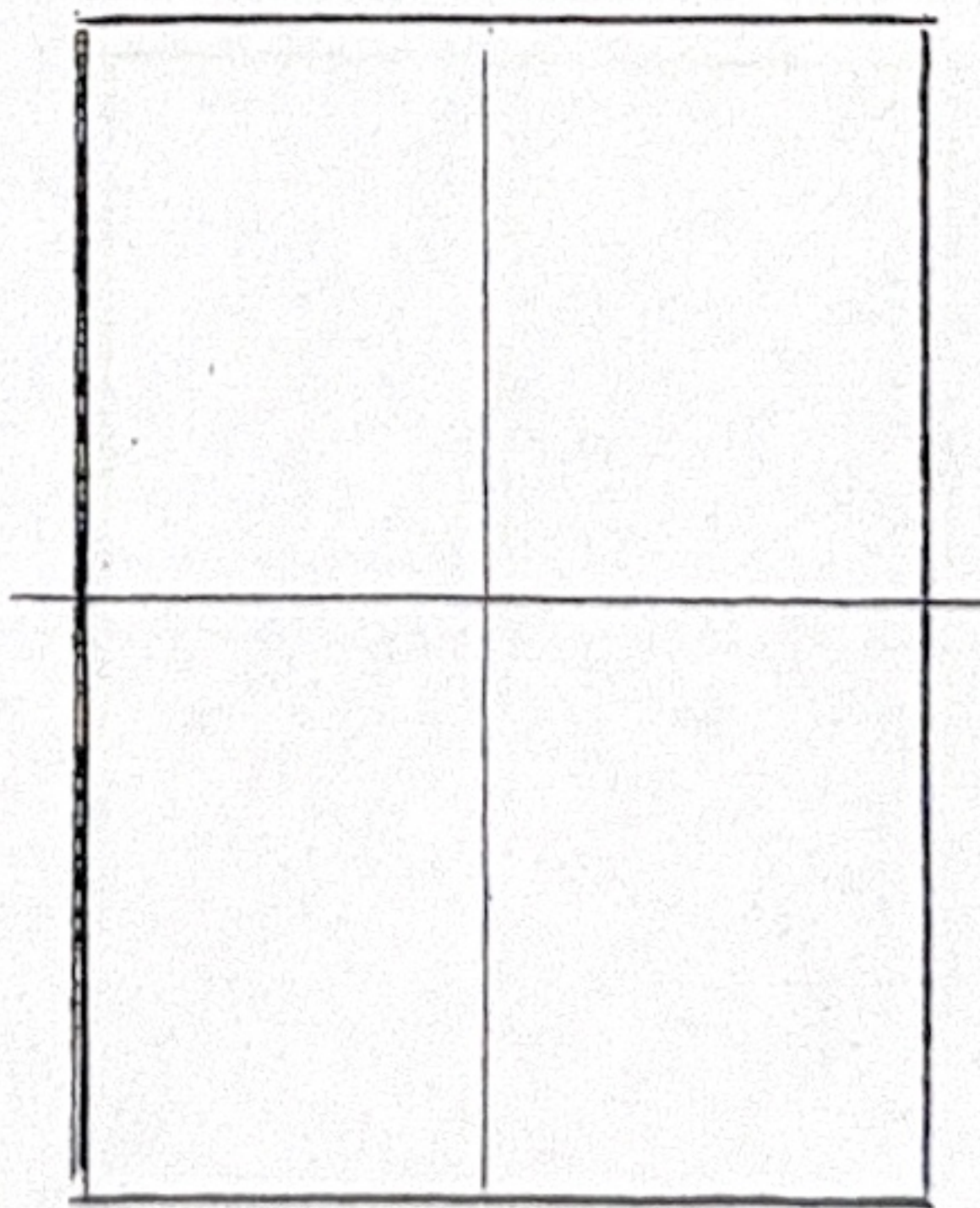
FHS
1,2,3,4

2x8'

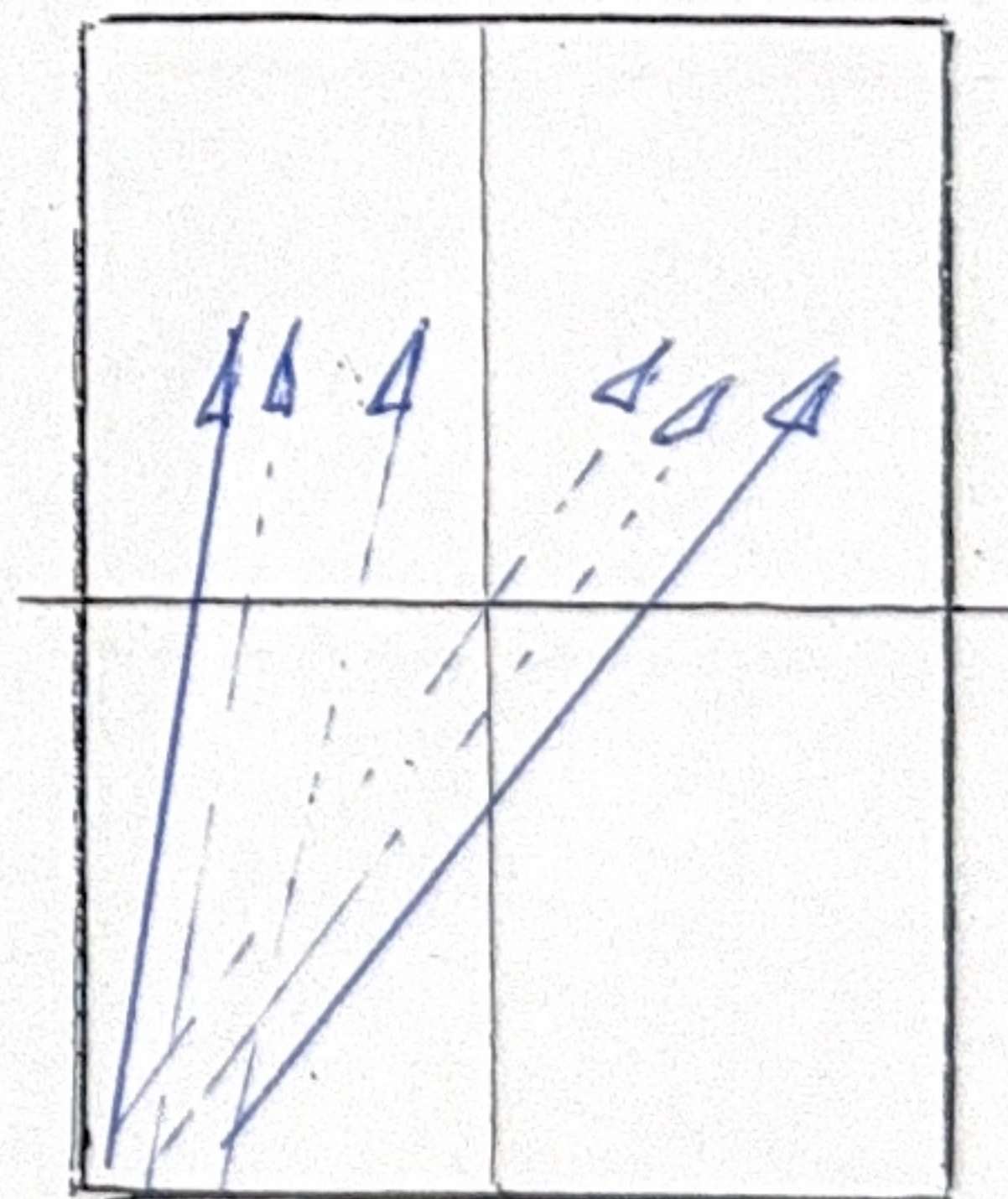


SERVE BIS
FHS (NO POINT)
1 FREE
QUALITY

≈15'-20'



UP AND DOWN
ONE SET
(BIS SERVE ONLY)



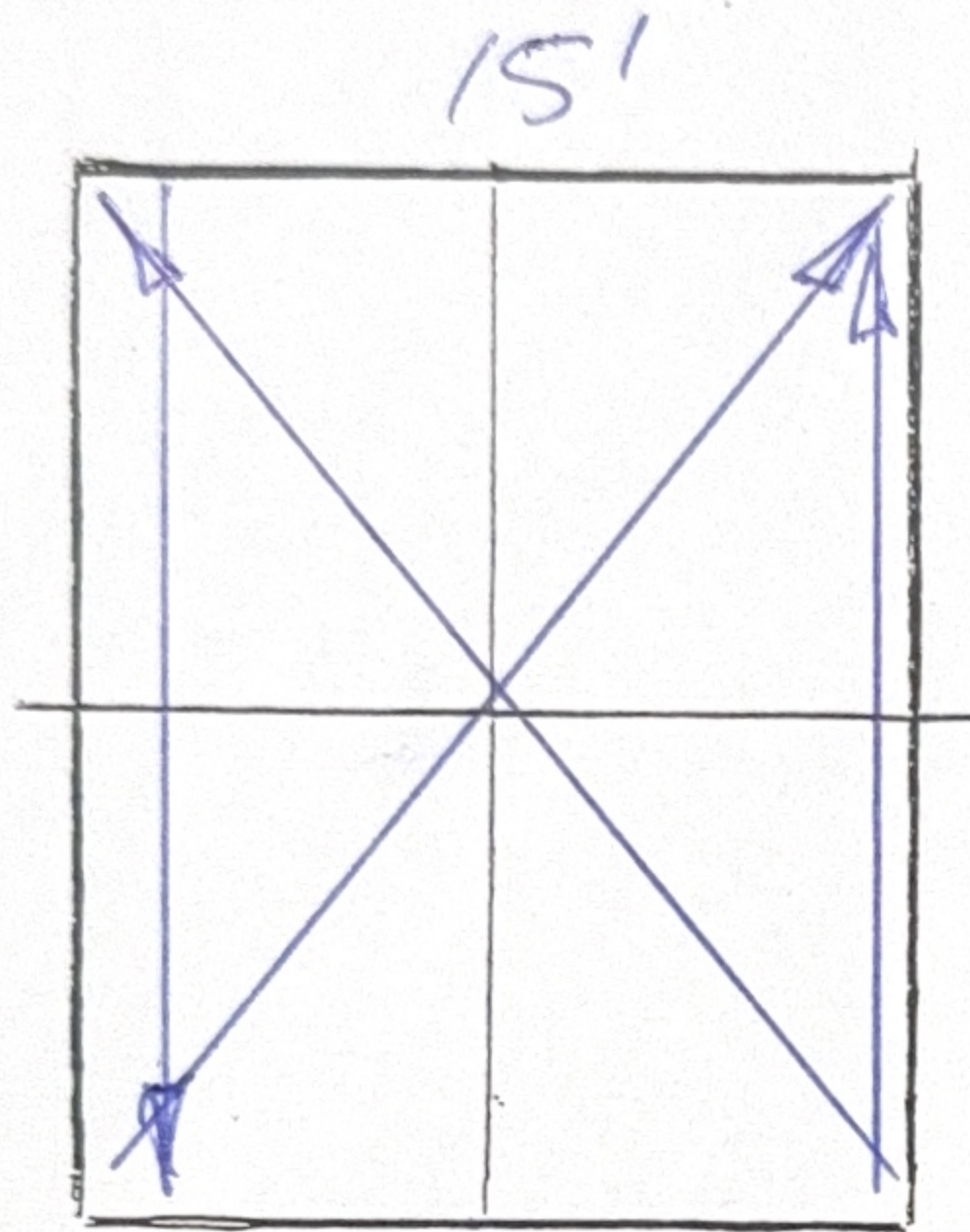
SERVE PRACTICE
2x10'
(QUALITY OF SPIN)

26.08.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

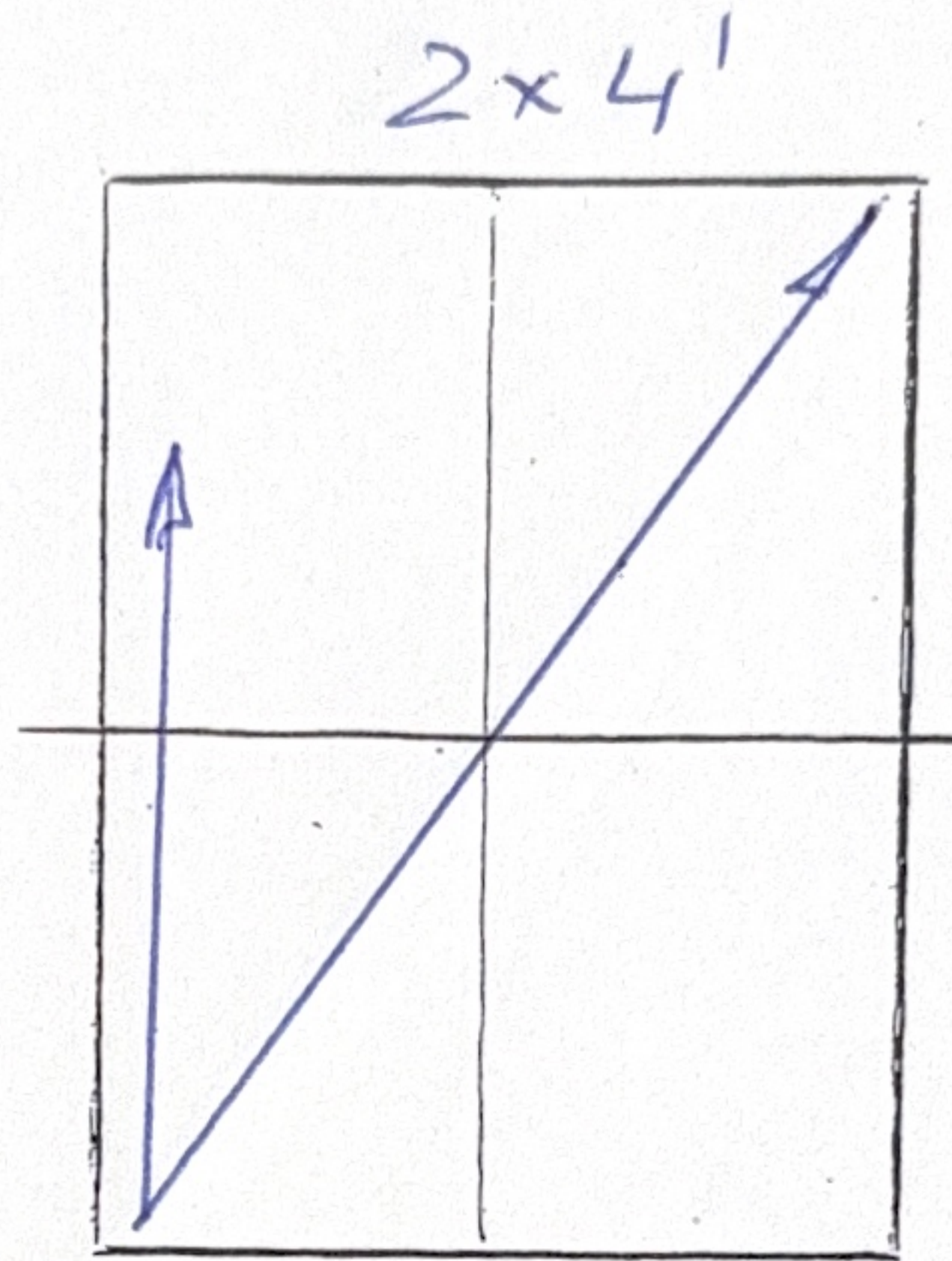
1. TECHNIQUE 2. QUALITY OF 3rd BALL ATTACK

3. TRAINING MATCHES → ONE SET

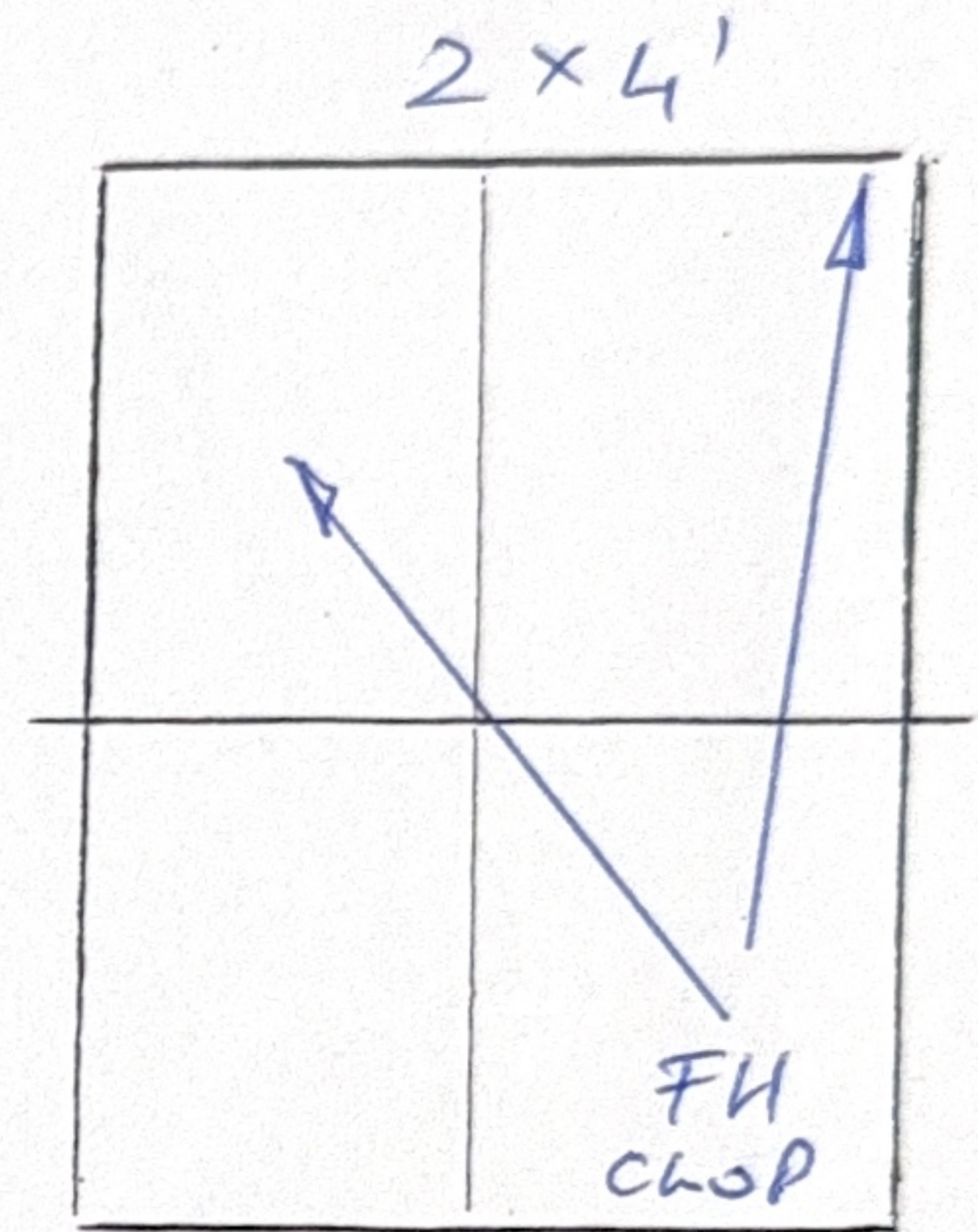
WARMING-UP → FOOTWORK (CLOSE TO TABLE-SPEED)
6' x 20" x 30"



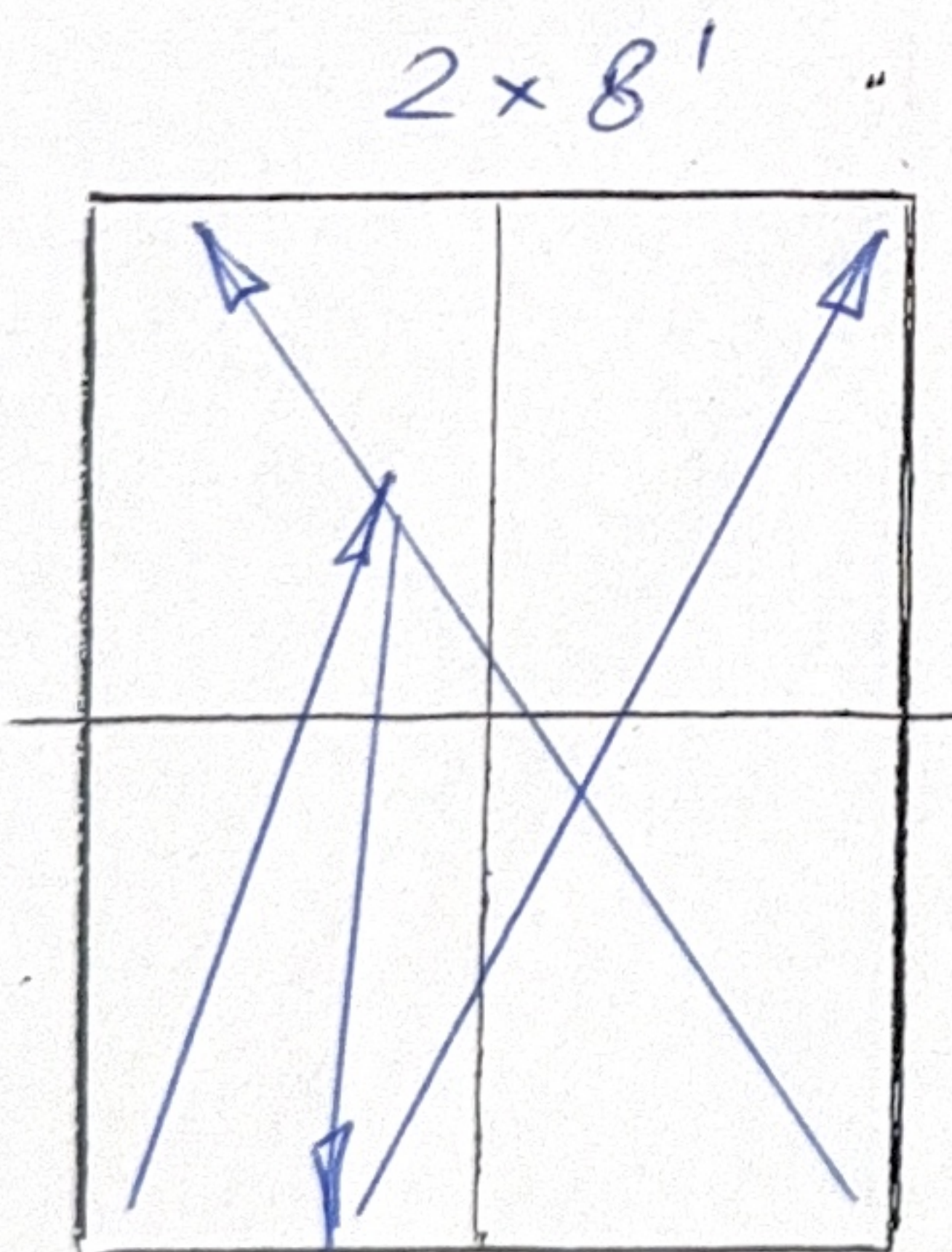
BH DOWN THE FH
5' LINE 5' 5'



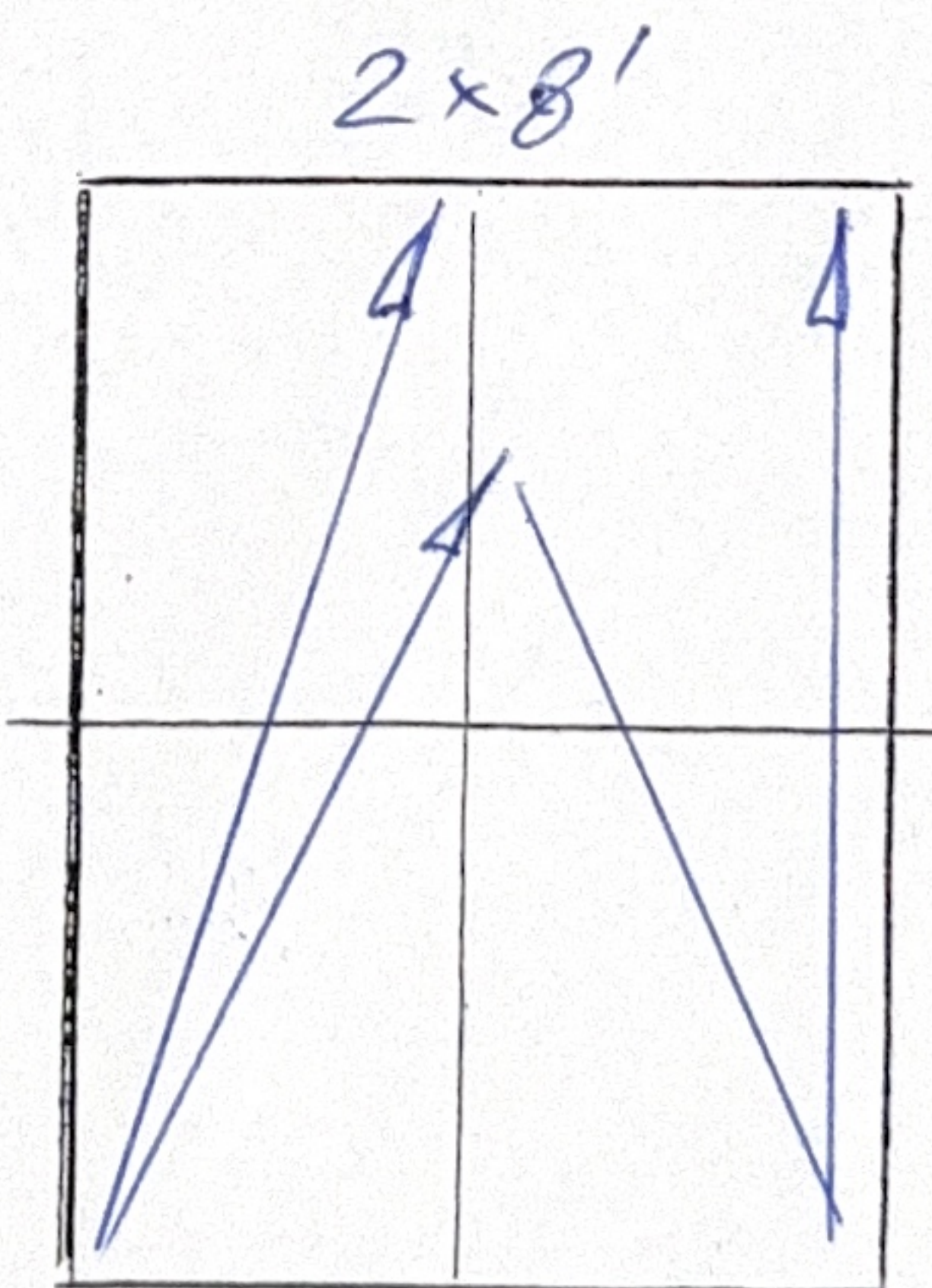
BH CHOP
SHORT TO FH
LONG TO BH



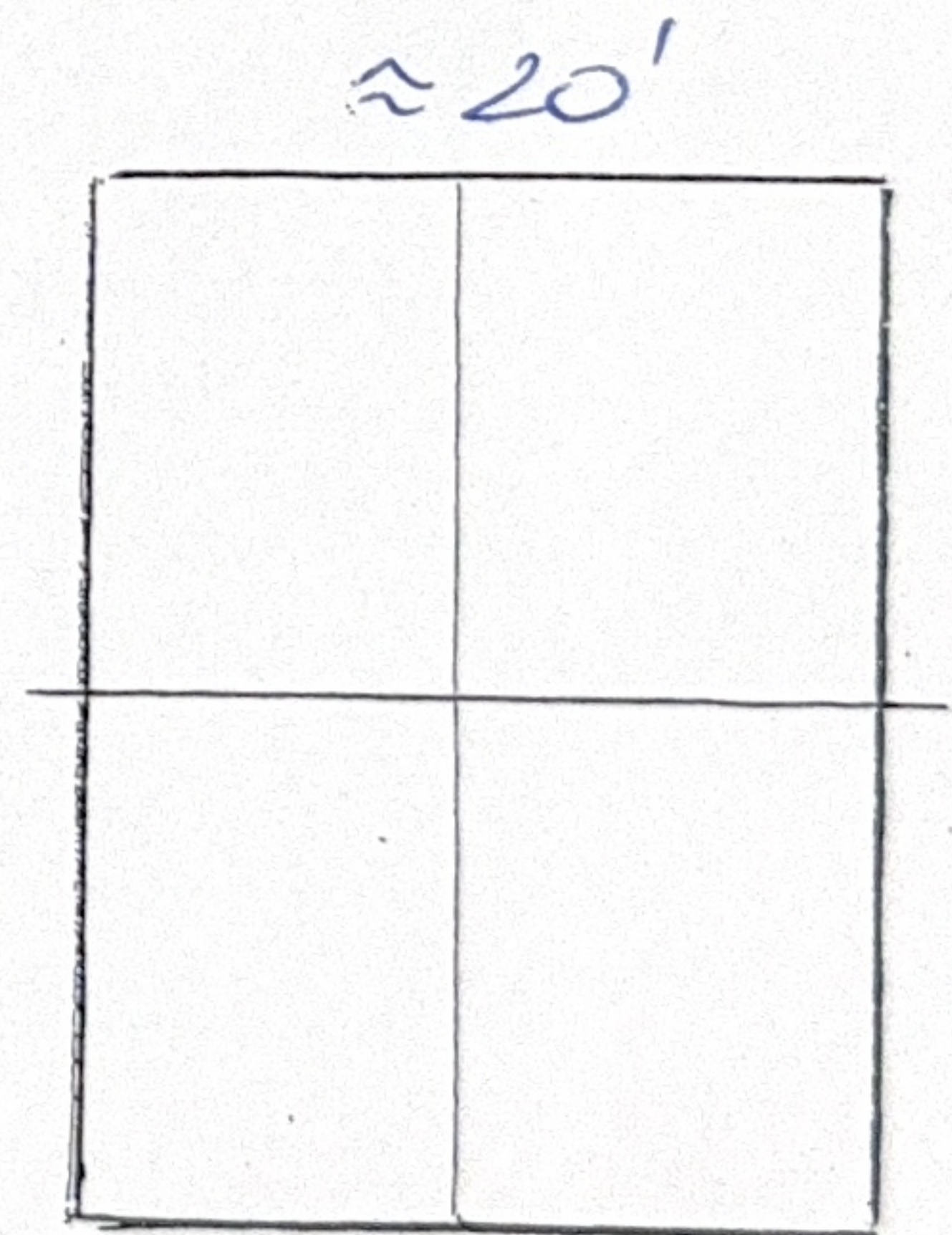
SHORT TO FH
LONG TO BH



SERVE
BIS FHS
1 2



SERVE BIS
BHS FHS
2 1



UP AND DOWN
1 SET (11)

29.08.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK (SIDE TO SIDE, PIVOT, CROSSOVER)
3. 3rd BALL ATTACK (AFTER LONG SERVE) 4. TRAINING MATCHES

WARMING-UP → FOOTWORK (AROUND OF TABLE 5x25x25)

