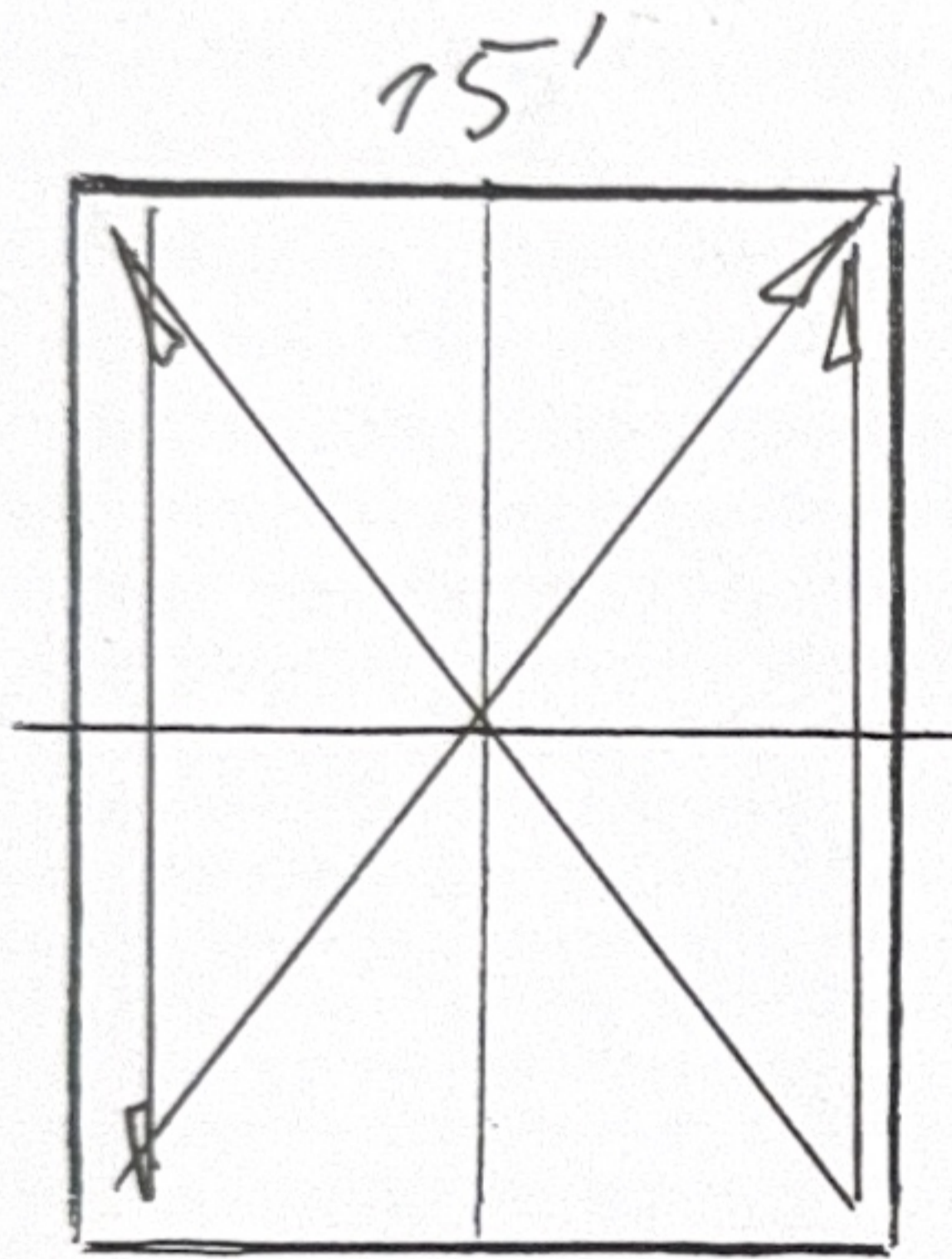


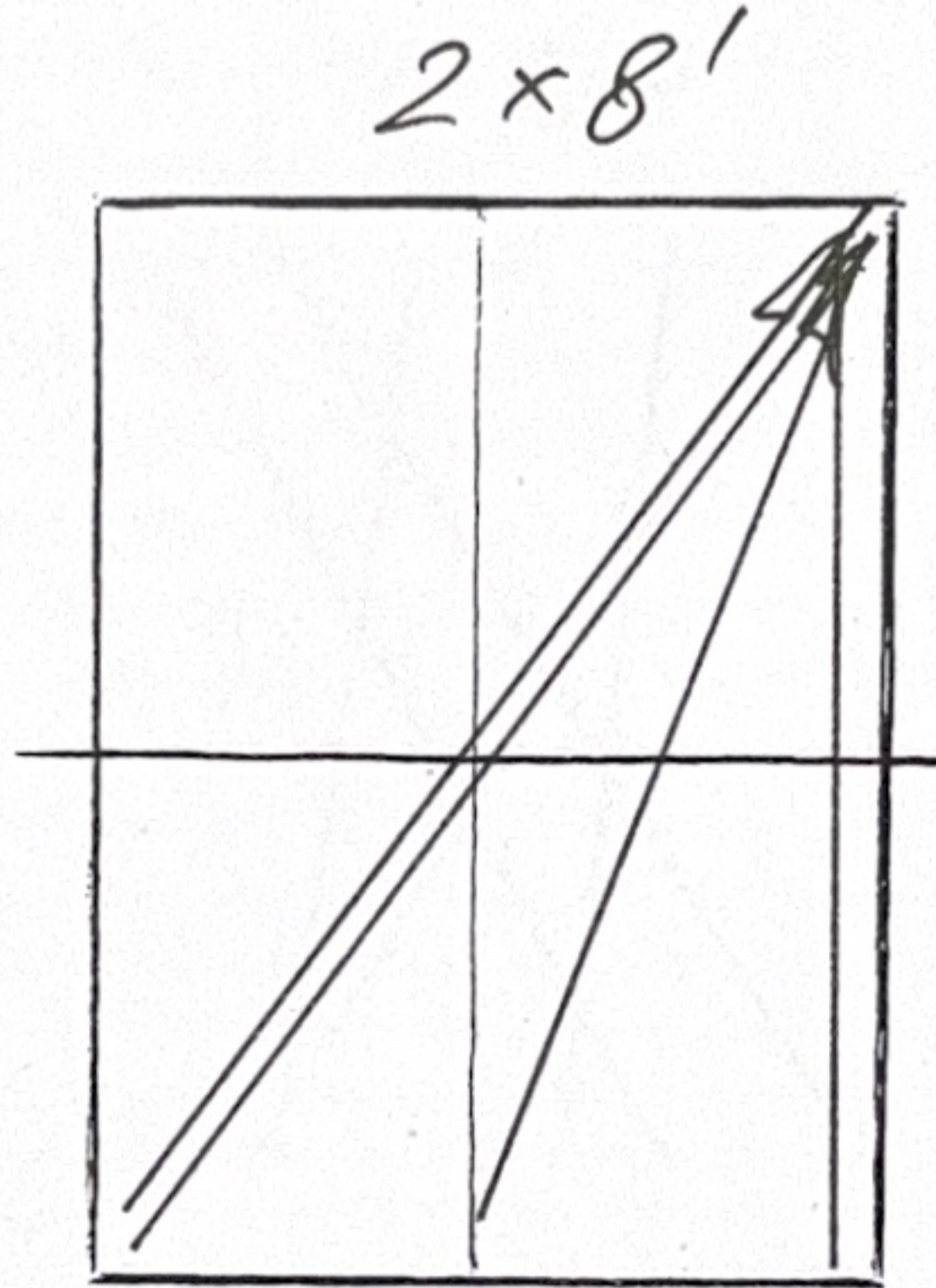
24.05.2026 SUNDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK 3. 3TH BALL ATTACK

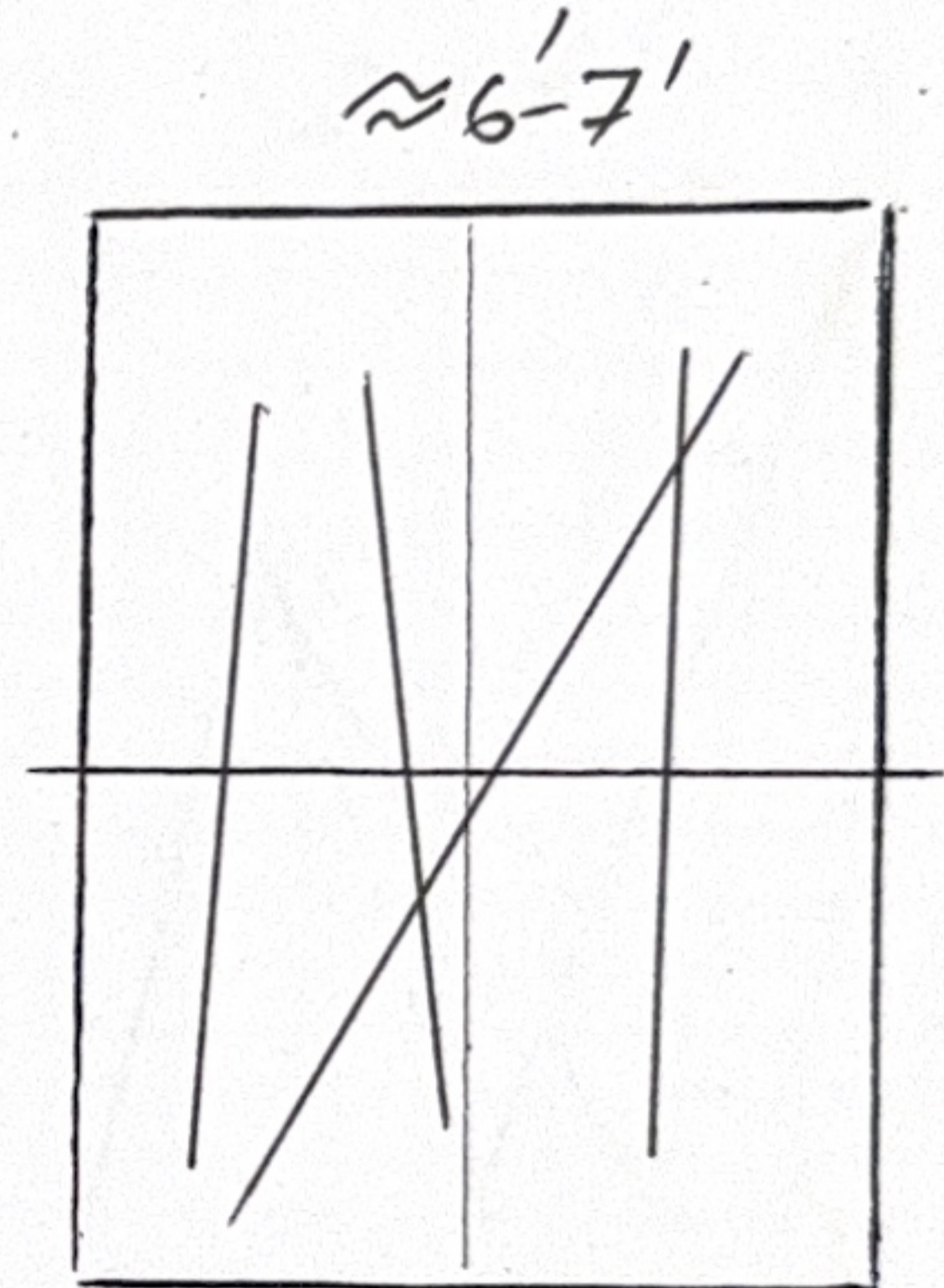
4. TRAINING MATCHES WARMING UP → FOOTWORK 5x20x20'



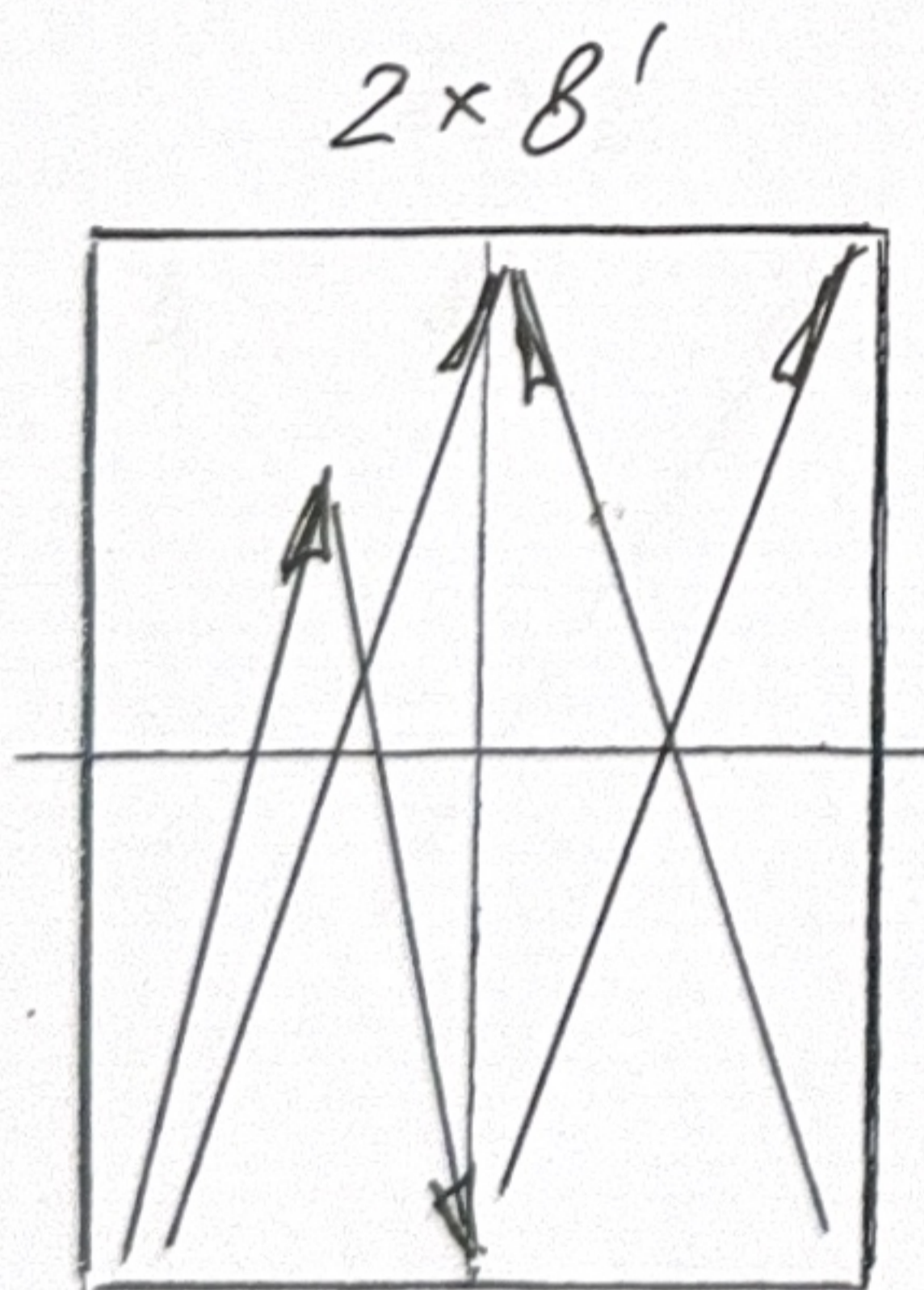
BH DOWN THE FU
5' LINE 5' 5'



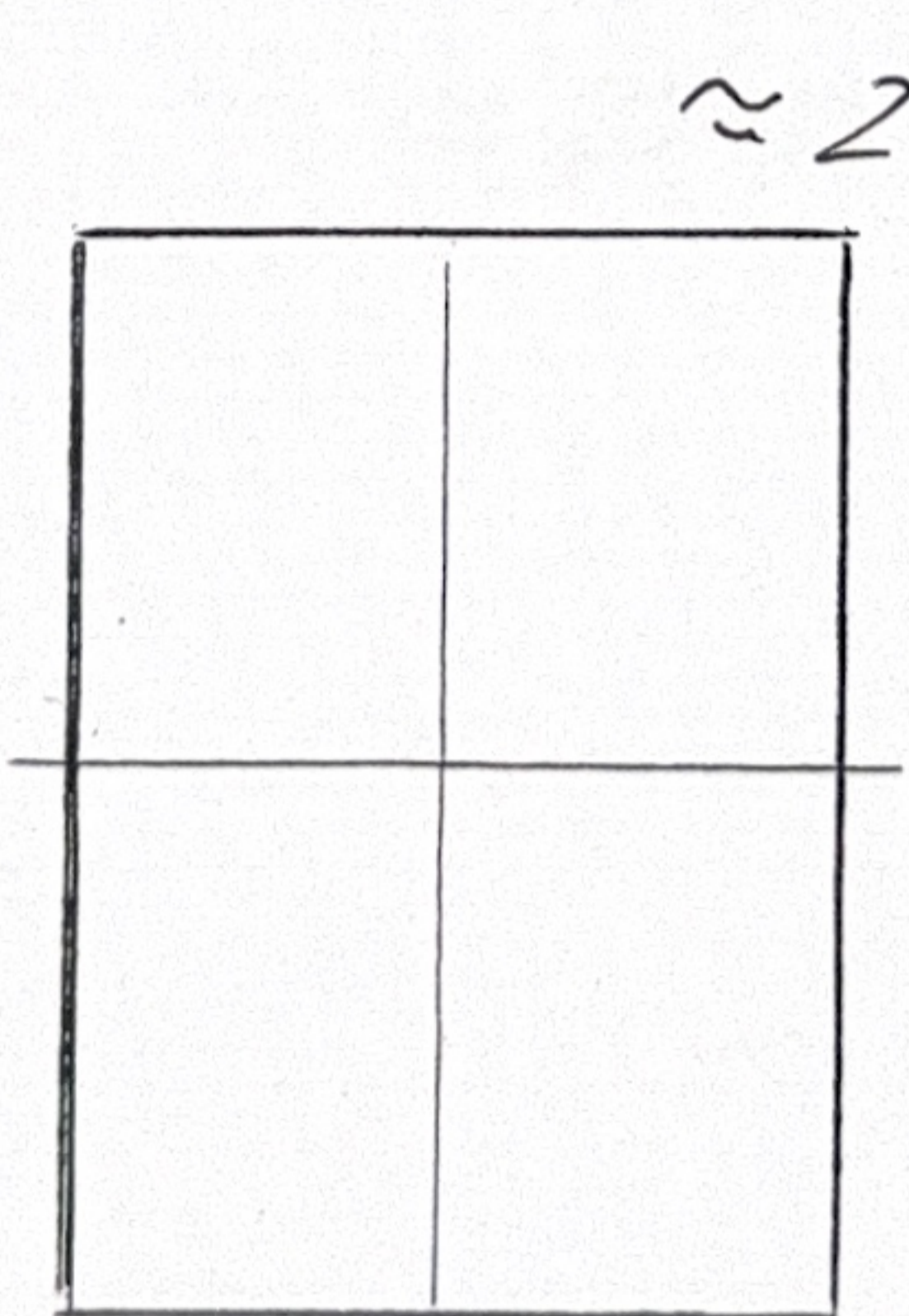
BH FUS FUS
1,3 2 4



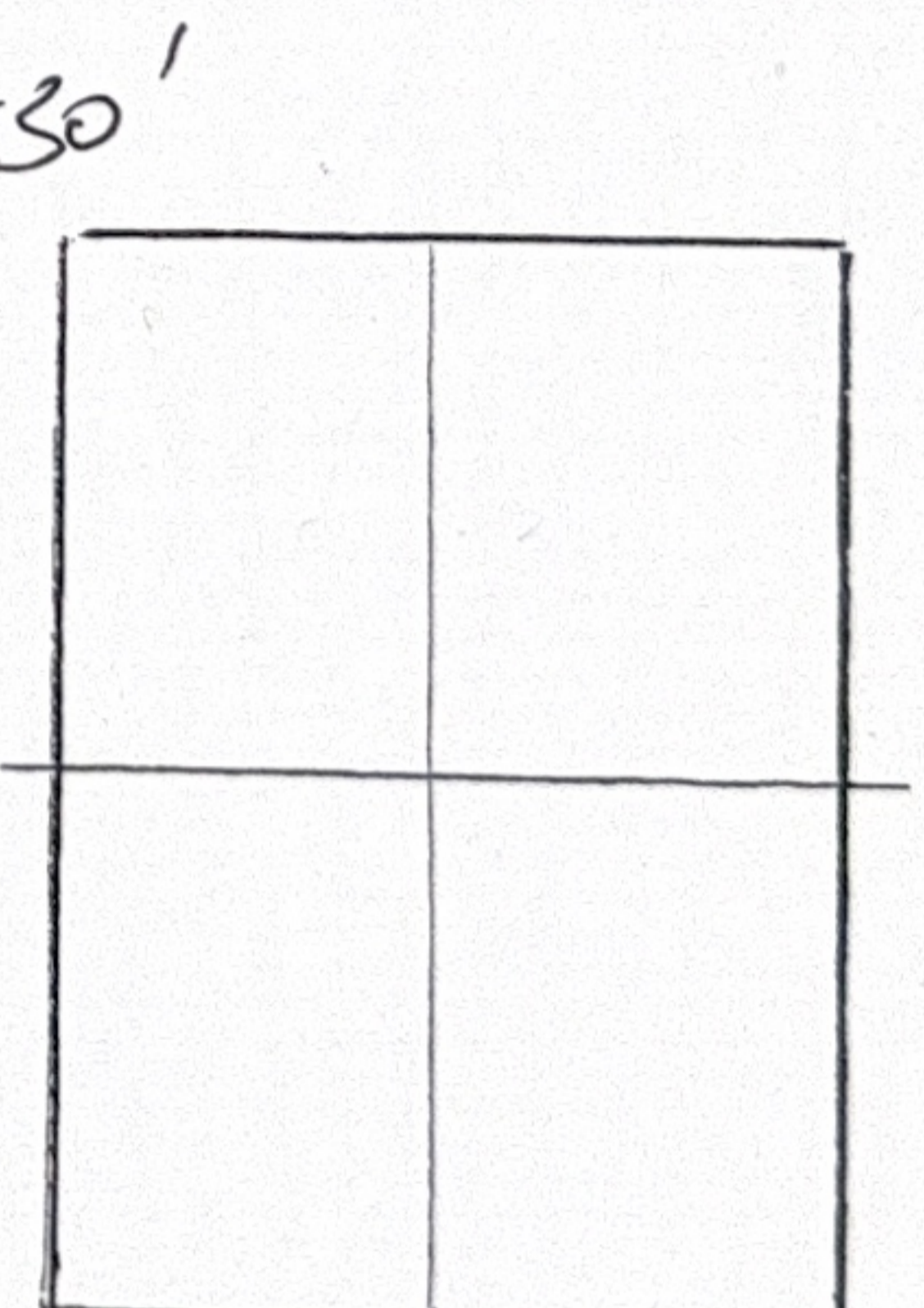
ALL TABLE
CHOP 1SER



SERVICE FUS FUS
BUS ? 1 ? 2
2 ? ?



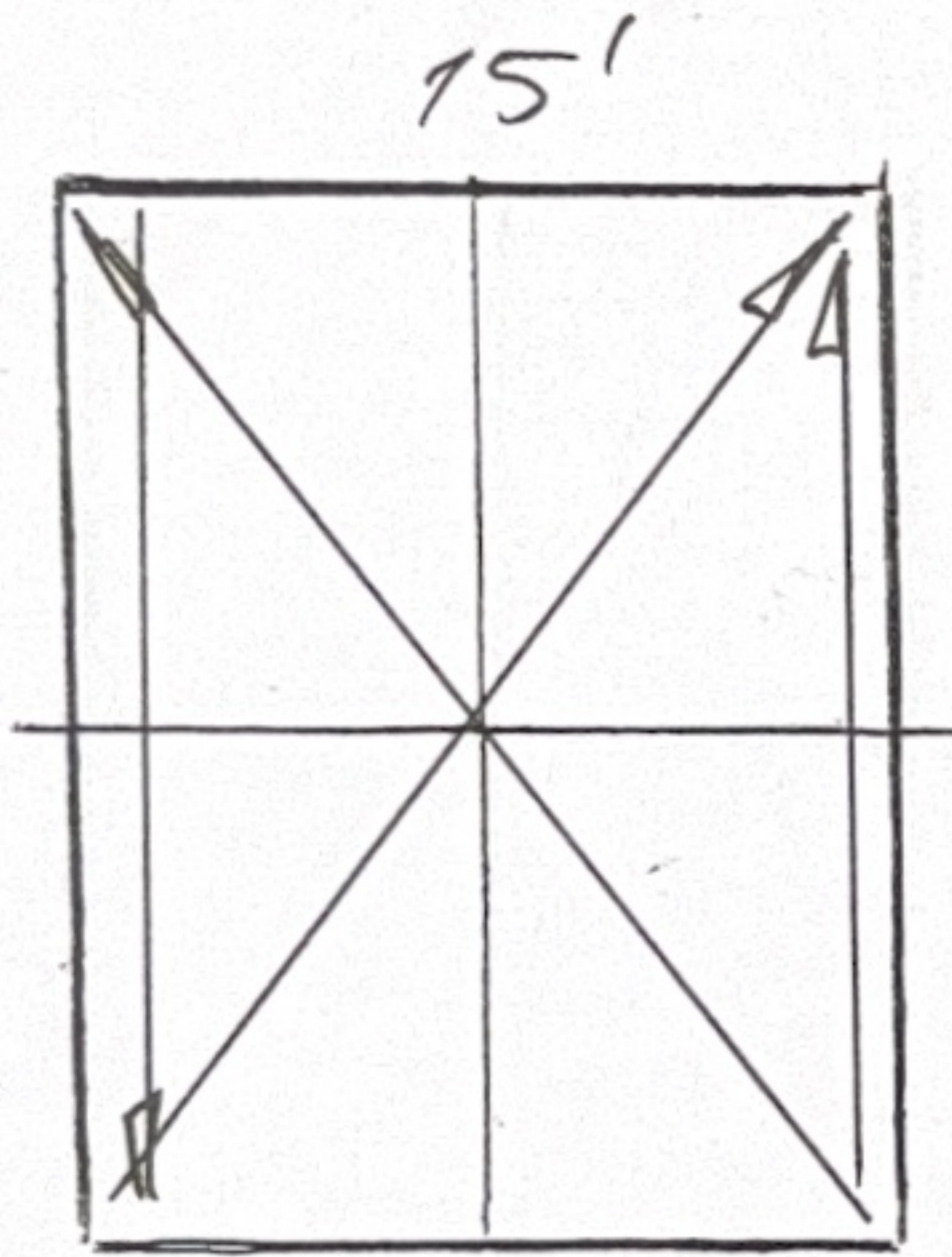
UP AND DOWN



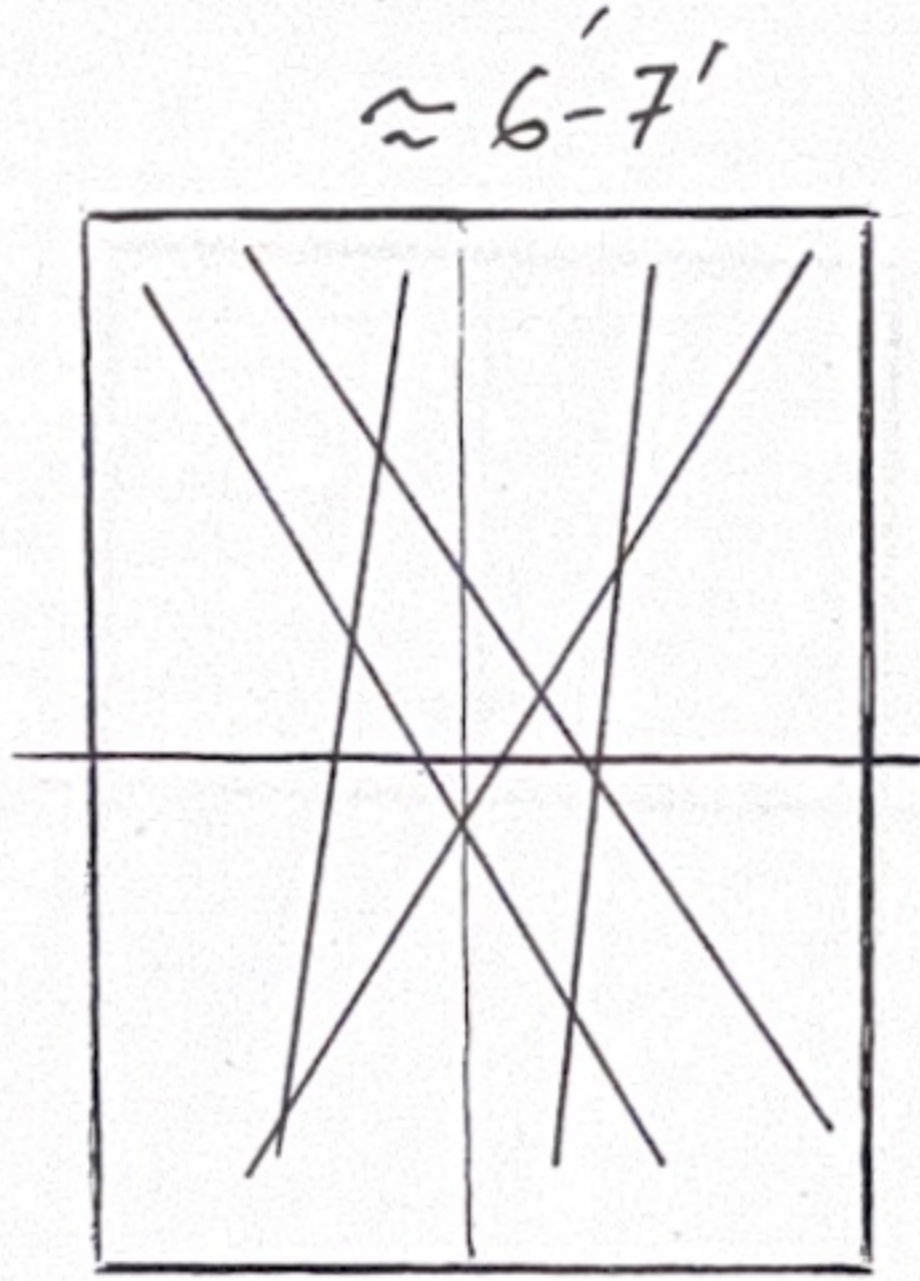
27.05.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TACTICAL FROM SERVICE 2. TRAINING MATCHES

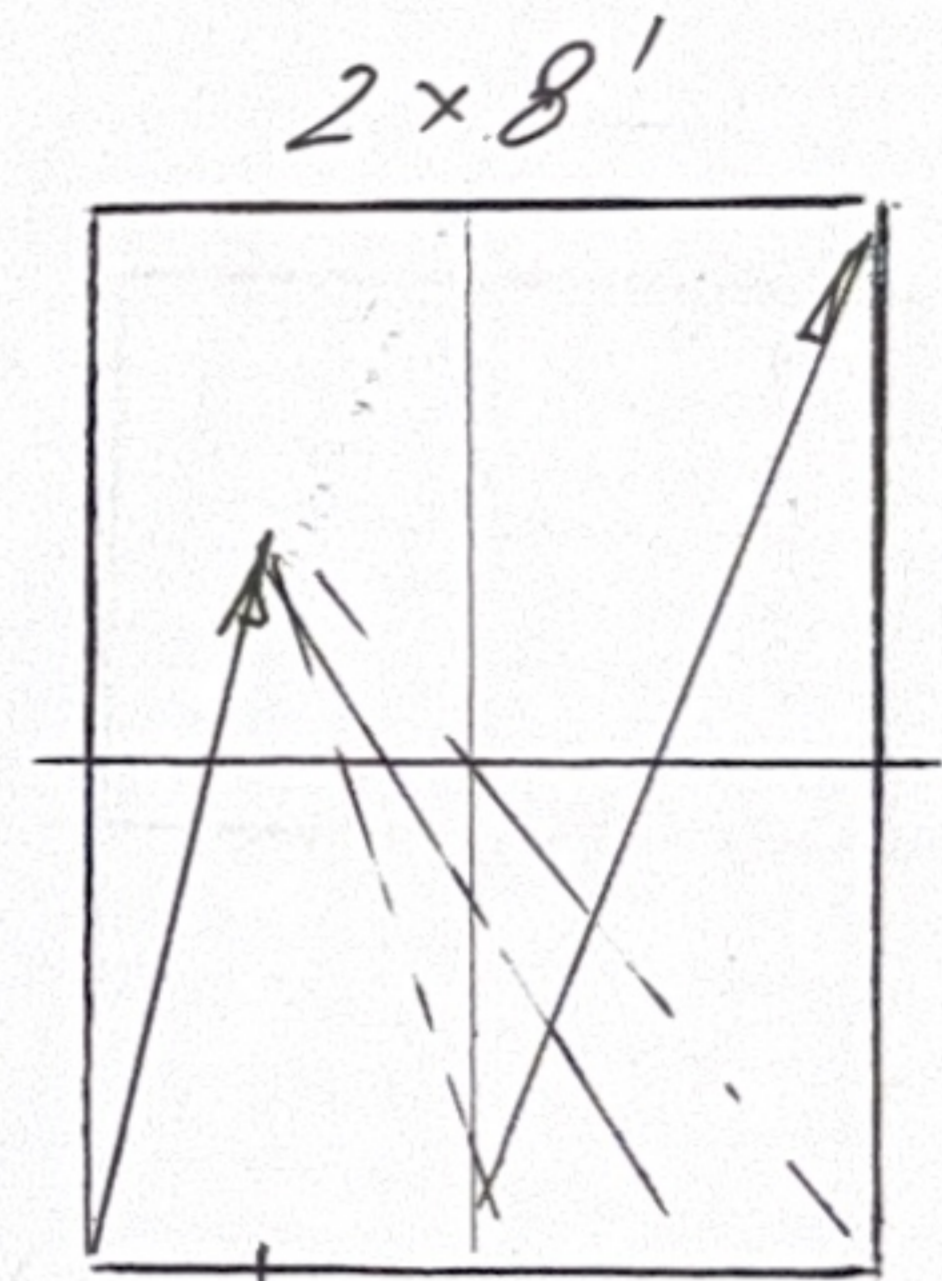
WARMING-UP - FOOTWORK - SPEED 6x15" x 30"



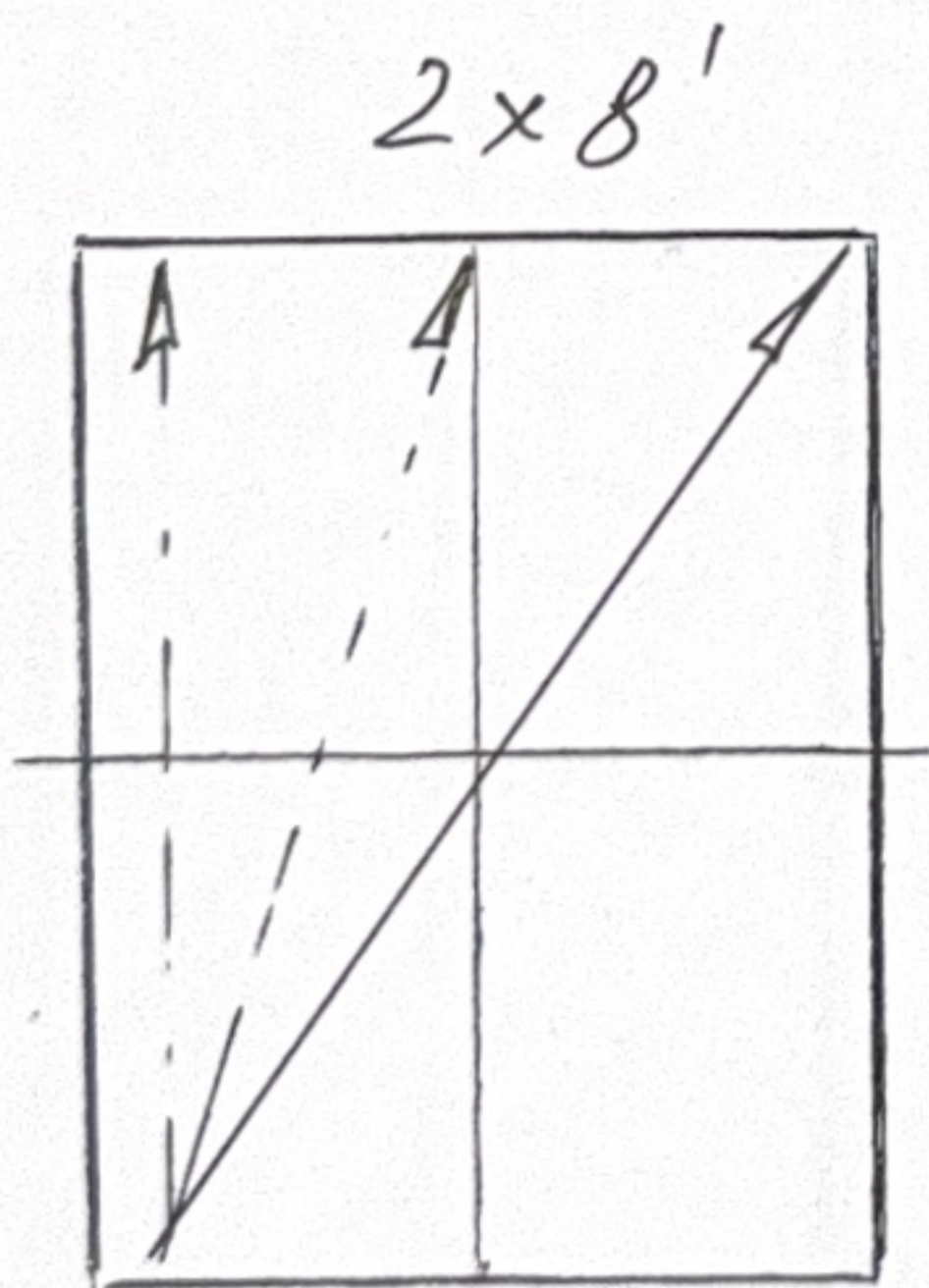
BH DOWN THE FL
S1 LINE 5' 5'



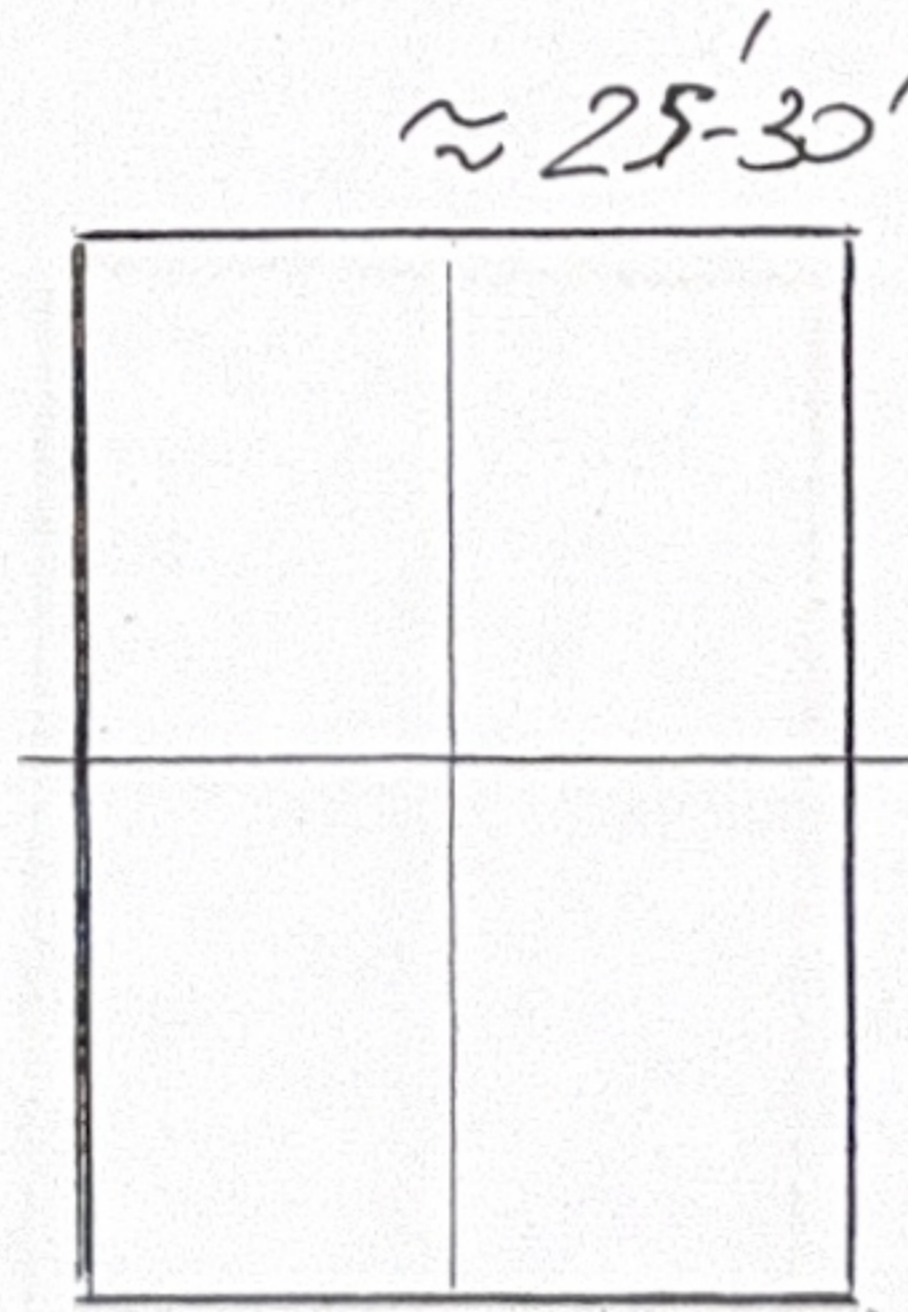
CHOP ALL TABLE
FREE 1 SEC



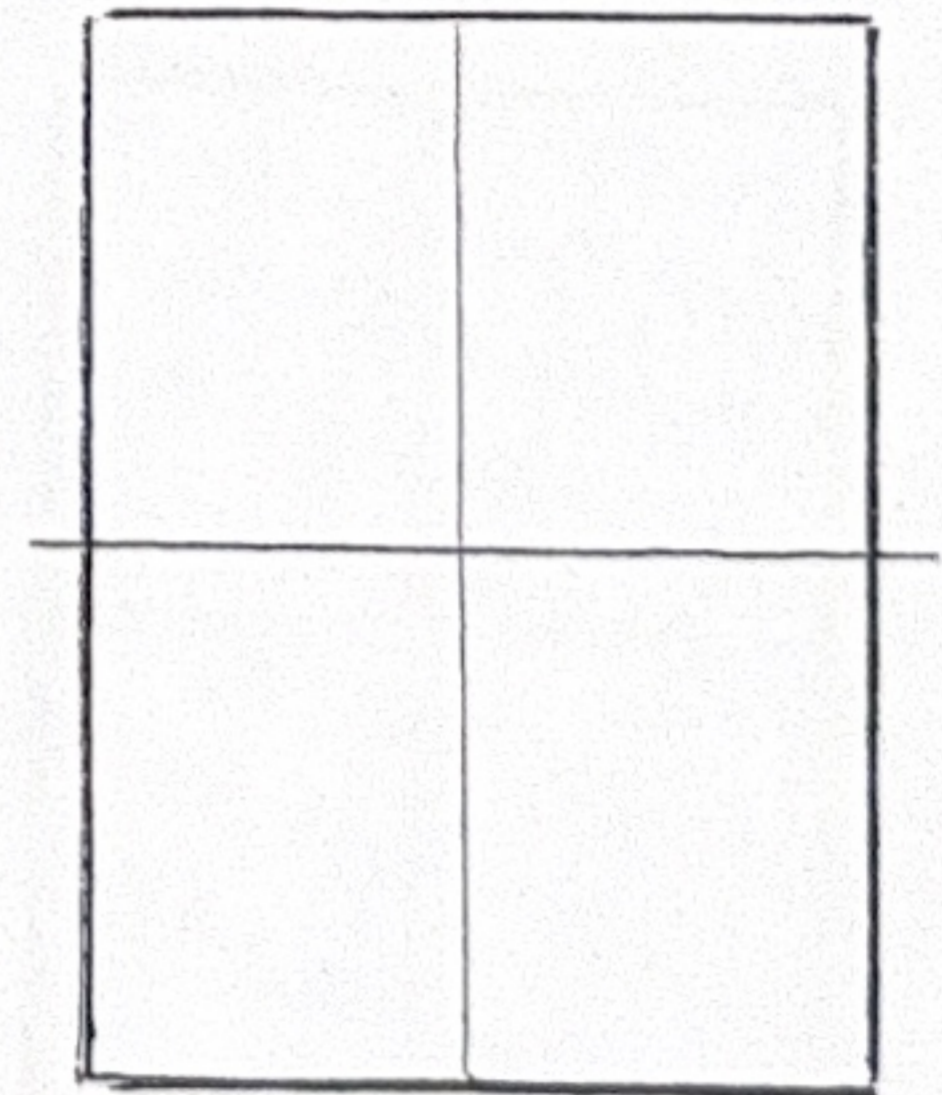
SERVICE FKS
1 FROM
3/4 OF TABLE
+ FREE



SERVICE LONG
FAST + FREE



UP AND DOWN



ONE TABLE
MULTIBALLS

30.05.2026 - 1.06.2026 NORTH ISLAND TEAM

CHAMPIONSHIPS

