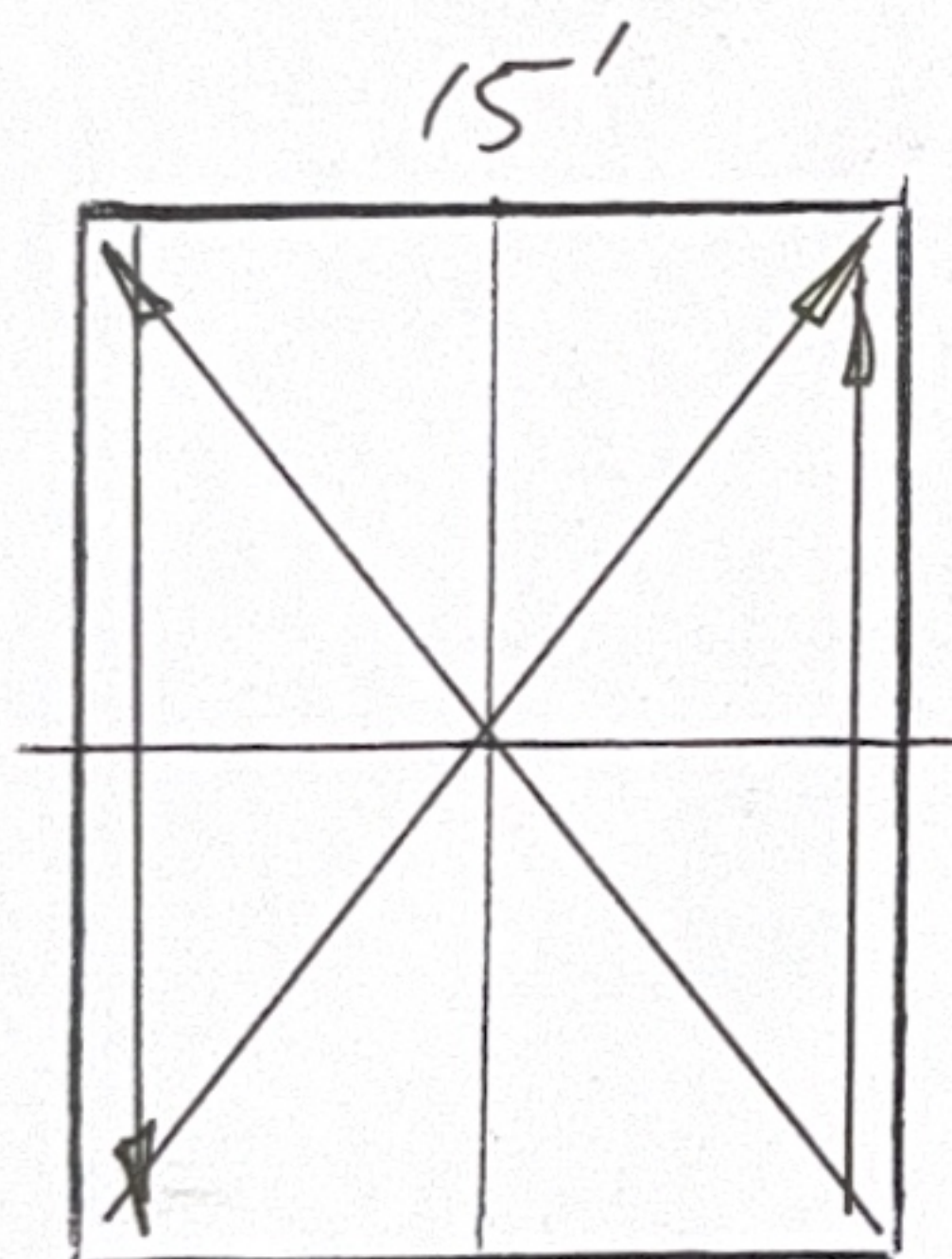


24.05.2026 SUNDAY 15.30-18.00 ELITE SQUAD

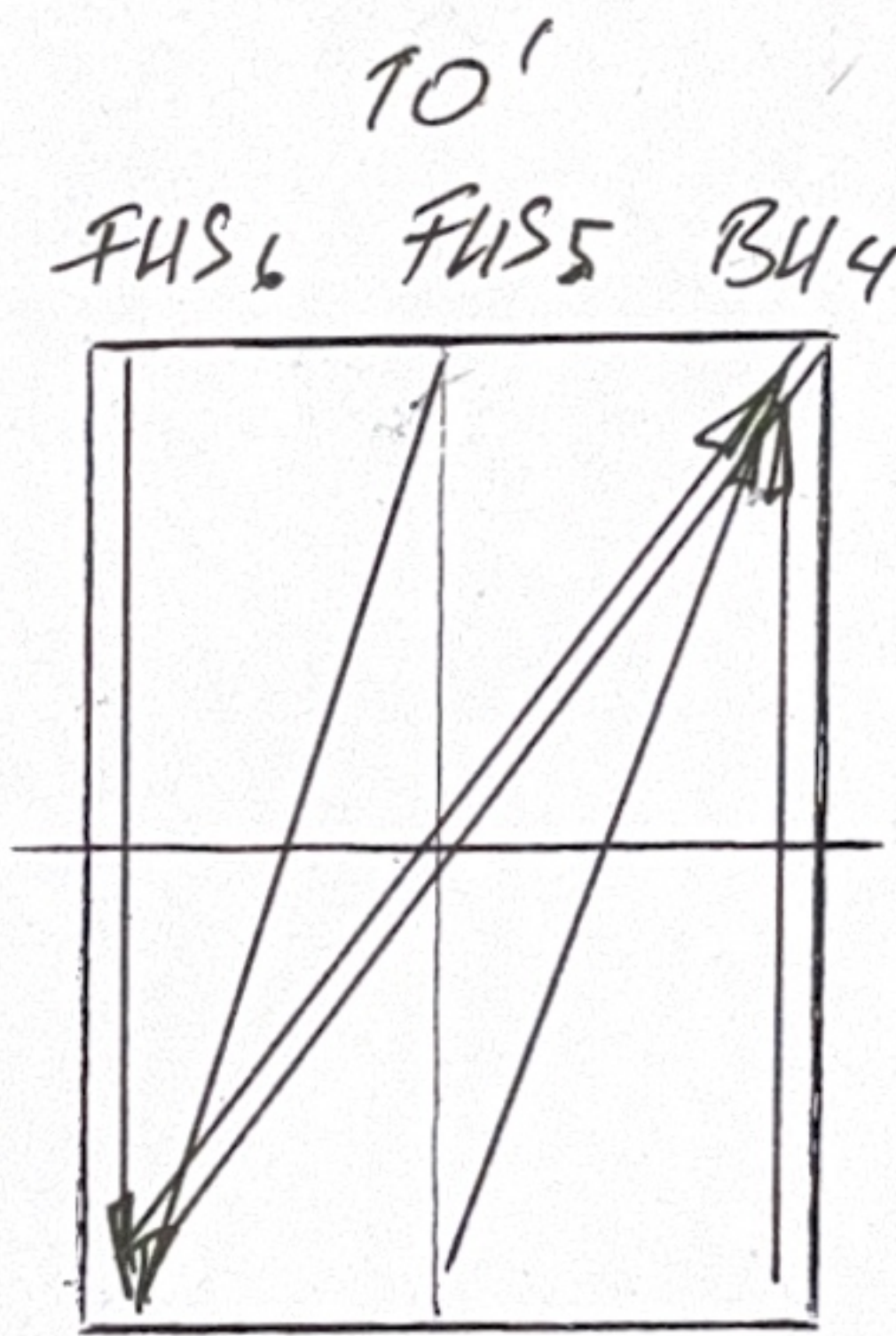
1. TACTICAL PREPARATION 2. 3TH BALL ATTACK

3. TRAINING MATCHES

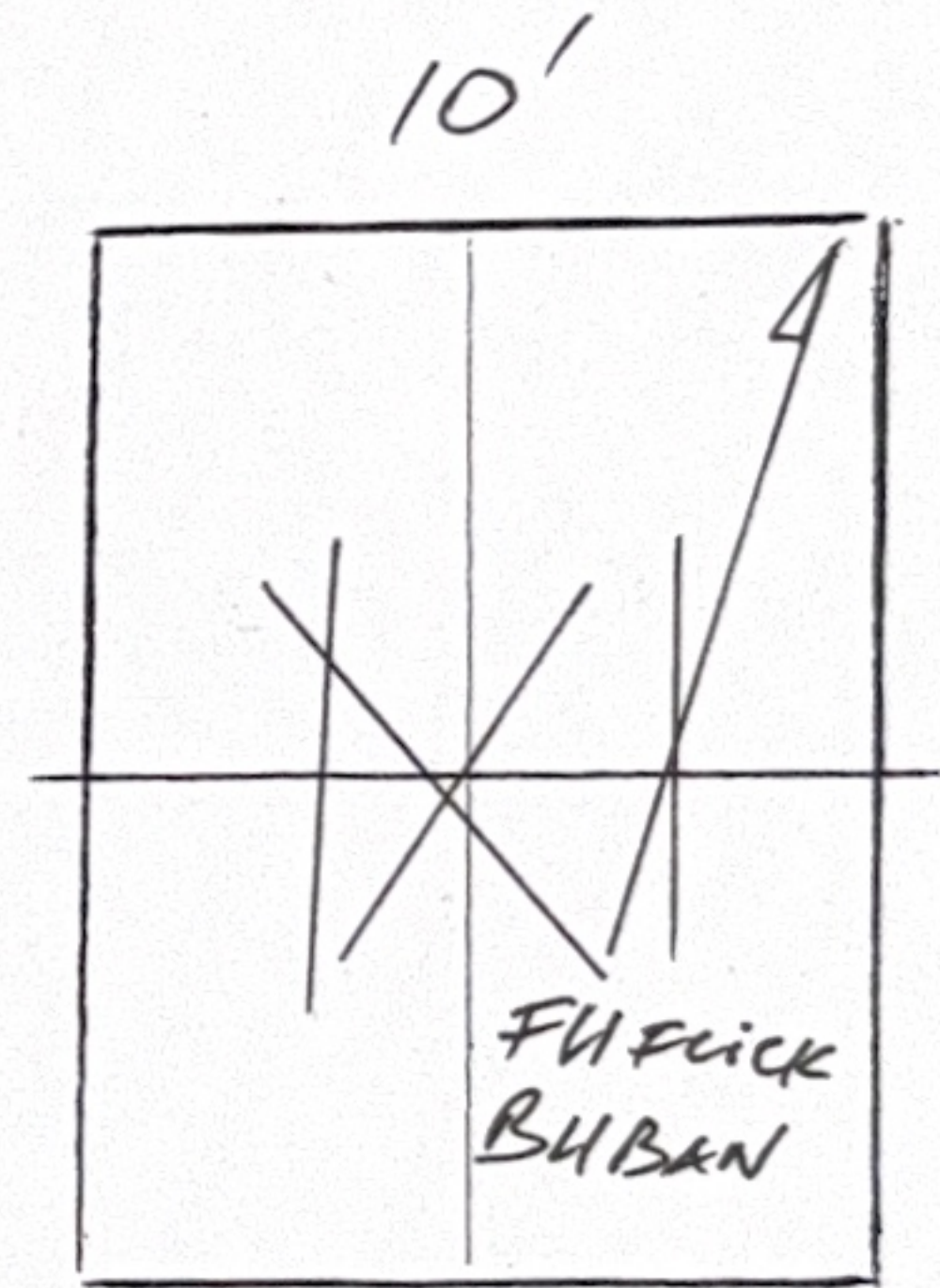
WARMING-UP → THERABANDS, FOOTWORK-SPEED 6x15x30'



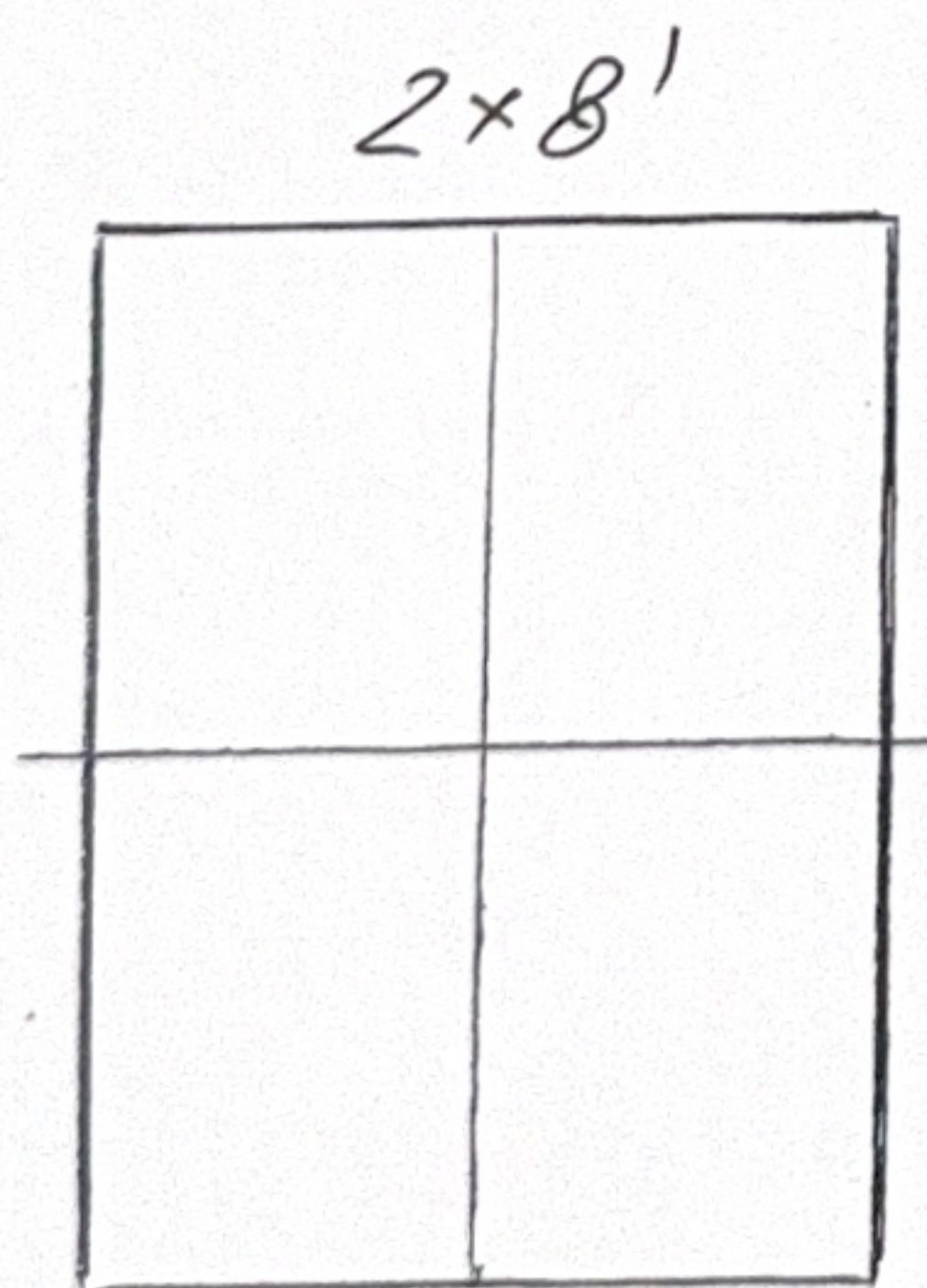
BH DOWN THE FH
5' LINE 5' 5'



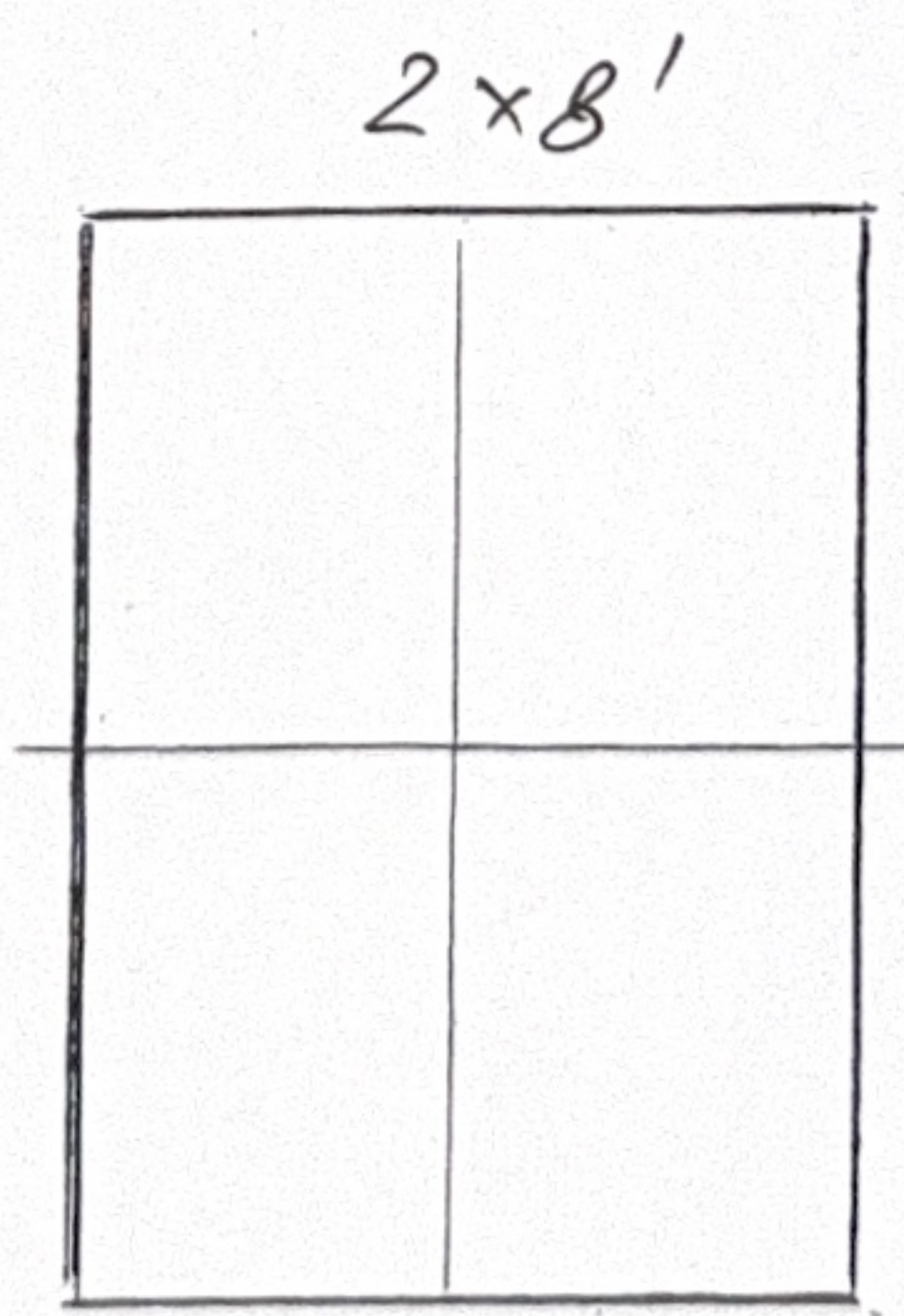
BH FHS FHS
1 2 3



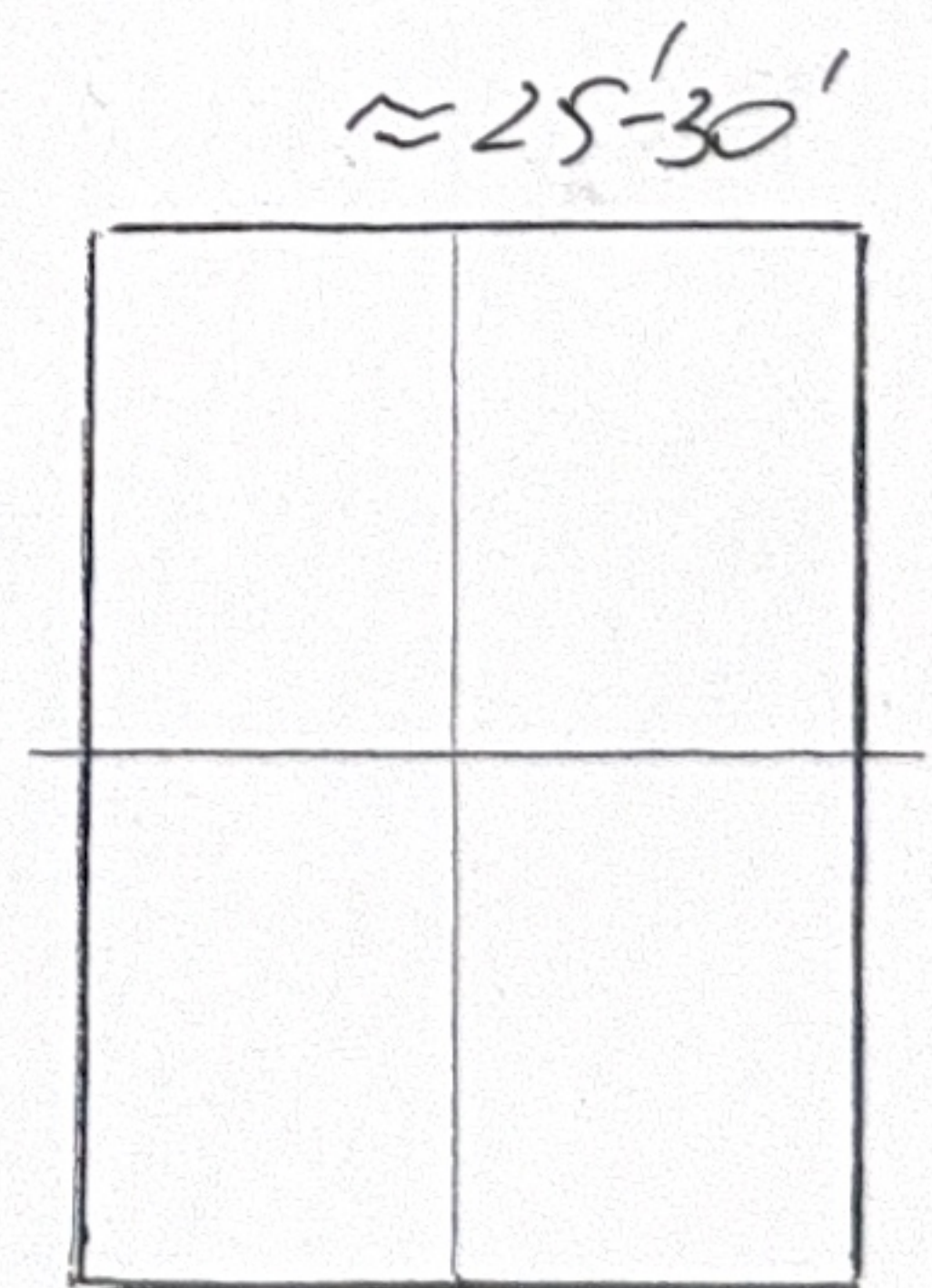
SHORG-SHORG
FUCK / BH BAN.
TO BH + FREE
BY 2 MISFEELS



INDIVIDUAL
FROM SERVICE



INDIVIDUAL
FROM RECEIVE

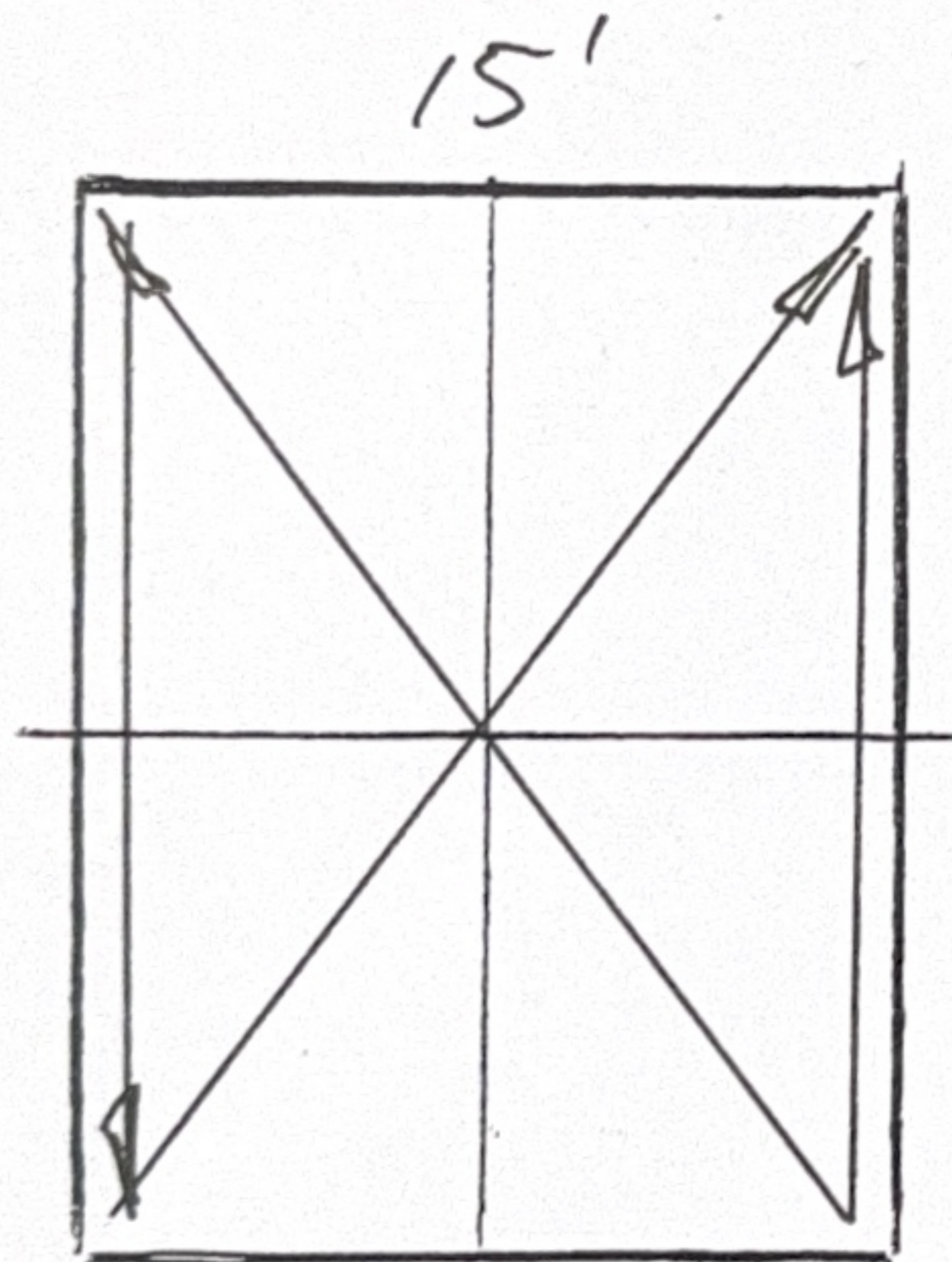


UP AND DOWN
WIN YOUR SERVE

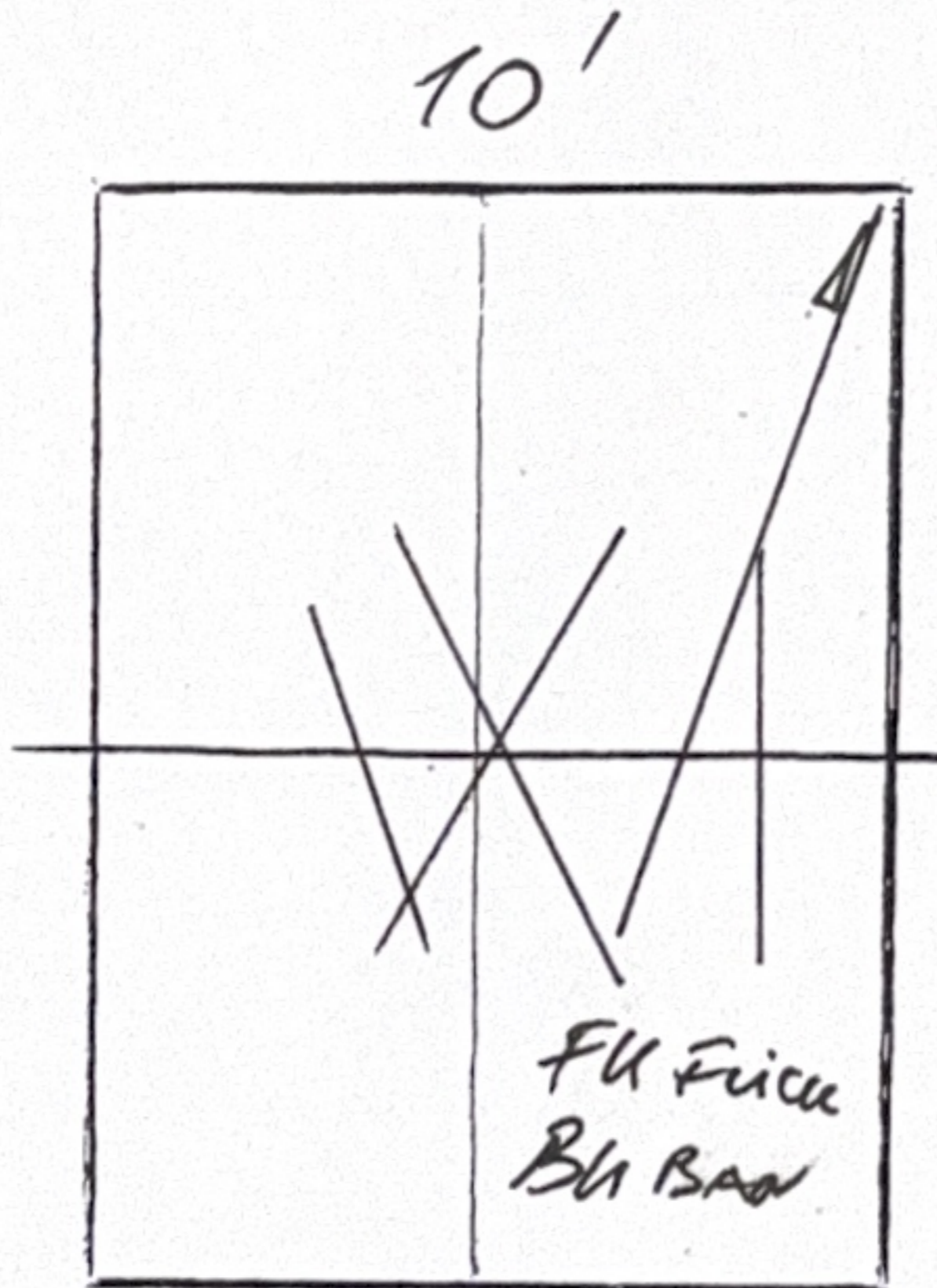
26.05.2026 TUESDAY 19.15-21.15. ELIFE SQUAD

1. TACTICAL PREPARATION 2. TRAINING MATCHES

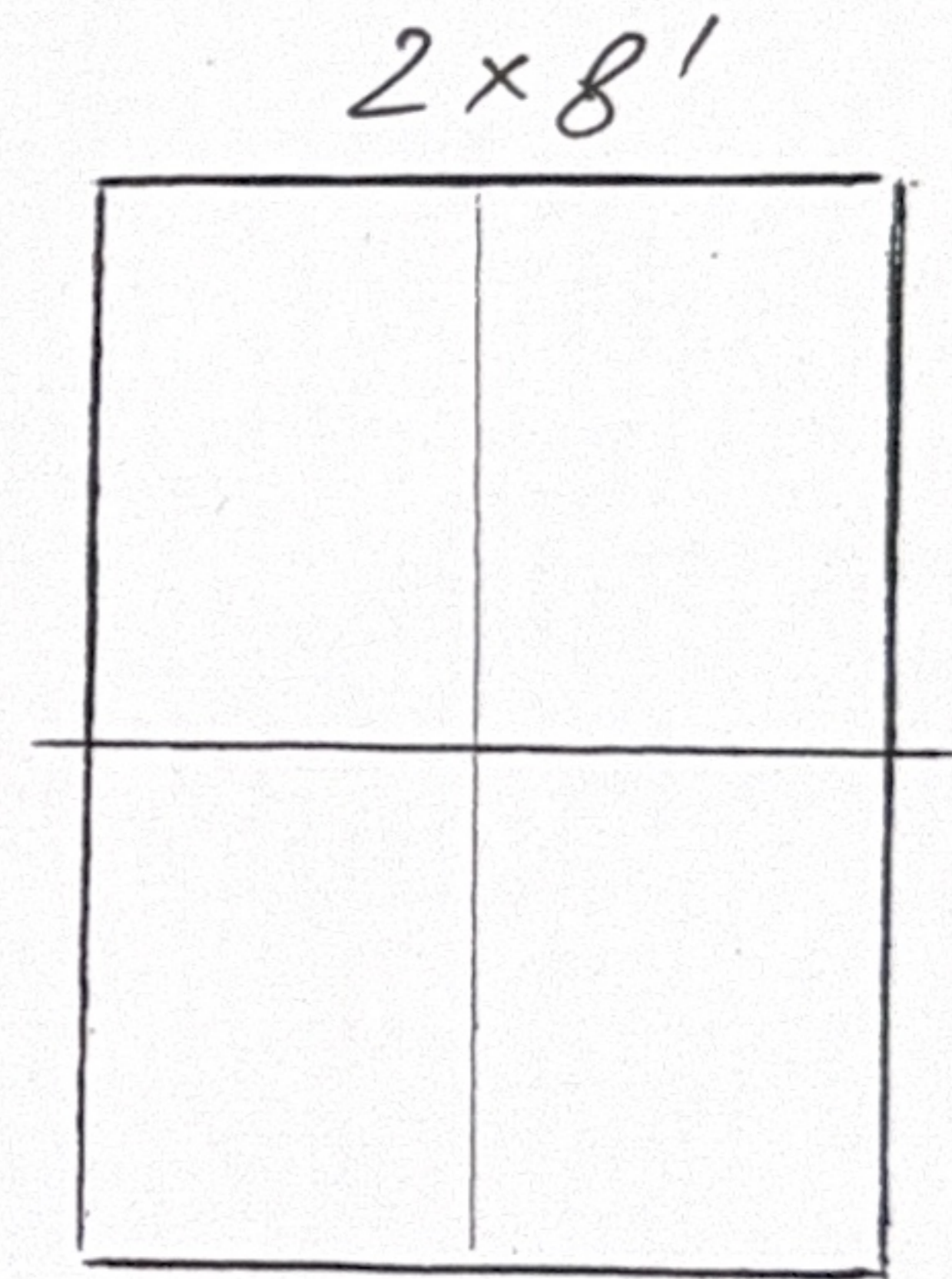
WARMING UP → THERABANDS, FOOTWORK WITH TURNS 6x20"



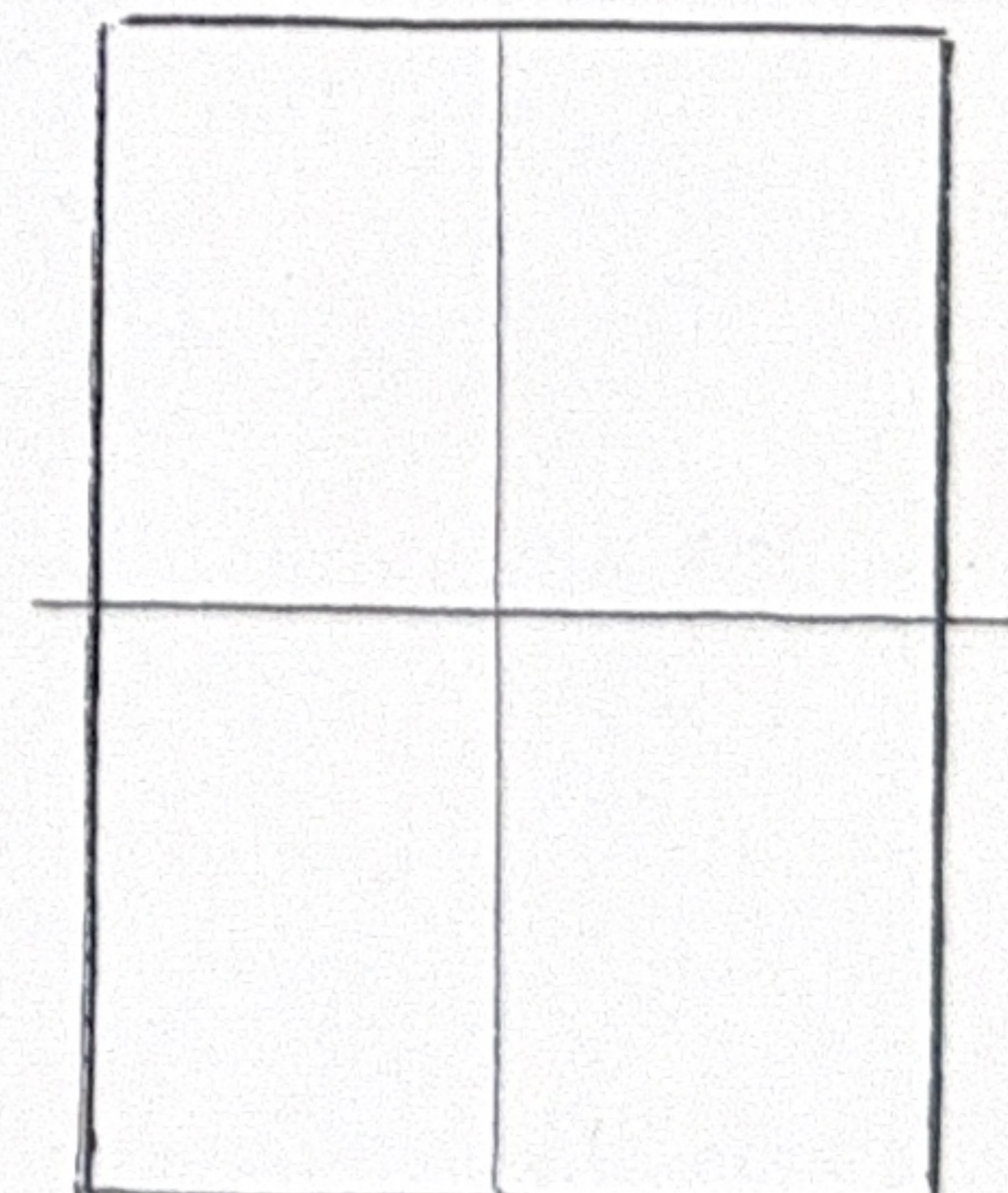
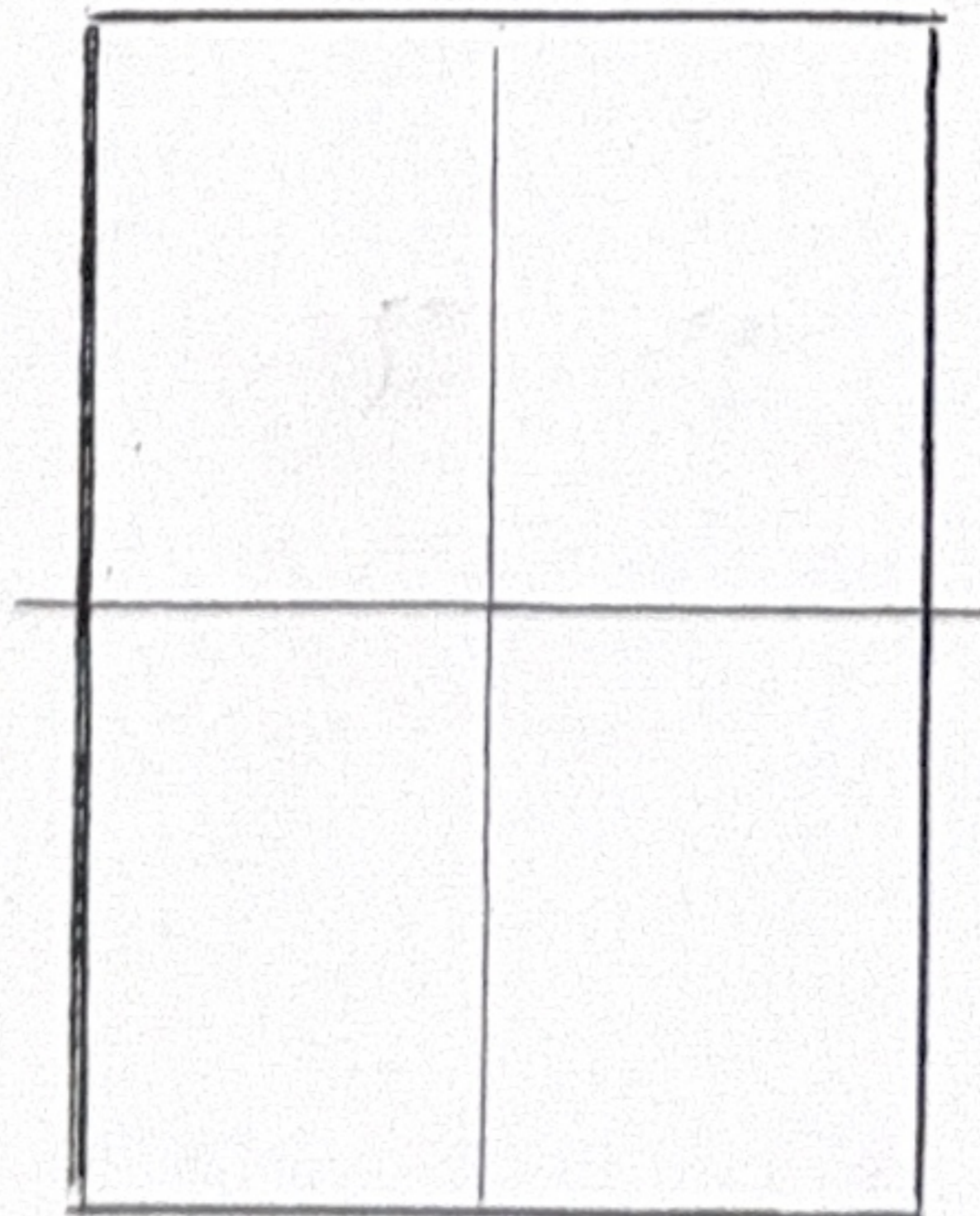
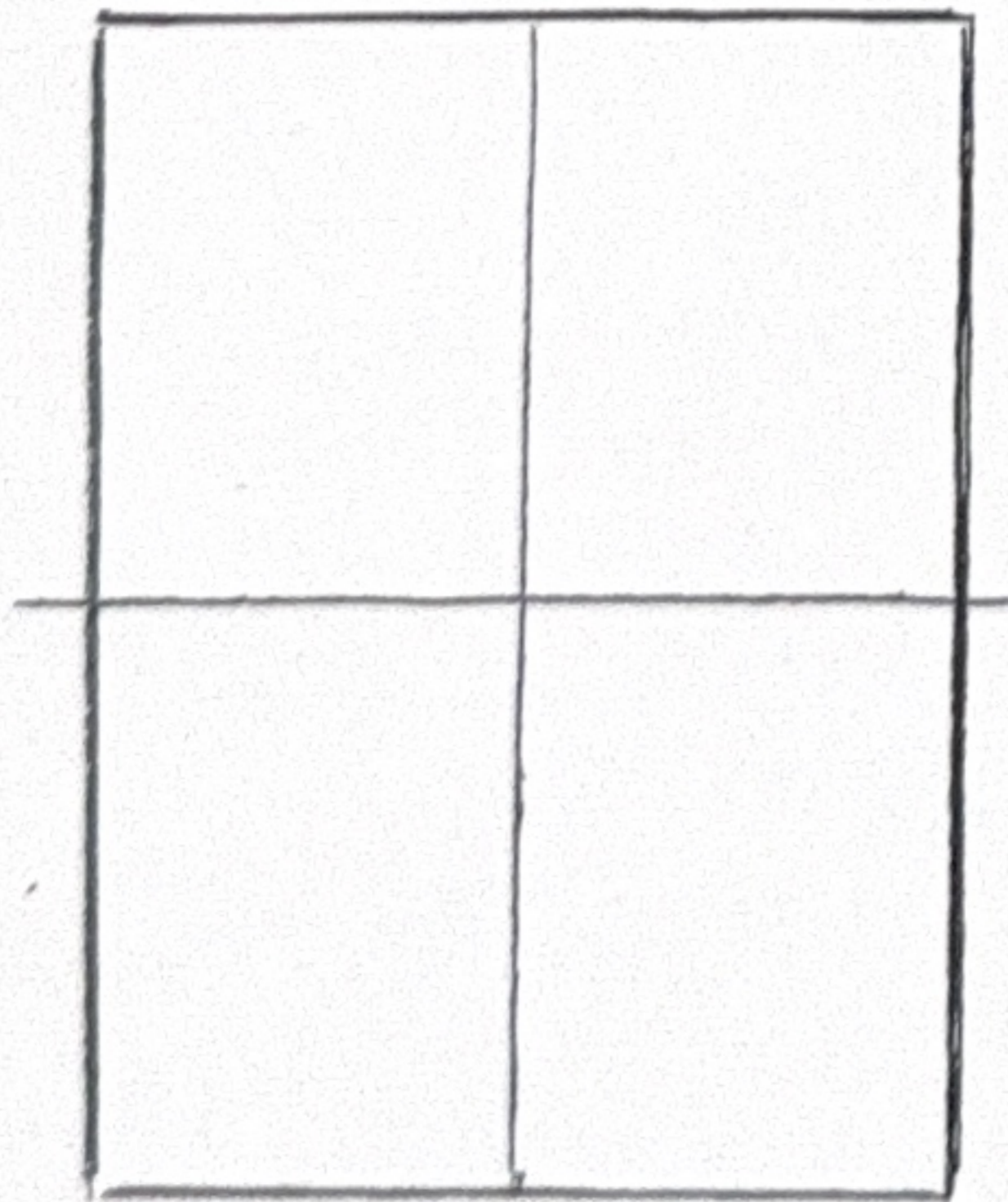
BH DOWN THE FH
5' LIKE 5' 5'



SHORT-SHORT
FH FICK / BH BAN
TO BH + FREE
BY 2 MISFEELS



INDIVIDUAL
FROM SERVICE



UP AND DOWN WITH DIFFERENT SCORE

5:8, 8:5, 10:10
6:9, 9:6, 10:10
3:7, 7:3, 10:10

30.05.2026 - 1.06.2026 NORTH ISLAND TEAM

CHAMPIONSHIPS

