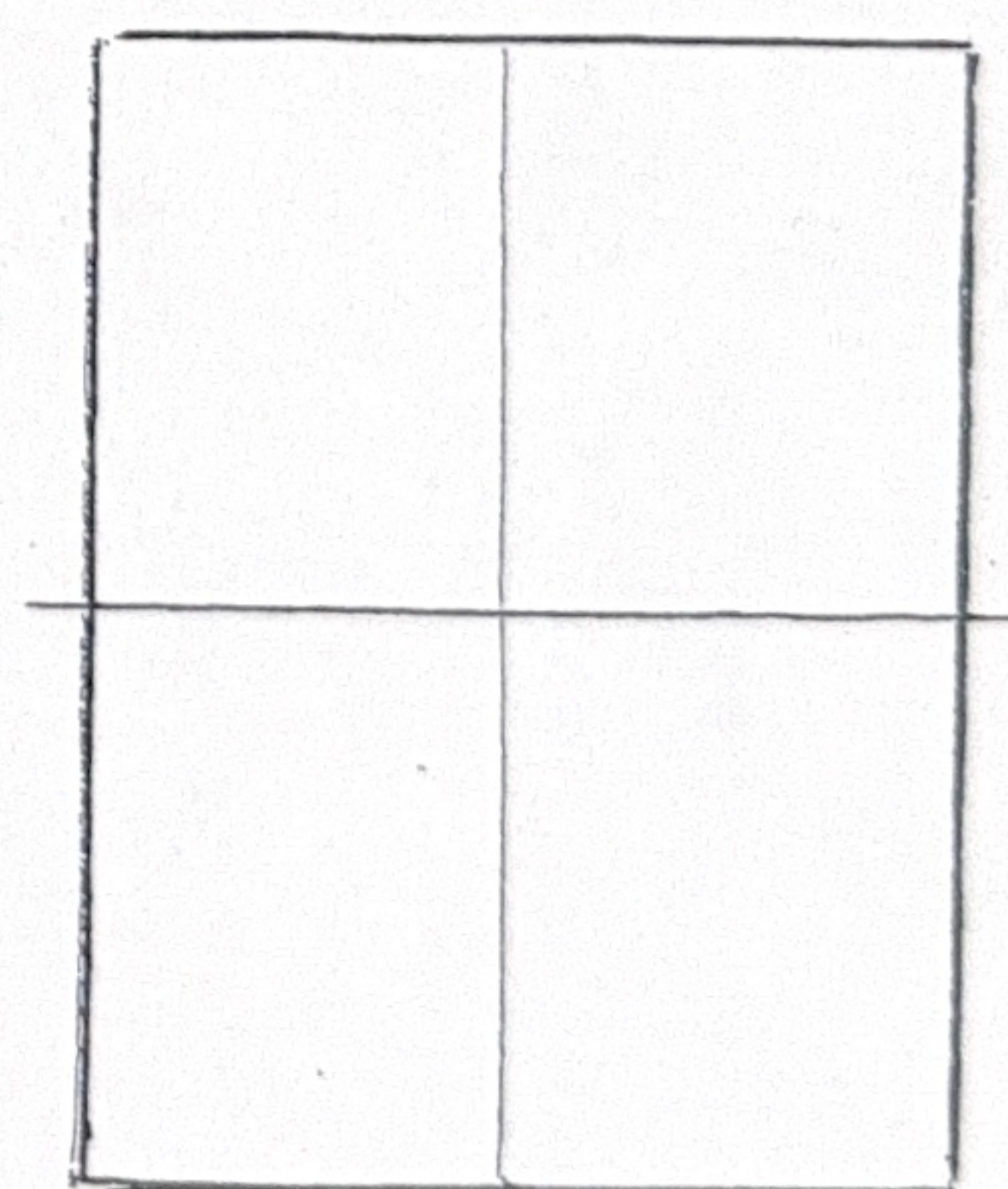
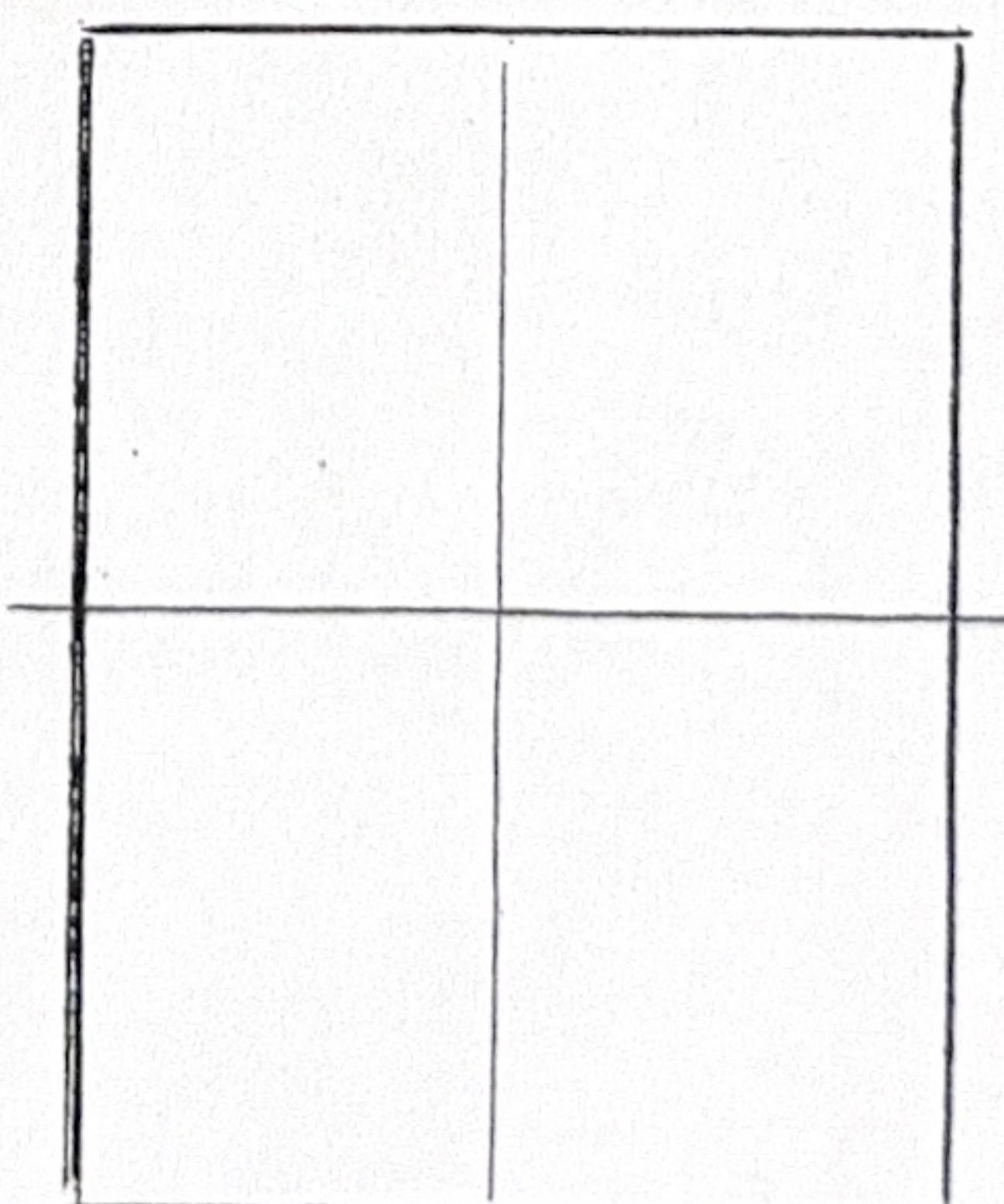
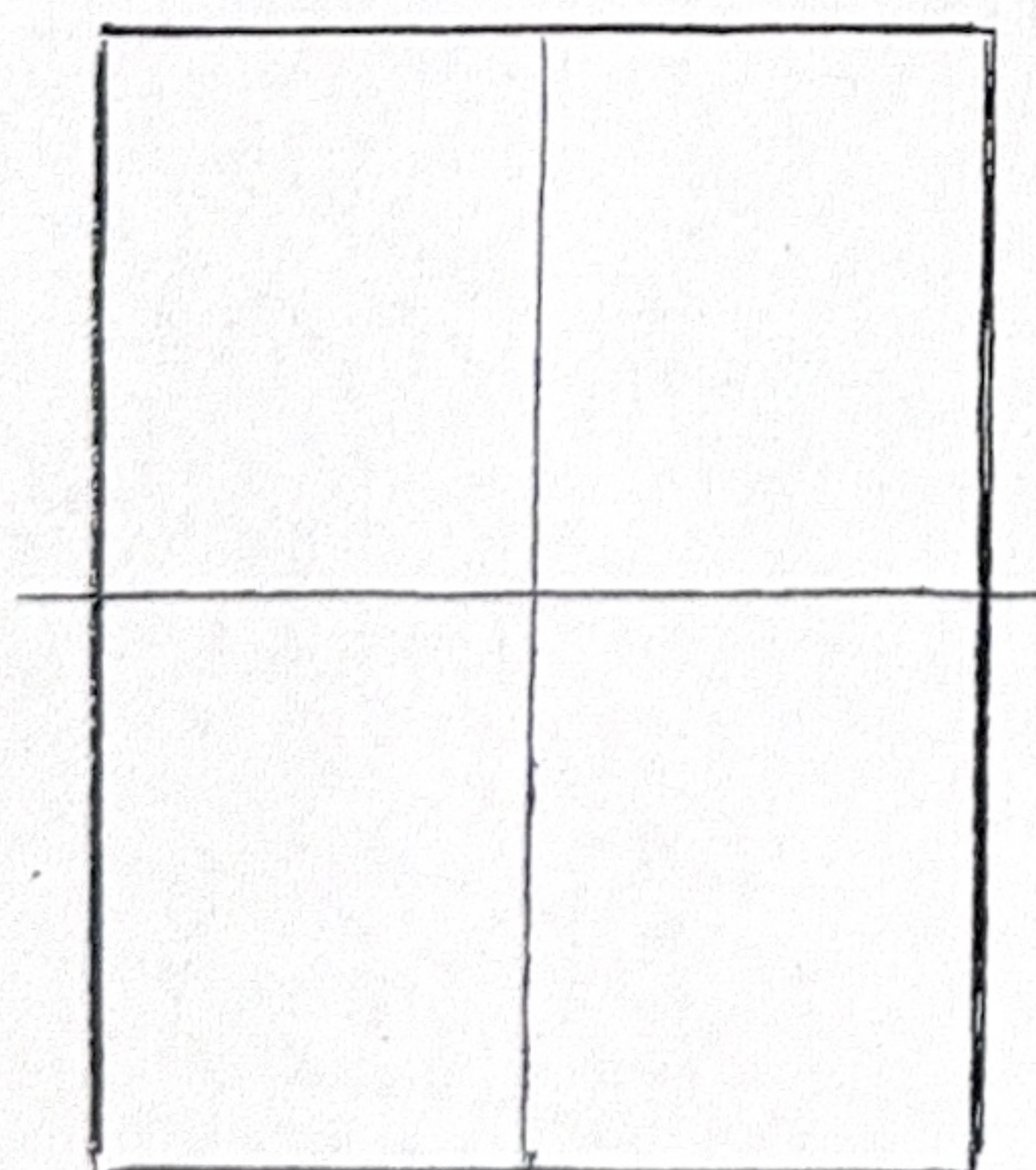
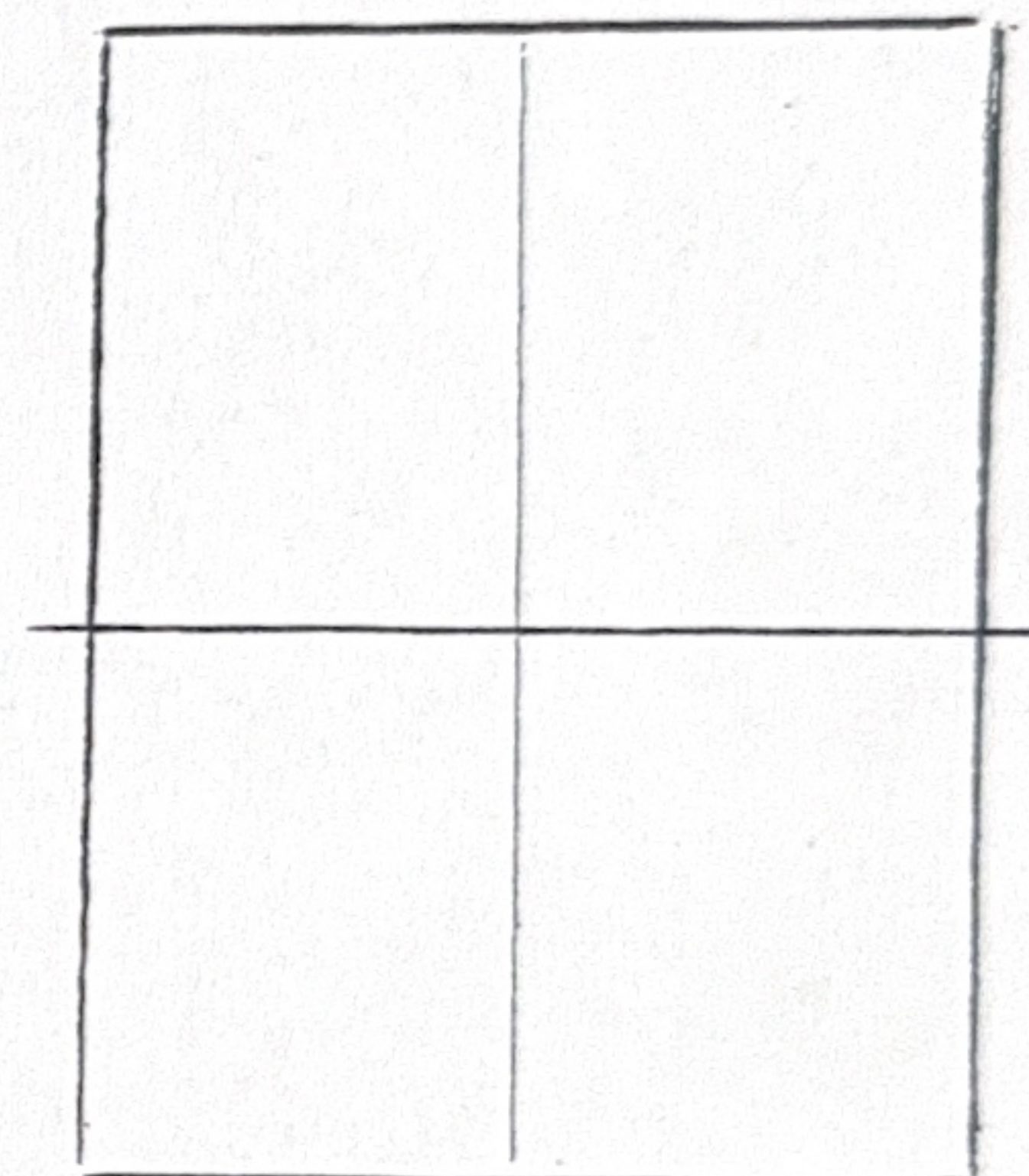
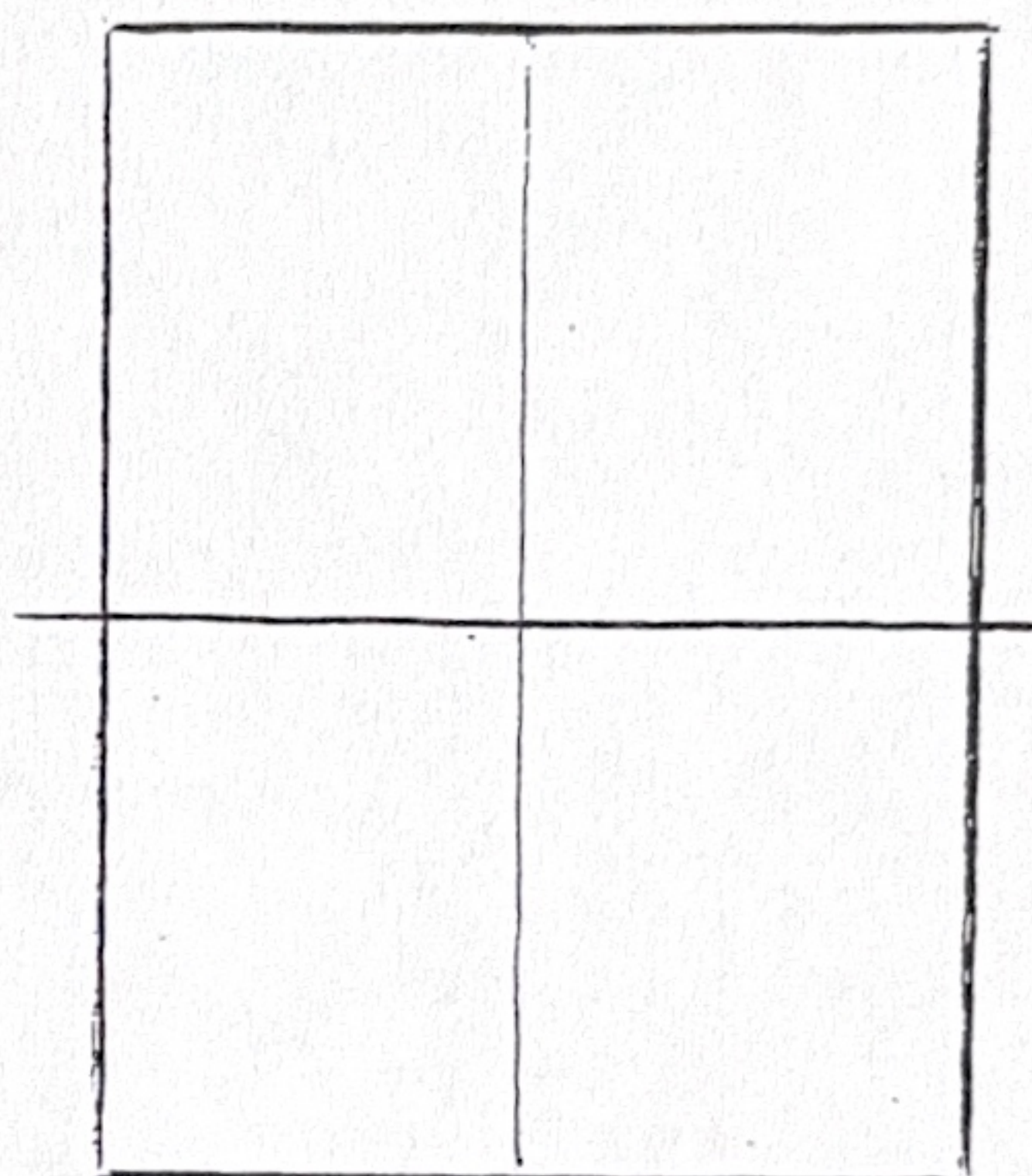
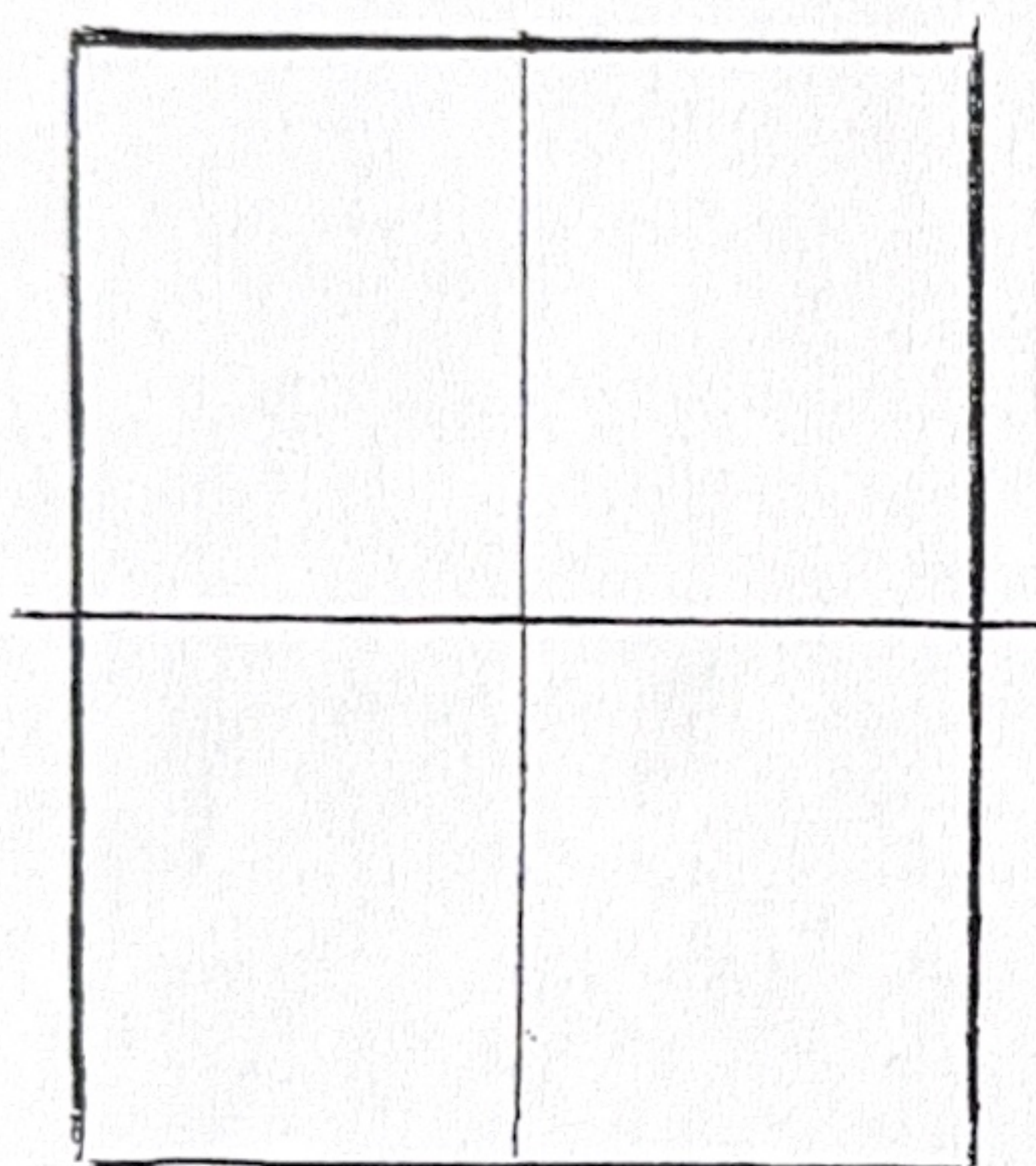


26.07.2026 SUNDAY

AUCKLAND MAX-PLAY TOURNAMENT

ALL SQUAD TRAINING CANCELLED

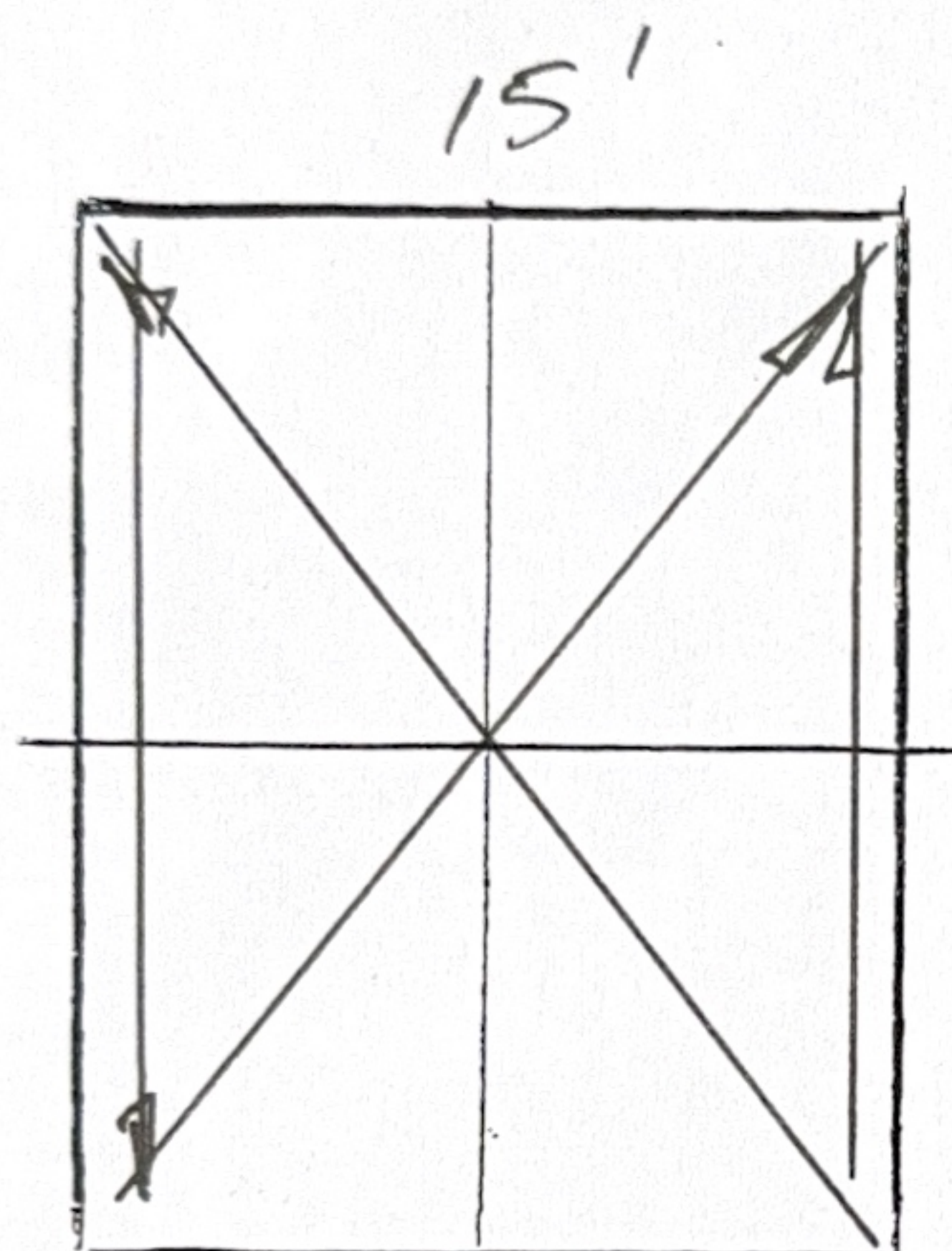


28.07.2026 TUESDAY 19.15-21.15 ELITE SQUAD

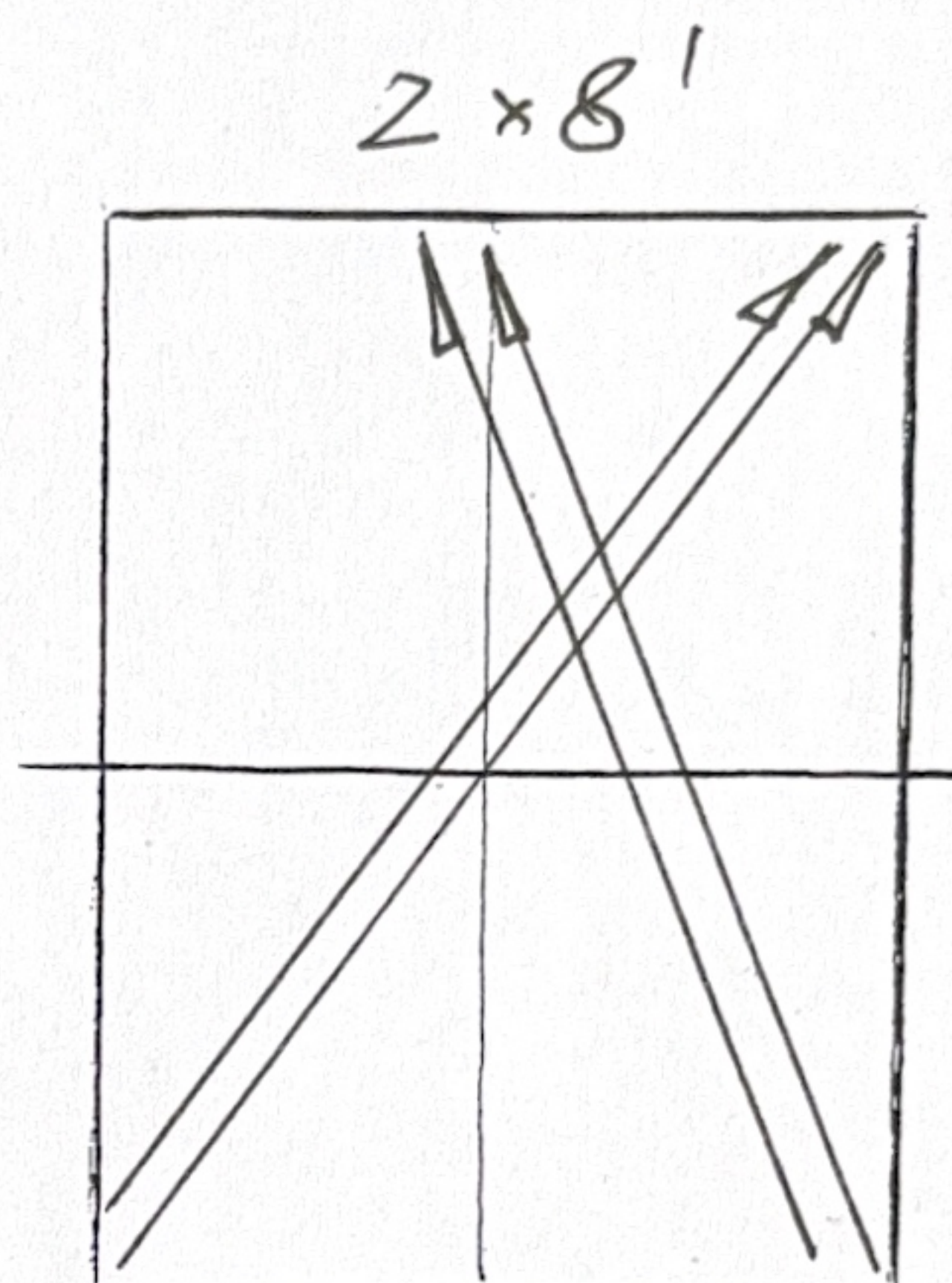
1. TECHNIQUE 2. STABILITY 3. PLACEMENT

4. 3rd BALL ATTACK

WARMING-UP → THERABANDS, FOOTWORK AROUND 1/2 TABLE
5'x25'x20'

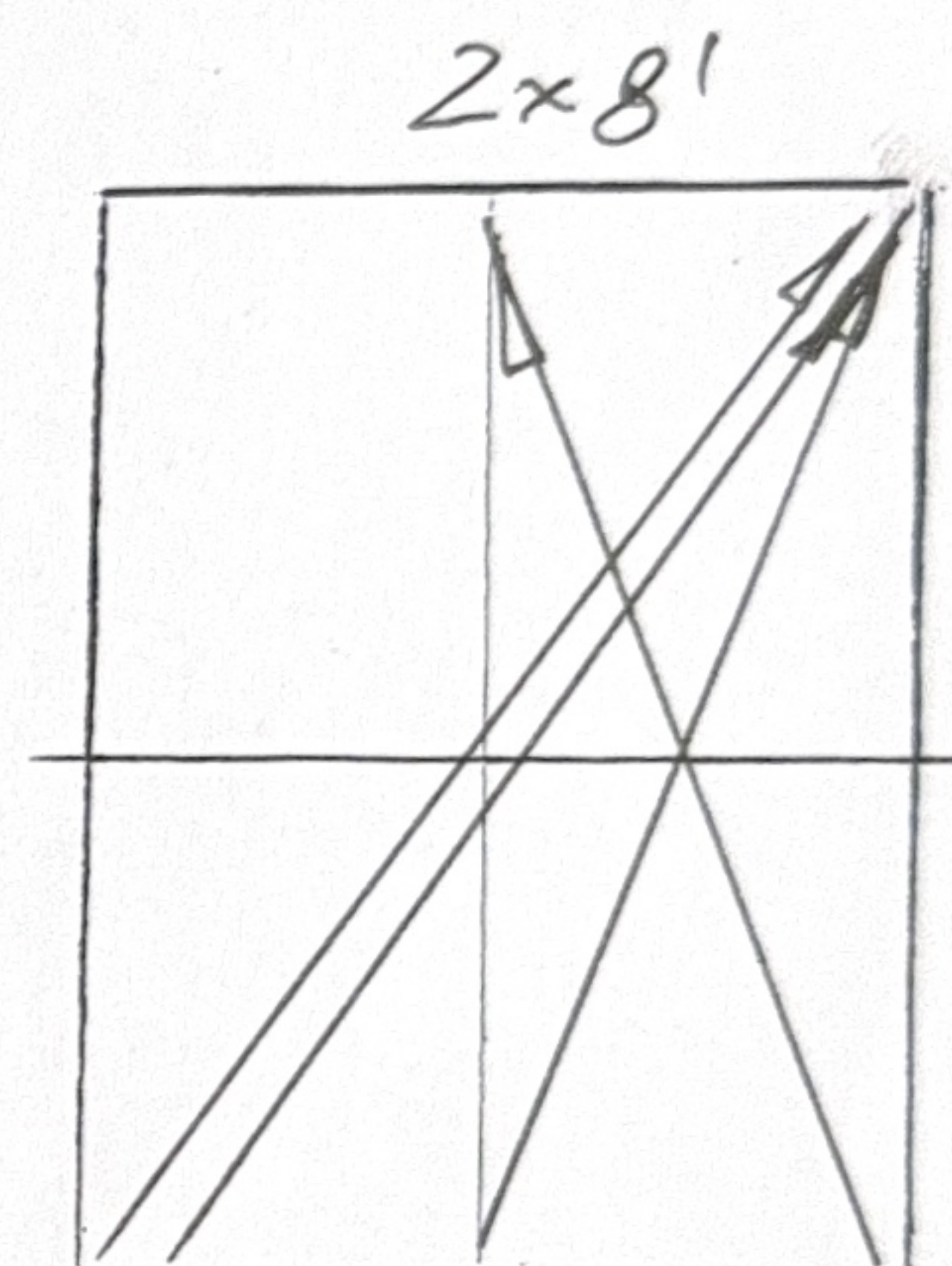


BH DOWN THE FH
5' LINE 5' 5'



BHS
1,2

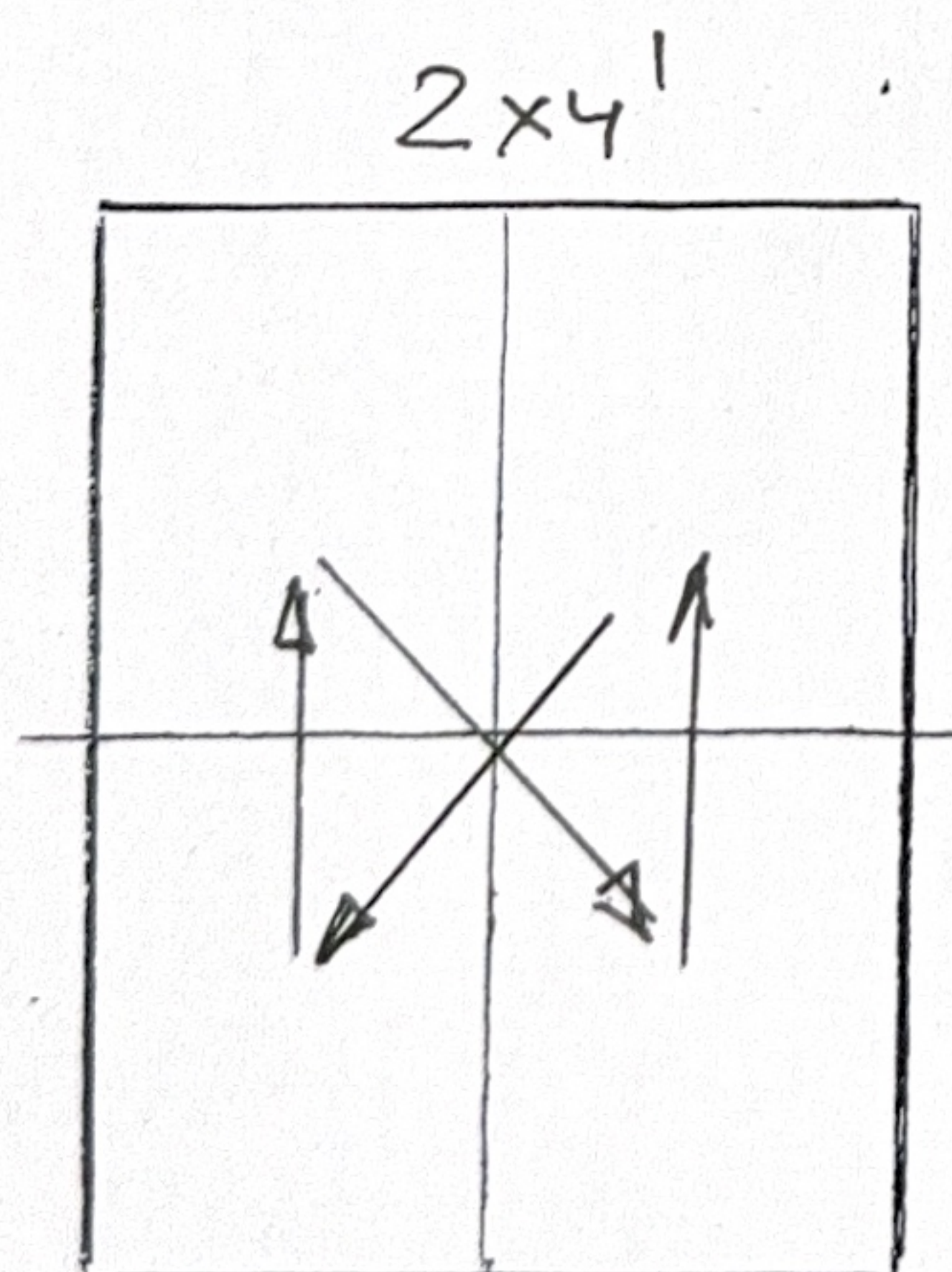
FHS
3,4



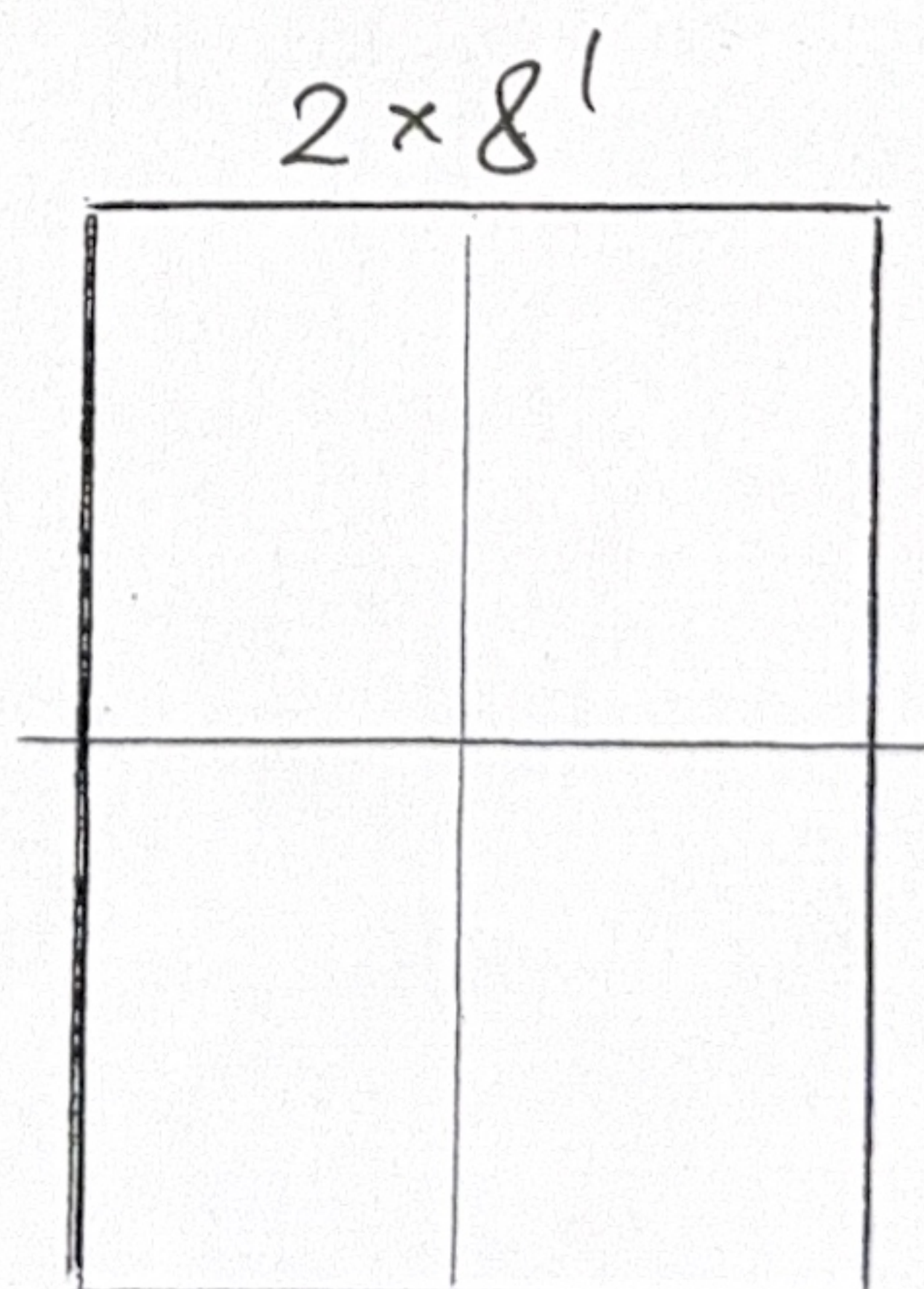
BHS
1,3

FHS
2

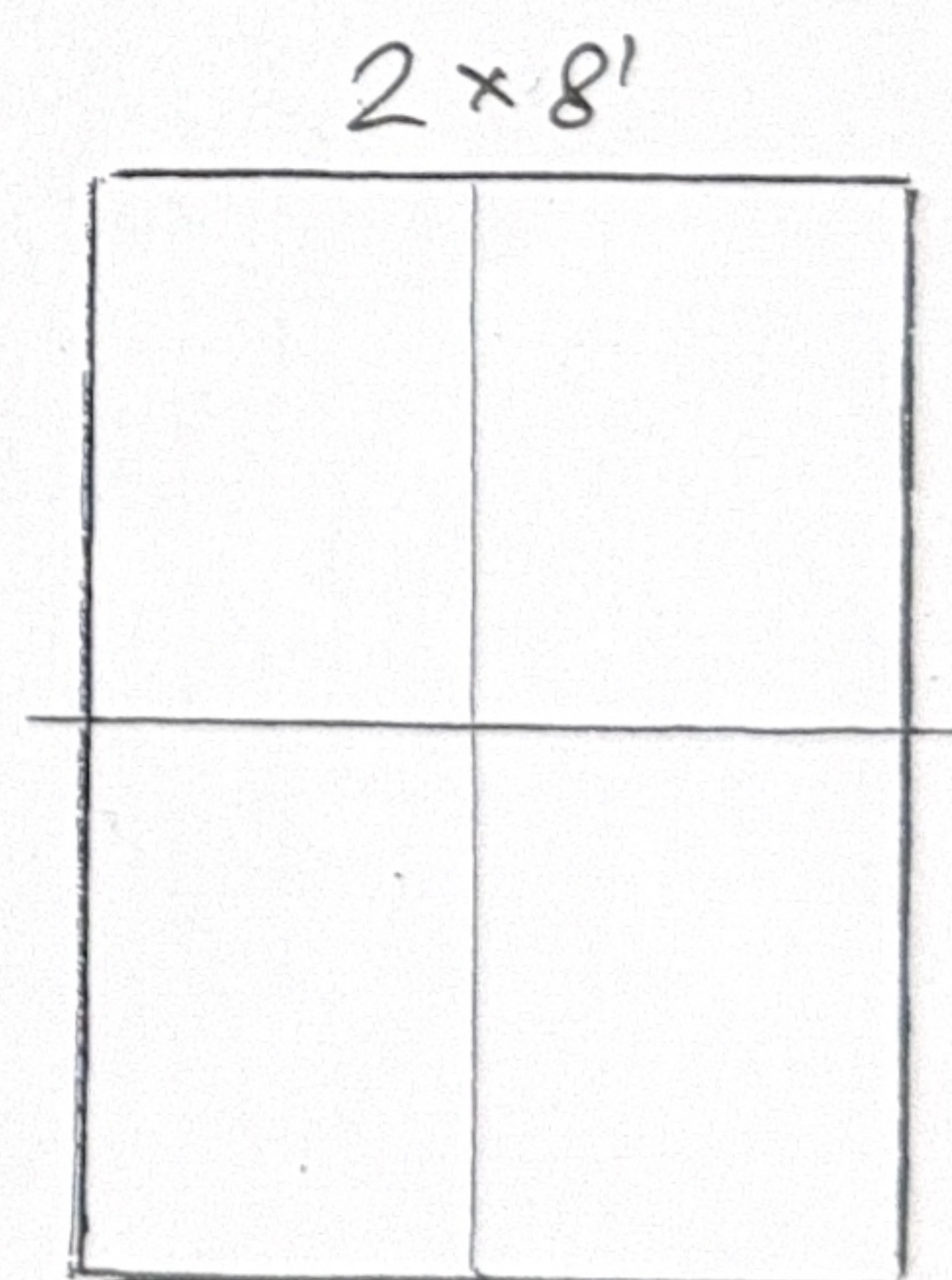
FHS
4



SHORT-SHORT



INDIVIDUAL
FROM
SERVE



INDIVIDUAL
FROM
SERVE
(IF HAVE TIME)

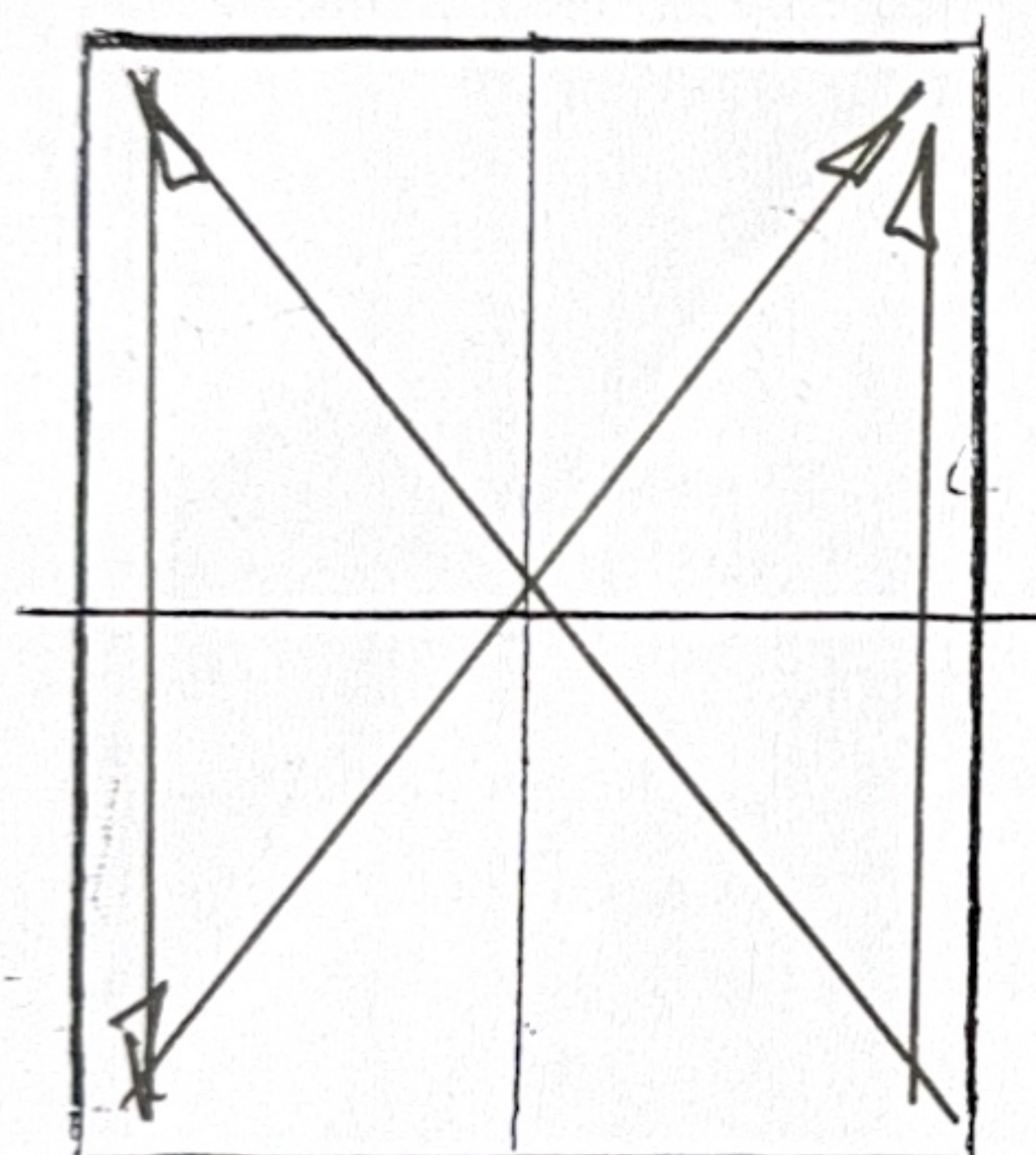
1.08.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. POWER OF ATTACHING STROKES

3. 3rd BALL ATTACK - POWER.

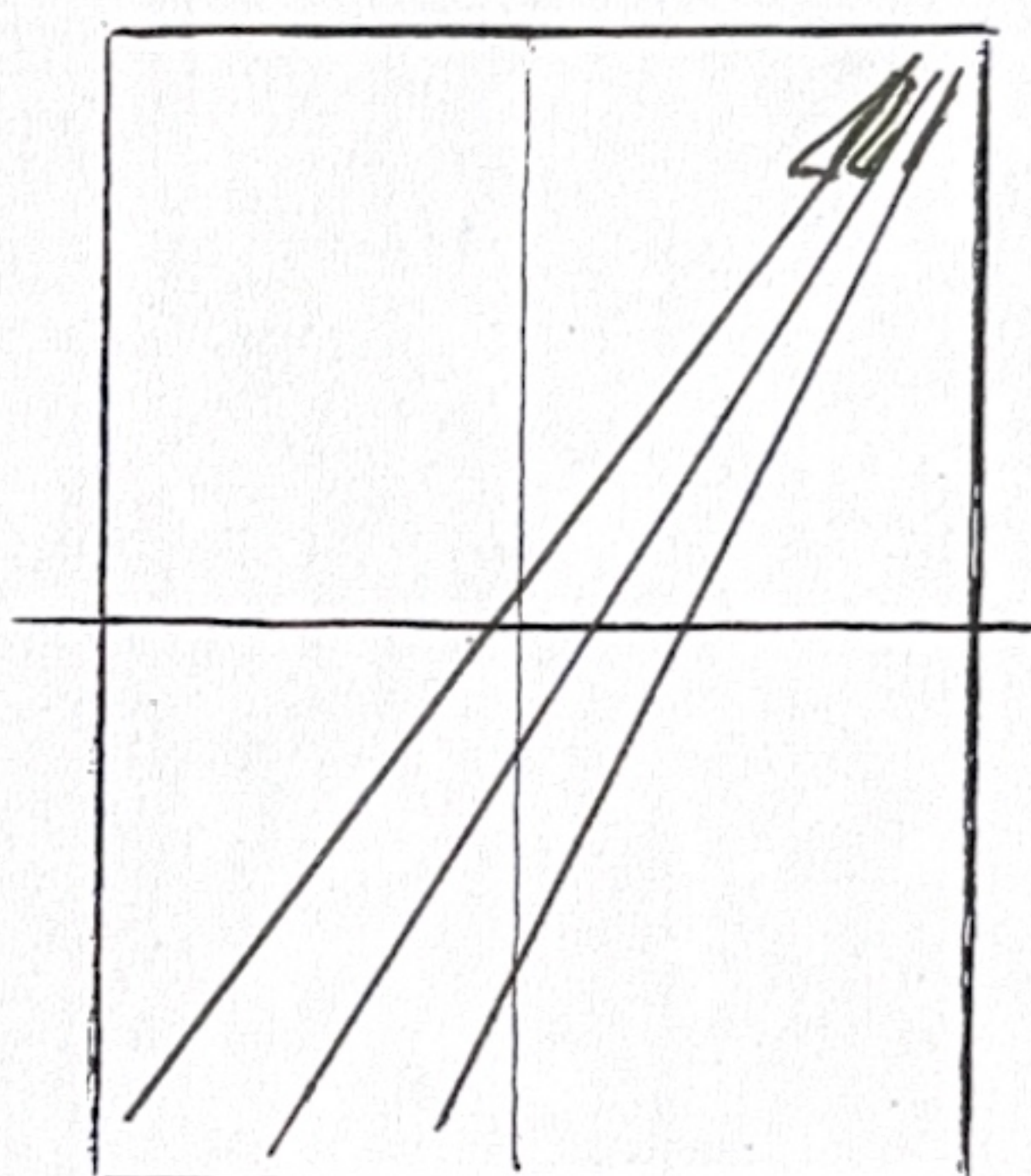
WARMING-UP → THERABANDS, FOOTWORK WITH TURNS
5×30"×20"

15'



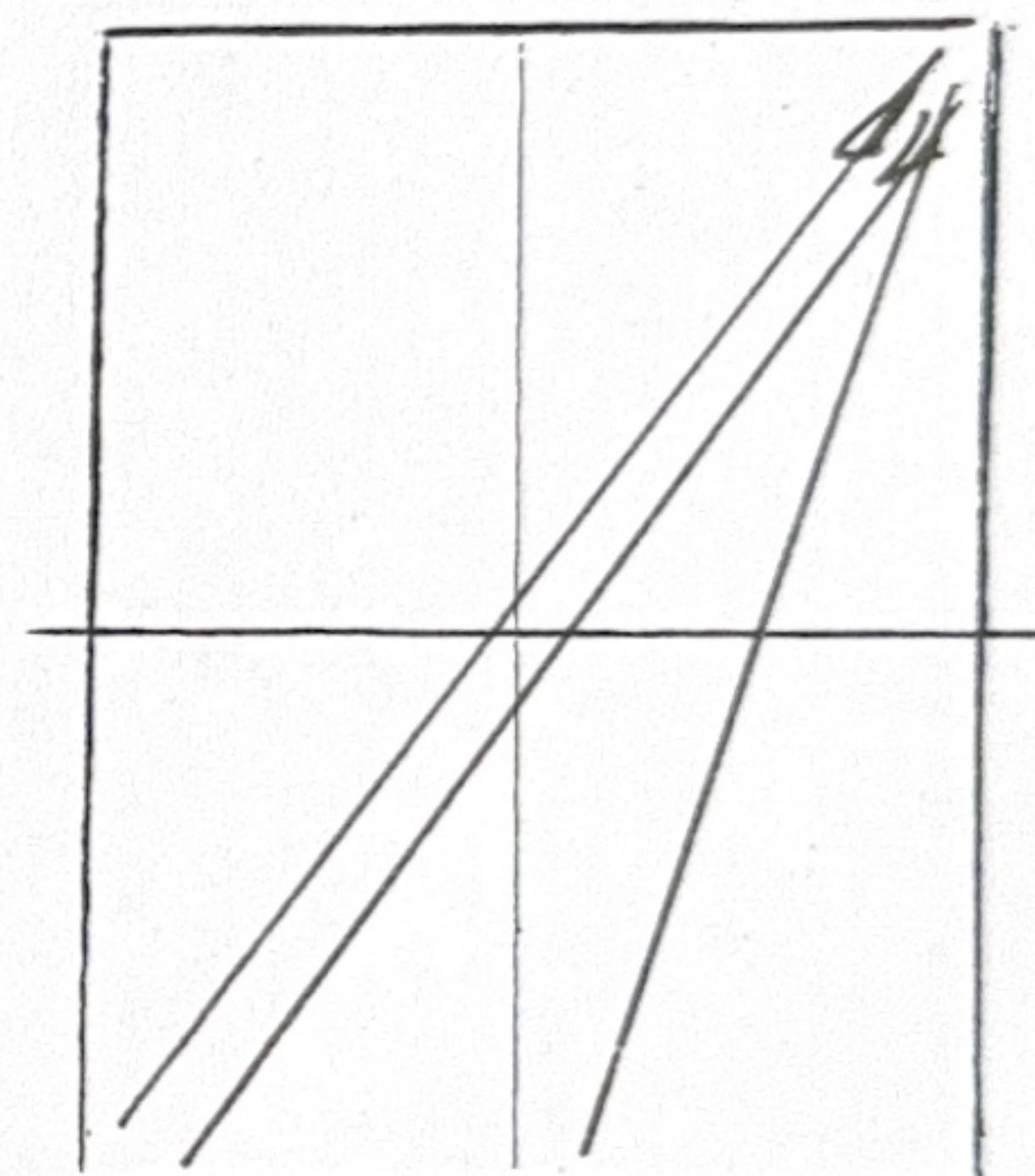
BH DOWN THE FH
S' LINE S' S'

2×8'

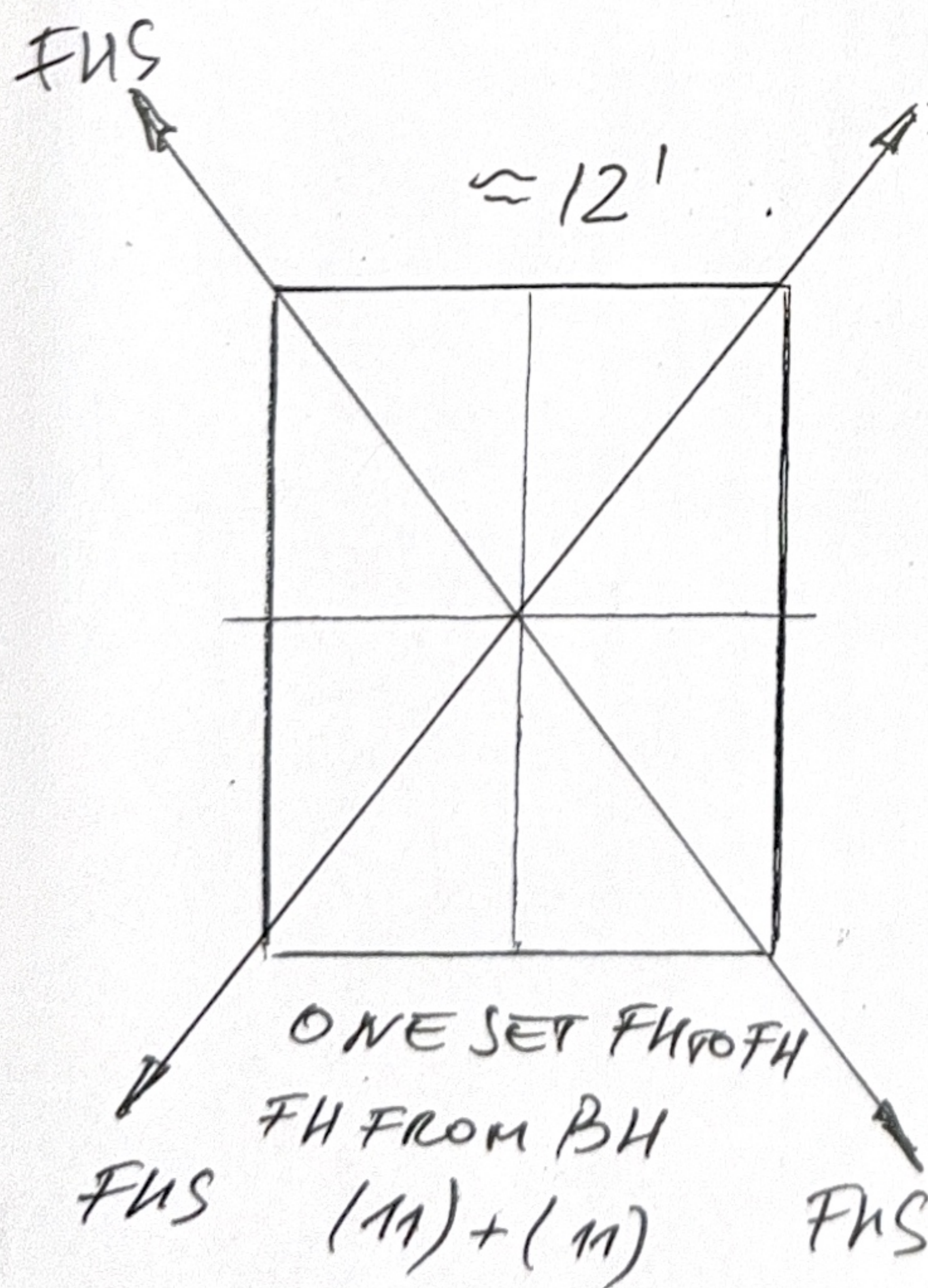


FHS 1,2
FHS 3 - POWER

2×8'

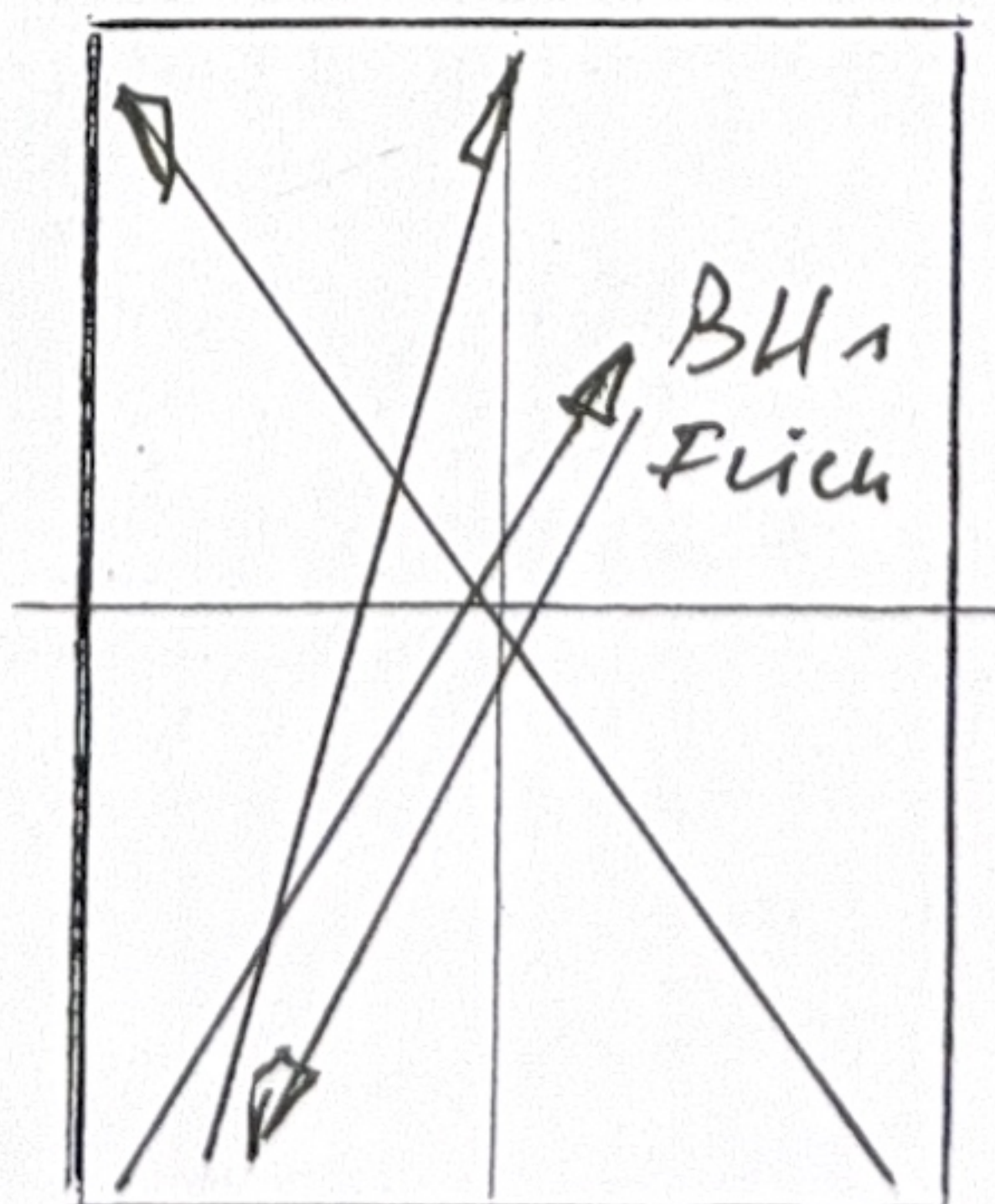


BH 1, FHS 3
BHS 2 - POWER



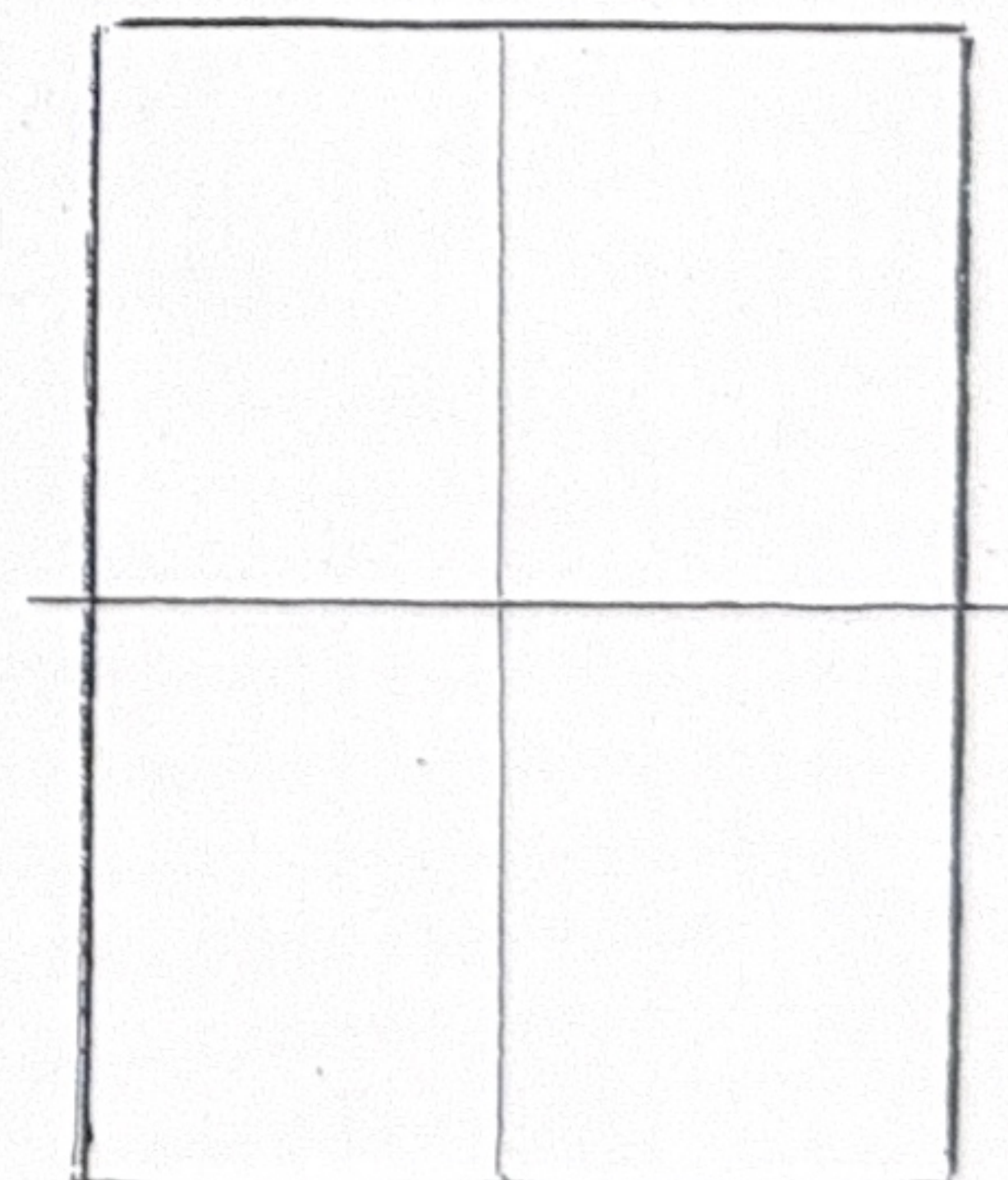
≈ 12'

2×8'



SERVE FHS
BHS - POWER 2 3

2×8'



INDIVIDUAL