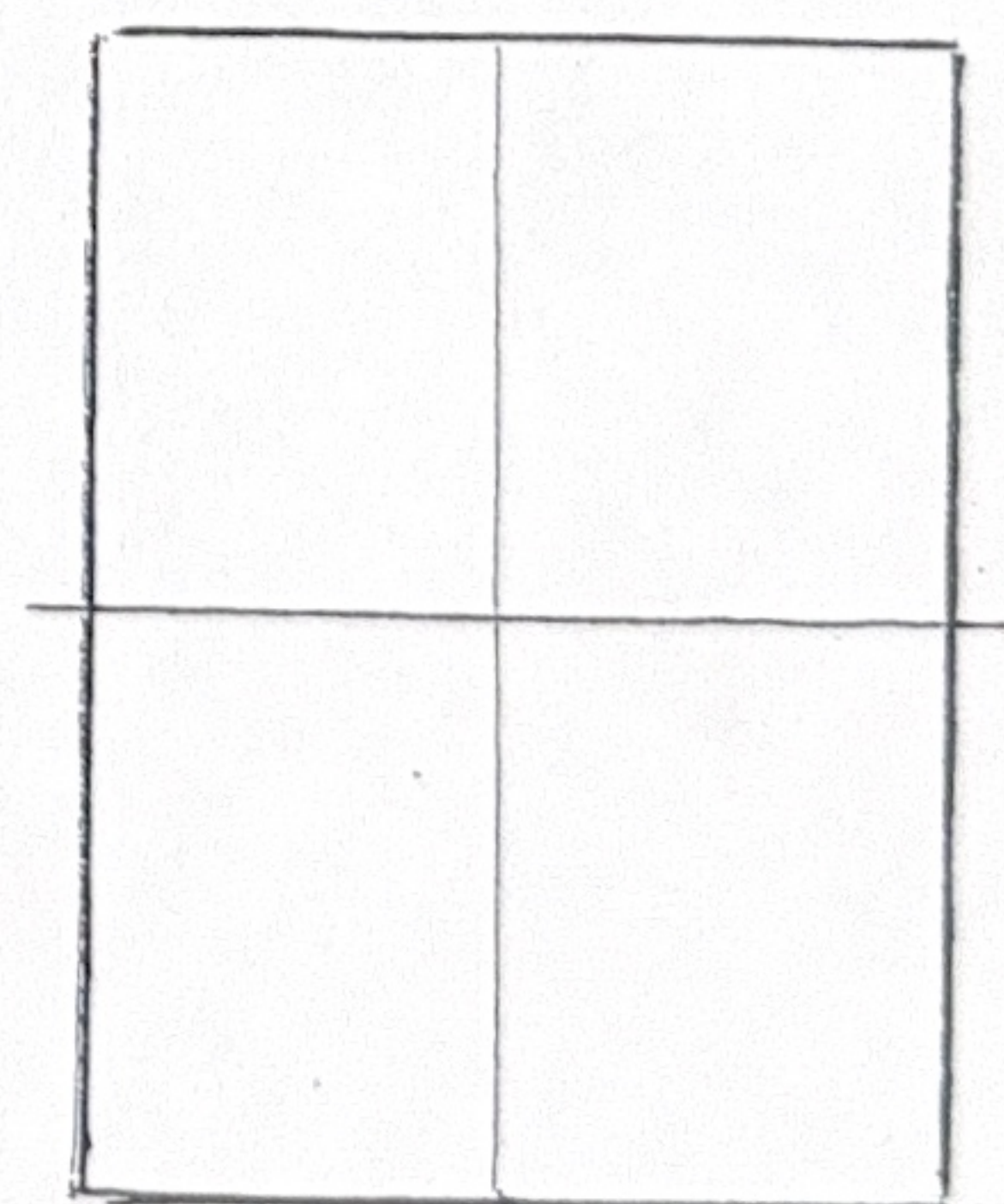
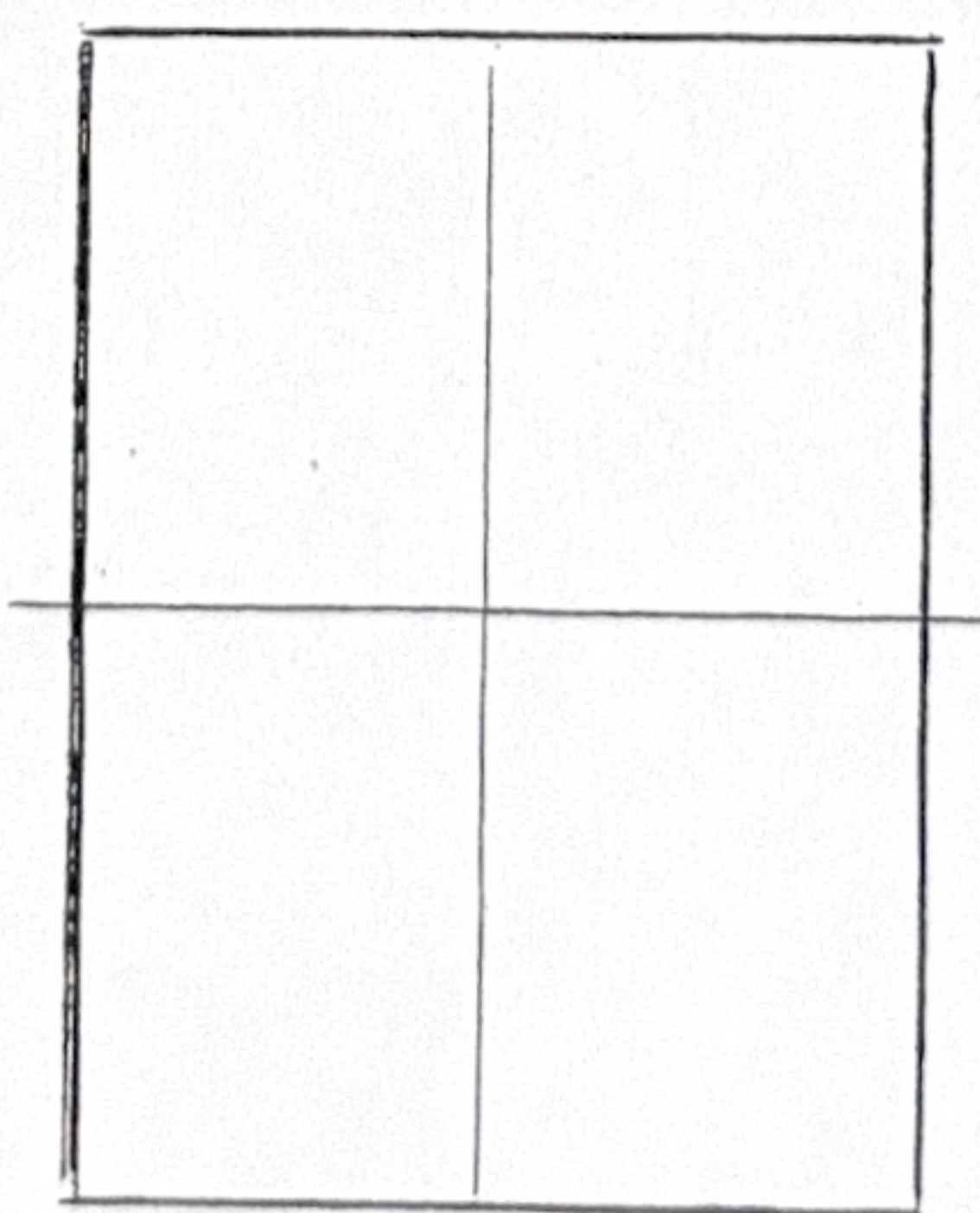
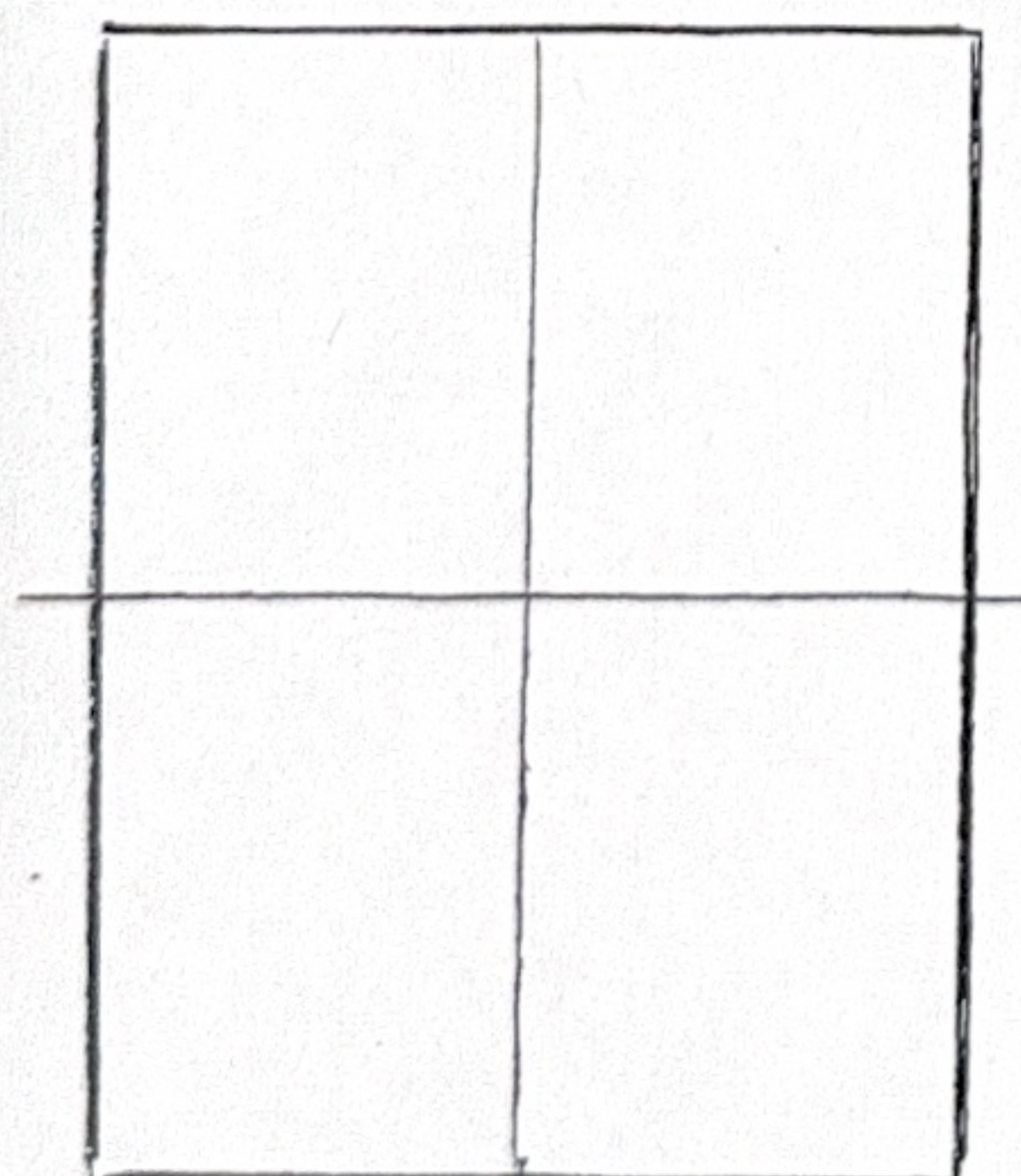
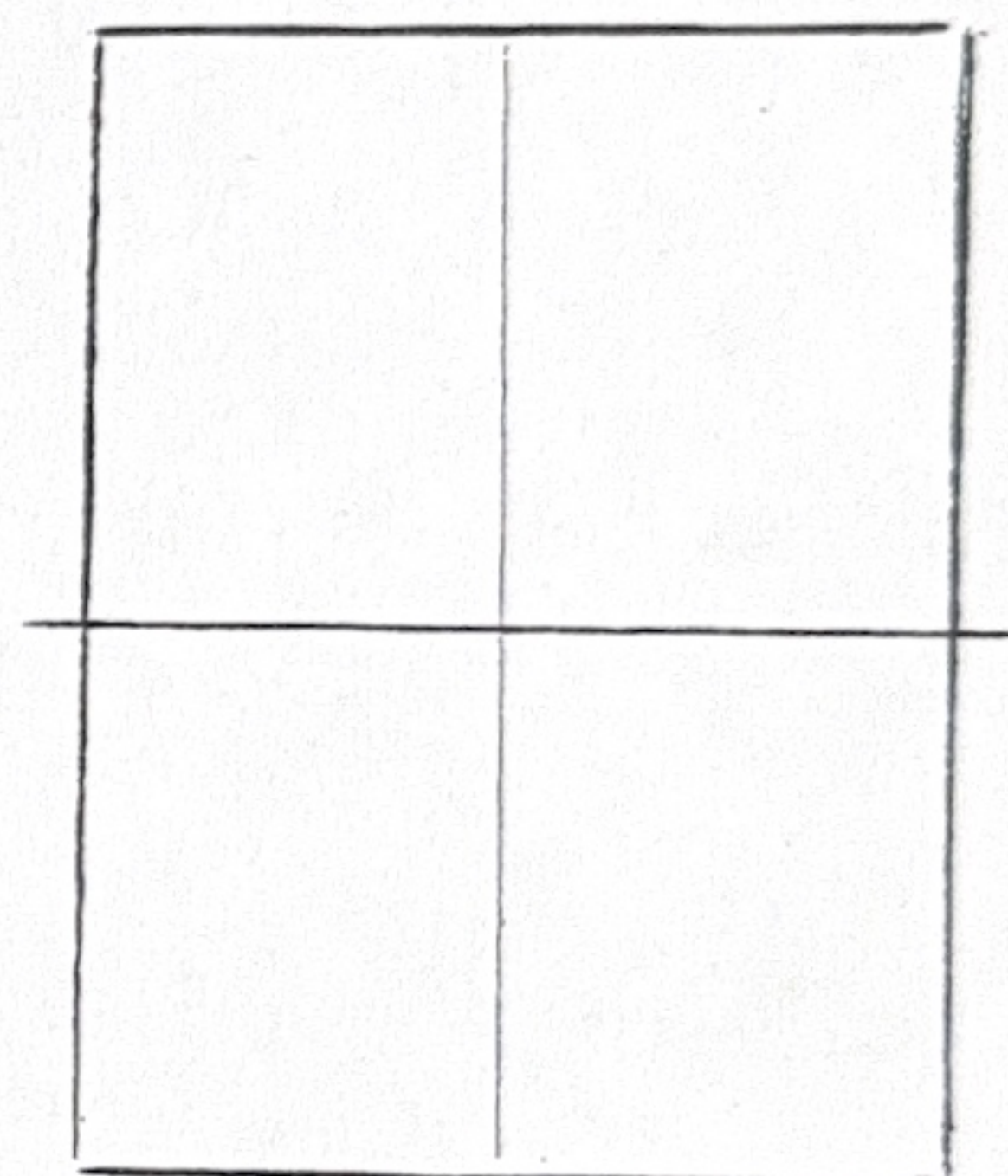
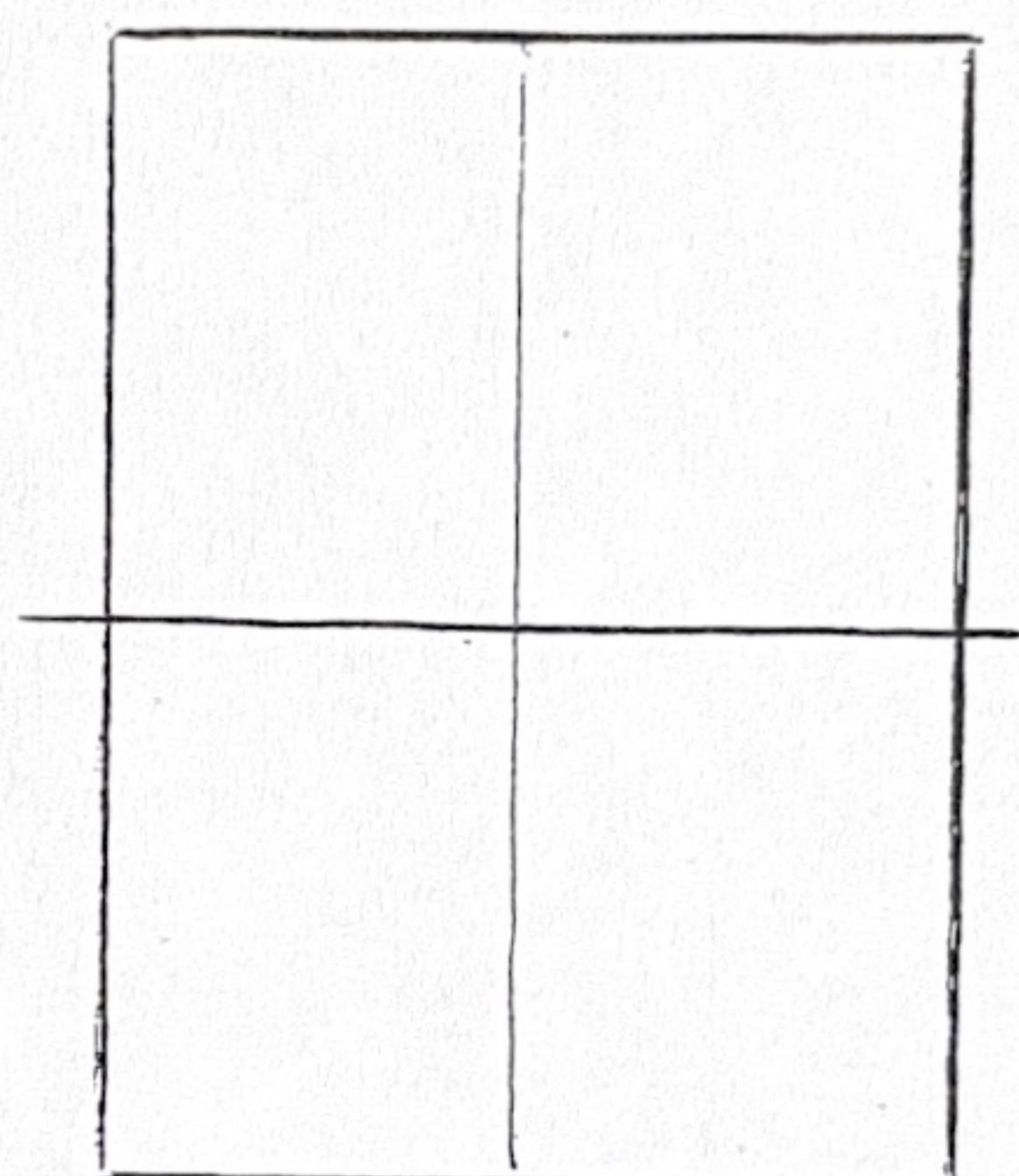
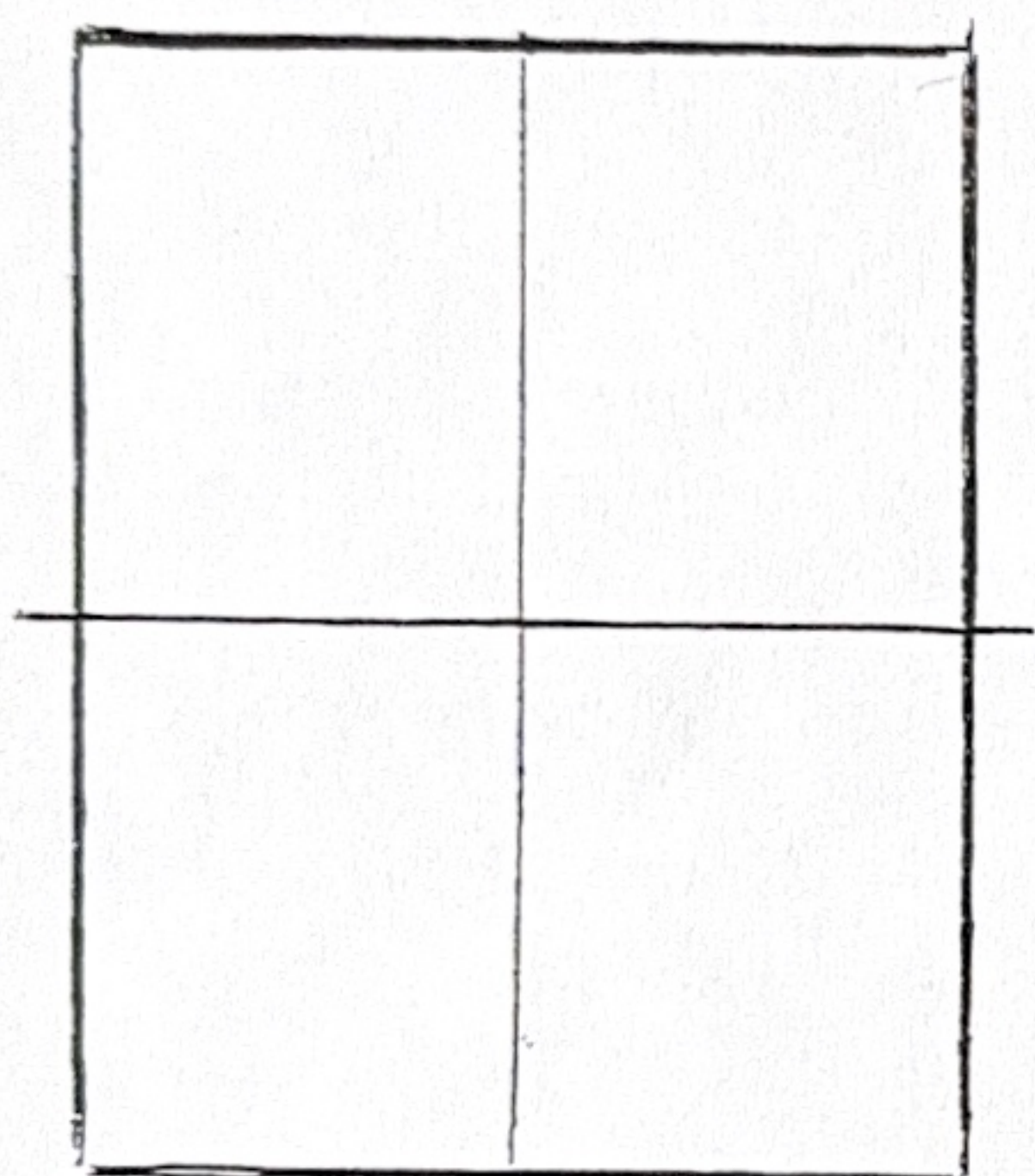


26.07.2026 SUNDAY

AUCKLAND MAX-PLAY TOURNAMENT

ALL SQUAD TRAINING CANCELLED

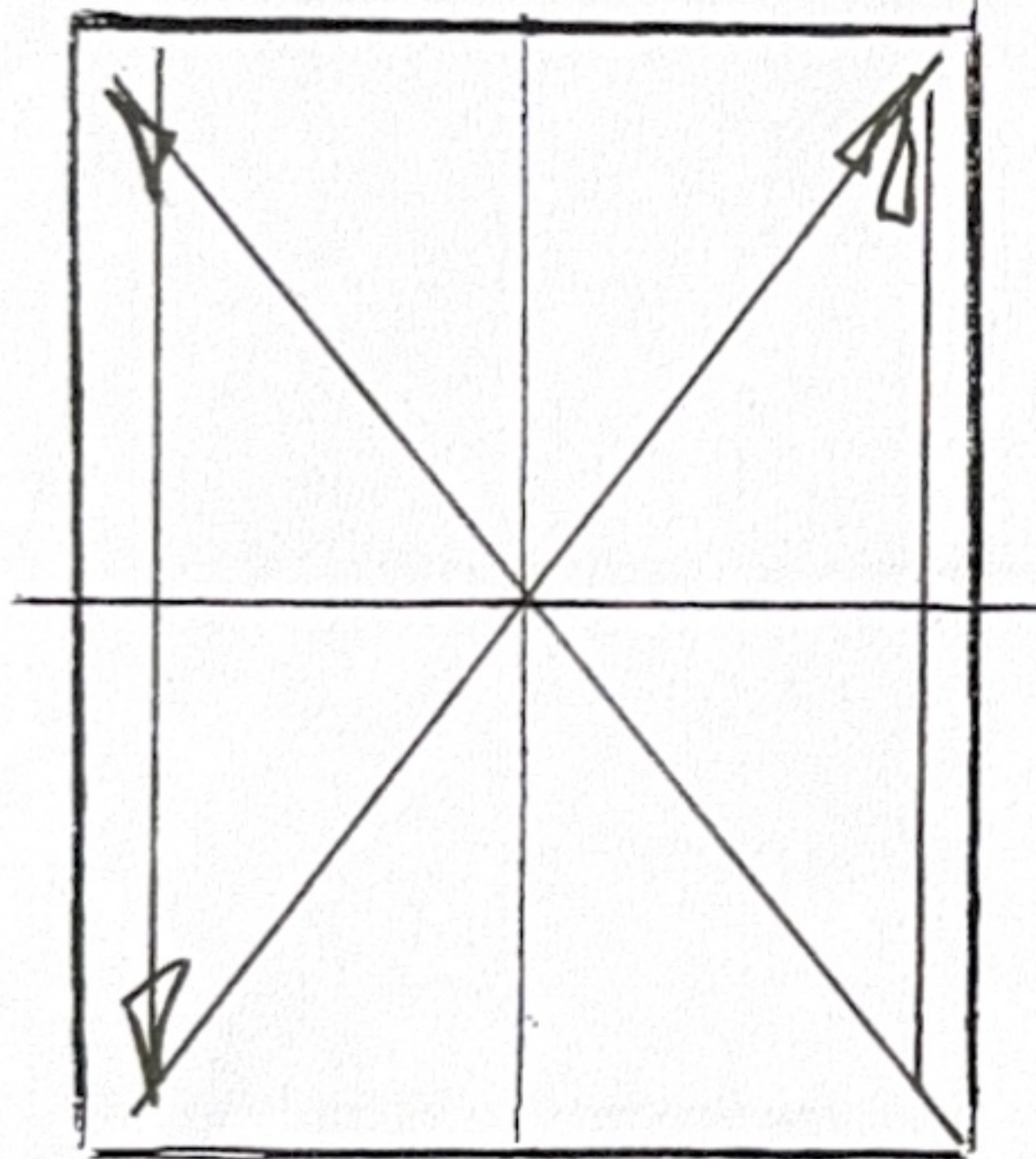


29.07.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. STABILITY

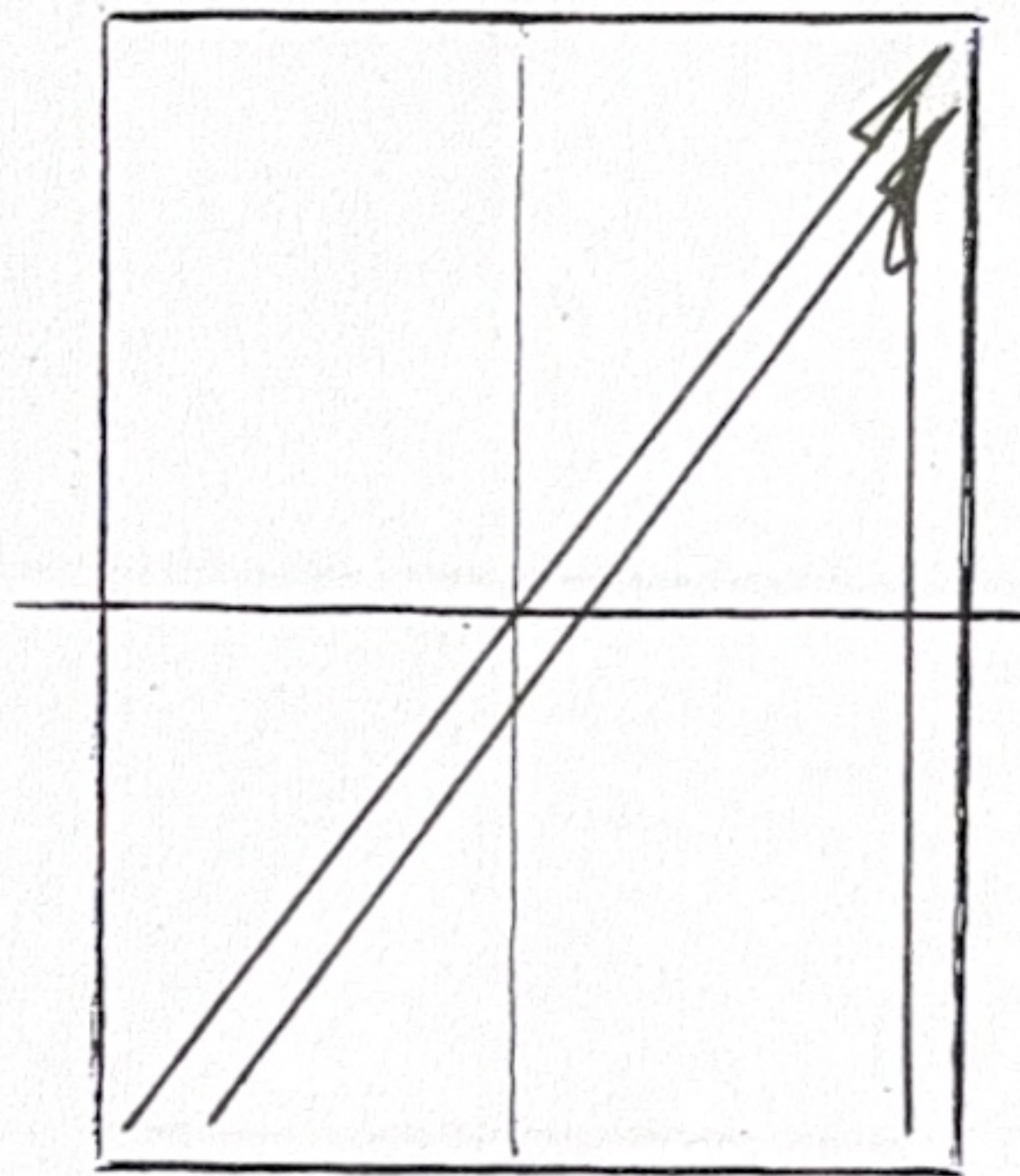
WARMING-UP → THERABANDS, FOOTWORK 5'x25'x20'

15'



BH DOWN THE FH
5' LINE 5' 5'

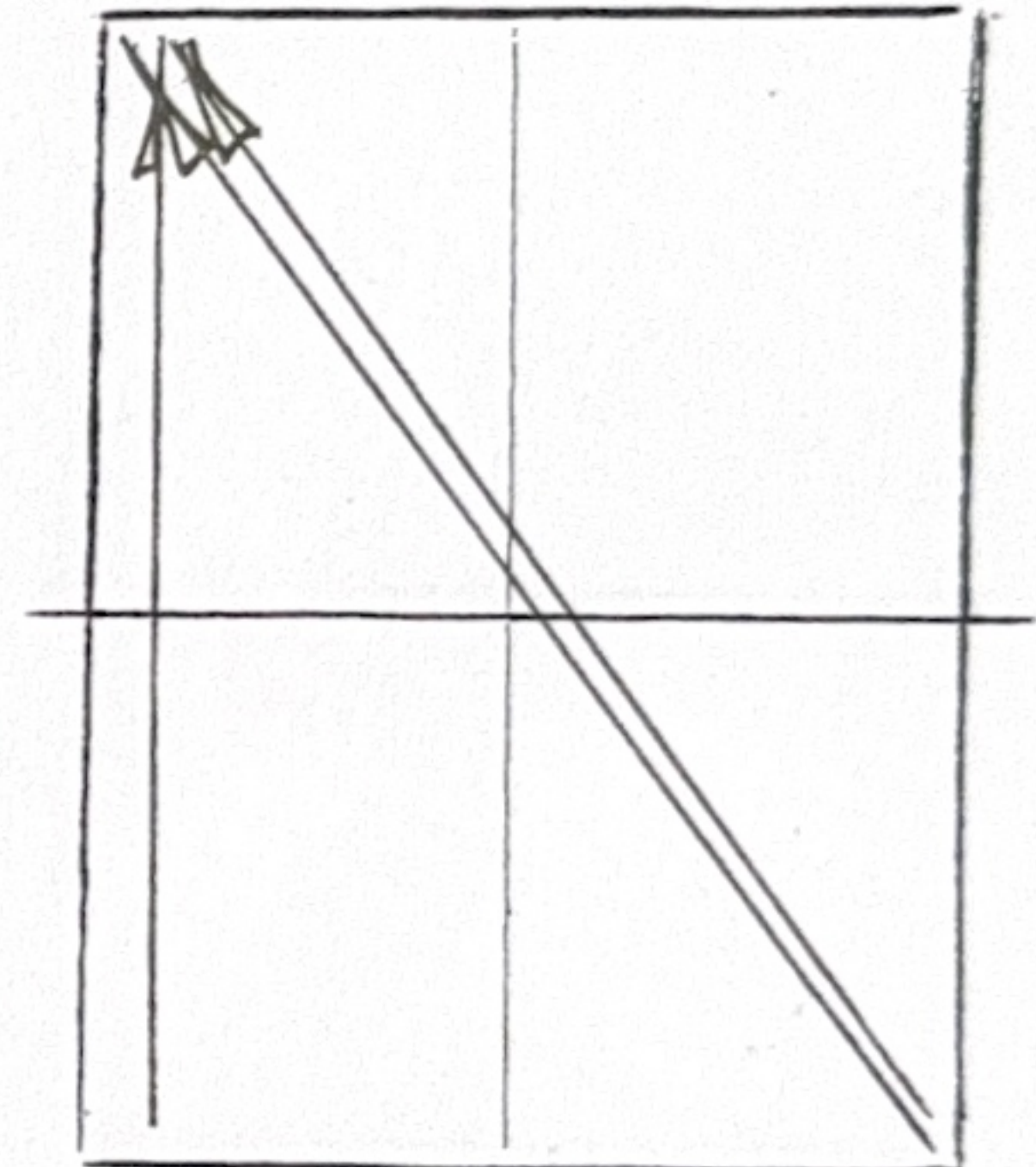
2x8'



BHS
1,2

FHS
3

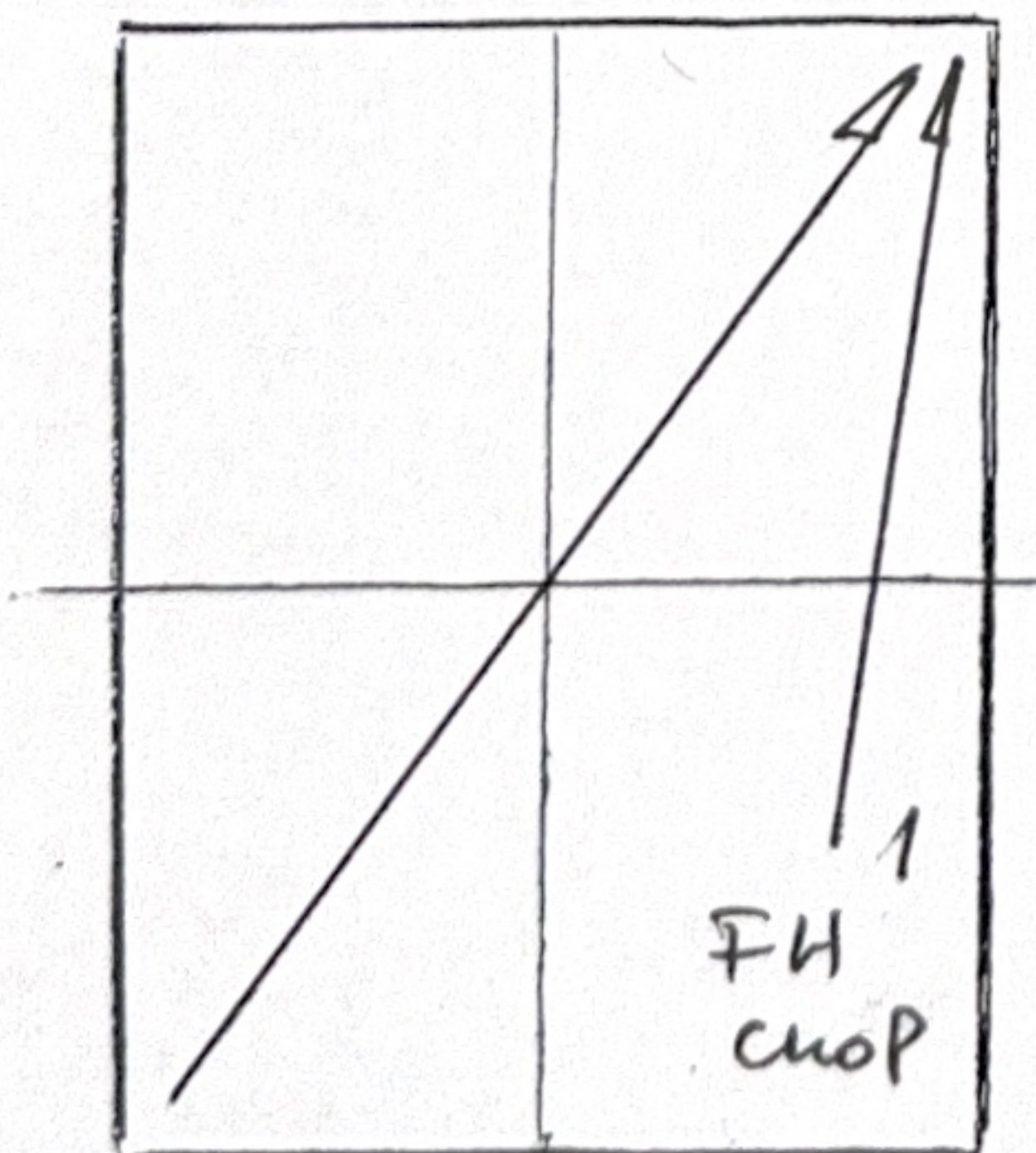
2x8'



BH
3

FHS
1,2

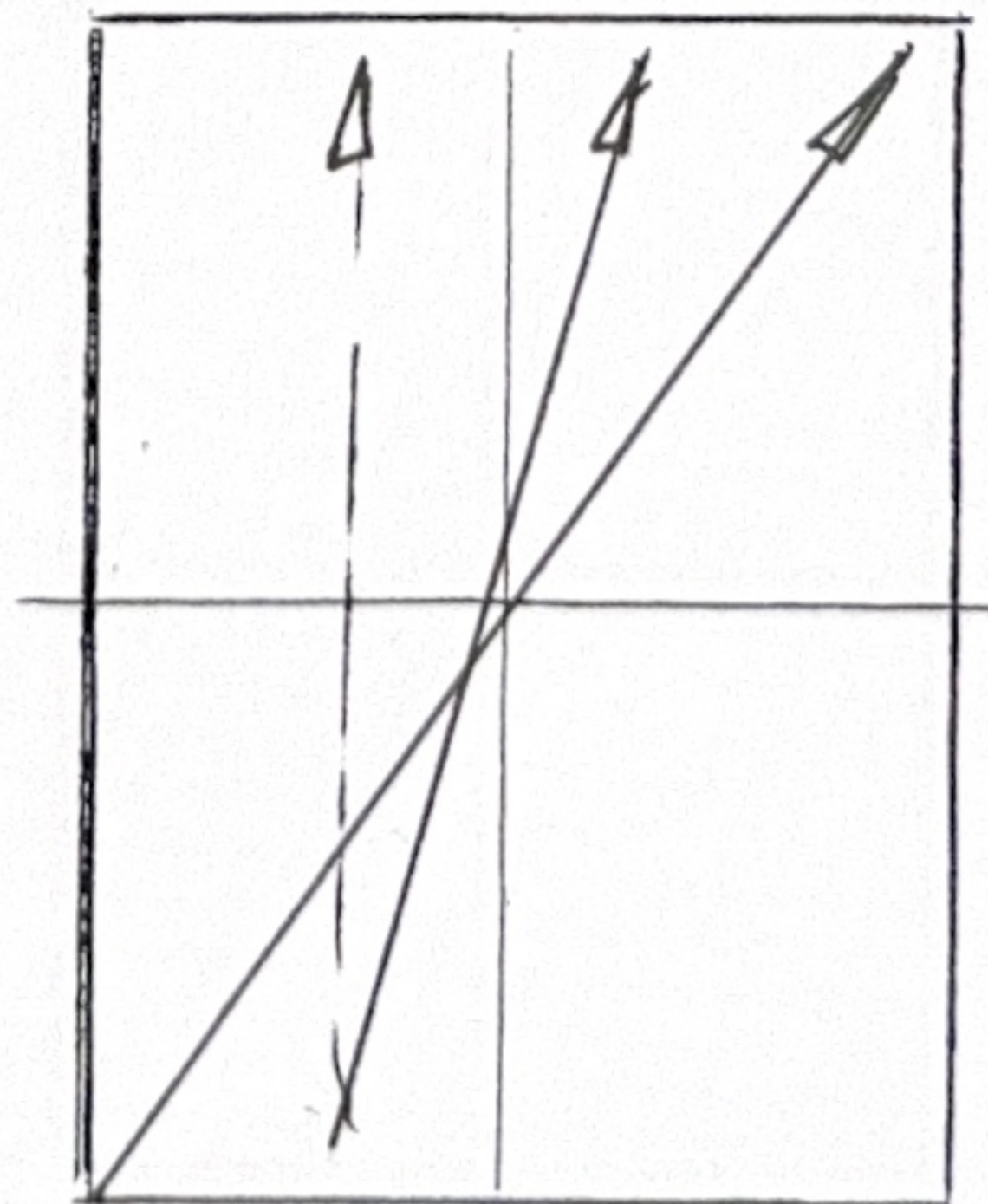
2x4'



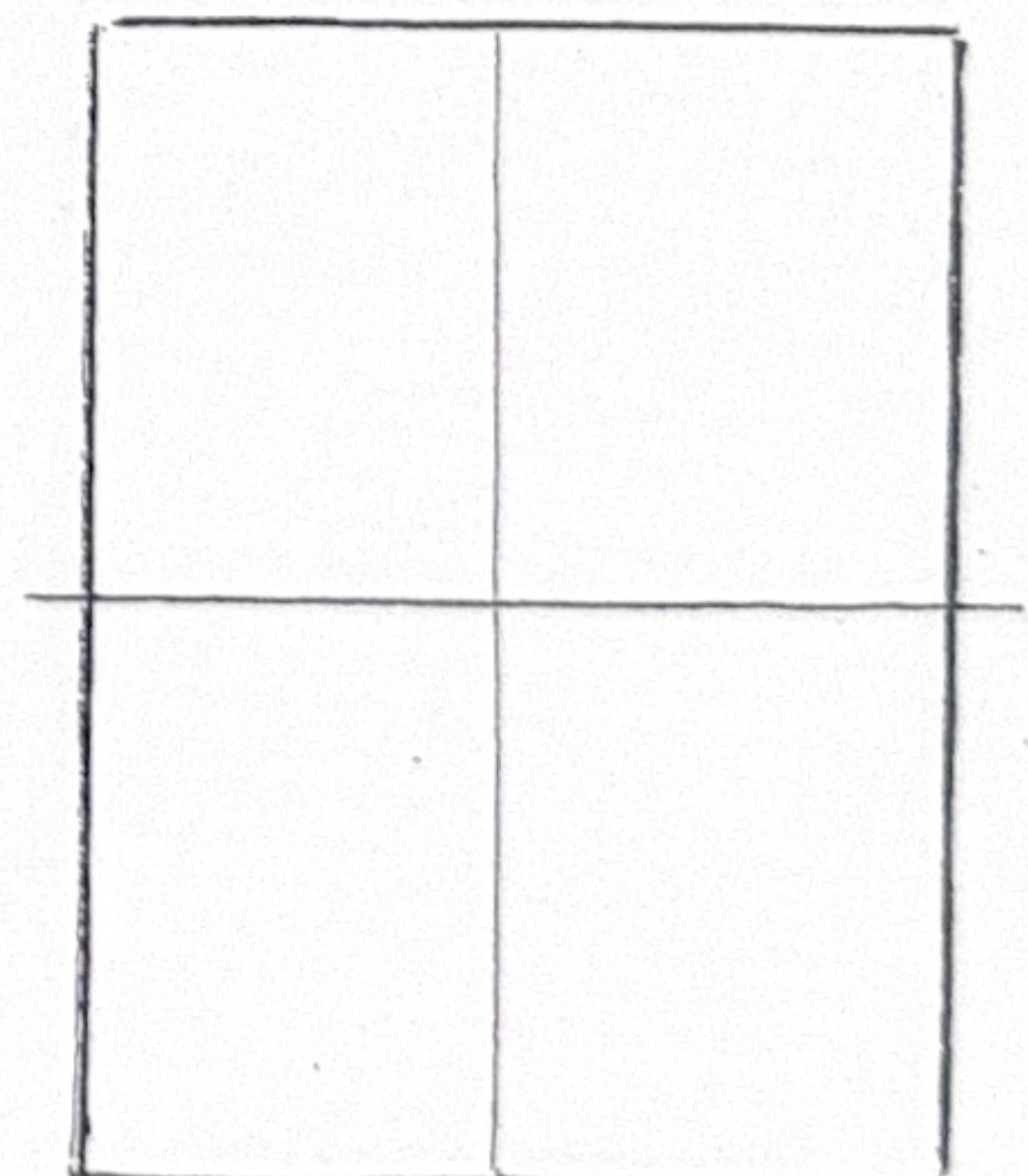
2 BH
chop

1
FH
chop

2x8'



SERVE LONG TO BH
+ FH TO MIDDLE
OR TO
FH



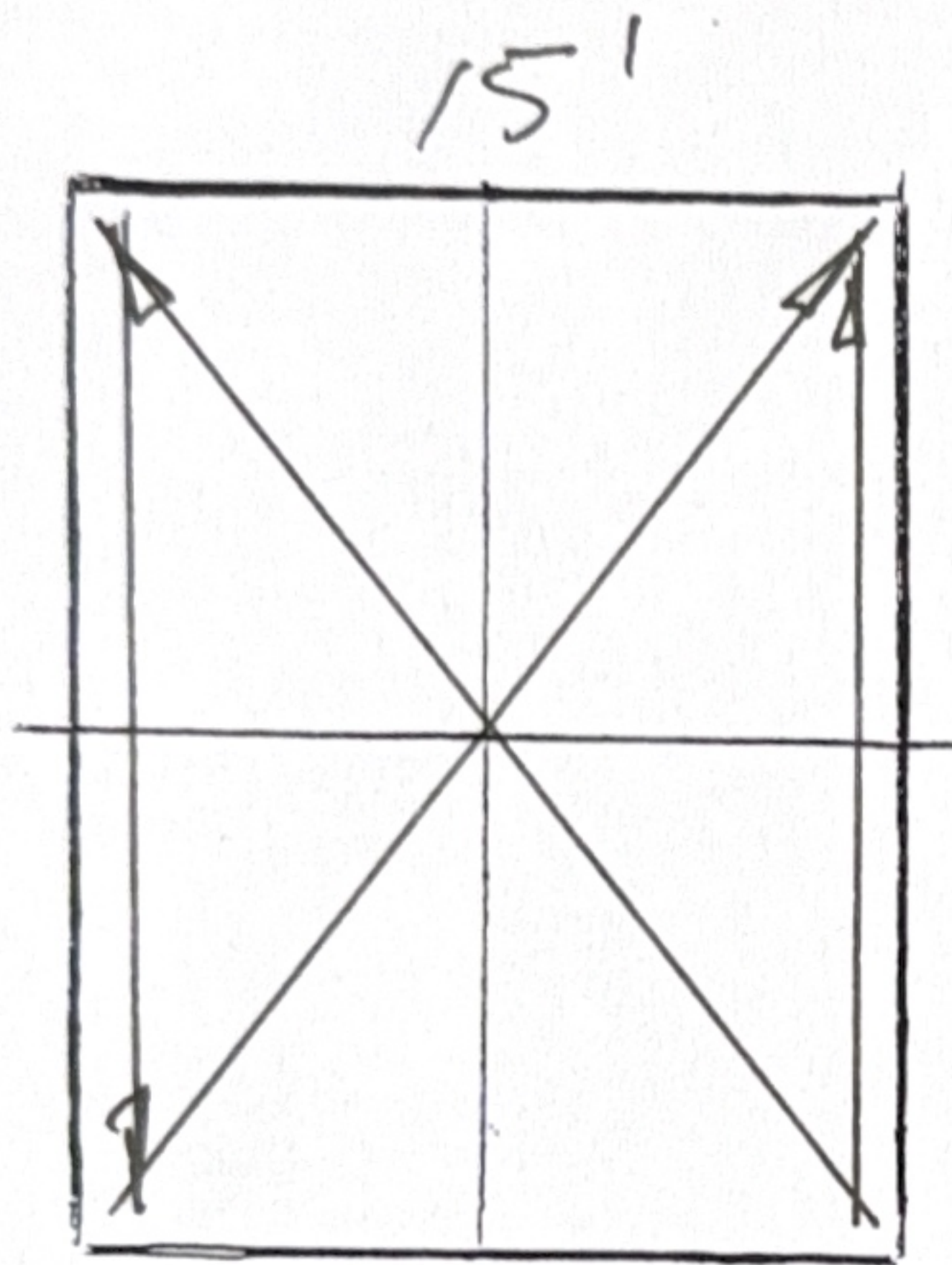
UP AND DOWN
15'-20'

1.08.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

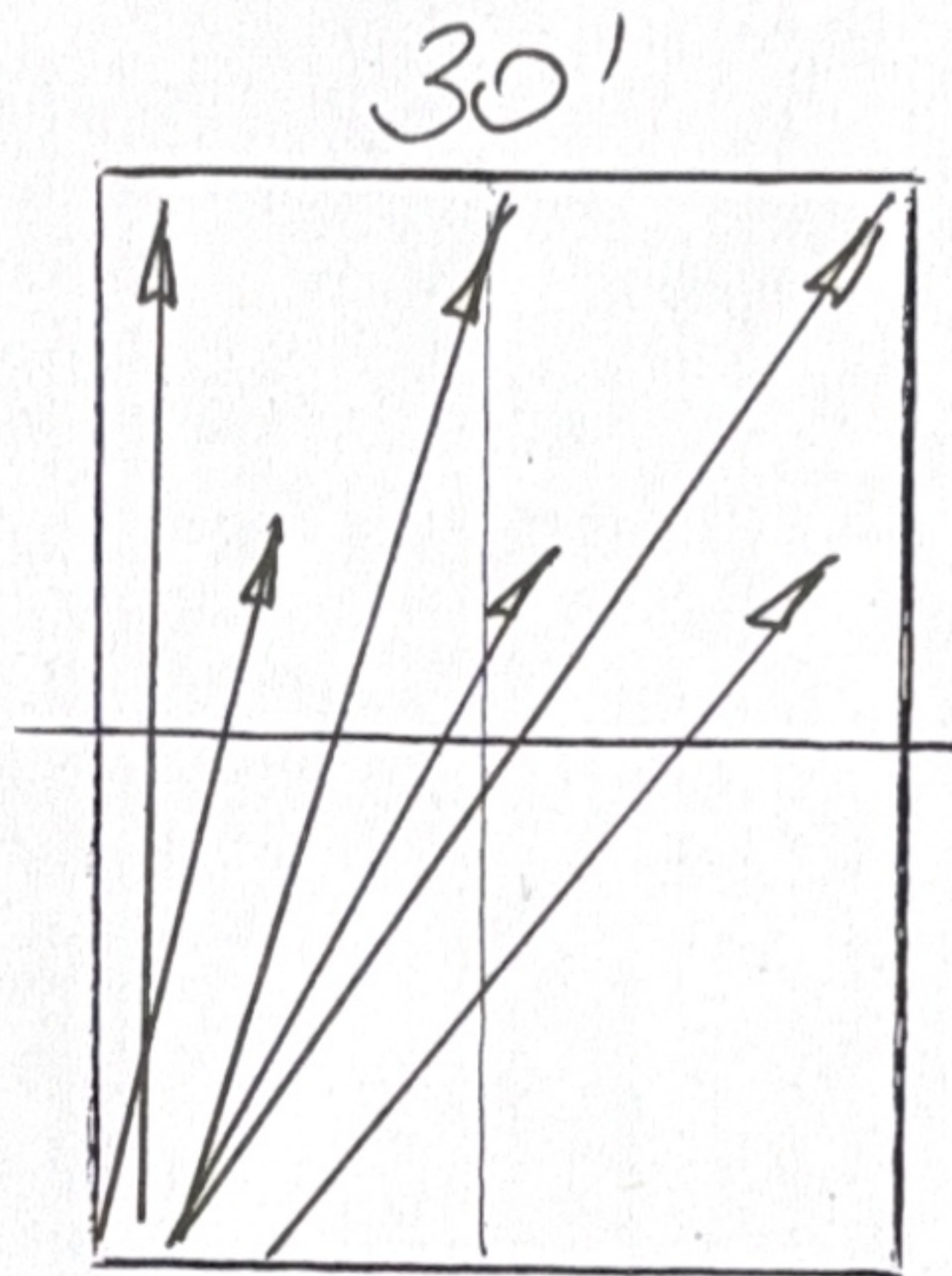
1. TECHNIQUE OF 3rd BALL ATTACK.

2. SERVE + RECEIVE SERVE 3. TRAINING MATCHES

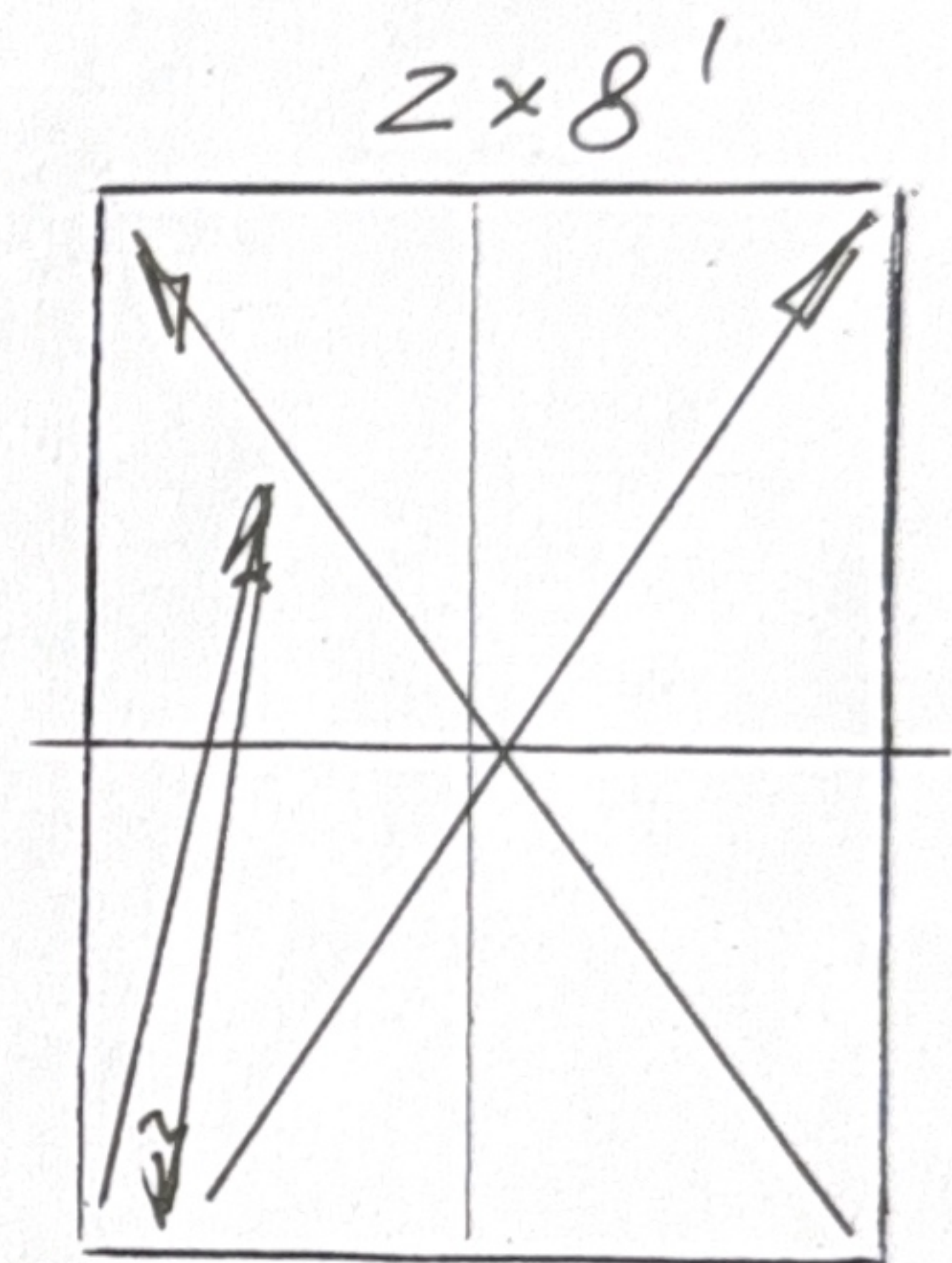
WARMING UP $\rightarrow$ THERABANDS, FOOTWORK 5x25x20



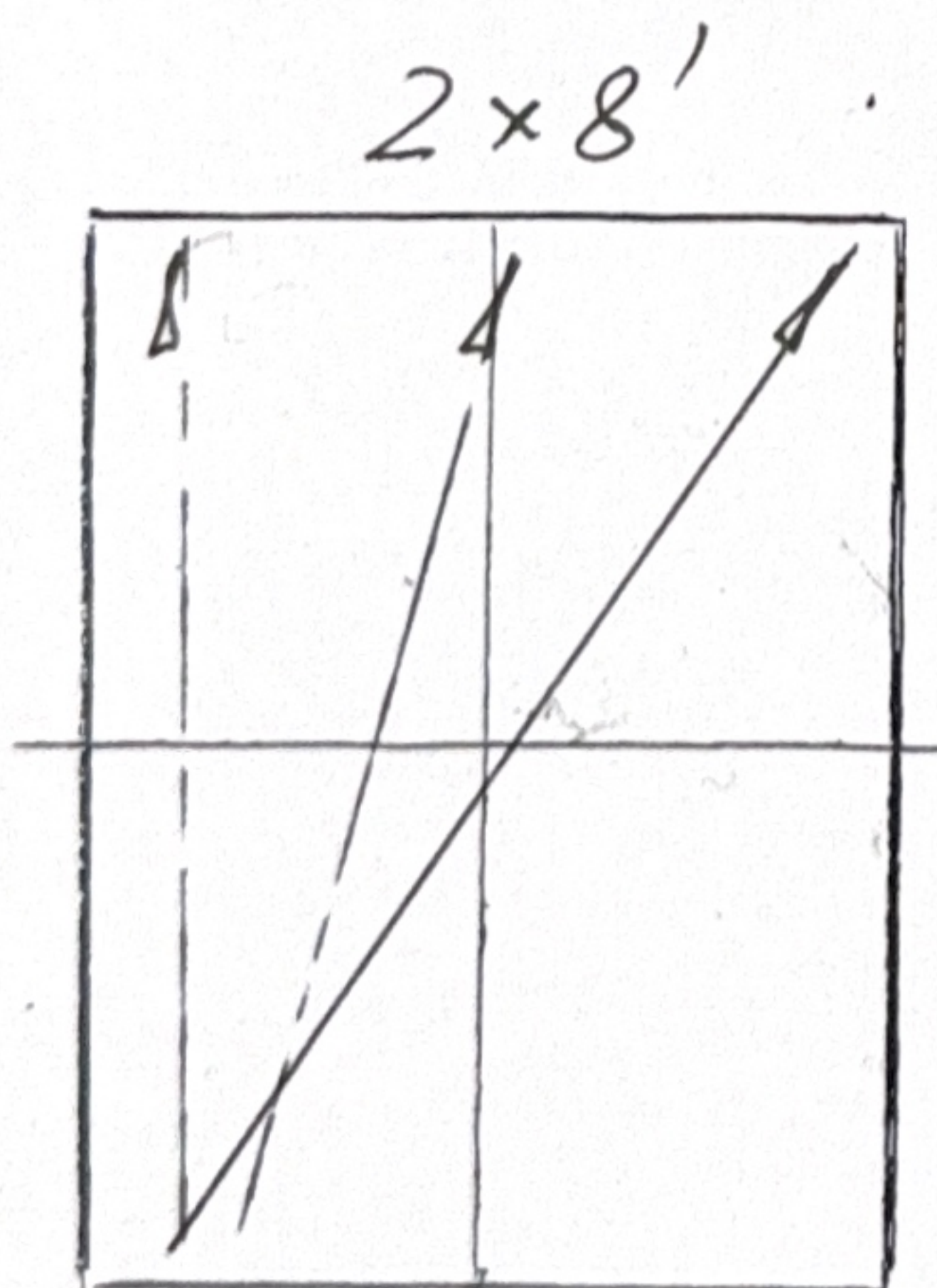
BH DOWN THE FH
5' LINE 5' 5'



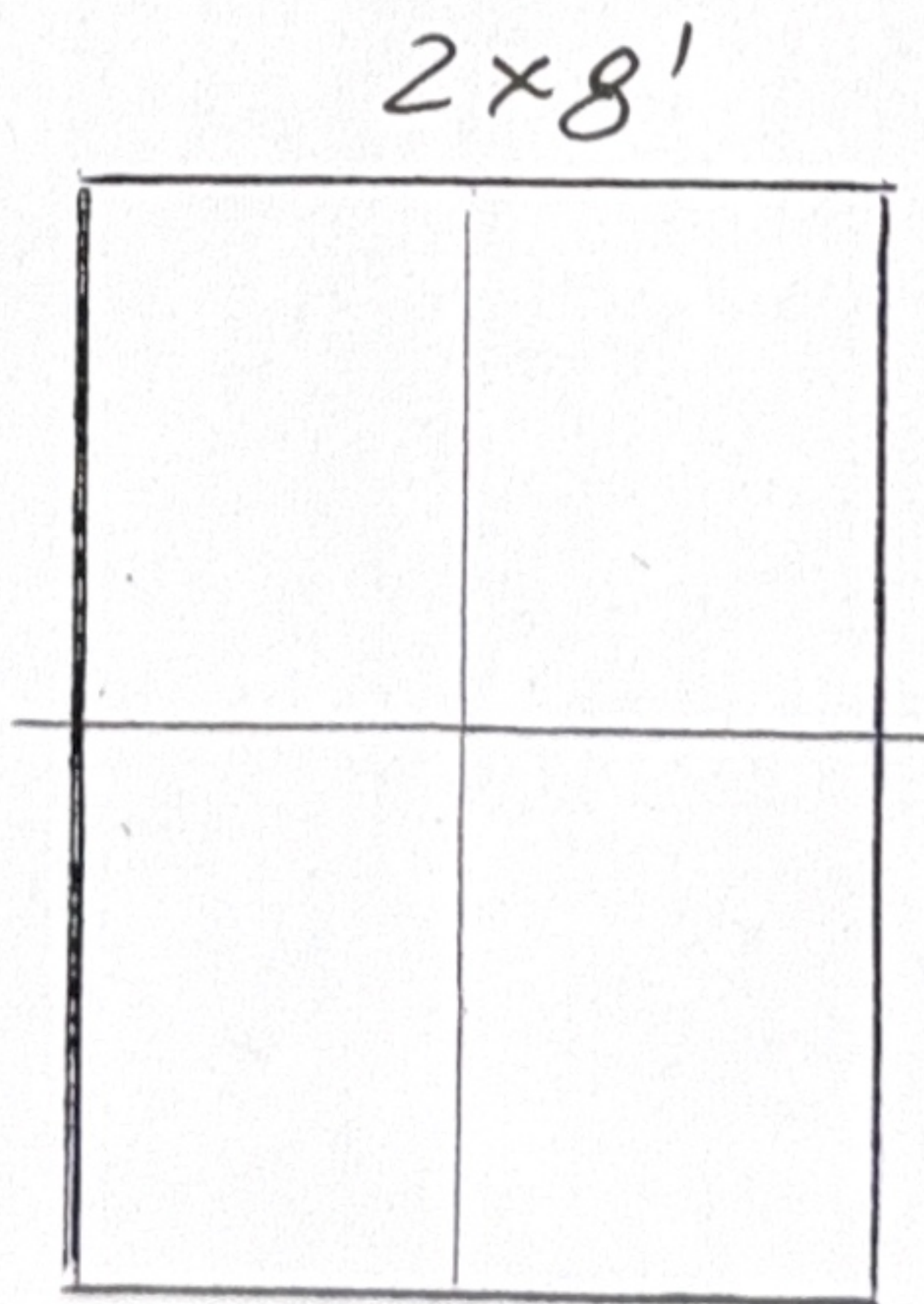
SERVE SHORT 15'
LONG 15'
(7'+7')



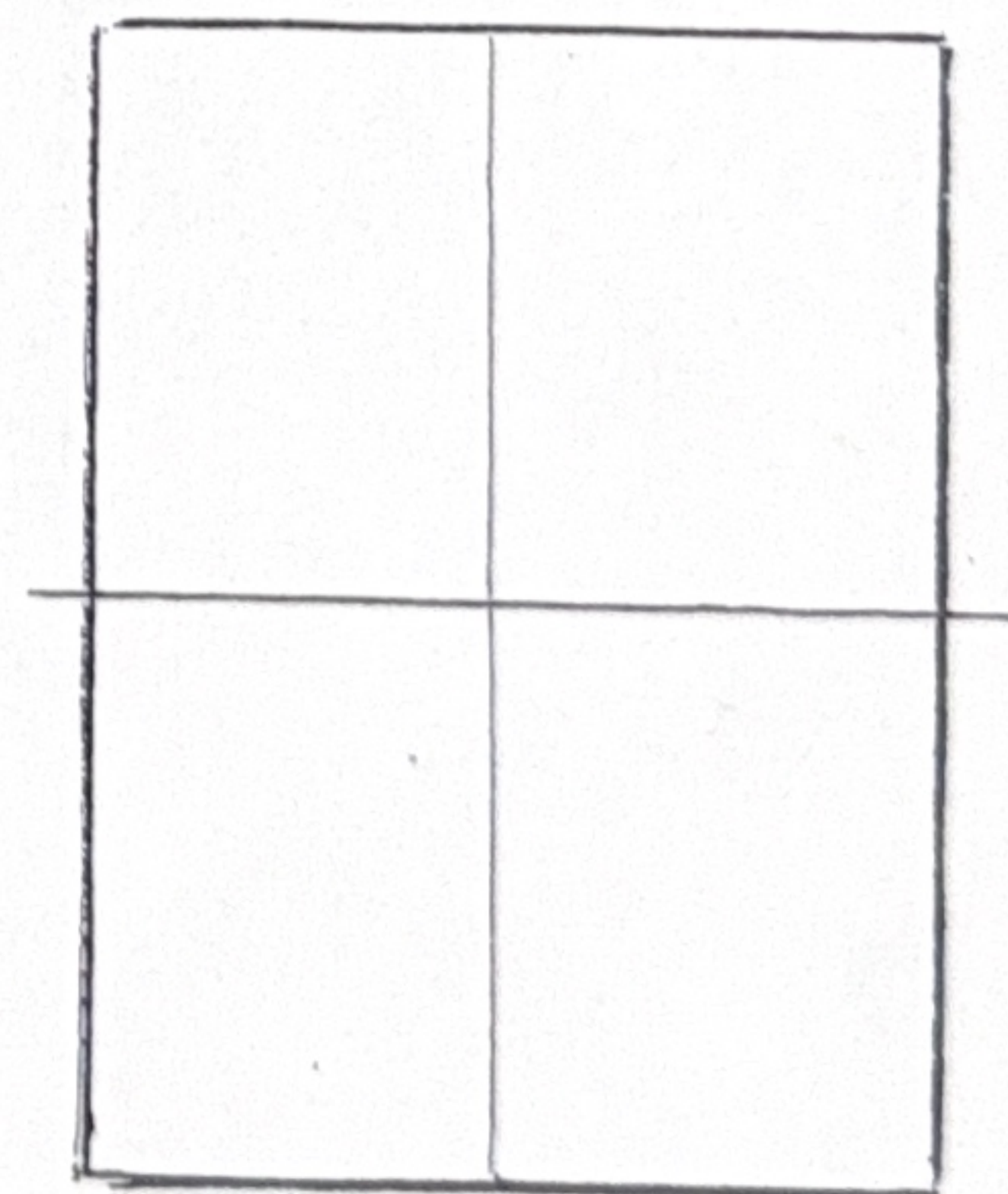
BHS1 FHS
(FHS) NO POINT, 2
JUST 2 BALLS



SERVE LONG
FH +
3 BALL (FH OR BH)



INDIVIDUAL
FROM
SERVE



UP AND DOWN
 $\approx$ 20'-25'