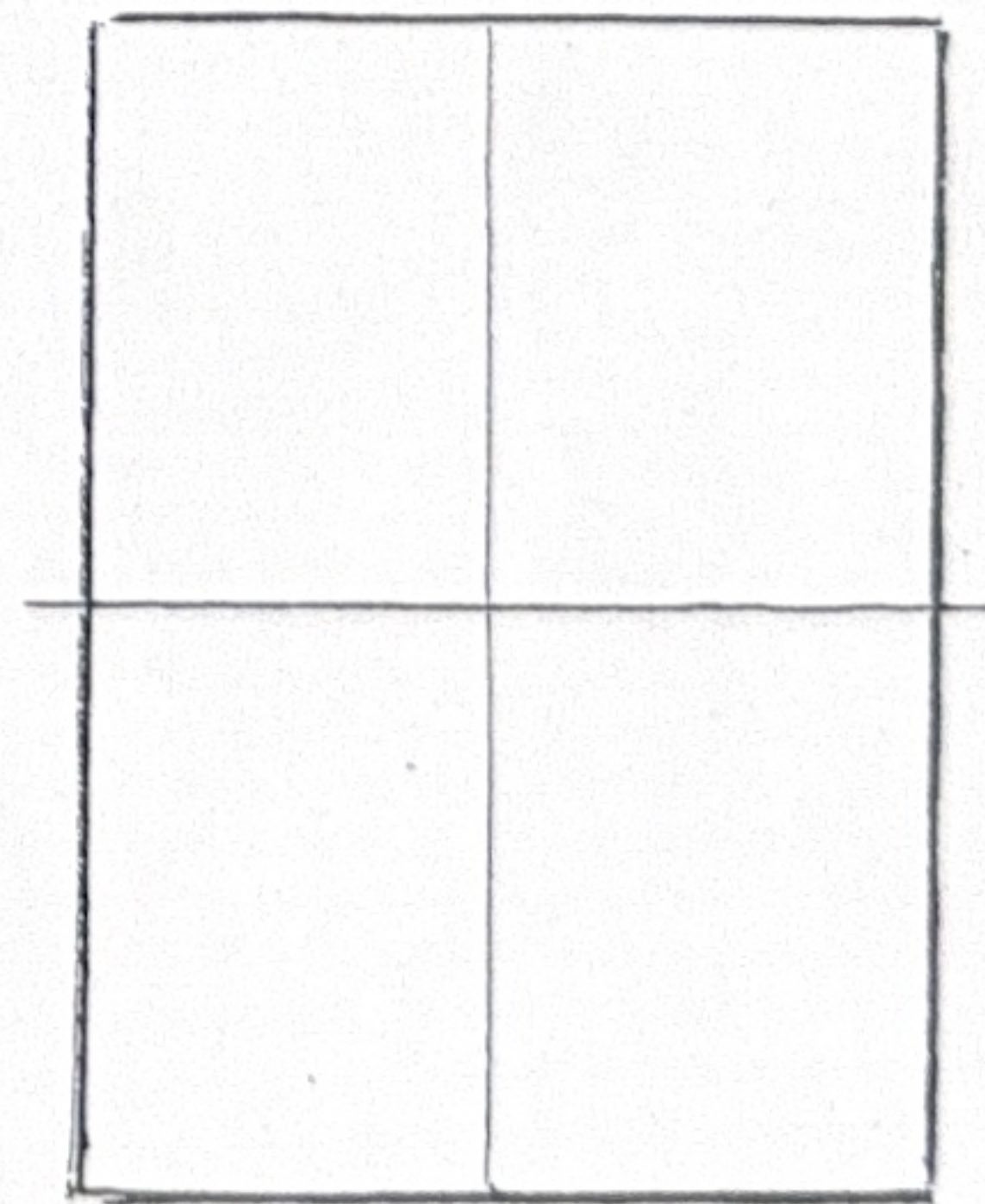
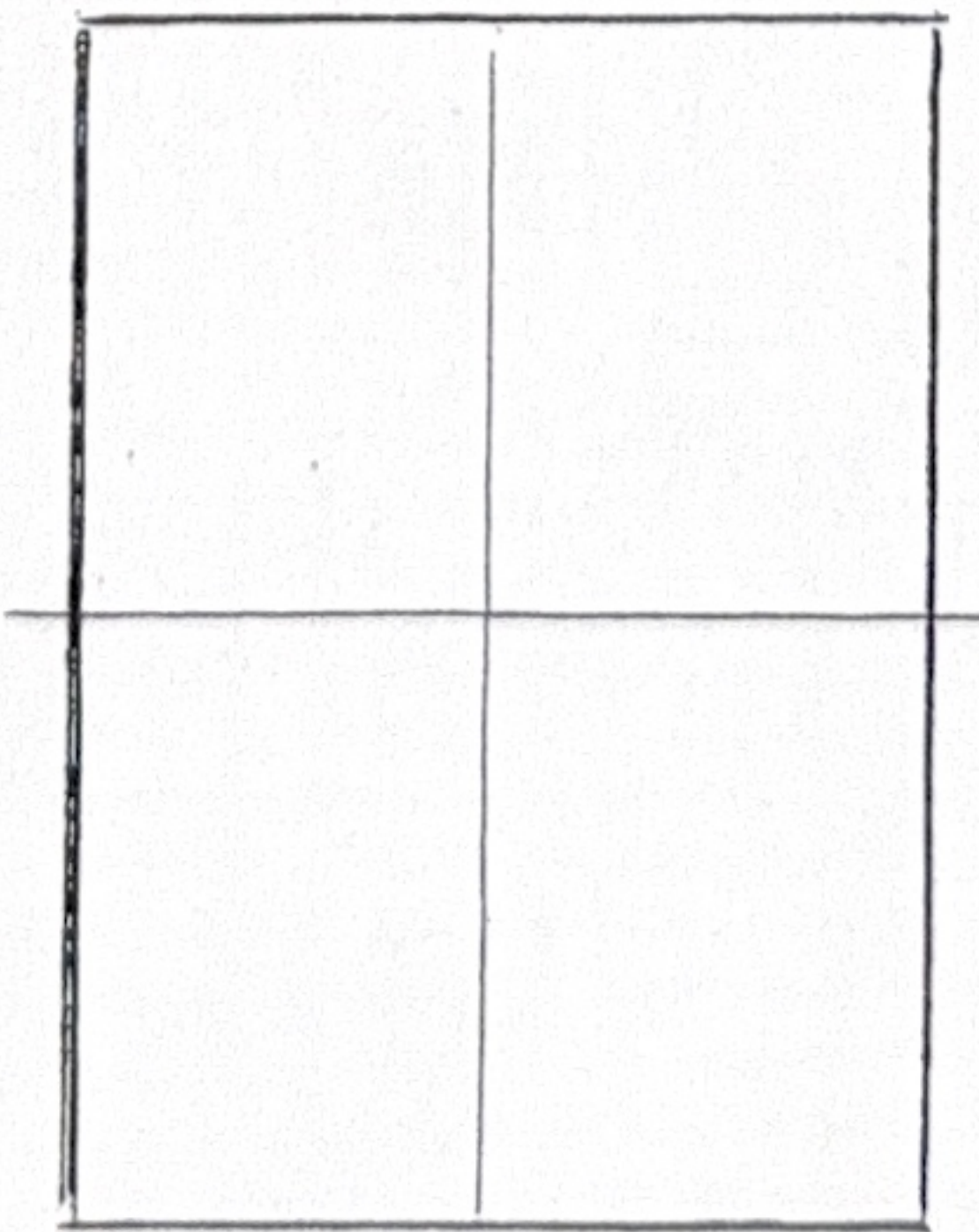
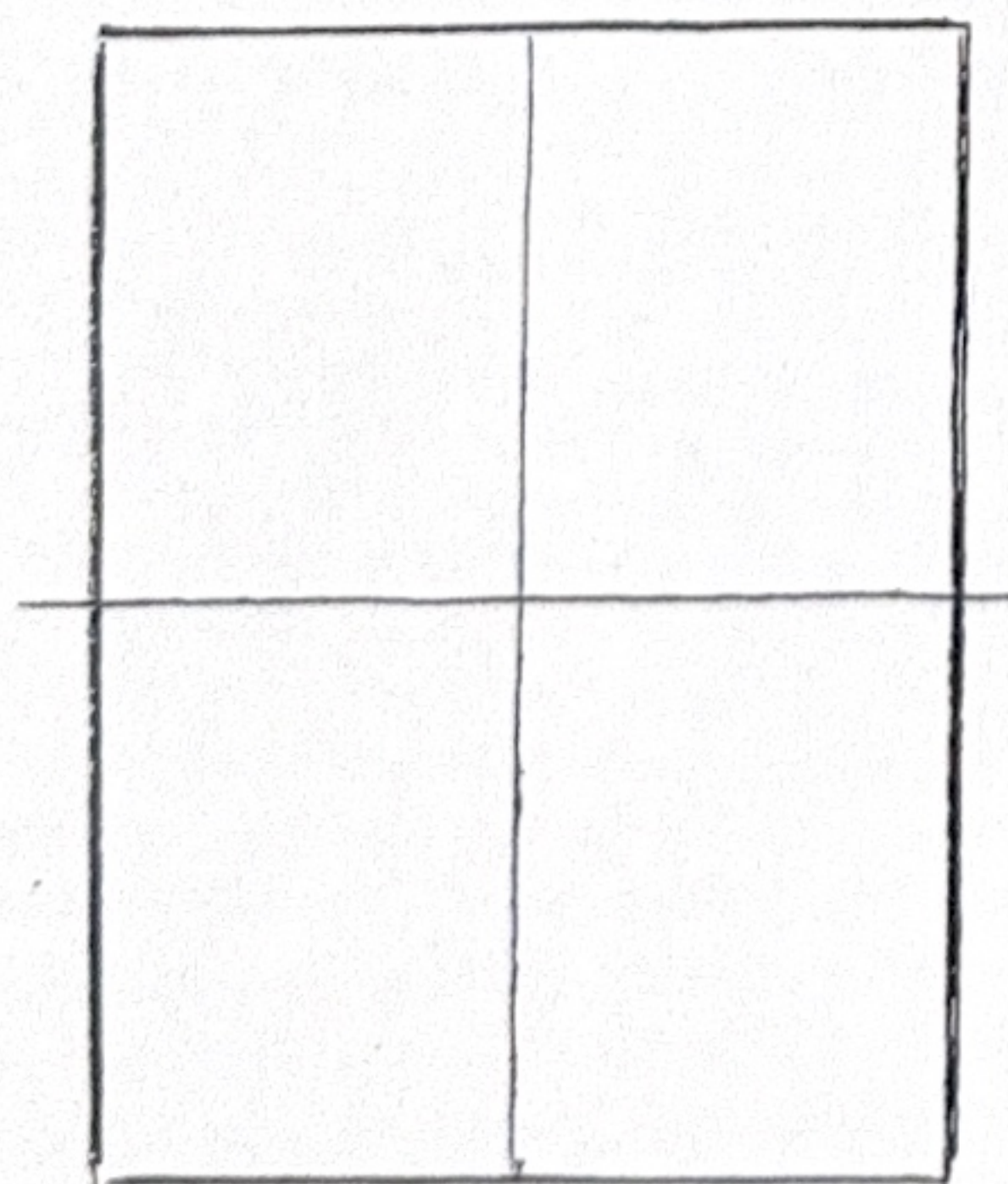
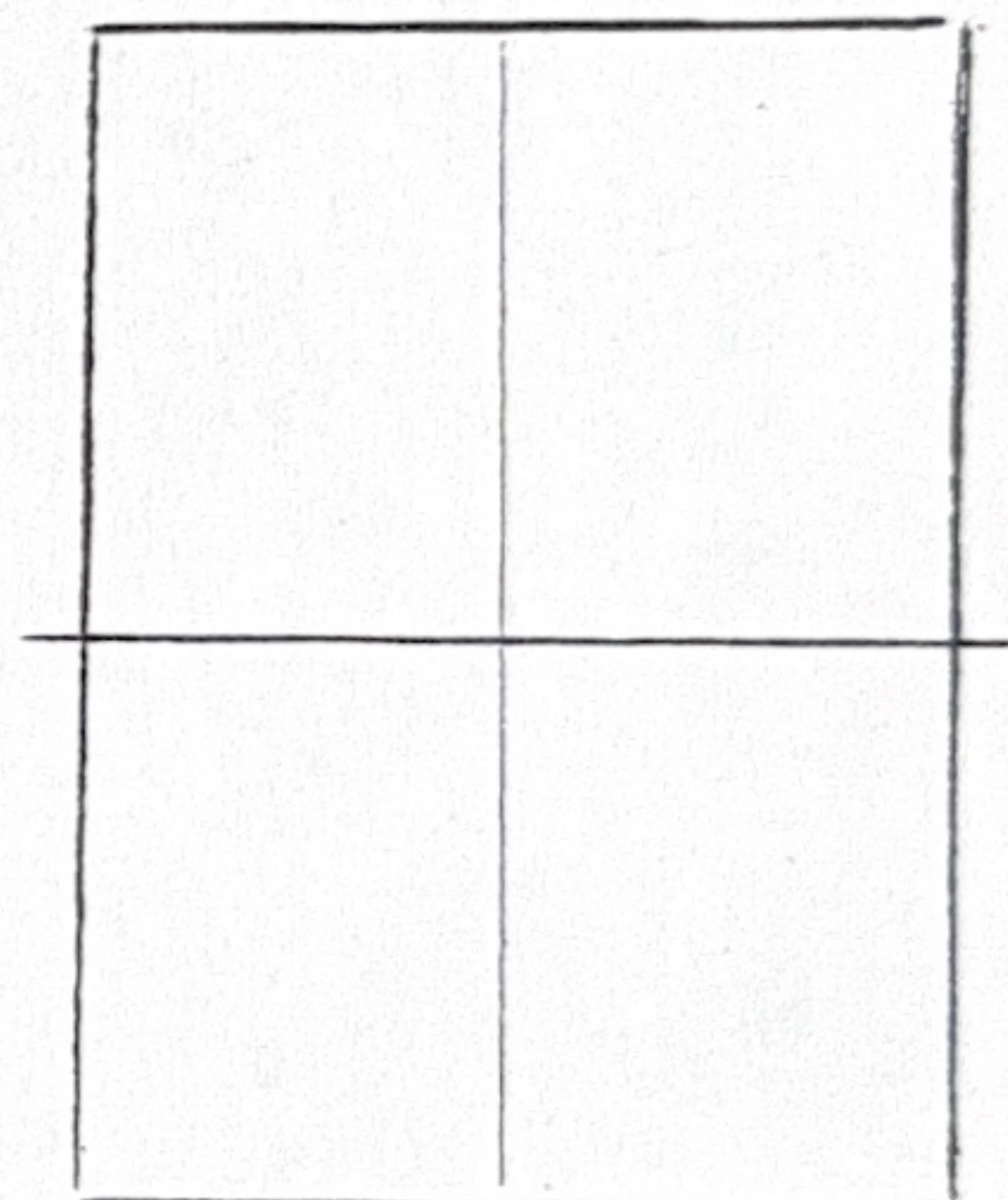
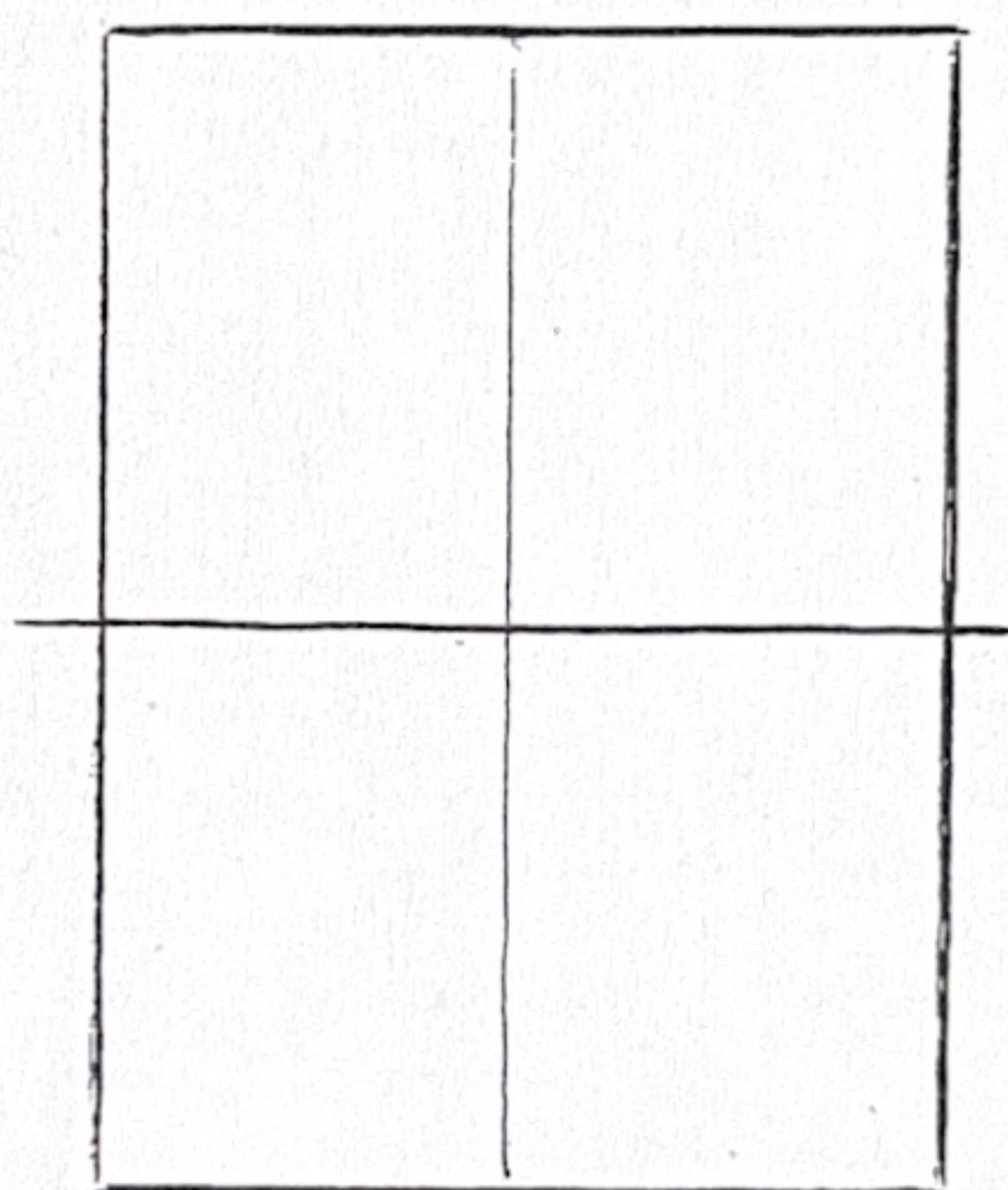
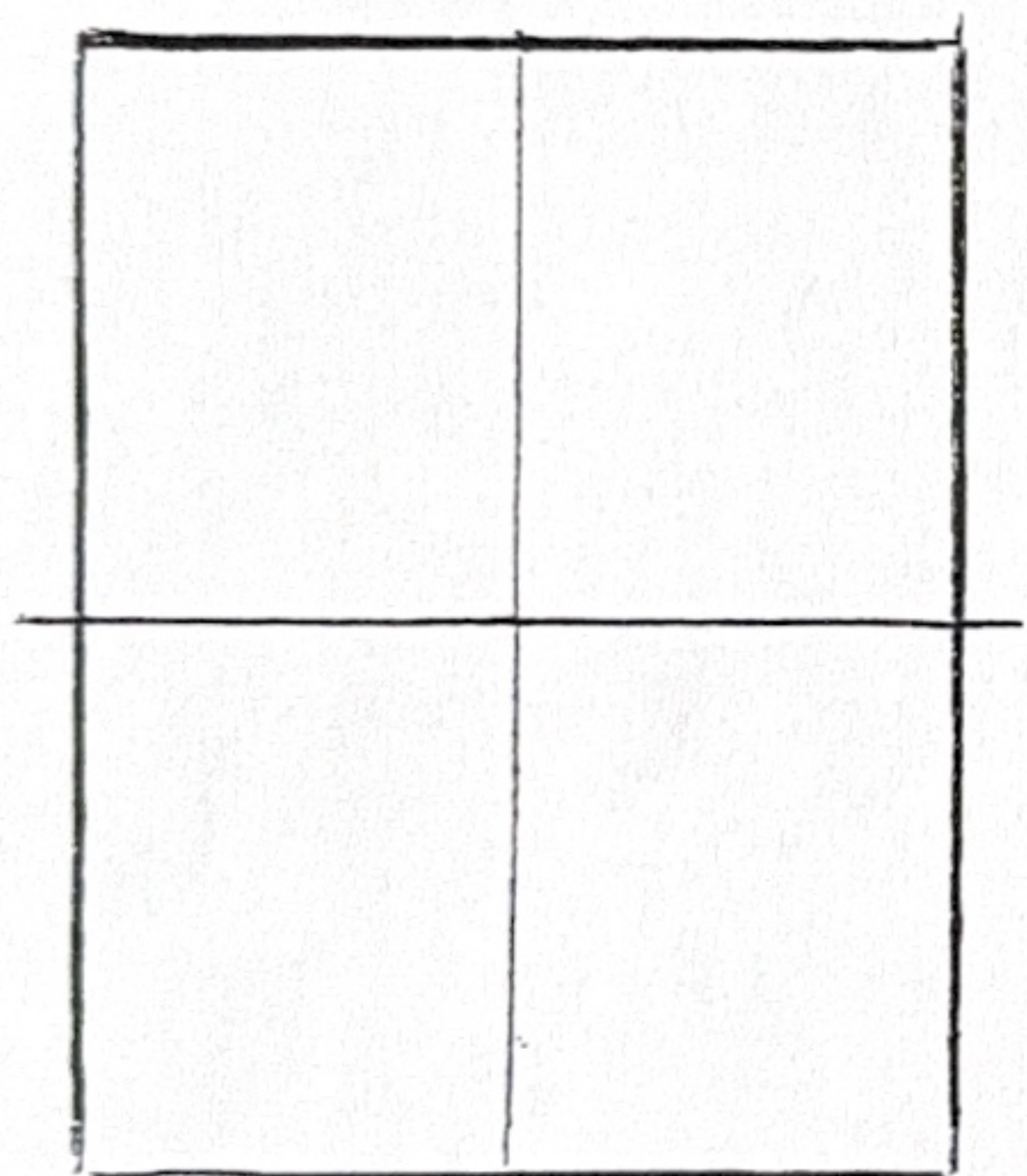


26.07.2026 SUNDAY

AUCKLAND MAX-PLAY TOURNAMENT

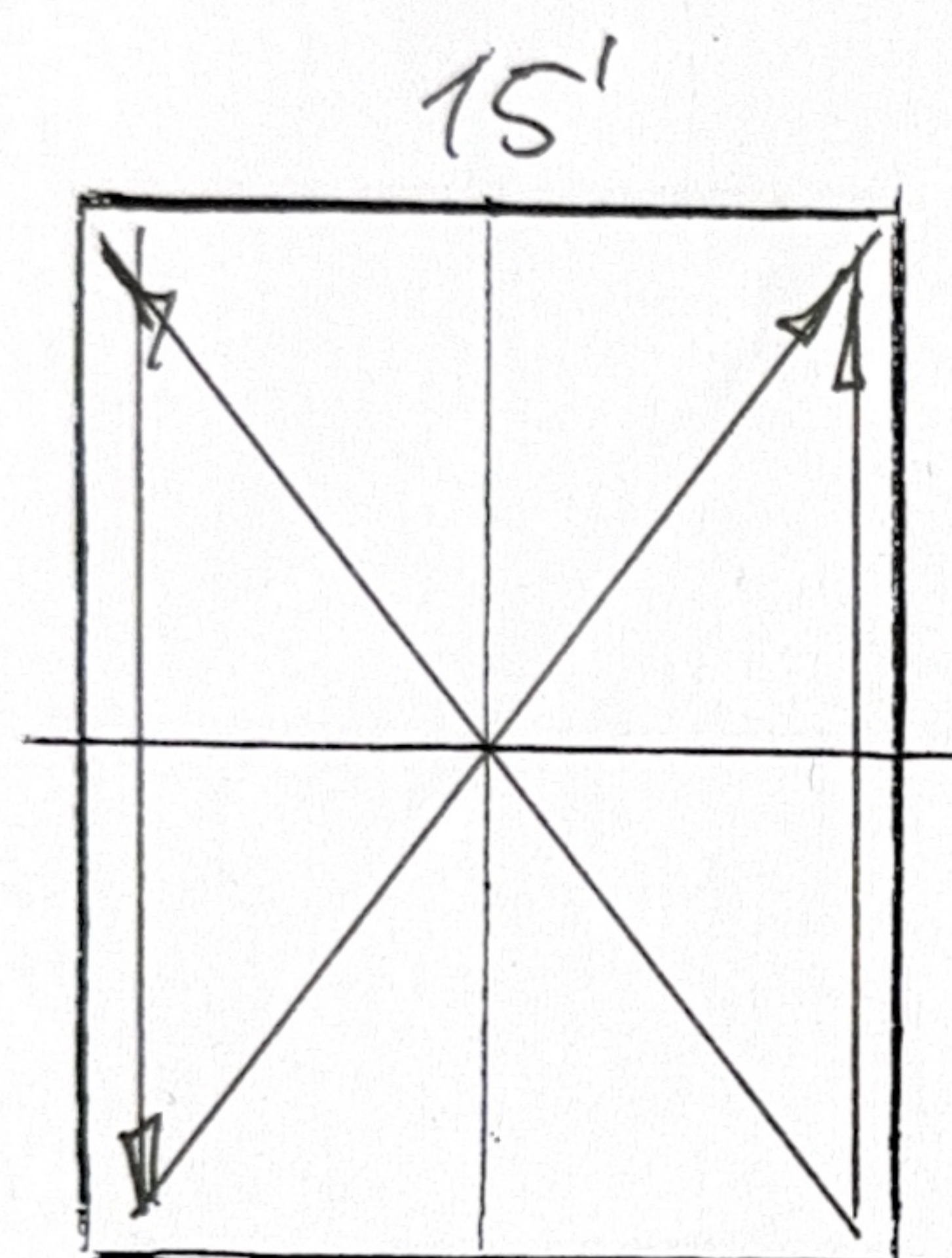
ALL SQUAD TRAINING CANCELLED



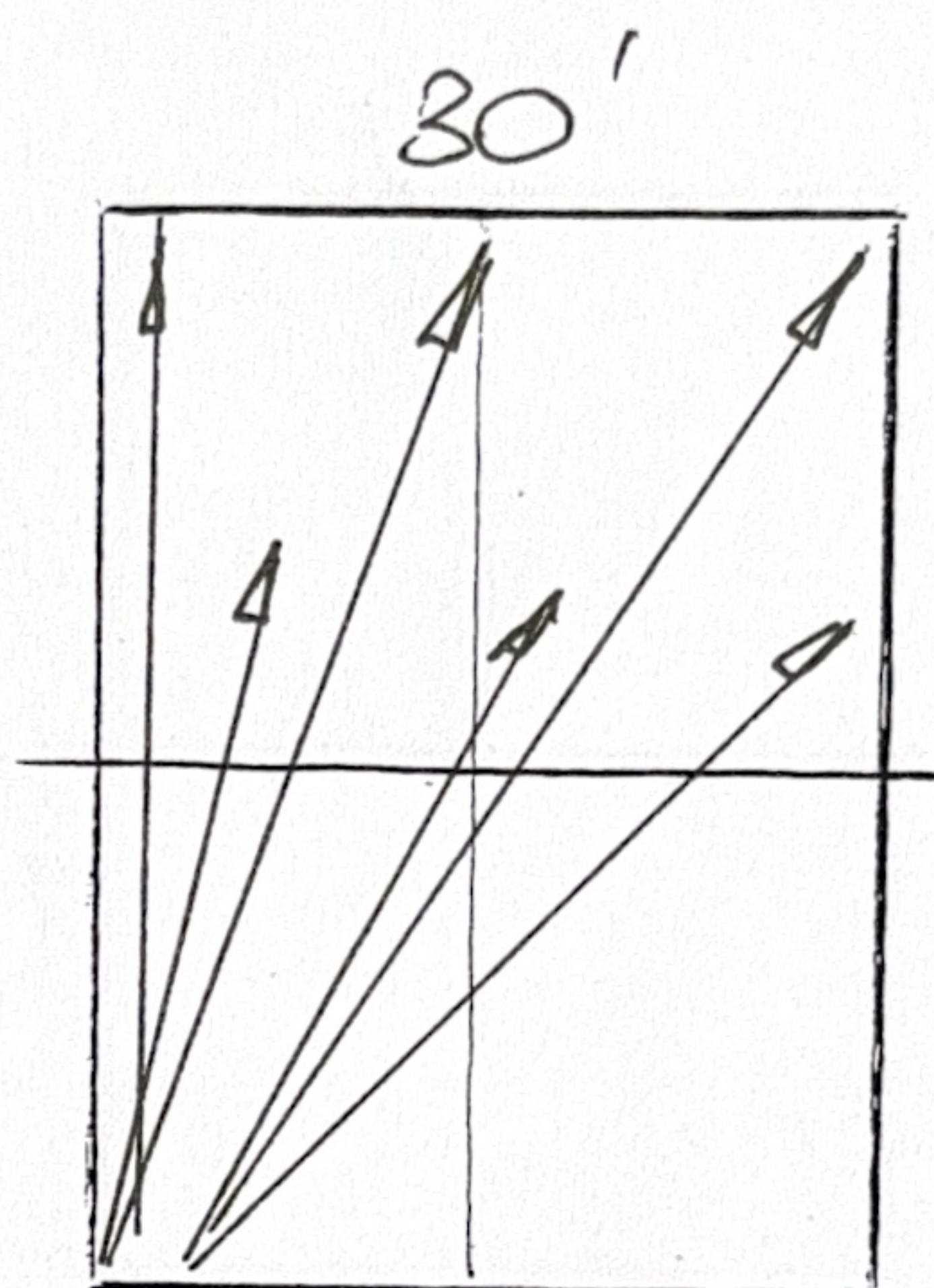
27.07.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

1. TACTICAL COMBINATIONS AGAINST DIFFERENT STAYS
(MULTIBALLS) 2. SERVE + RECEIVE PRACTICE

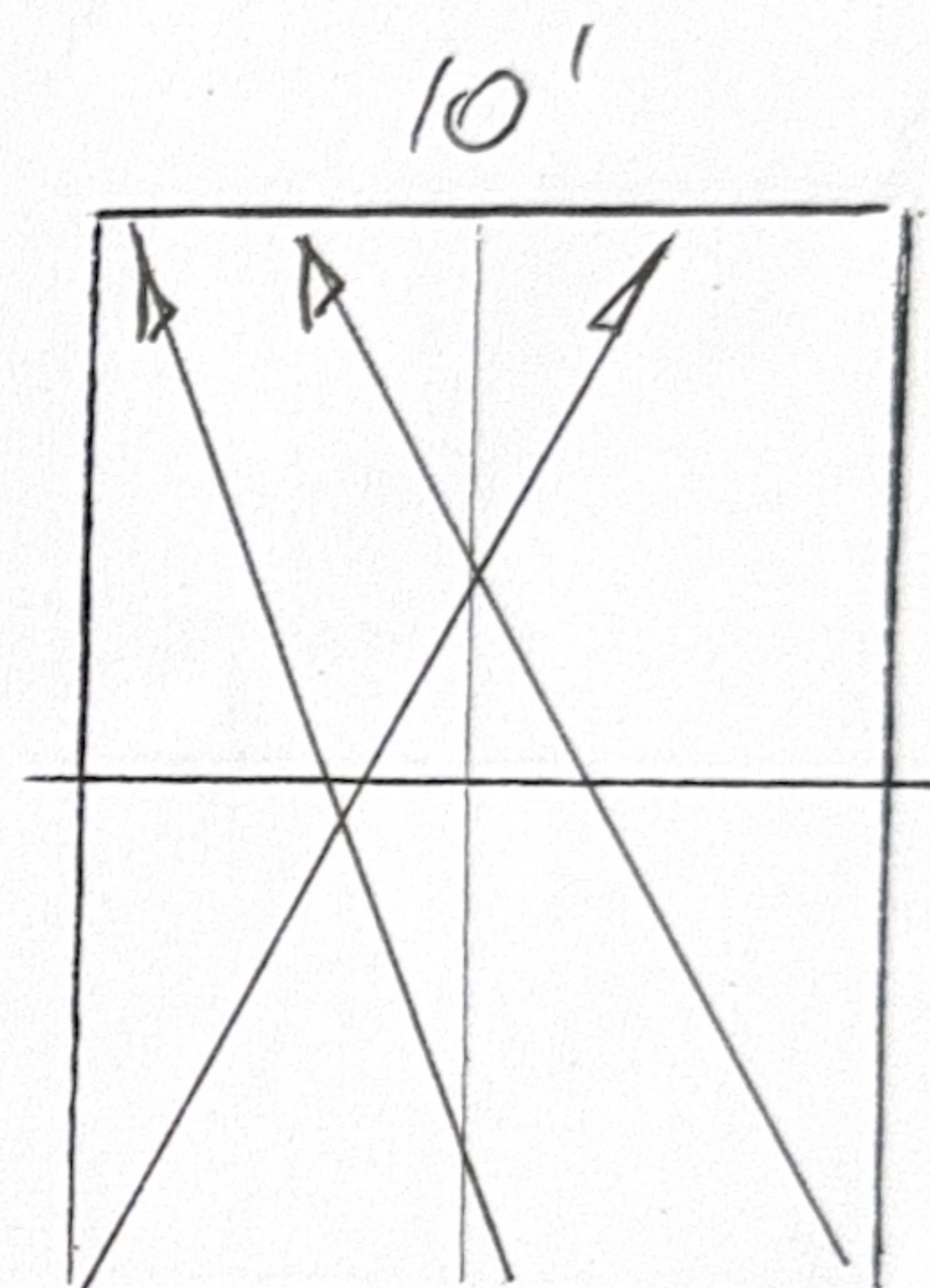
WARMING UP + THERABANDS, FOOTWORK 5'x25'x20'



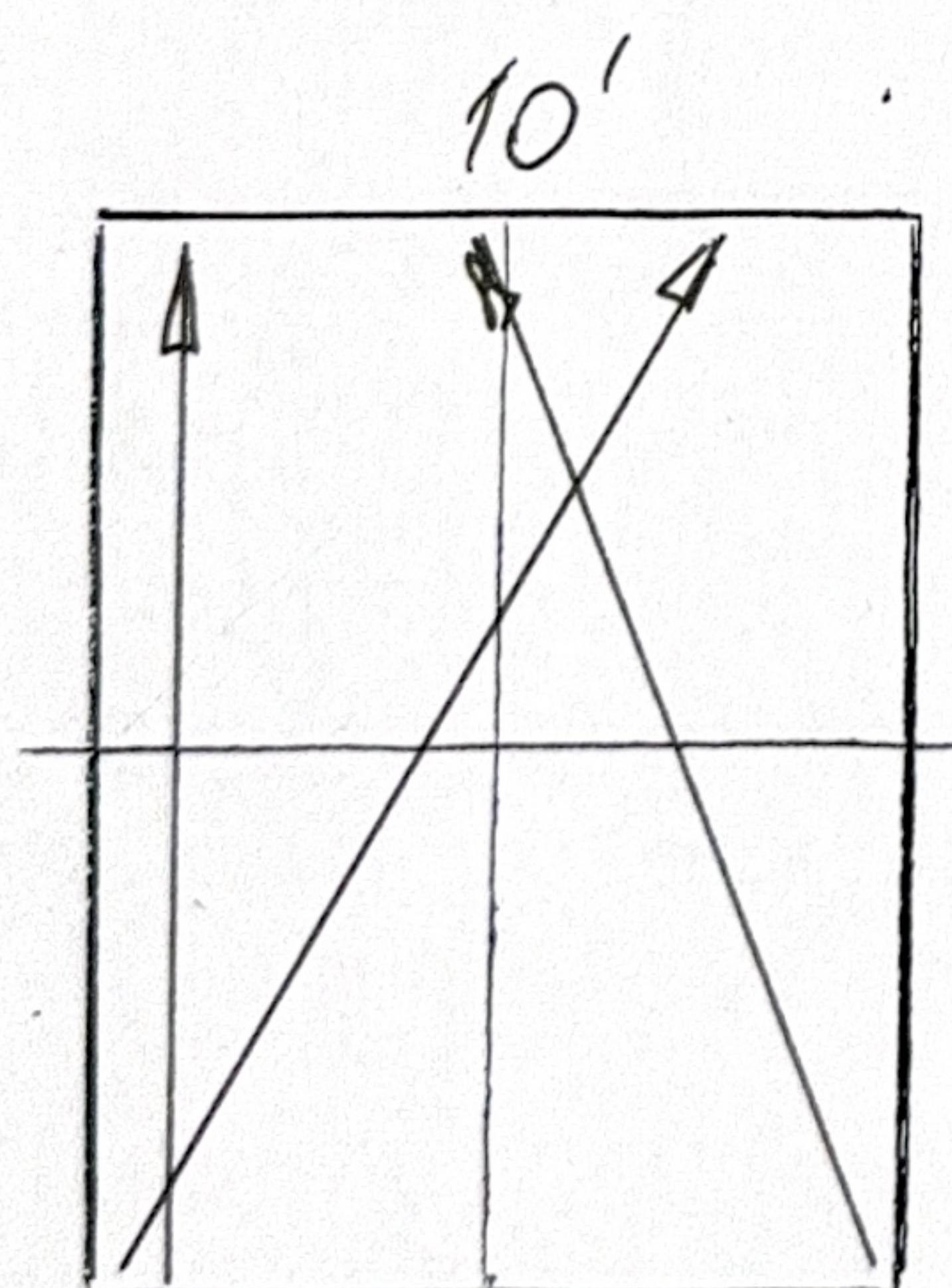
BH DOWN THE FH
SI LINE SI SI



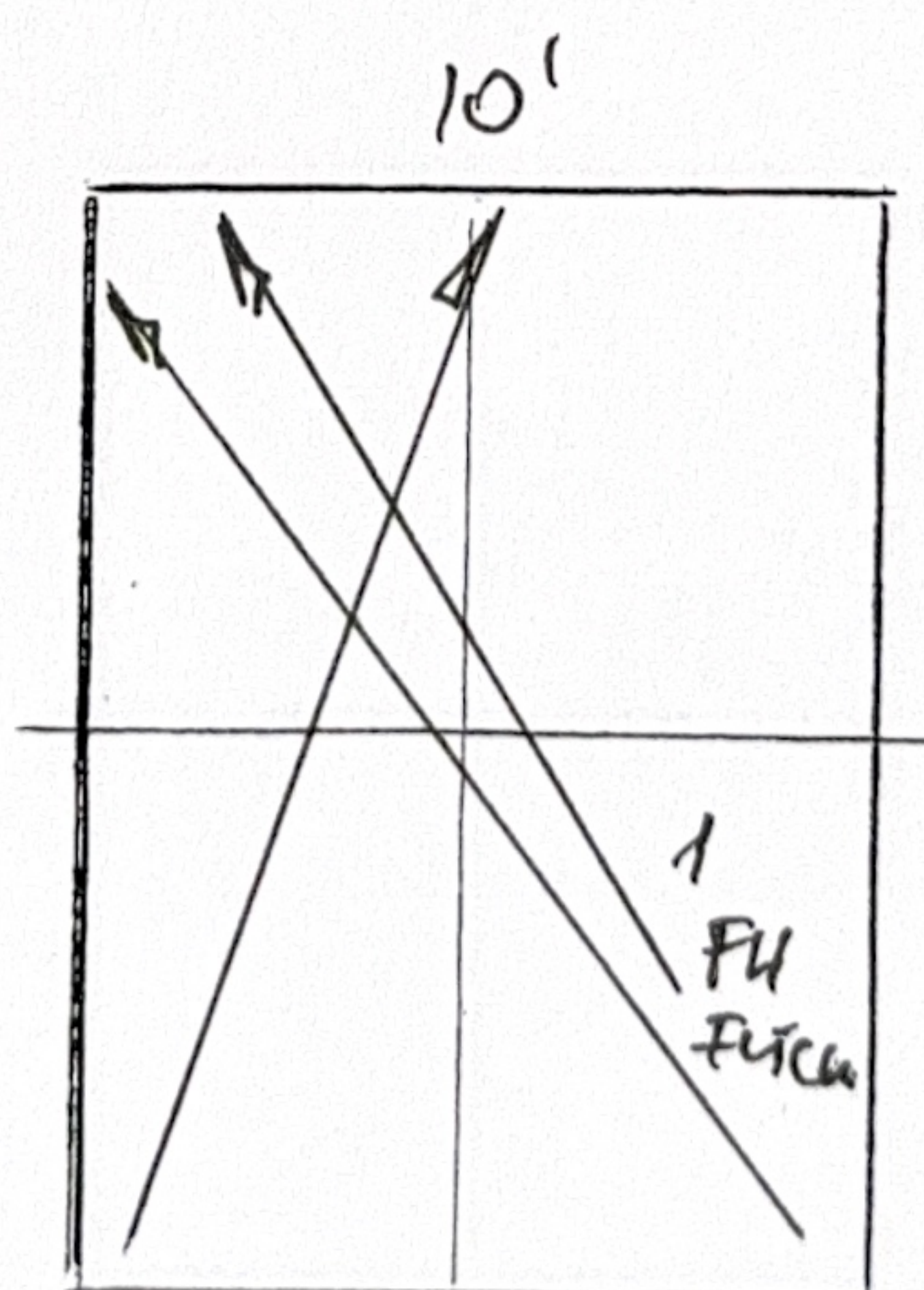
SERVE SHORTS 15'
LONG 15'



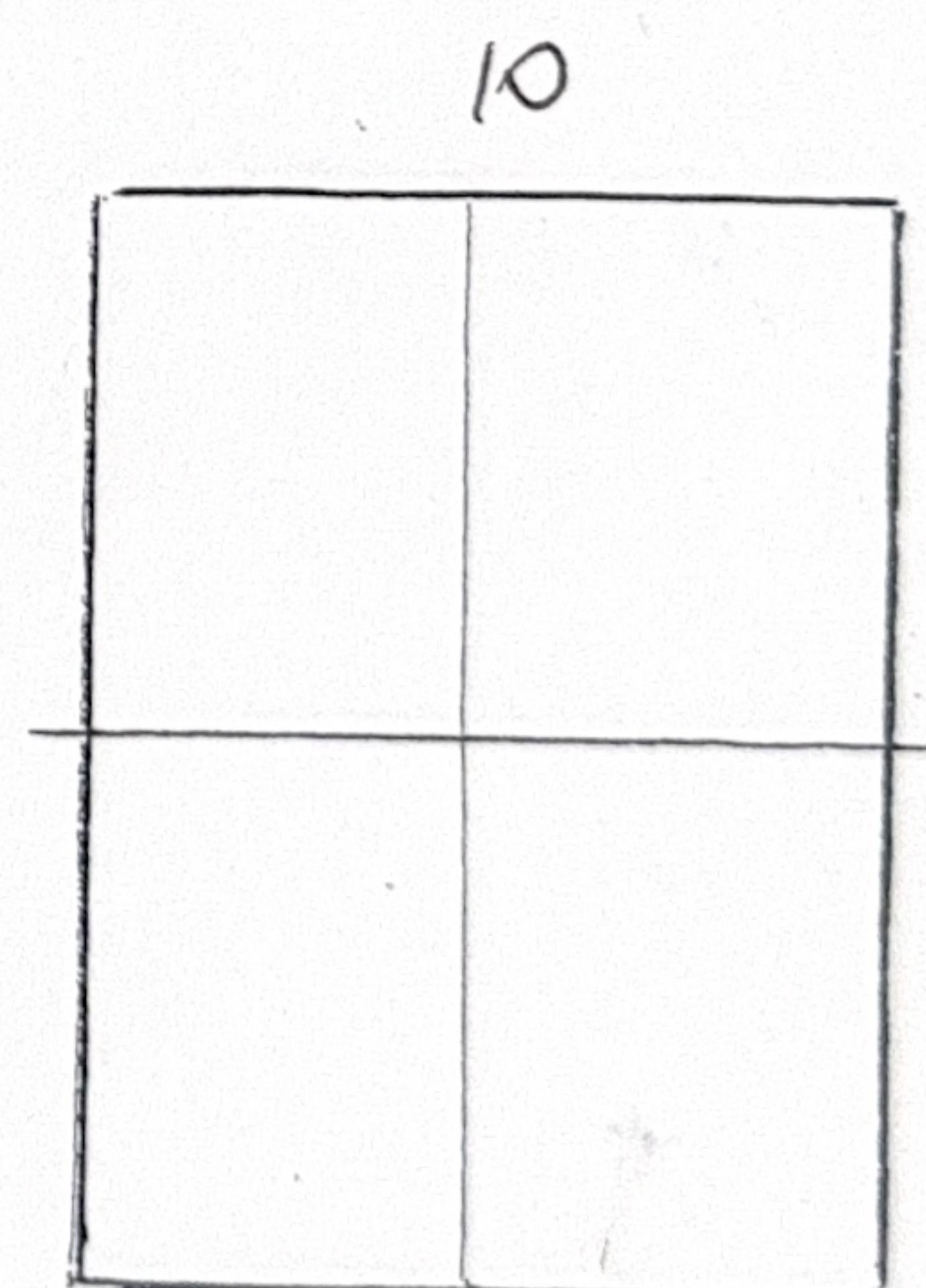
BH 3 FHS 1 FHS 2
VS FIS VS BIS VS FIS



BKS 1 VS BIS FHS 3
BKS 2 VS BIS



BKS 2 FHS 3



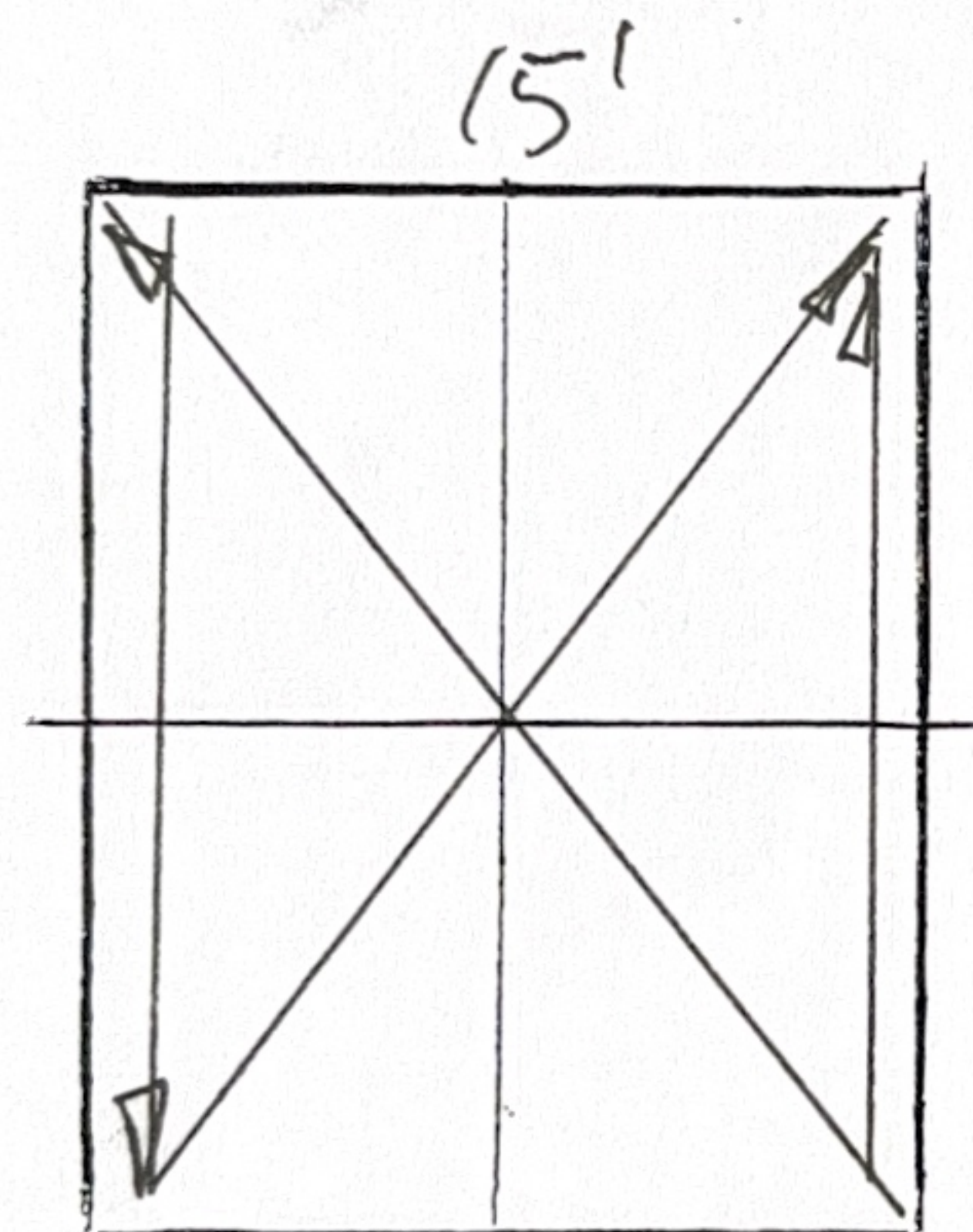
INDIVIDUAL

28.07.2026 WEDNESDAY 17.00-19.00 INTERMEDIATE SQUAD

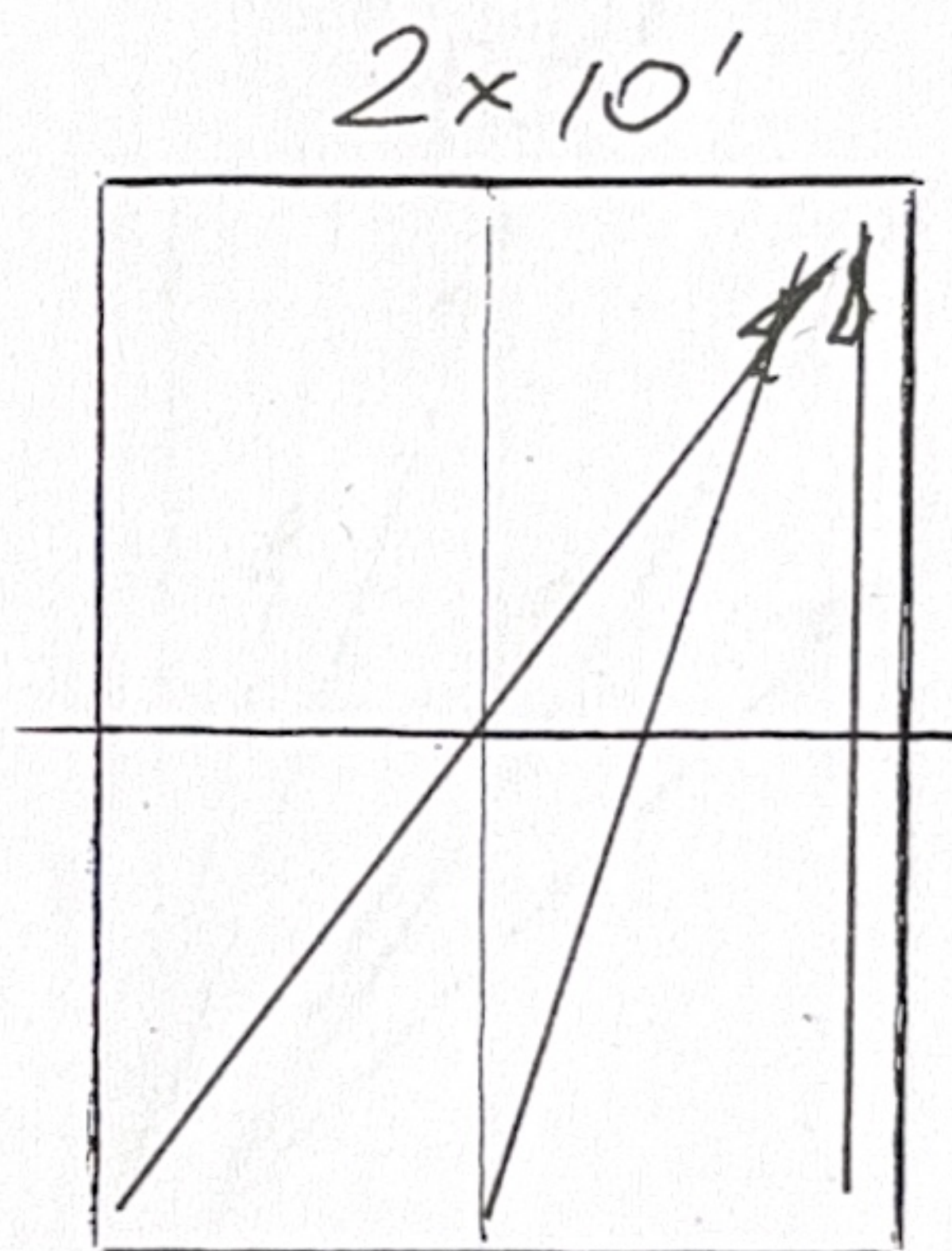
1. FOOTWORK SIDE TO SIDE, PIVOT. 2. TECHNIQUE

3. ⁹⁴ 3 BALL ATTACK.

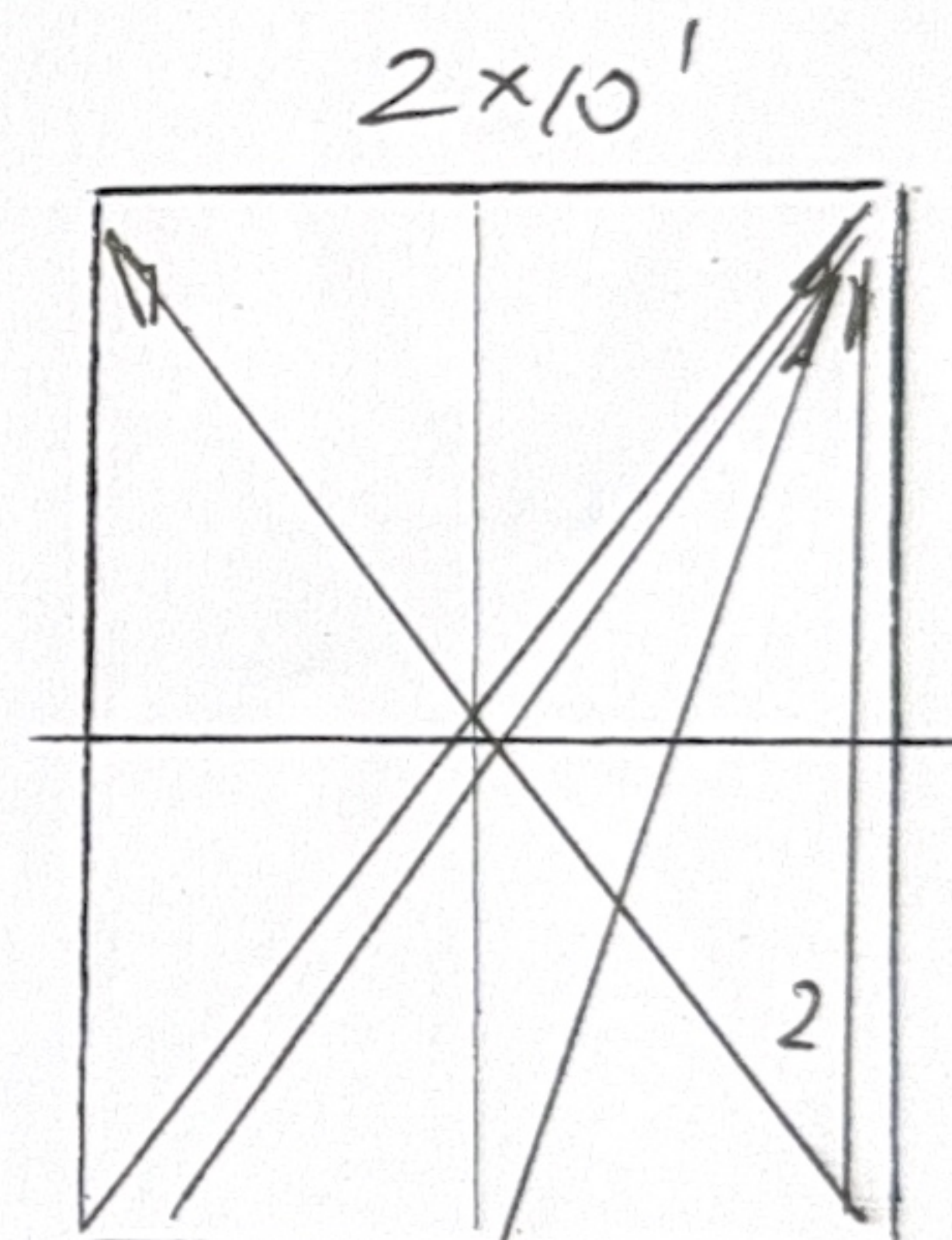
WARMING-UP - 7 OVERBANDS, FOOTWORK 5x25x25



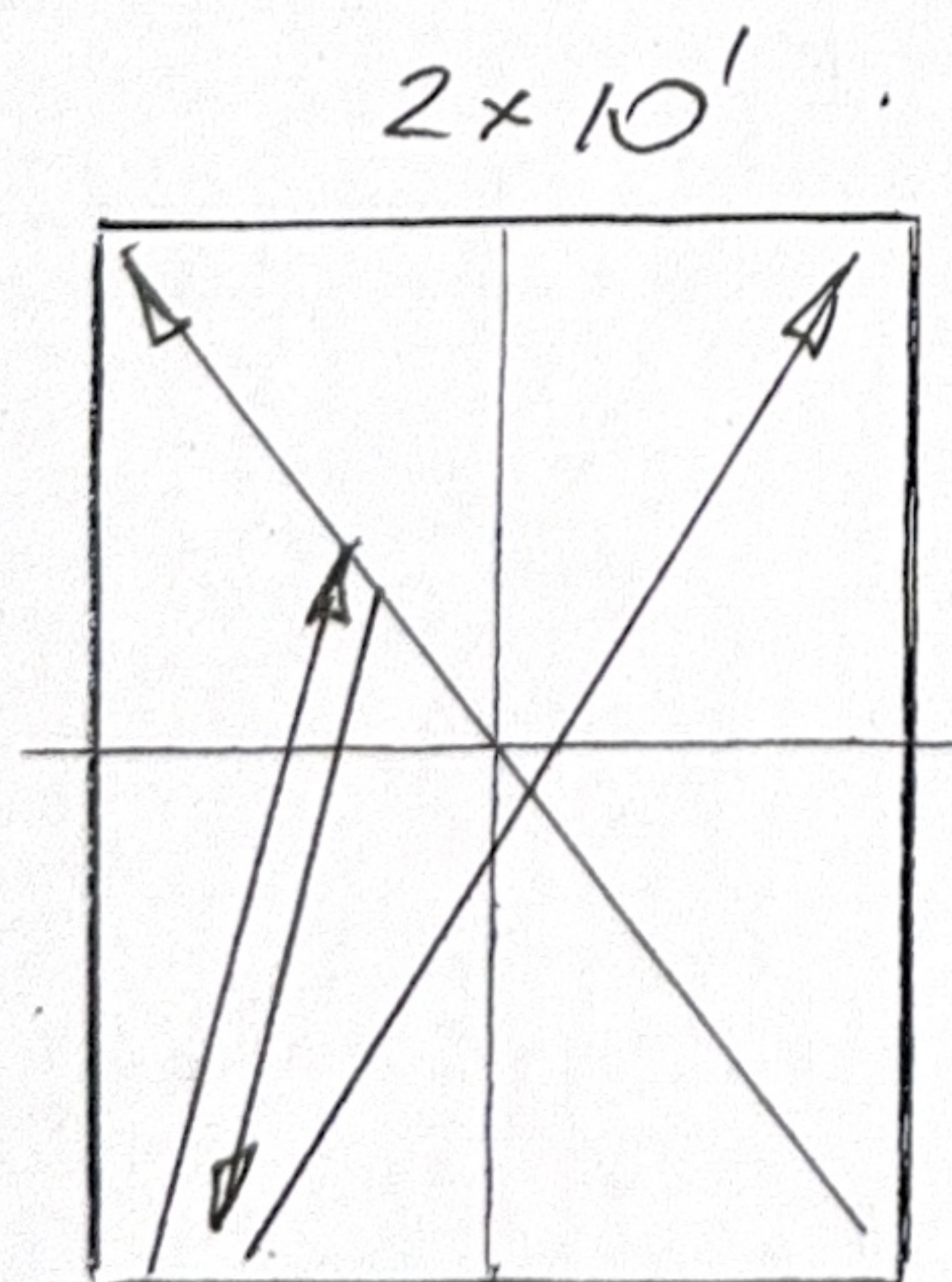
BH DOWN THE FH
51 LINE 51 51



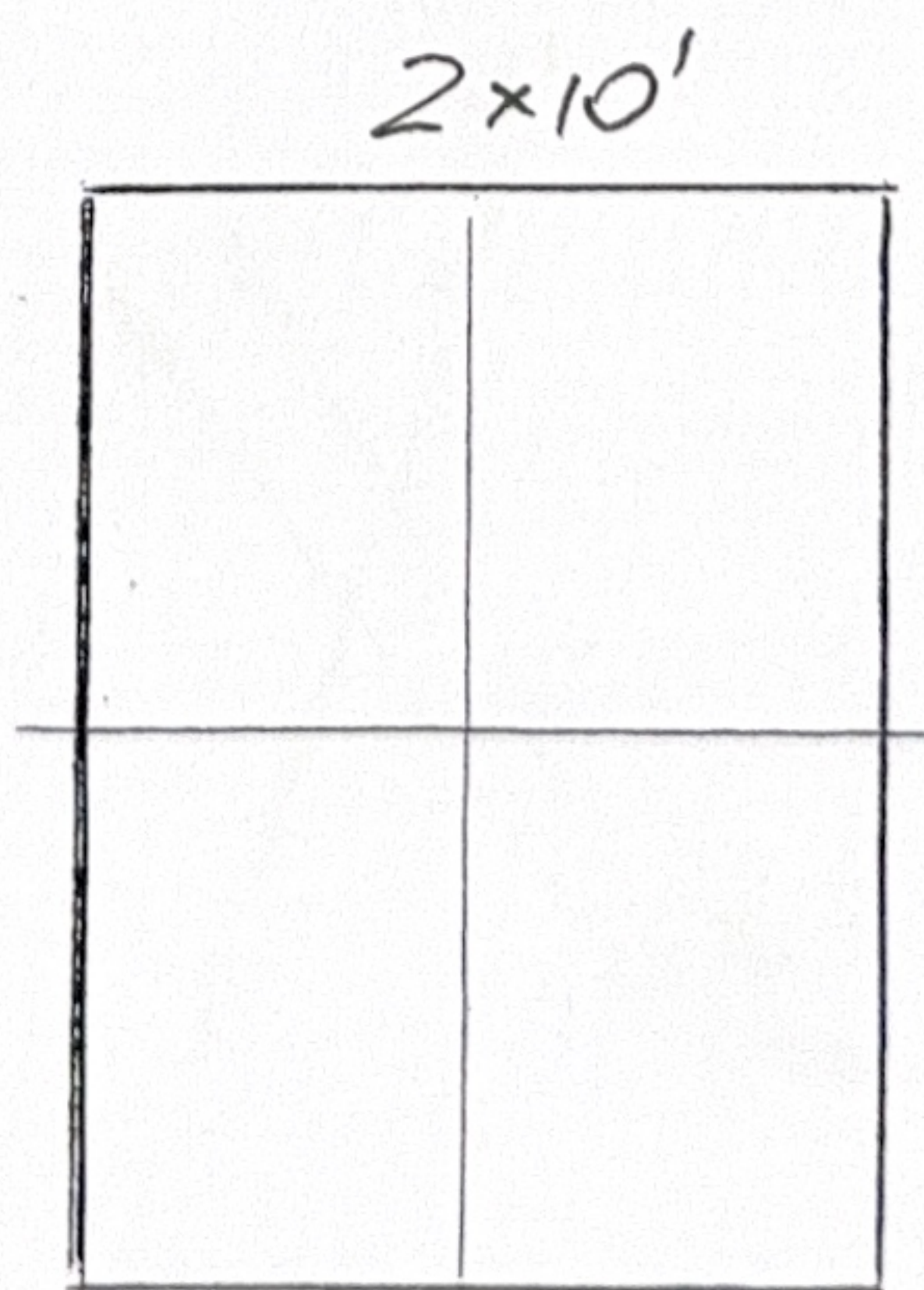
FHS FHS FHS
3,7 2,4,6 1,5



BH FHS FHS
1,3,5 4 2,7
FHS 6 AFTER FRACS
POINT FREE



SERVE FHS
FHS 1 2
(BUS)



INDIVIDUAL

