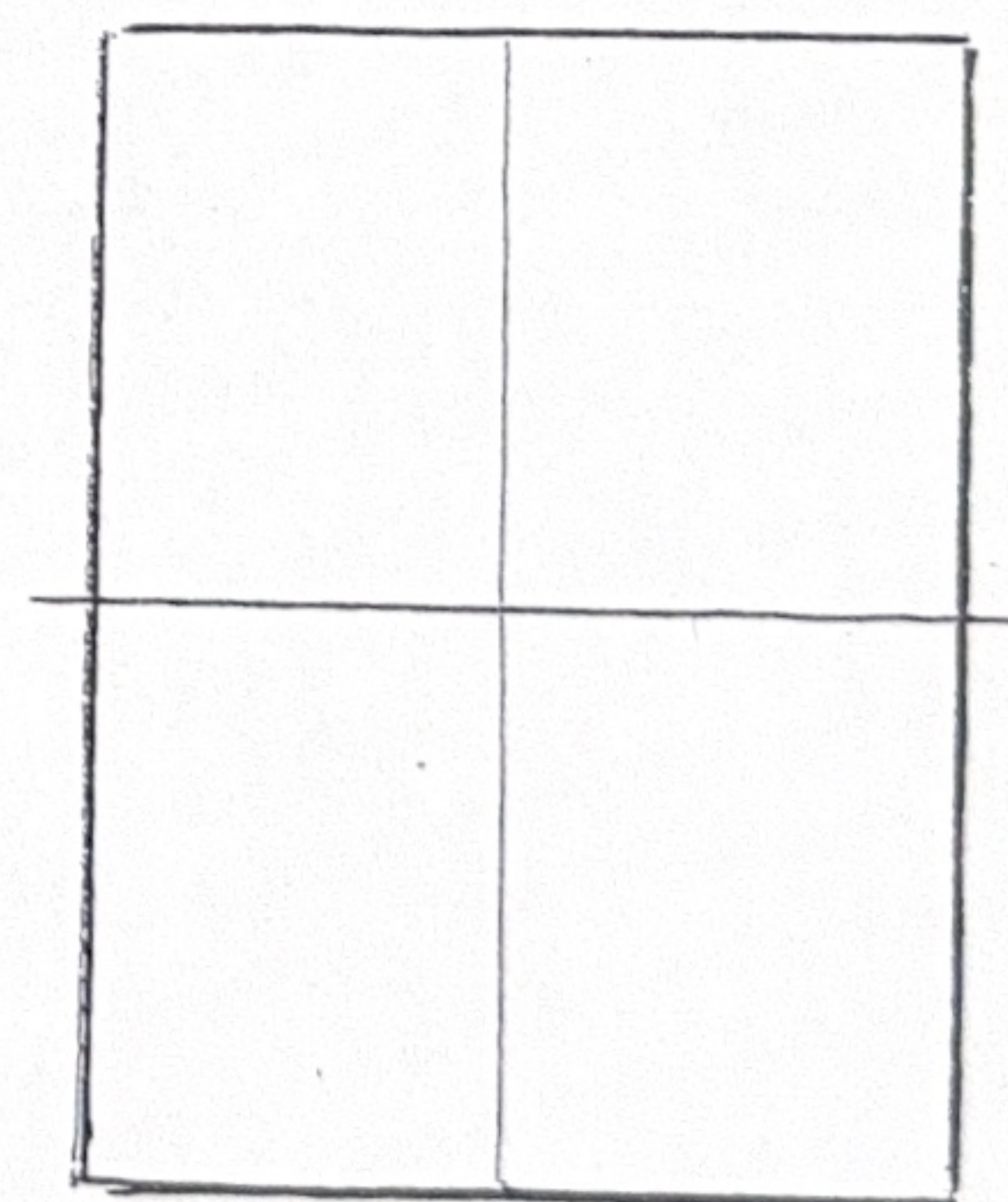
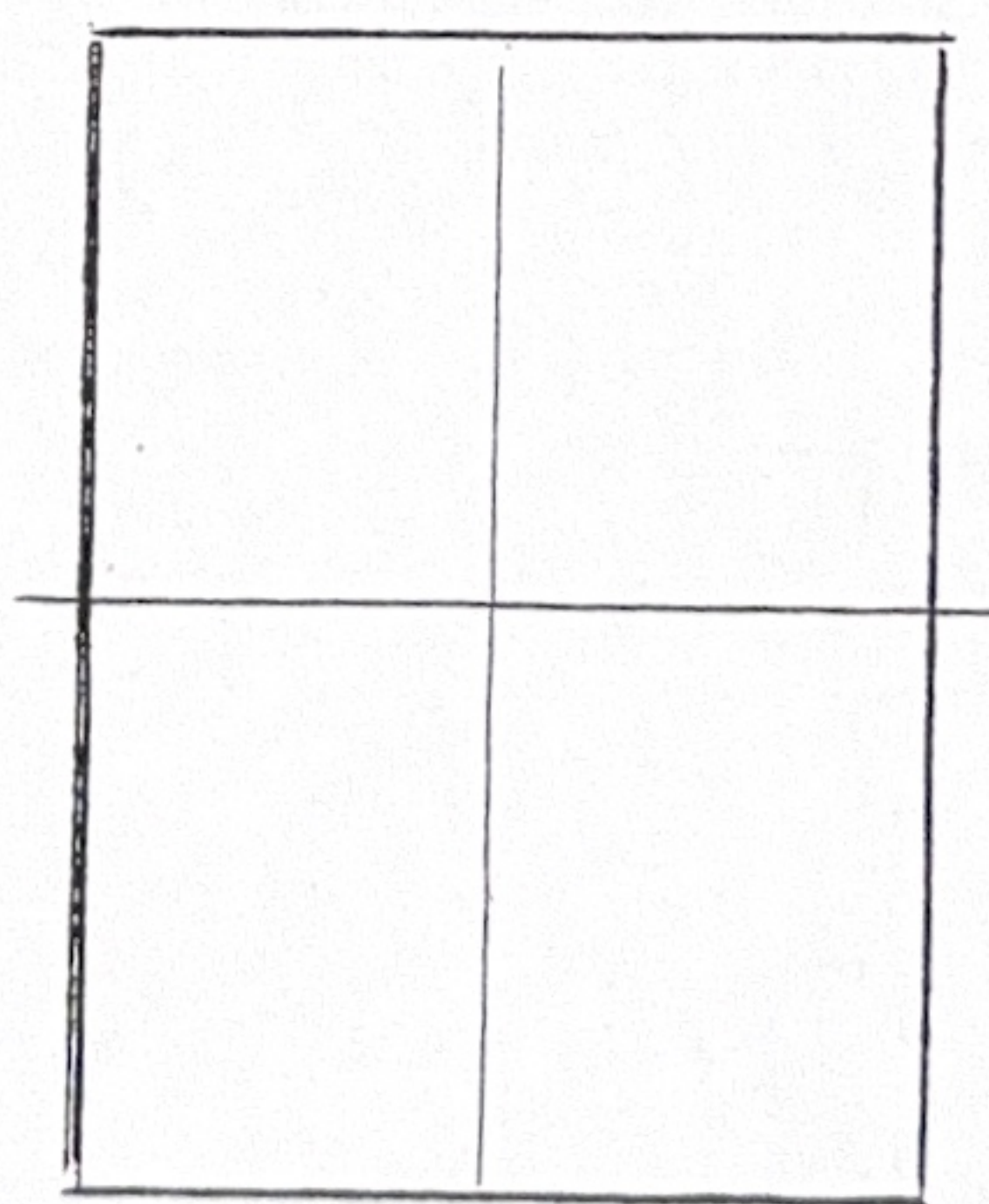
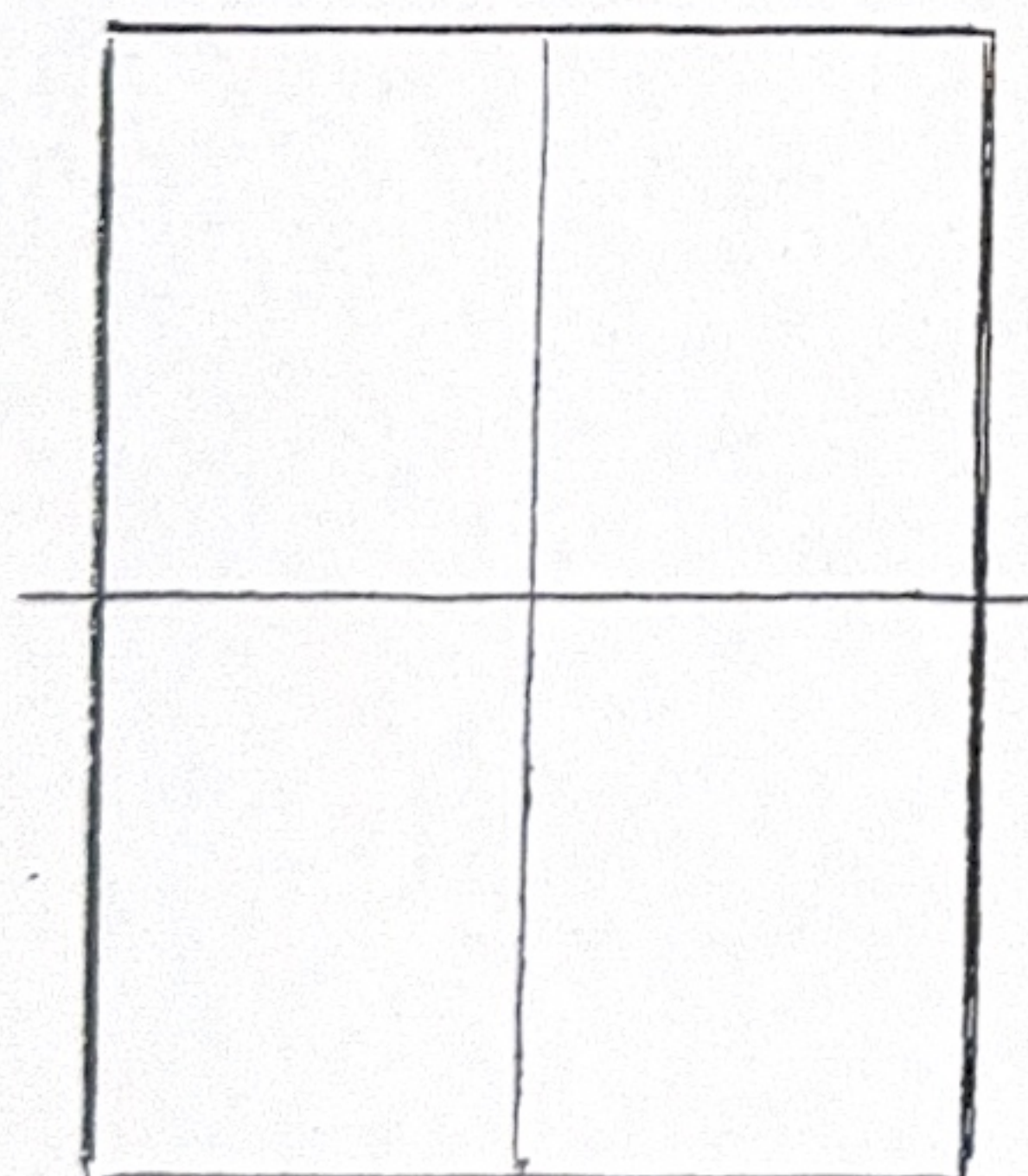
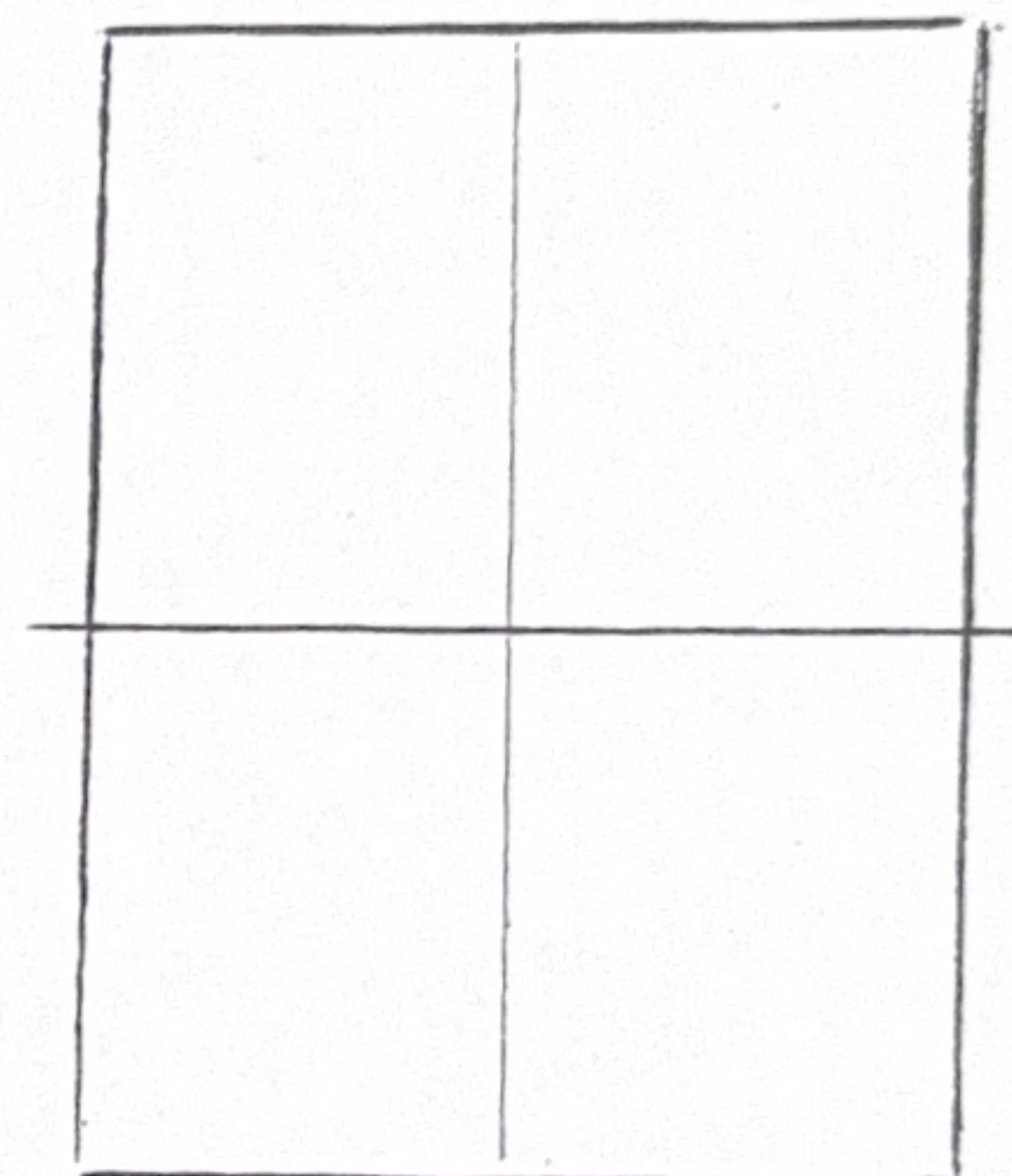
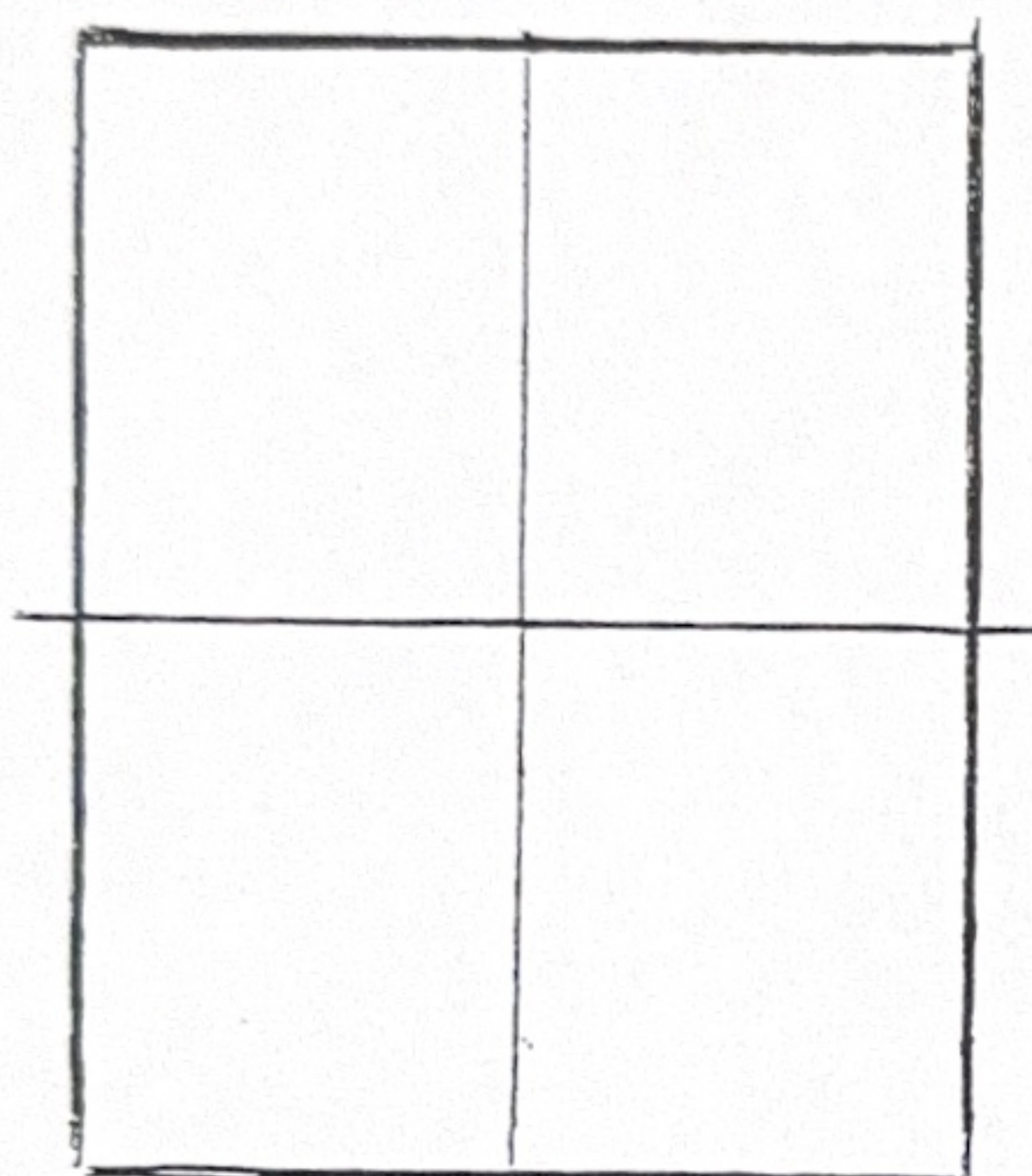


2.08.2026 SUNDAY 15.30-18.00 ECLIPSE SQUAD

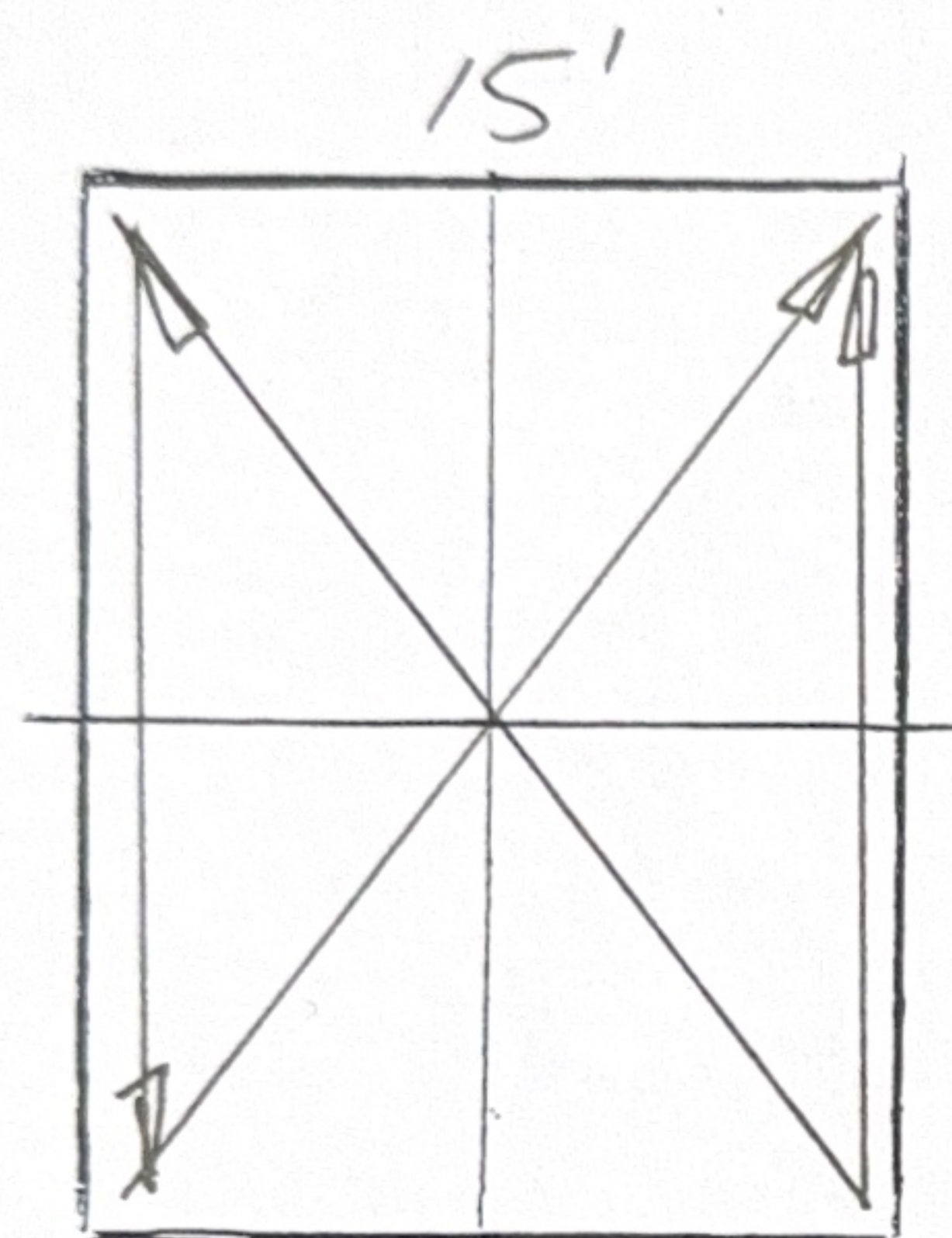
QUALIFICATION 3



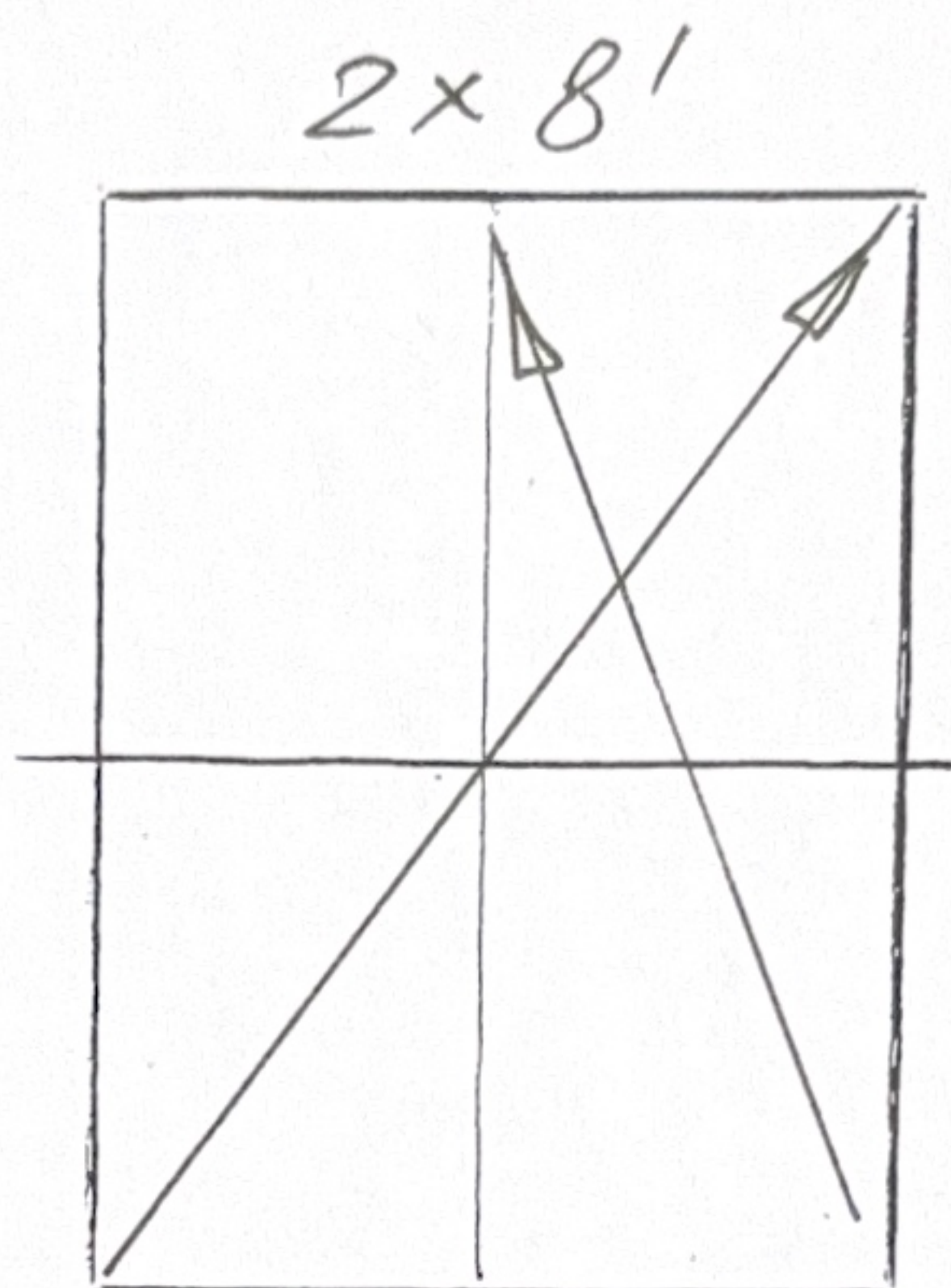
4.08.2026 TUESDAY 19.15.-21.15 ELITE SQUAD

1. TECHNIQUE 2. STABILIFY, 3. PLACEMENT

WARMING-UP: THERABANDS, FOOTWORK SPEED 6x20"x30"

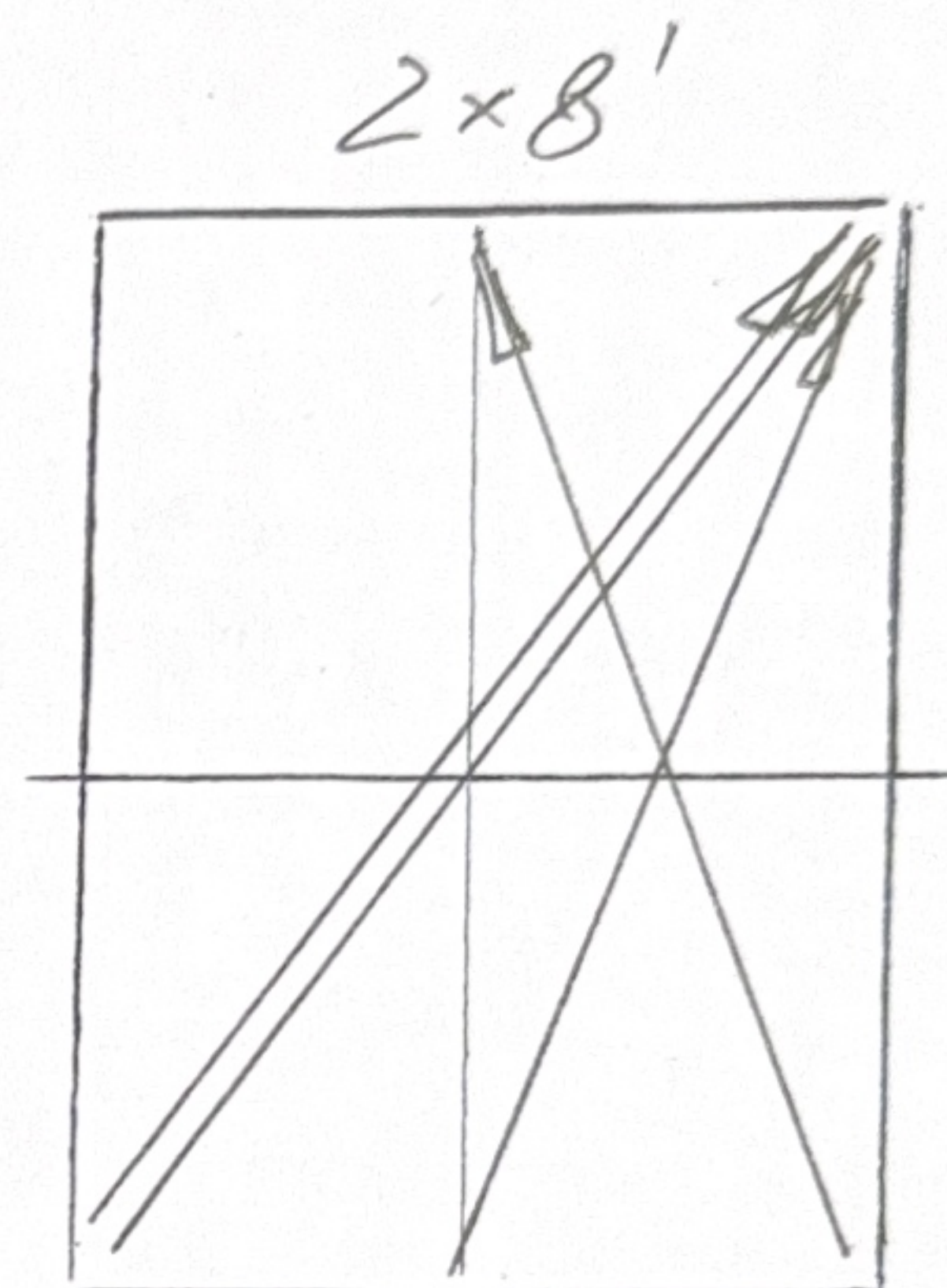


BH DOWN ONE FH
5' LINE 5' 5'



BH
1

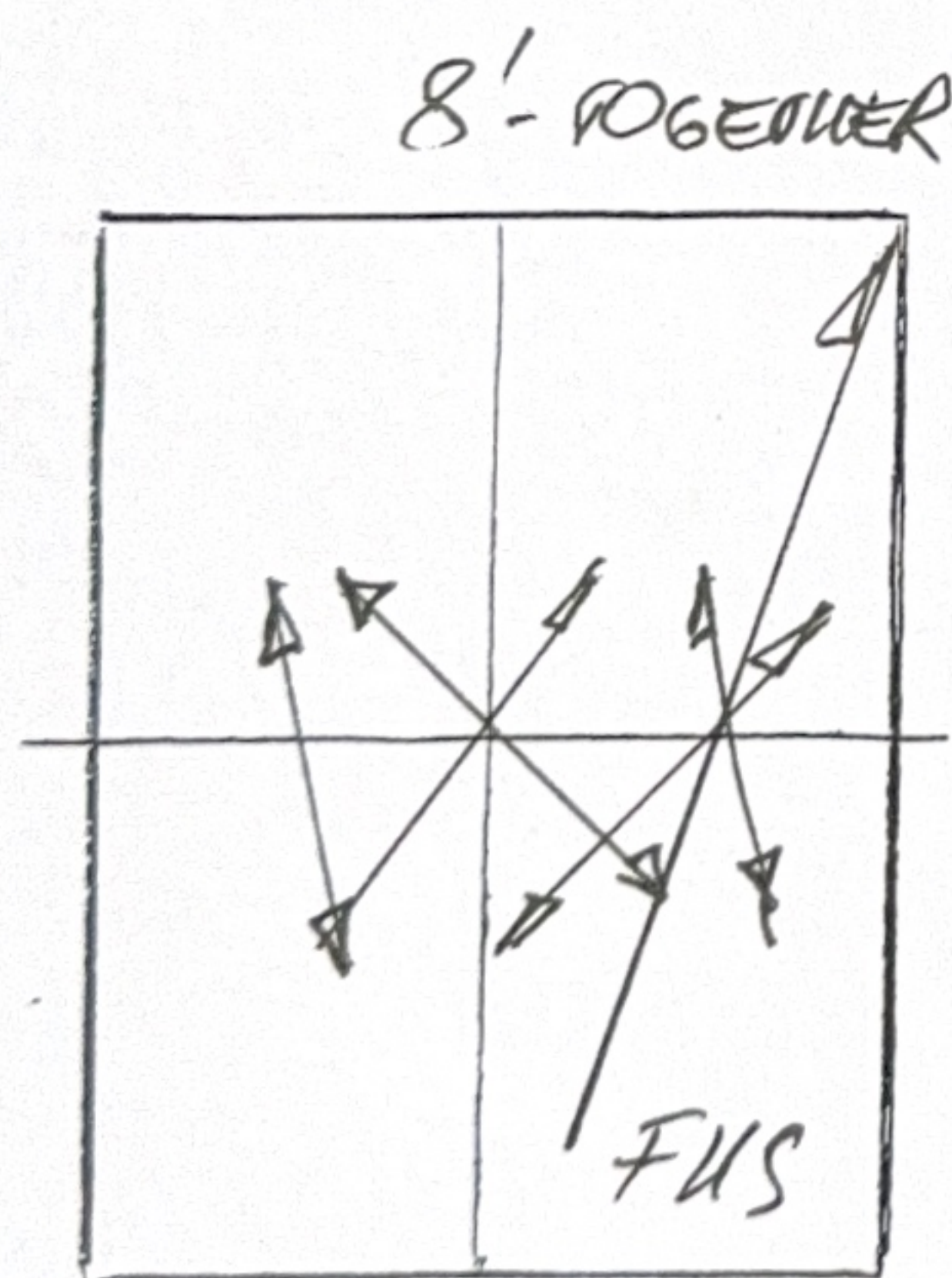
FHS
2



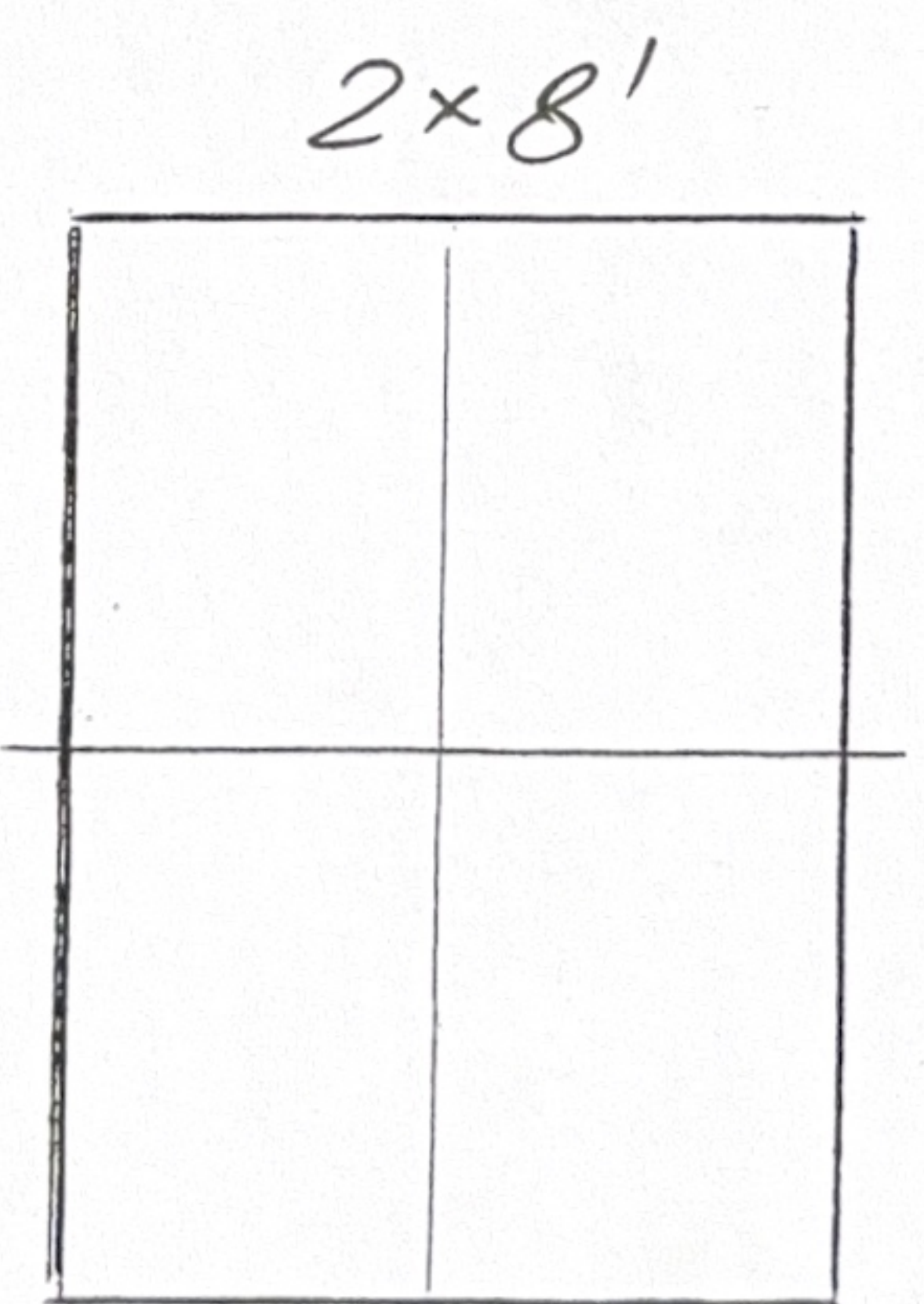
BH
1,2
4,5

FHS
3

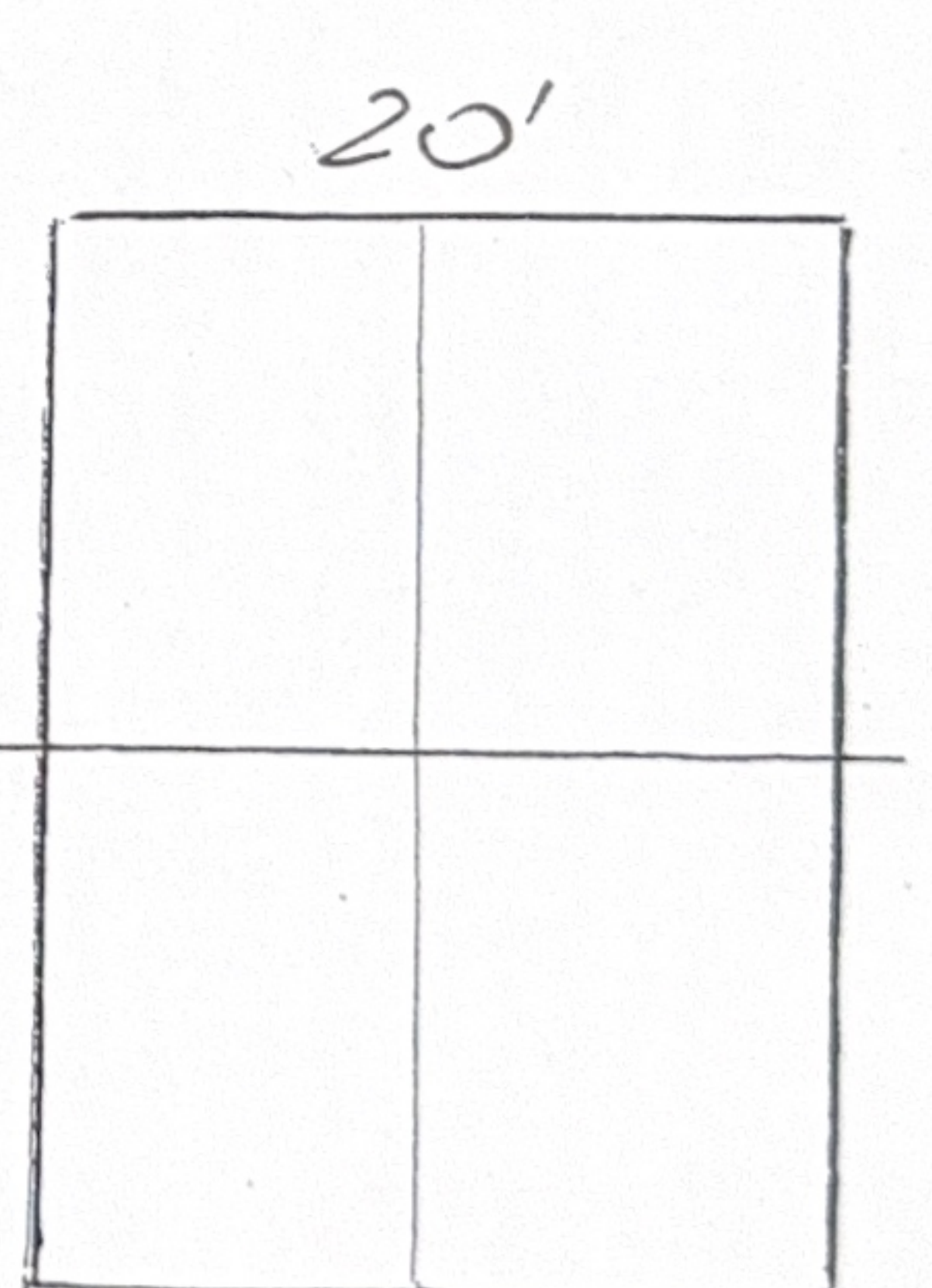
FHS
6



SHORT-SHORT
AND OPEN FROM
1/2 LONG
+ FREE
BY 2 MISTAKES



INDIVIDUAL
FROM
SERVICE

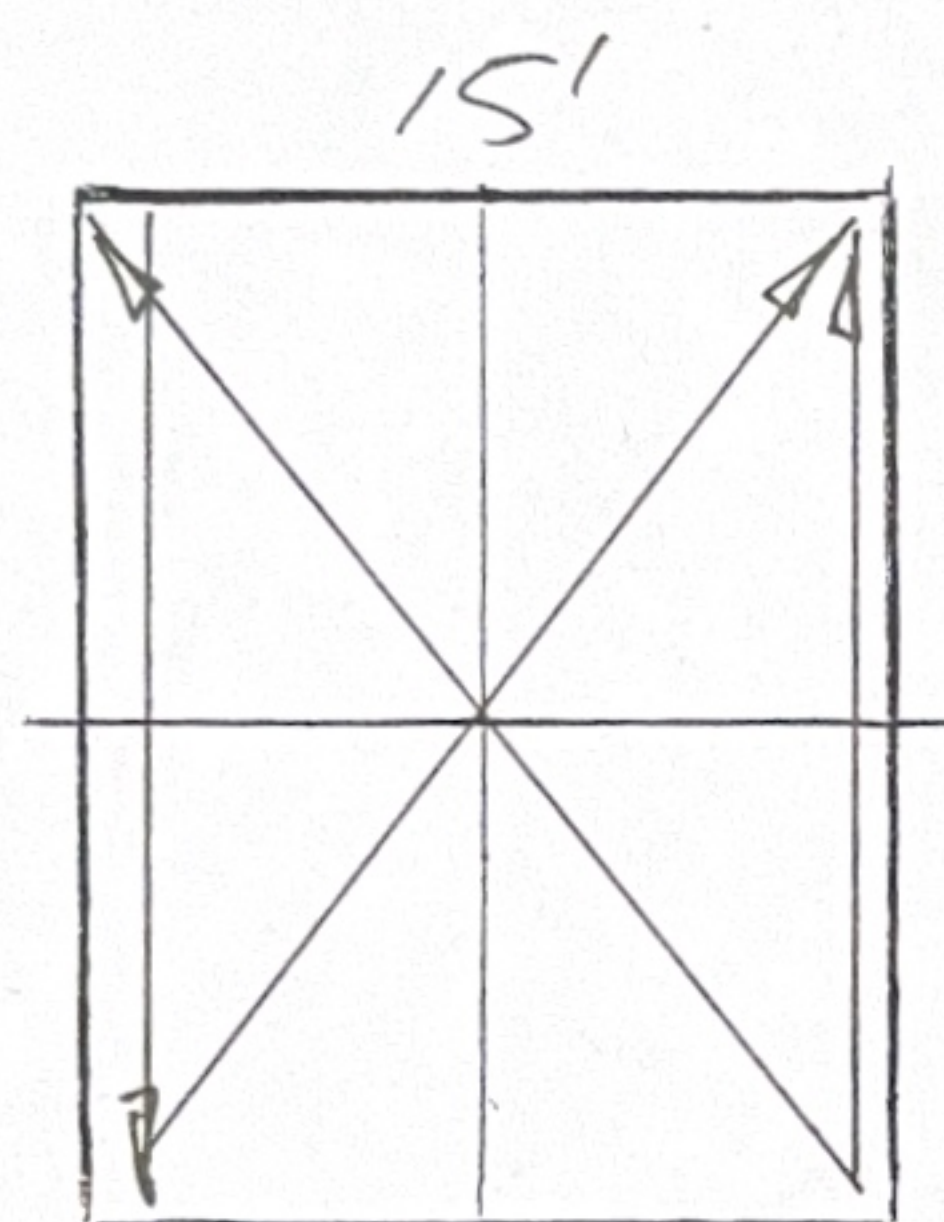


UP TO 3 POINTS
SEGS

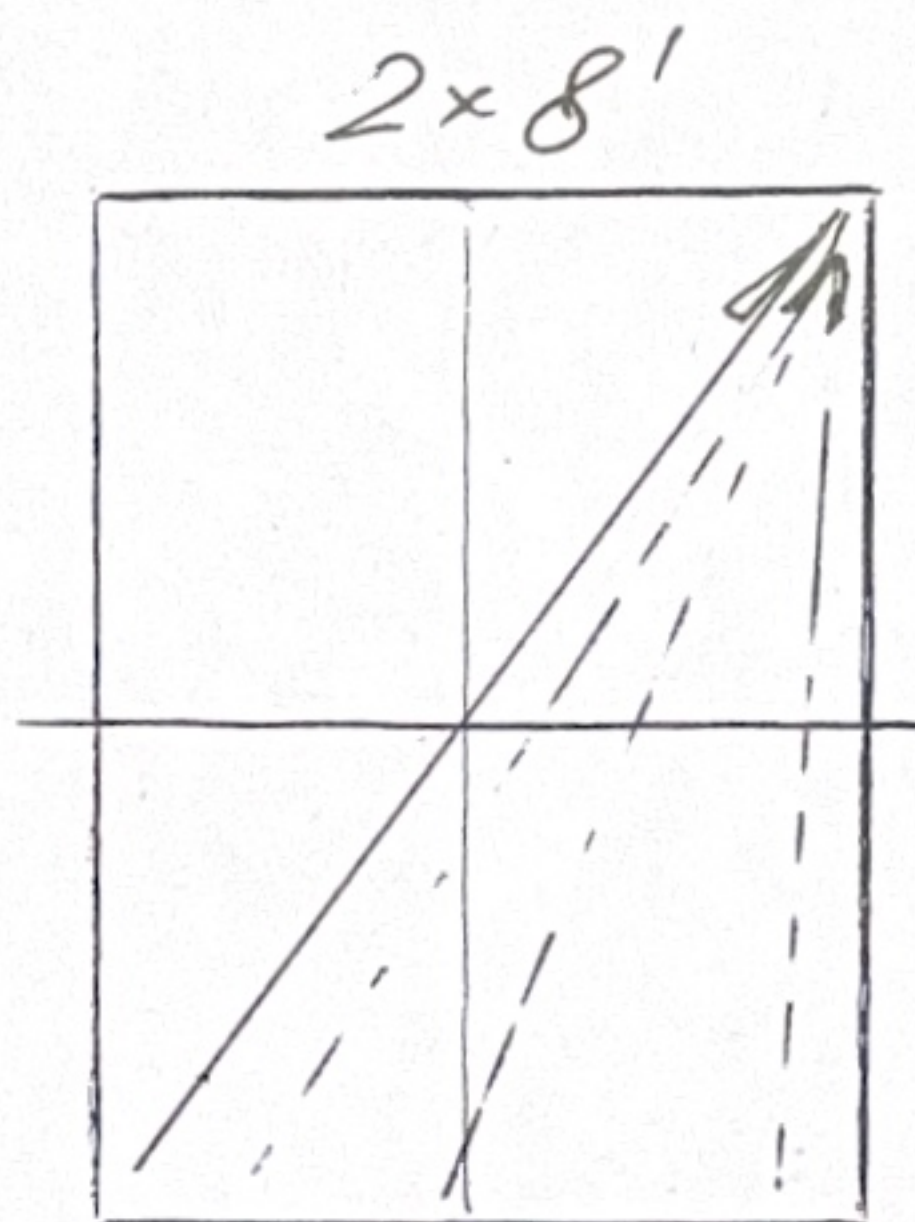
8.08.2026 SATURDAY 15.30-18.00 ECIFE SQUAD

1. REACTION 2. BALANCE 3. INDIVIDUAL FROM SERVICE

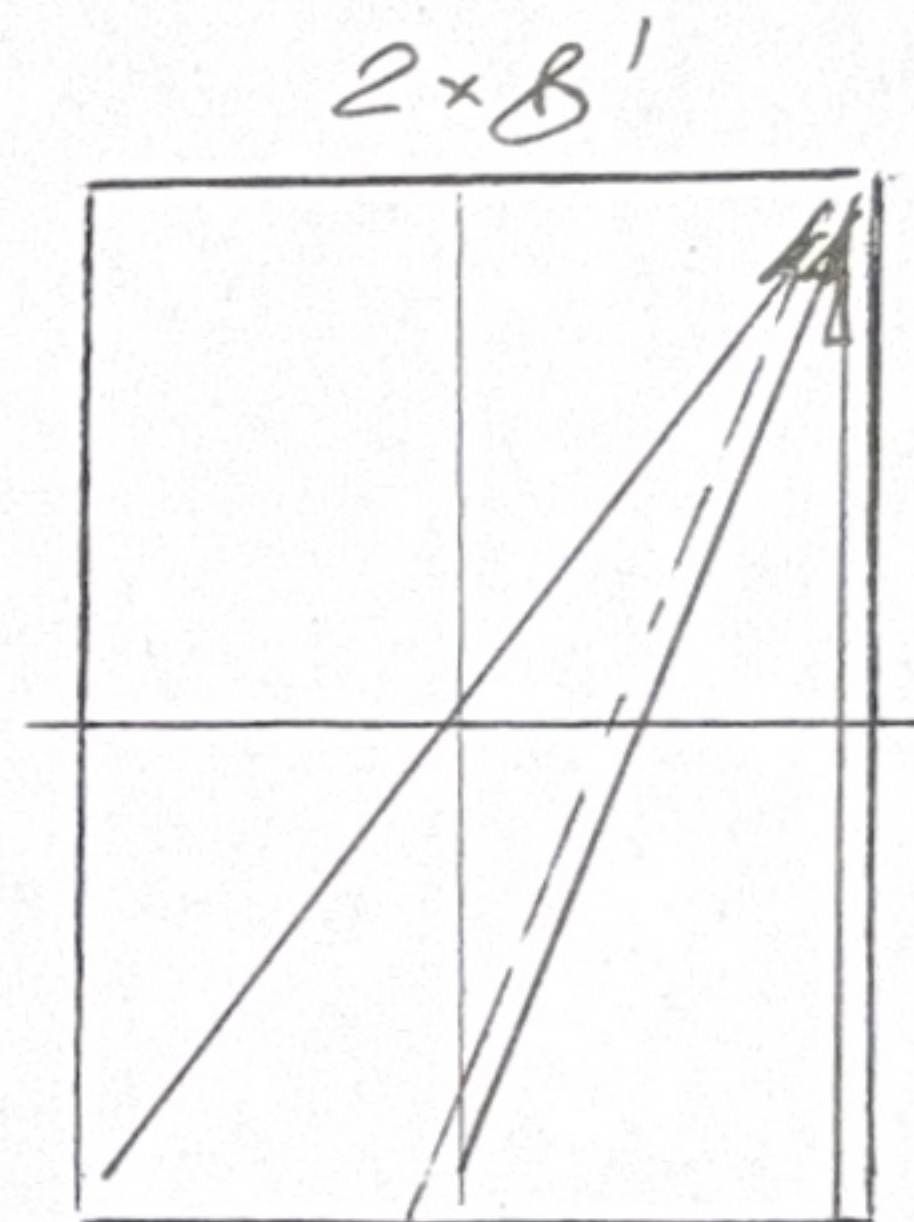
WARMING-UP $\rightarrow$ THERABANDS, FOOTWORK $\rightarrow$ REACTION 5x20s



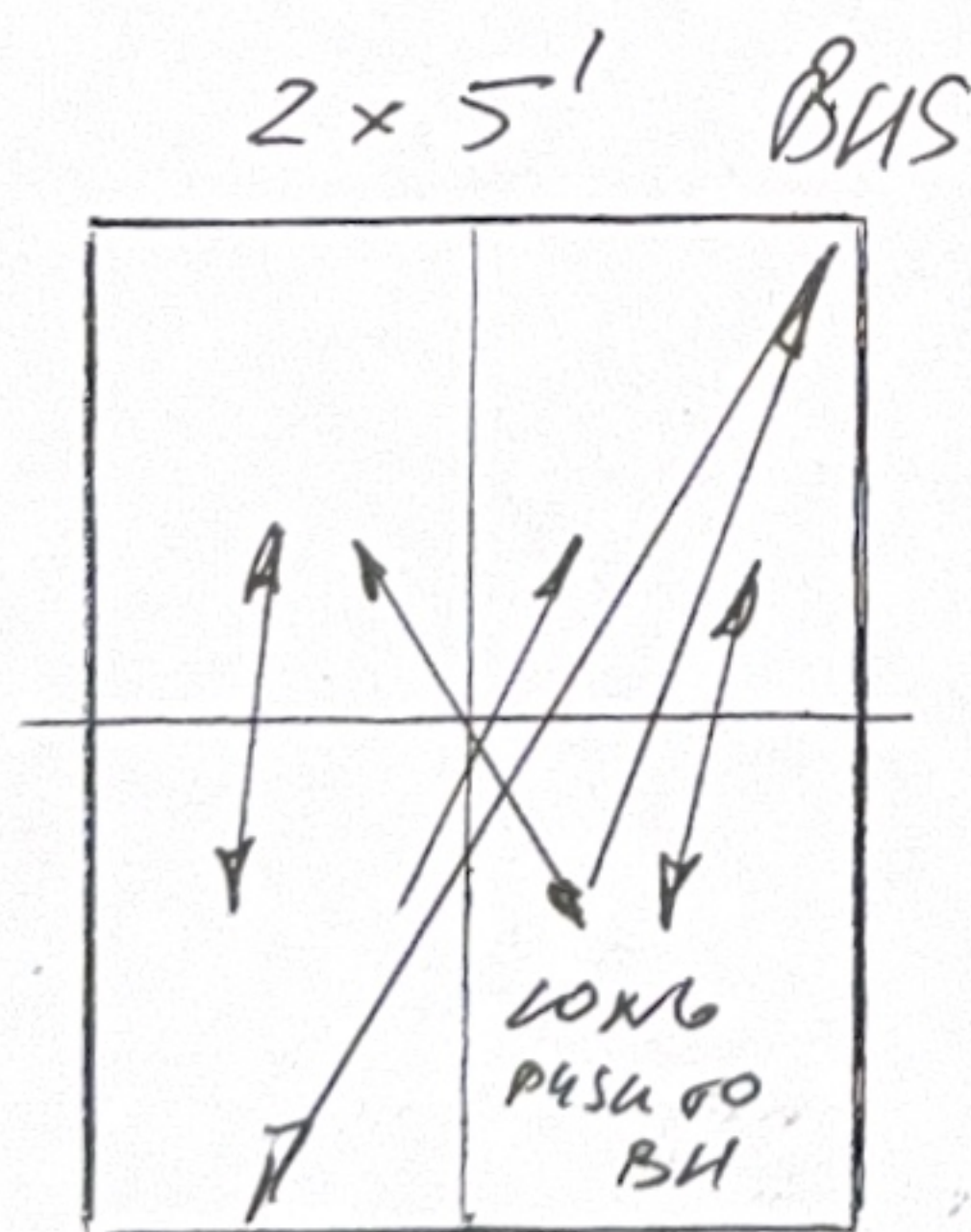
BH DOWN THE FH
5' LINE 5' 5'



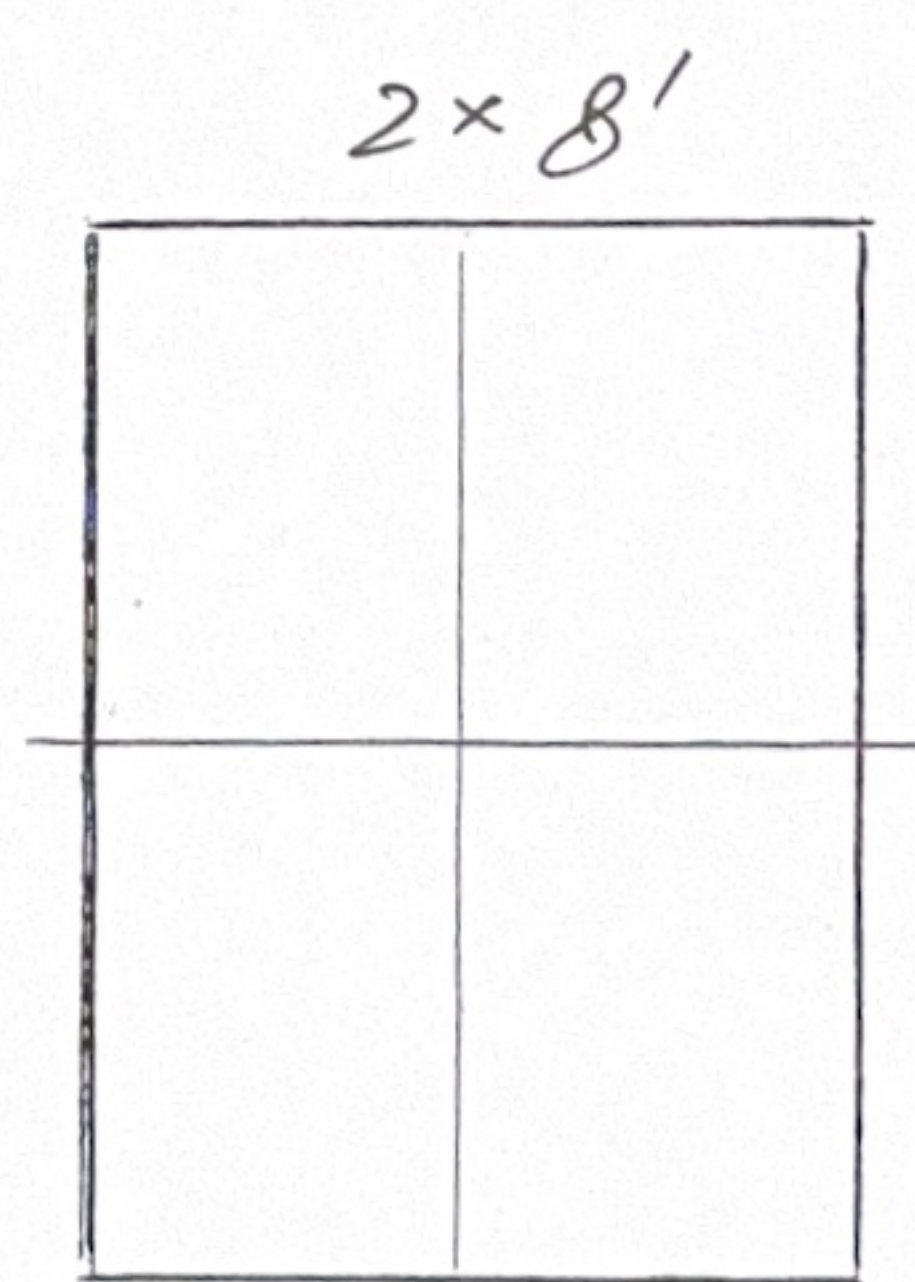
BH FHS
1 FROM 3/4 OF
TABLE



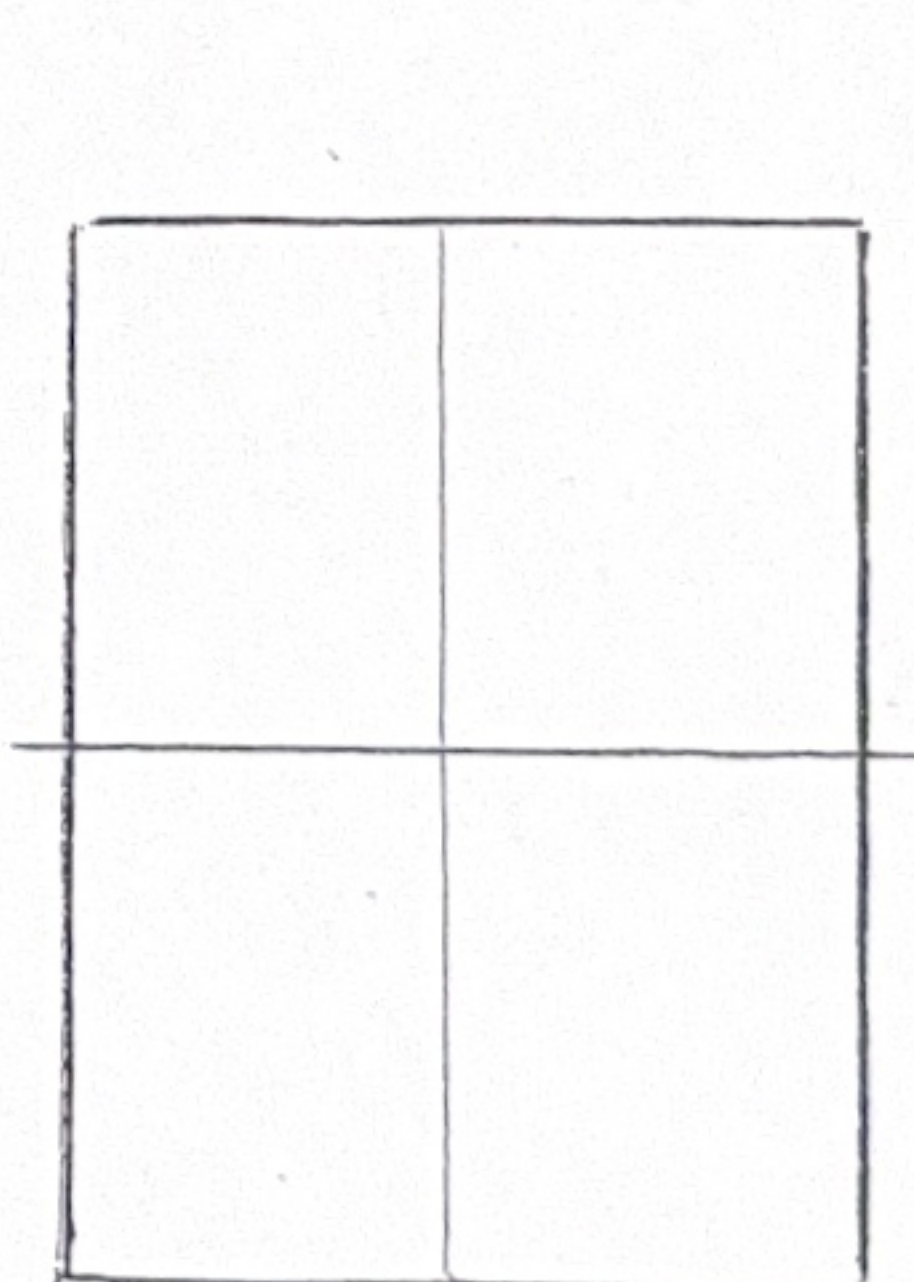
BH FHS FHS
2(3) 1(2) 2(3)



+FREE



INDIVIDUAL
FROM SERVICE



UP AND DOWN
 $\approx$ 20-25
1 SET (WIN YOUR SERVE)