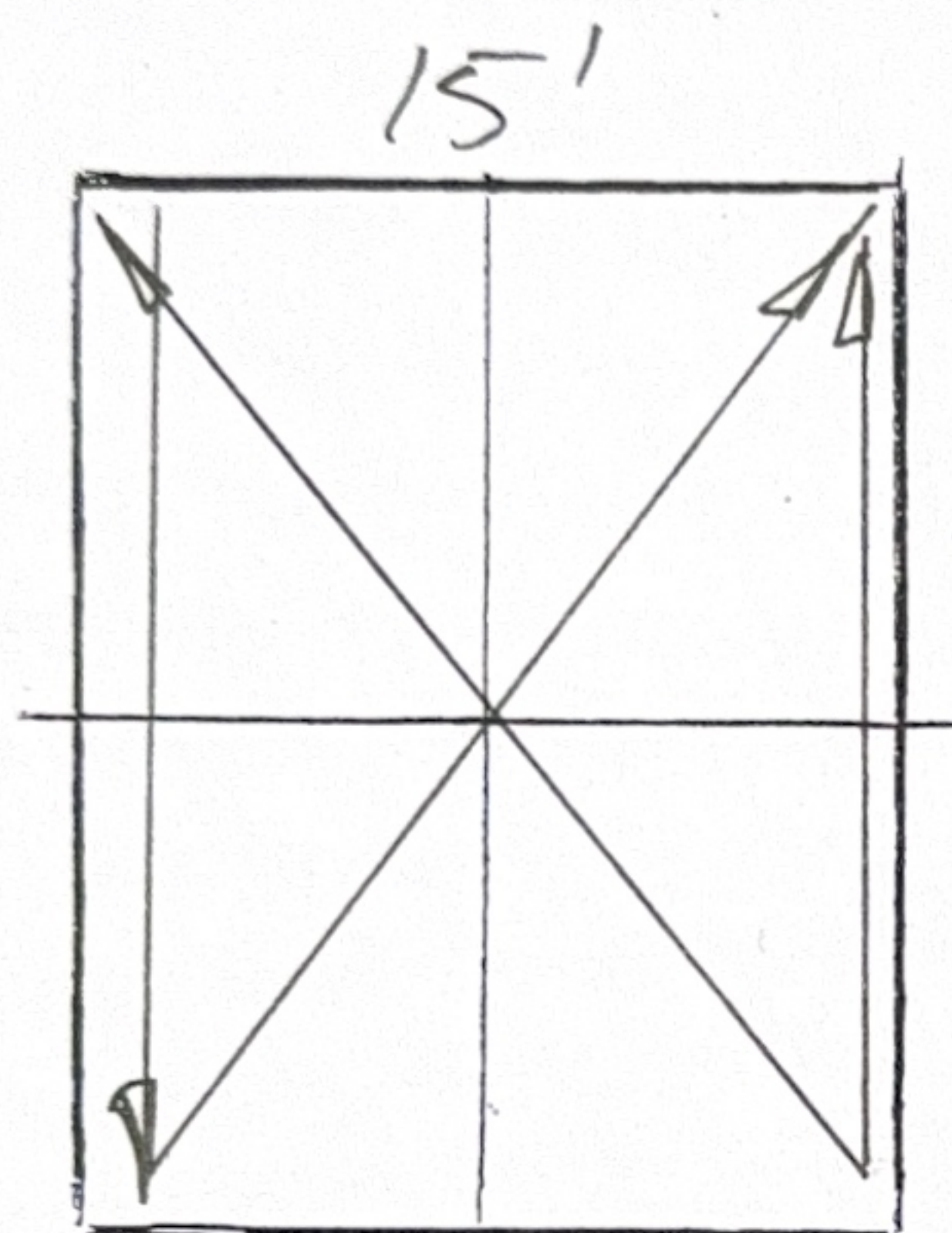


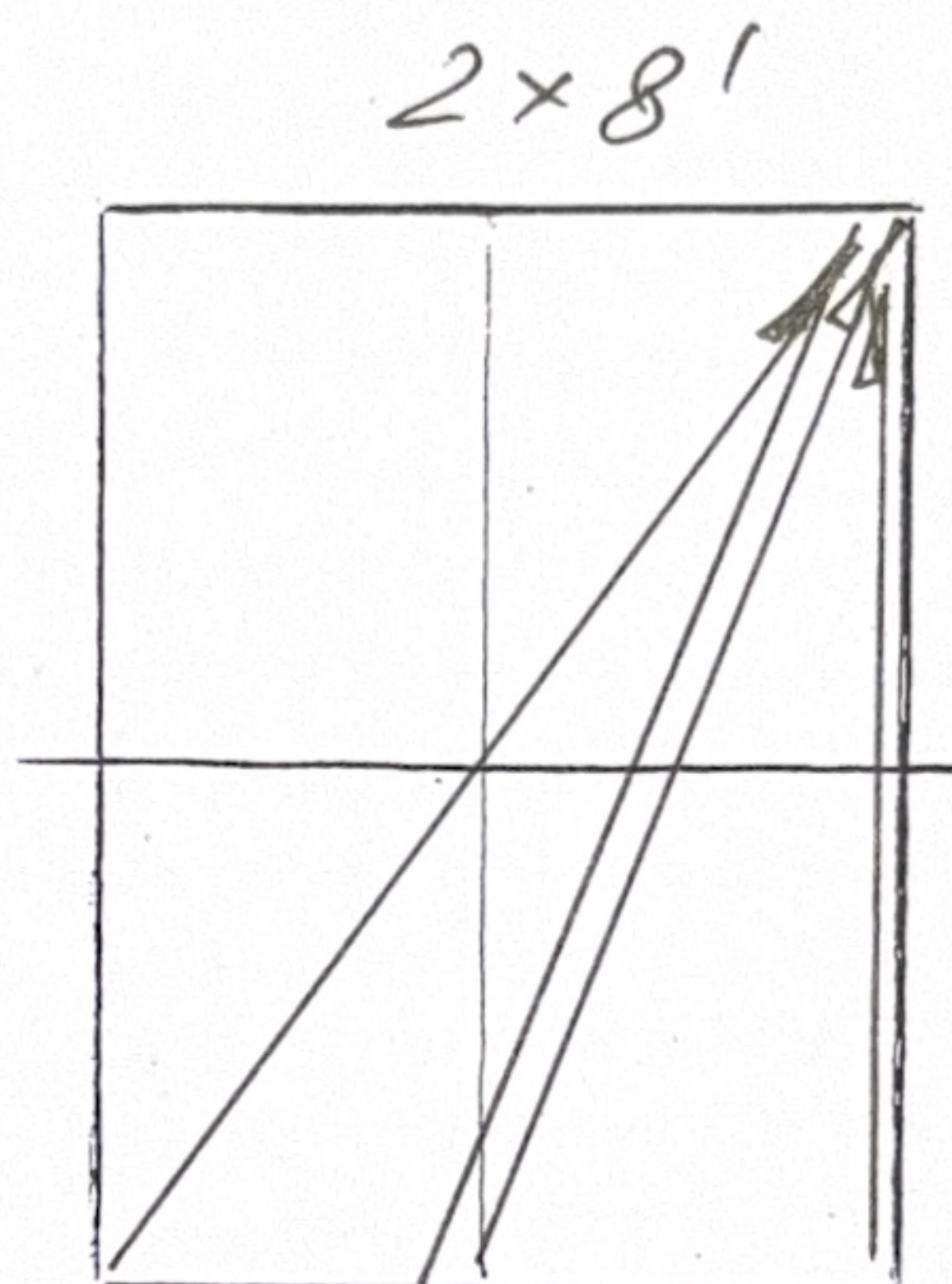
2.08.2026. SUNDAY 15.30-17.30 FLAURE SQUAD

1. TECHNIQUE 2. PLACEMENT, 3 STABILITY

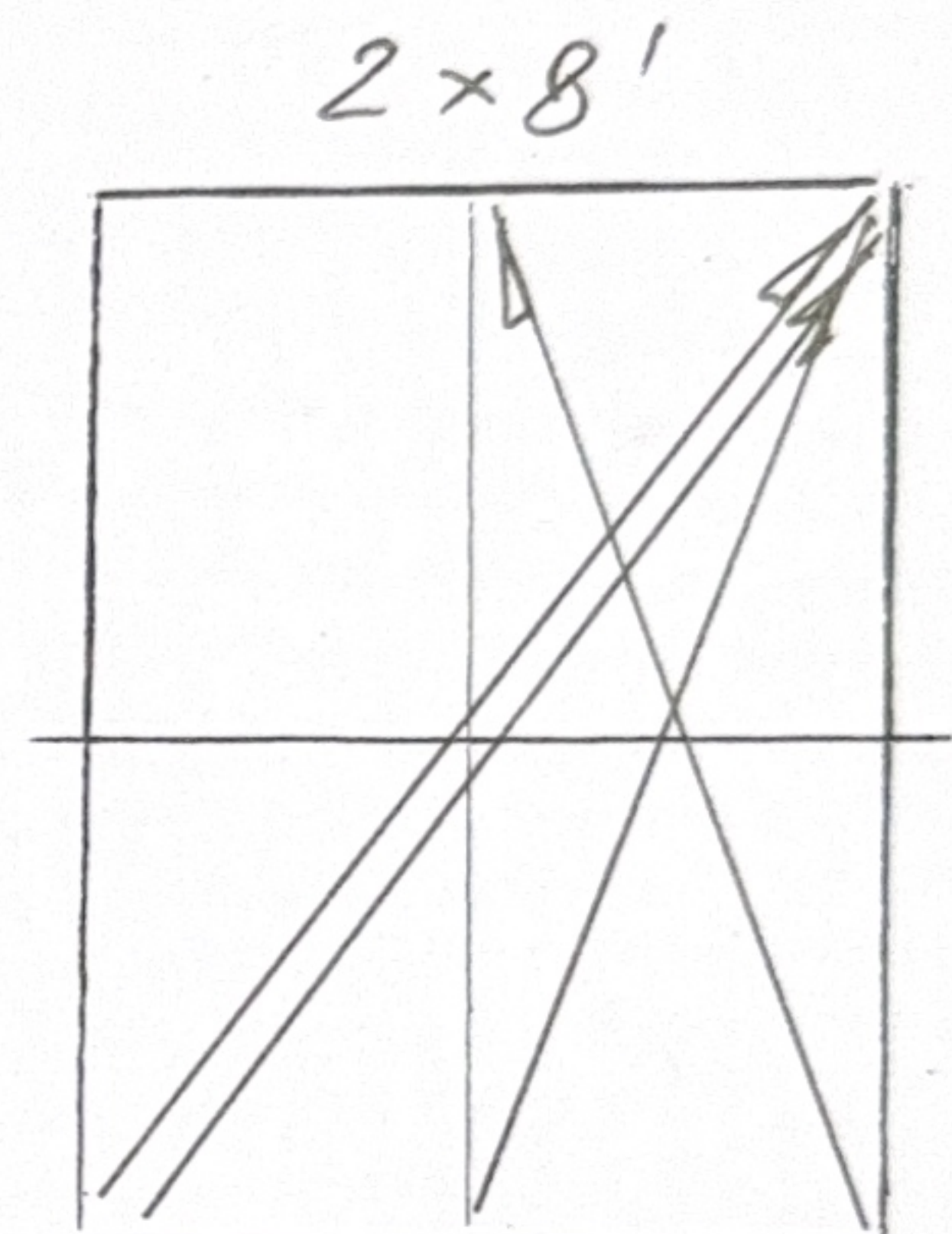
WARMING-UP: FOOTWORK SPEED (SIDE TO SIDE) $6 \times 20' \times 20'$



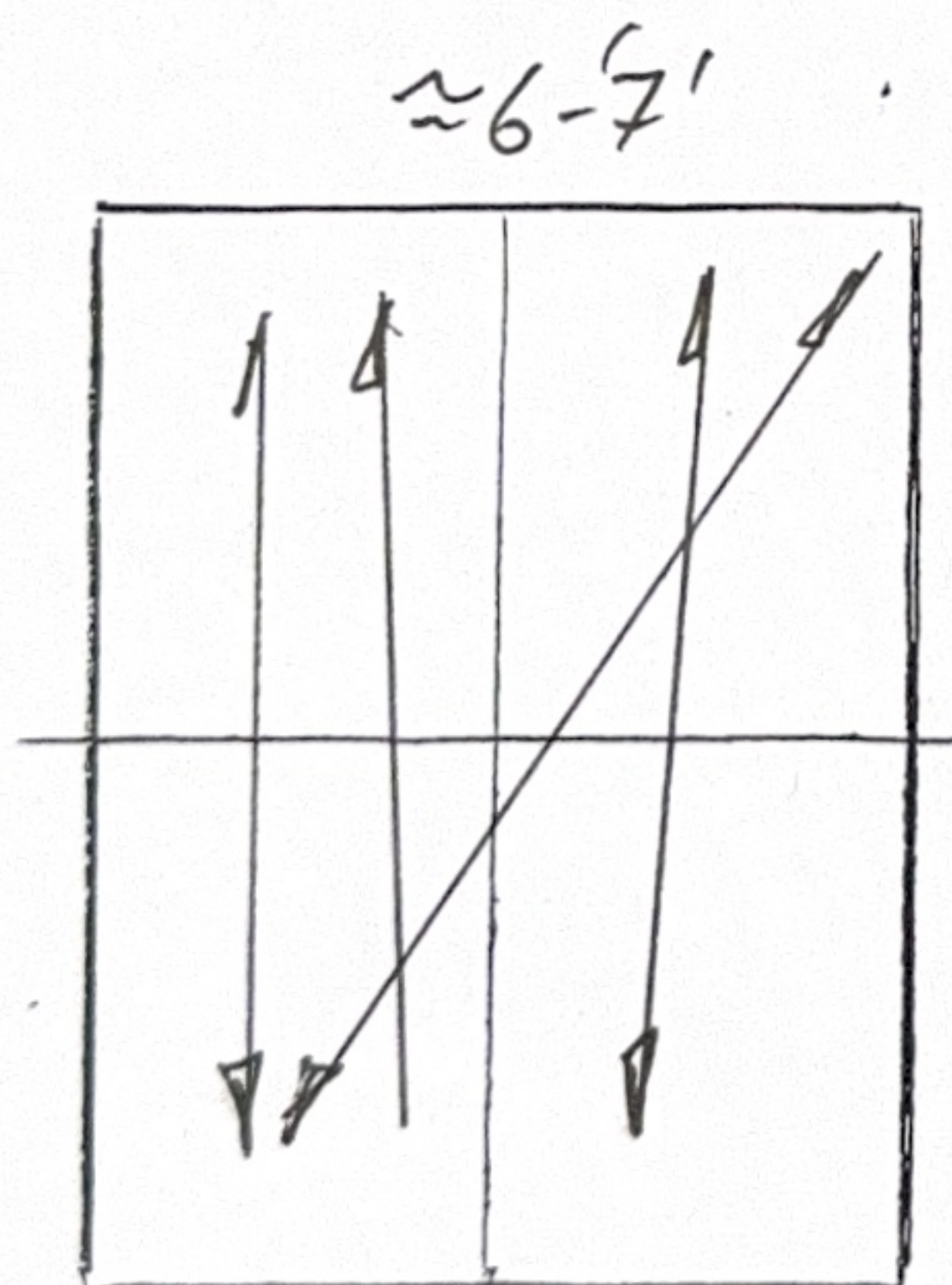
BH DOWN THE FH
5' LINE 5'



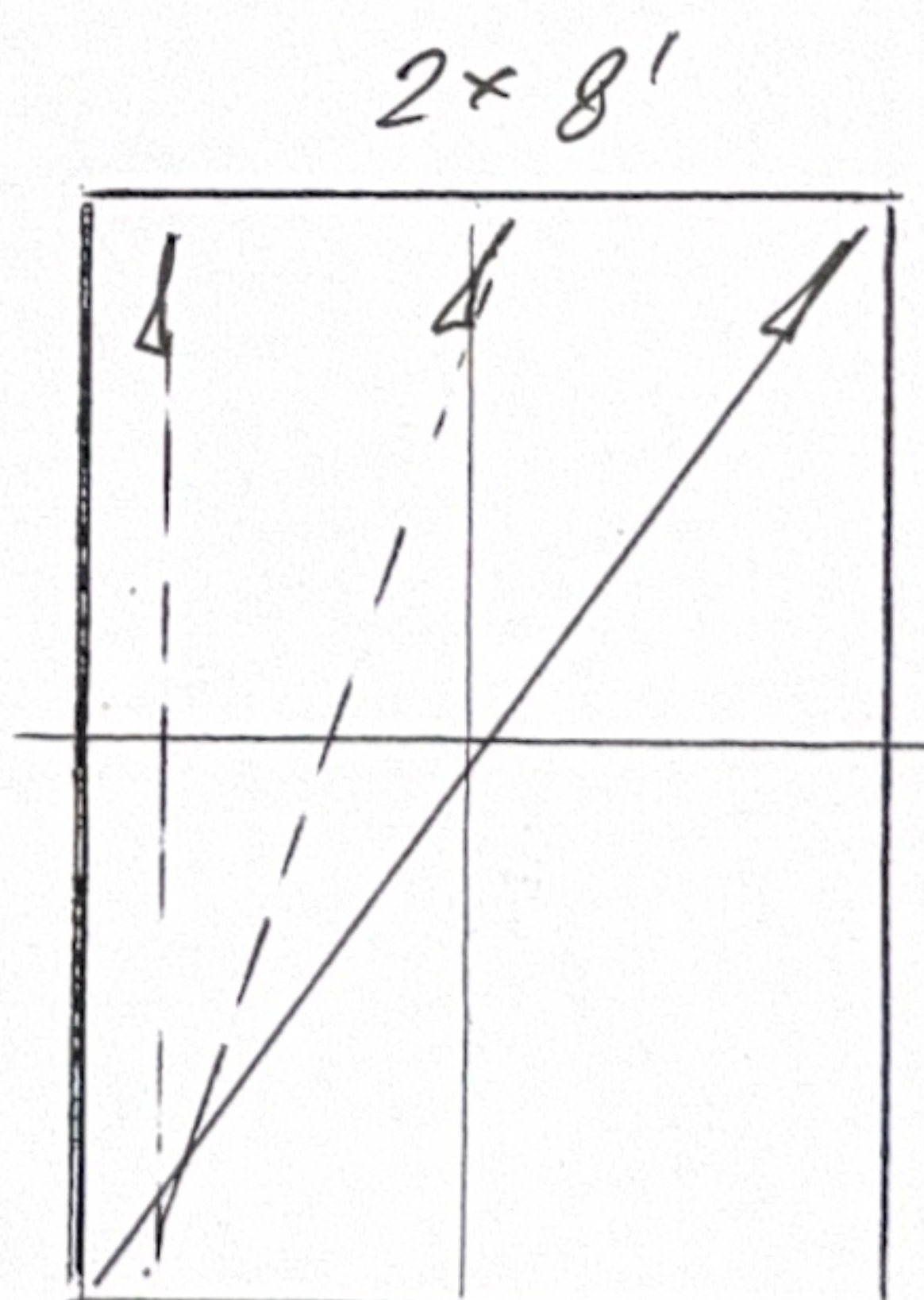
FHS FHS FHS
3 1,2 6
4,5



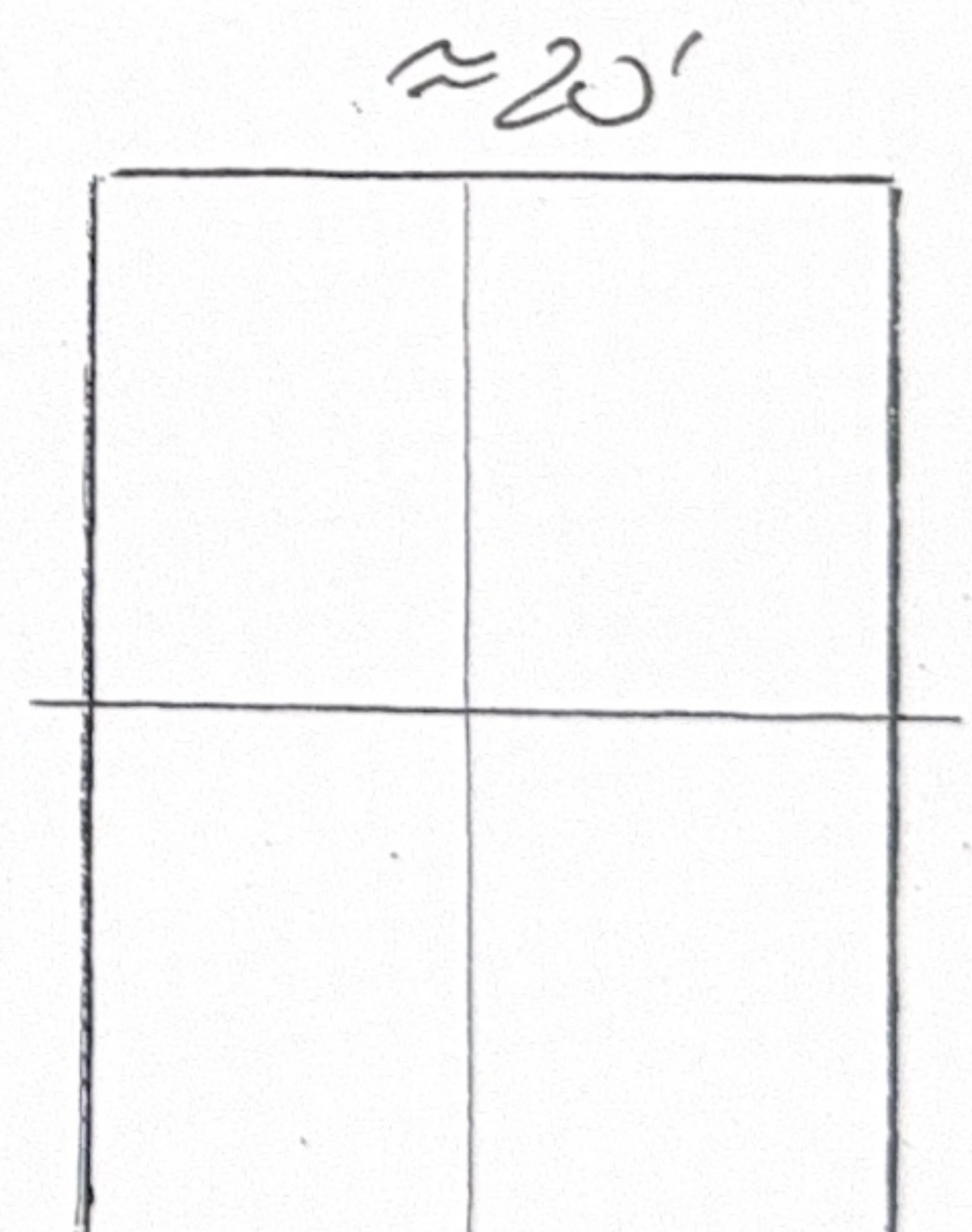
BH FHS FHS
1,2 3 6
4,5



SHOP LONG
ALL TABLE
1 SET



SERVE
LONG + FHS
FREE



UP AND DOWN
1 SET

05.08.2026 WEDNESDAY 17.30-19.00 FLURE SQUAD
8.08.2026 SATURDAY 15.30-17.30 QUALIFICATION 3
12.08.2026 WEDNESDAY 17.30-19.00

