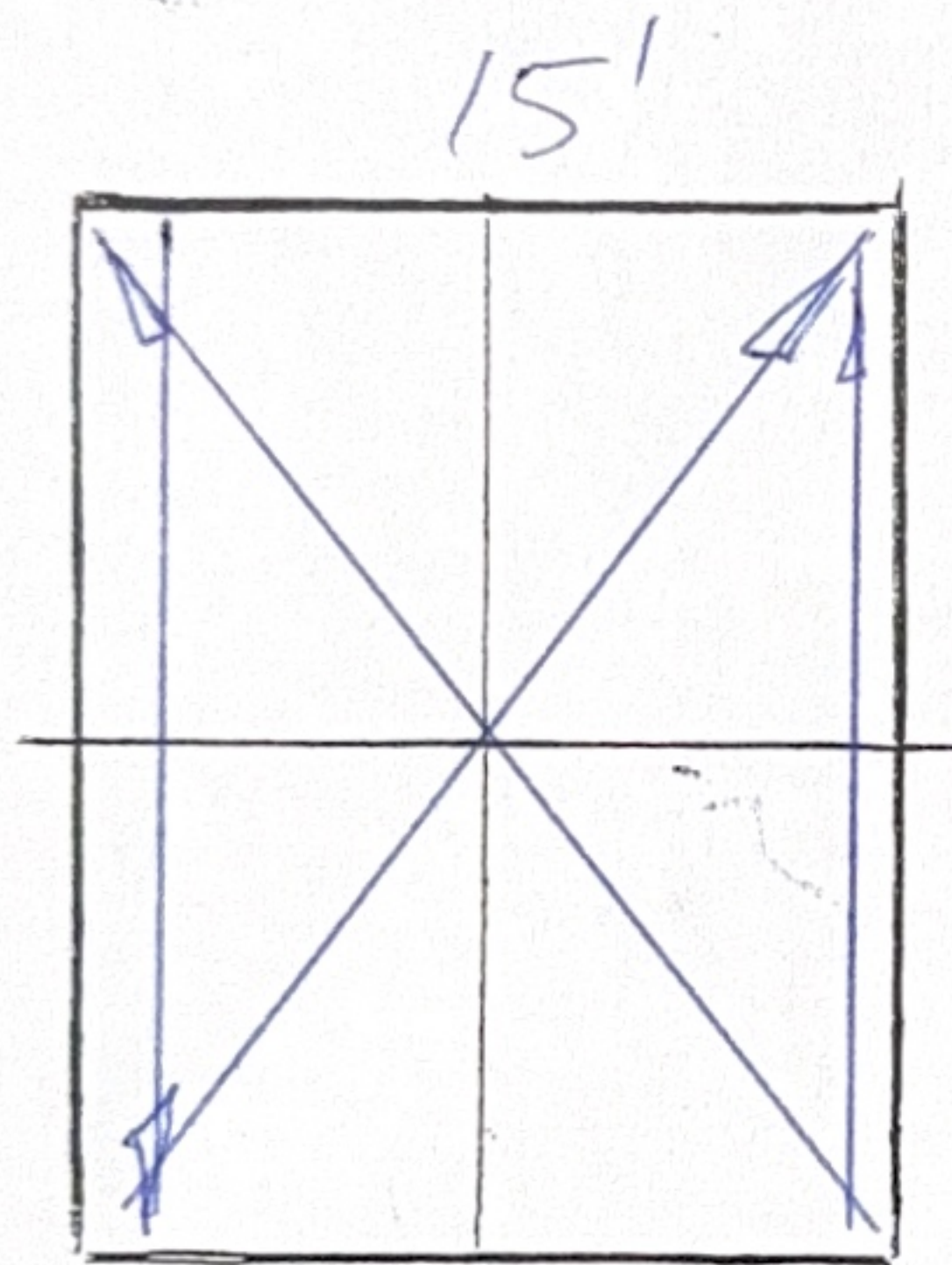


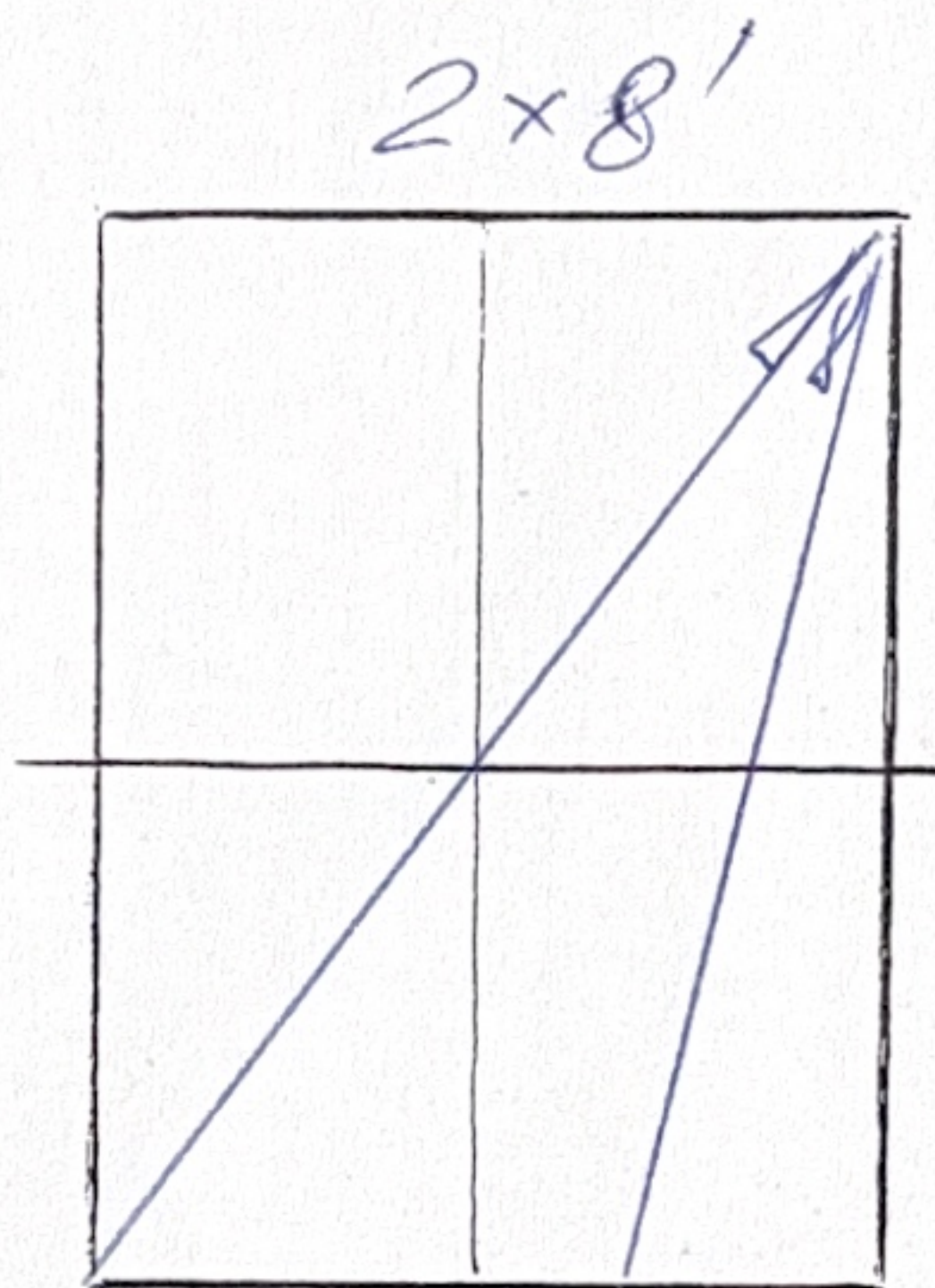
09.08.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TECHNIQUE 2. FOOTWORK (SIDE TO SIDE, CROSSOVER, PIVOT) 3. 3rd BALL ATTACK 4. TRAINING MATCHES

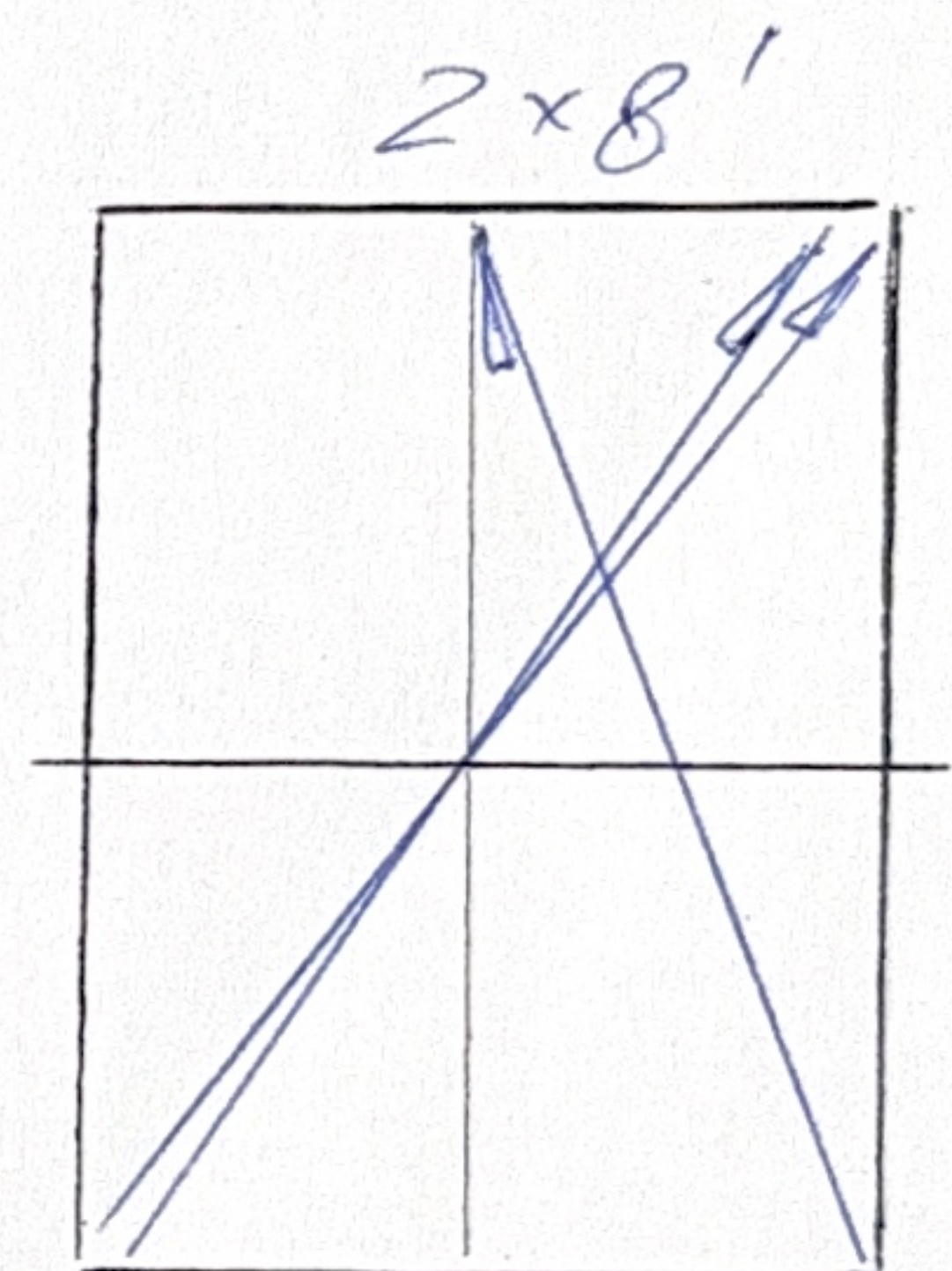
WARMING UP → THERA BANDS, SHADOWS 3x3x25'x25'



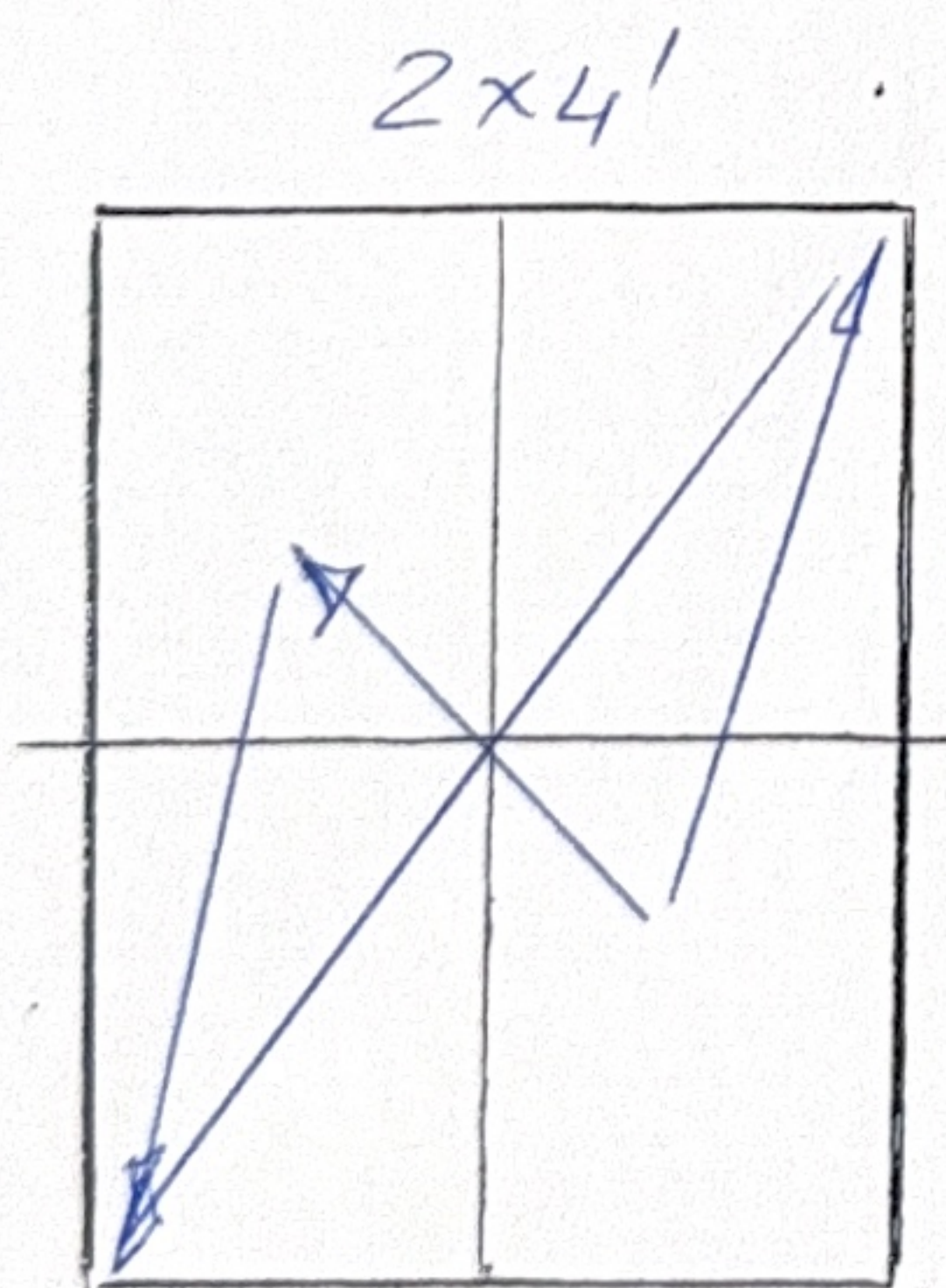
BH DOWN THE FH
5' LINE 5' 5'



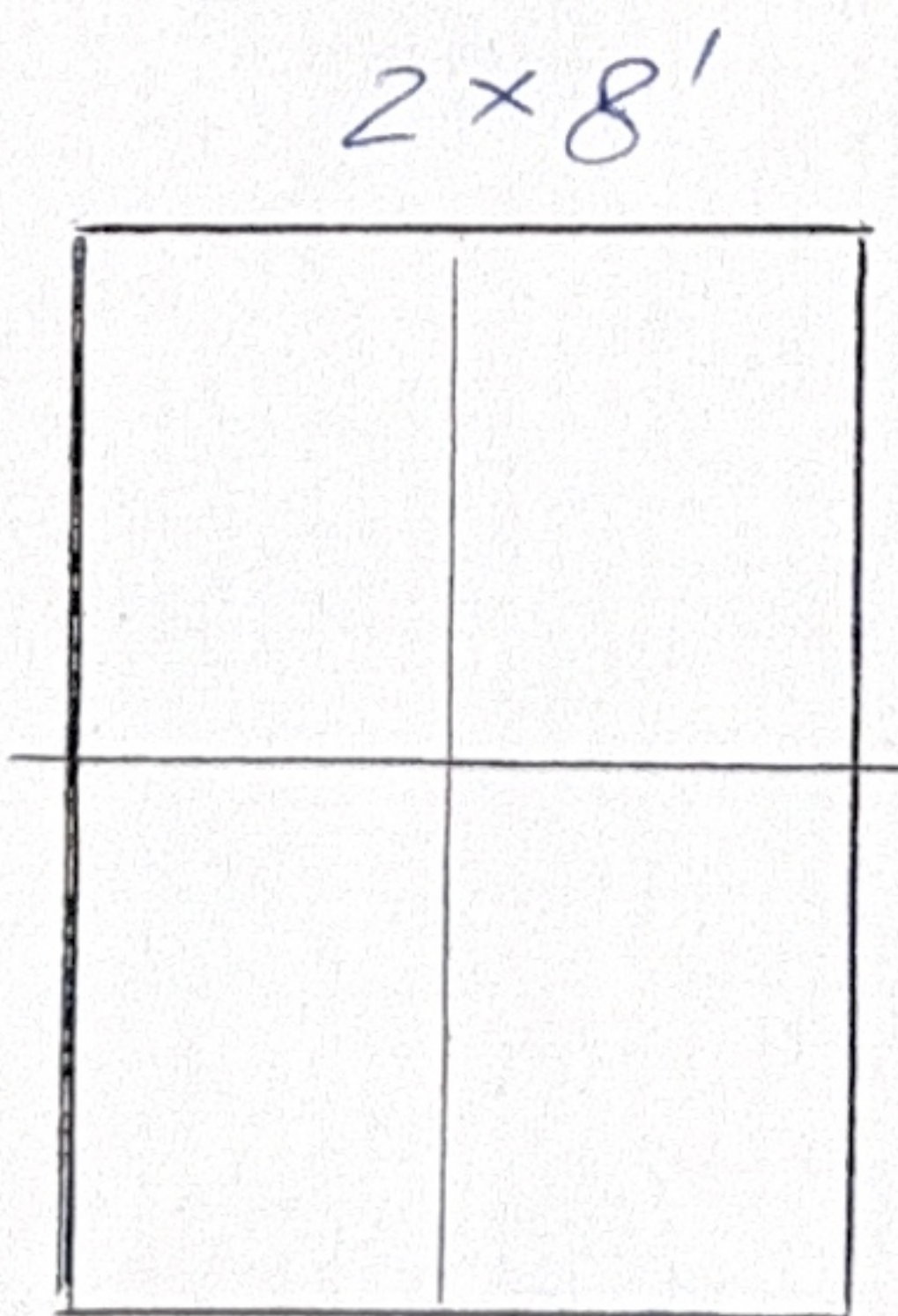
FHS 1 FHS 2



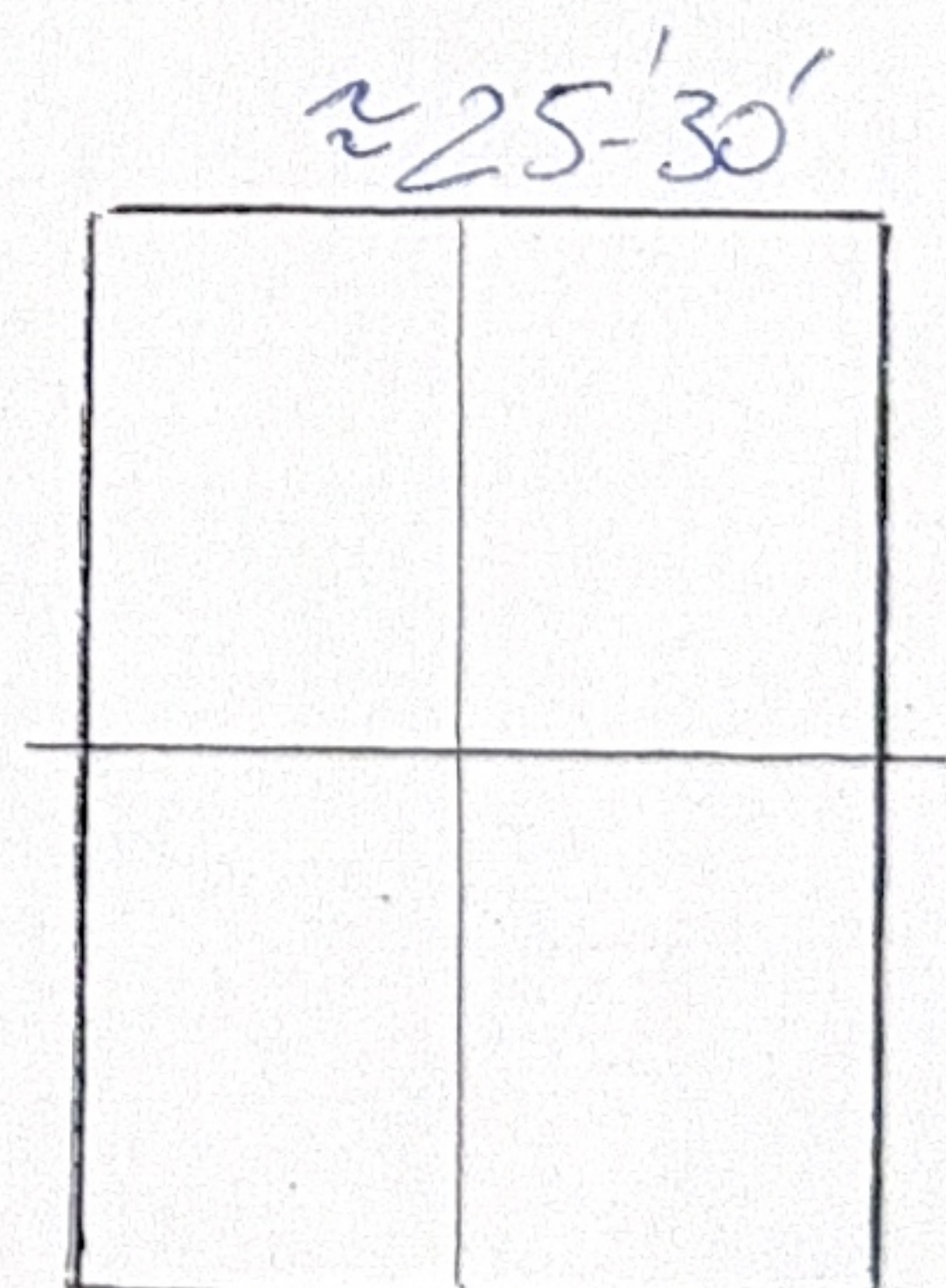
BH 1 FHS 2 FHS 3



SHORT-LONG
CHOP



INDIVIDUAL
FROM
SERVE



UP AND DOWN
1 SET - WIN YOUR
SERVE

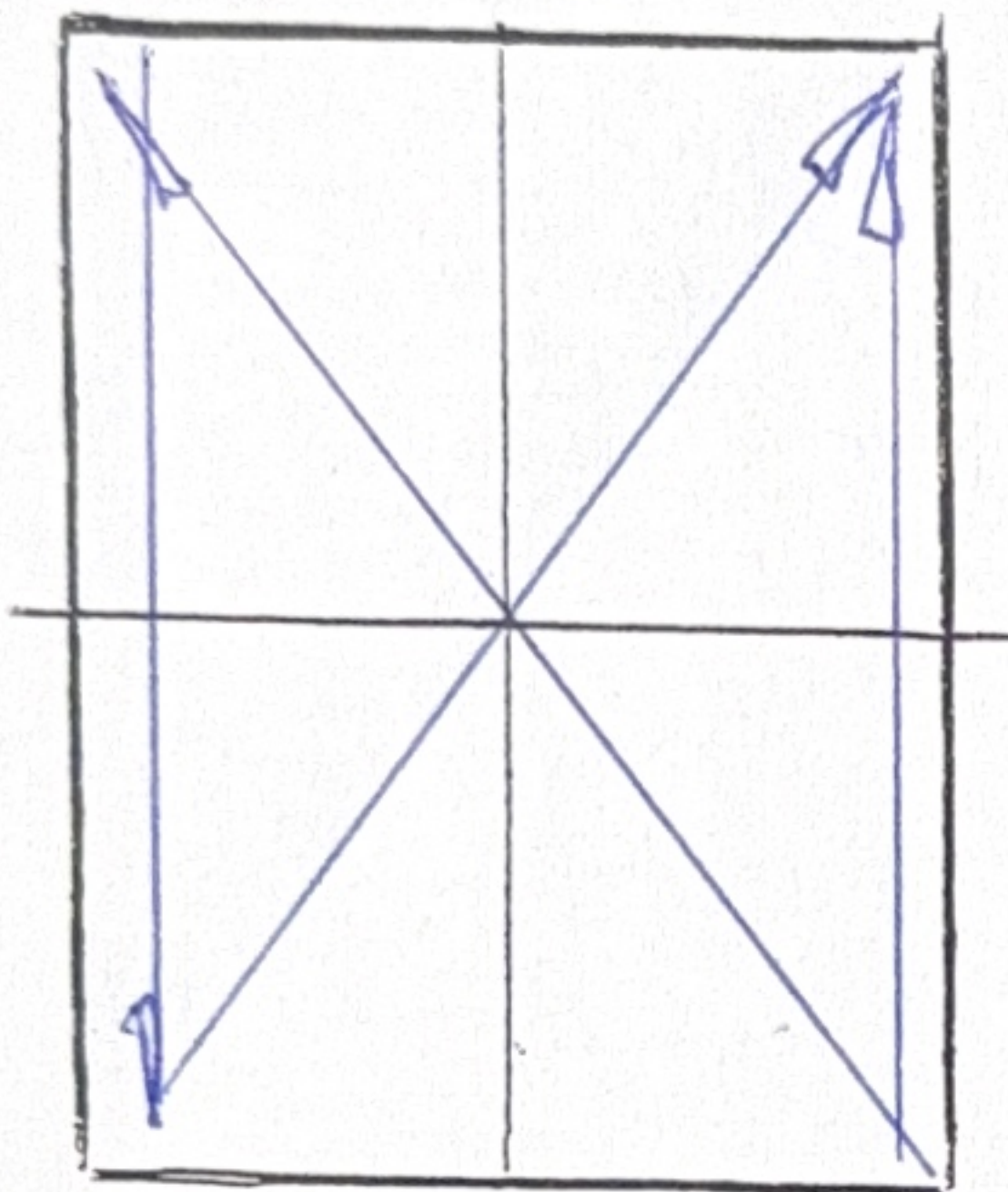
11.08.2026 TUESDAY 19.15-21.15. ELITE SQUAD

1. SERVE + RECEIVE PRACTICE 2. MULTIBALLS

3. INDIVIDUAL WORK → PREPARATION FOR AUCUCAND

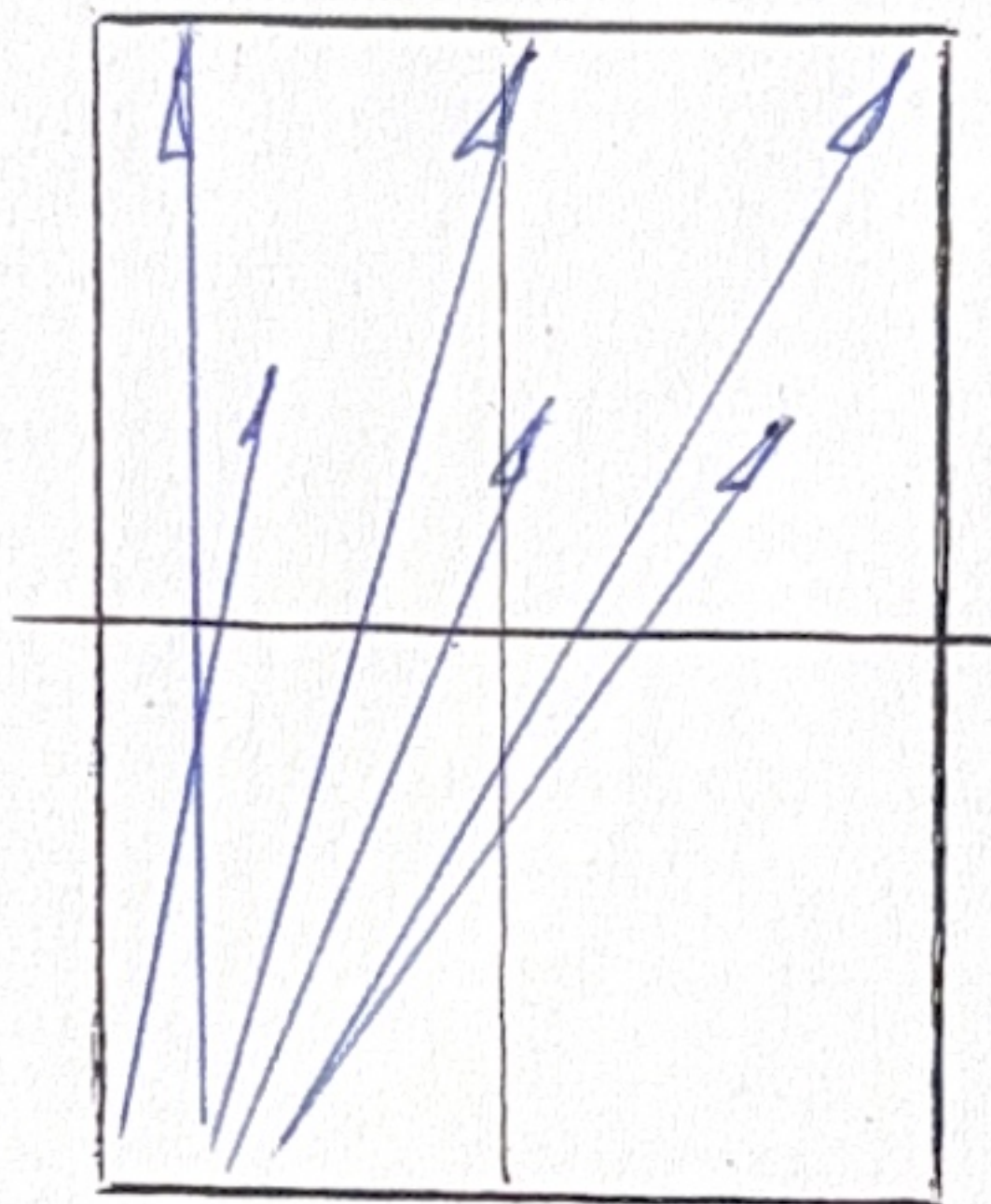
WARMING-UP → THERABANDS, FOOTWORK OPEN
5'x20'x20'

15'



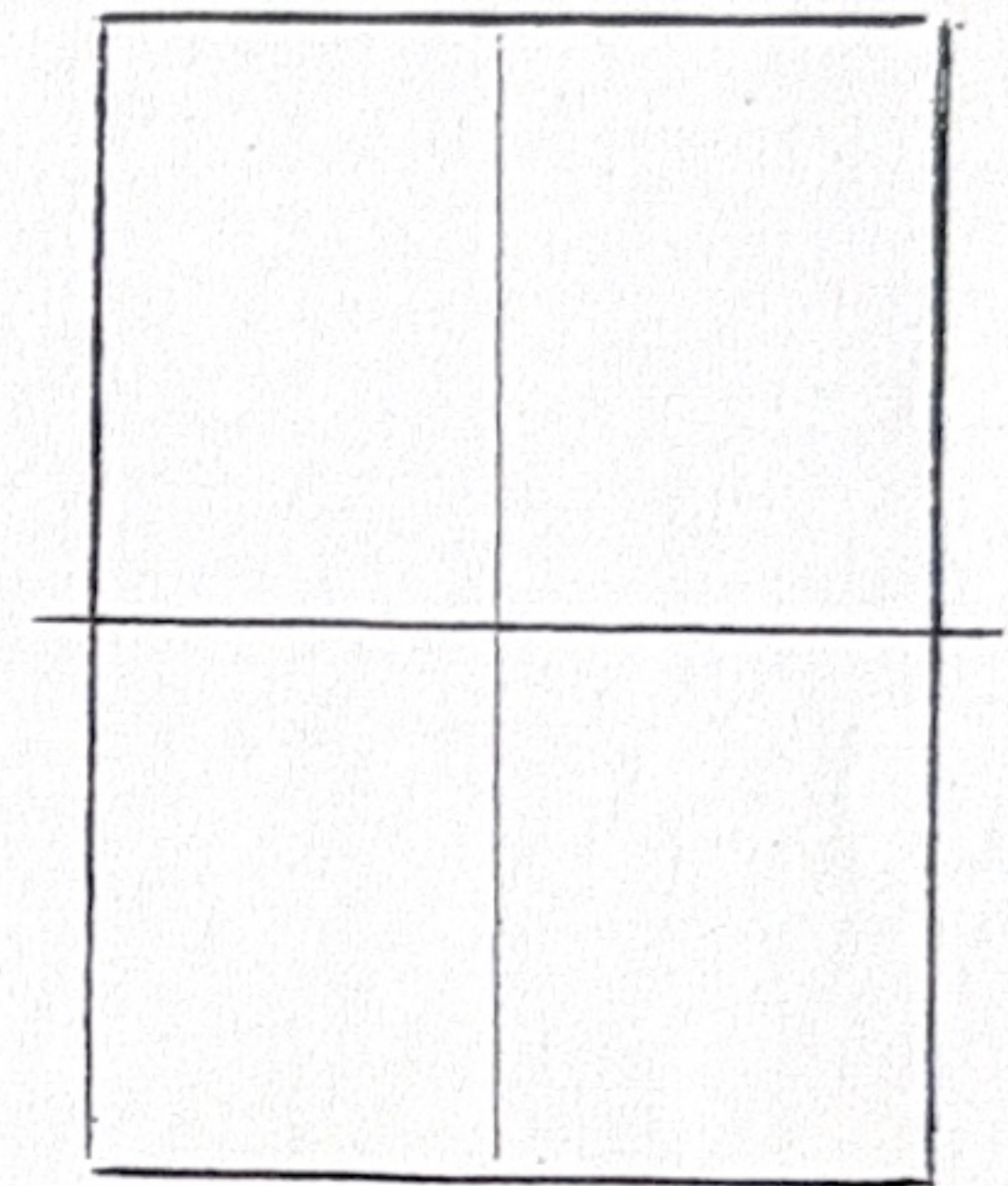
BH DOWN FH
5' THE LINE 5'
5' 5'

20'



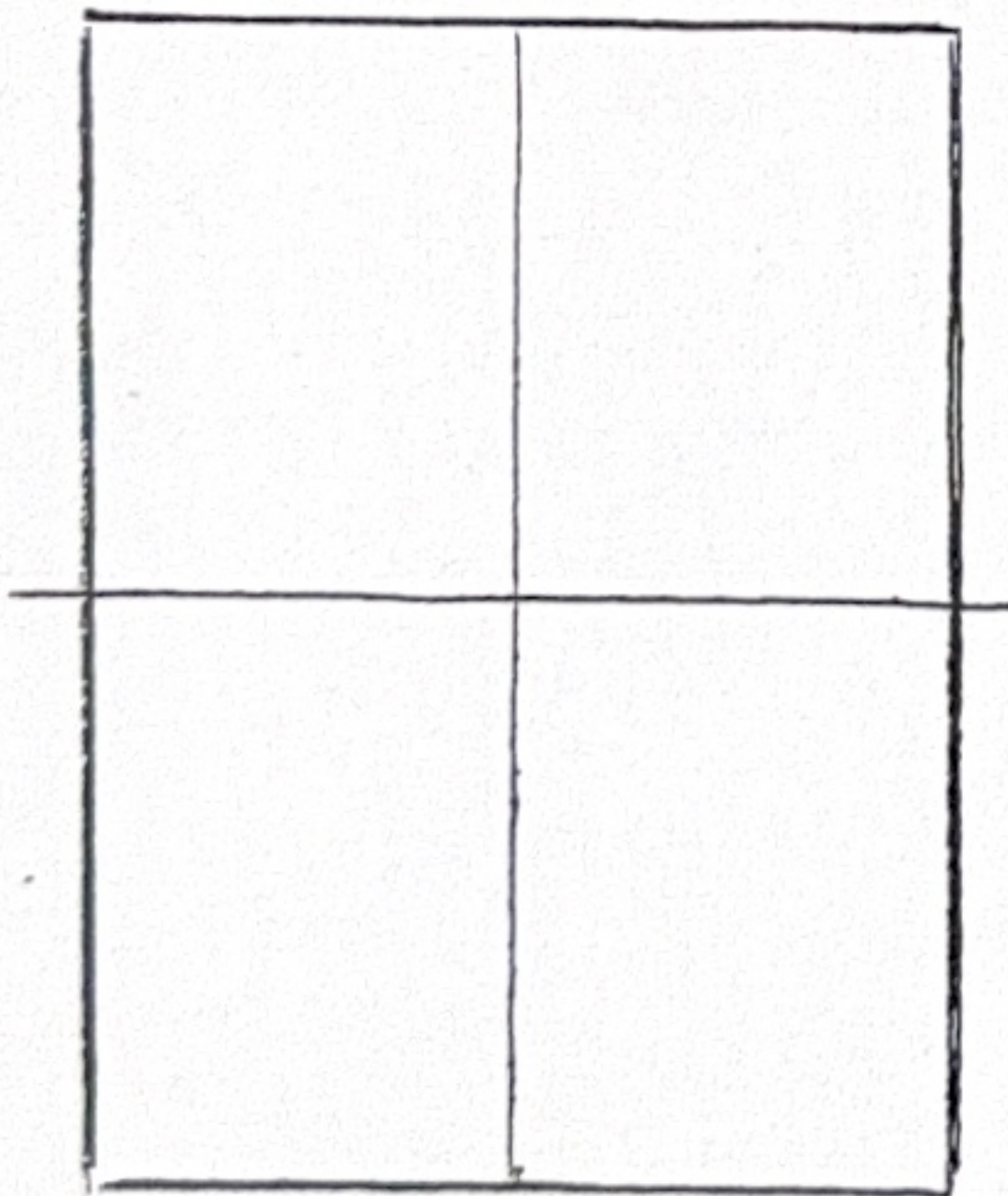
SERVICE FREE
RECEIVE
2x10'

10'



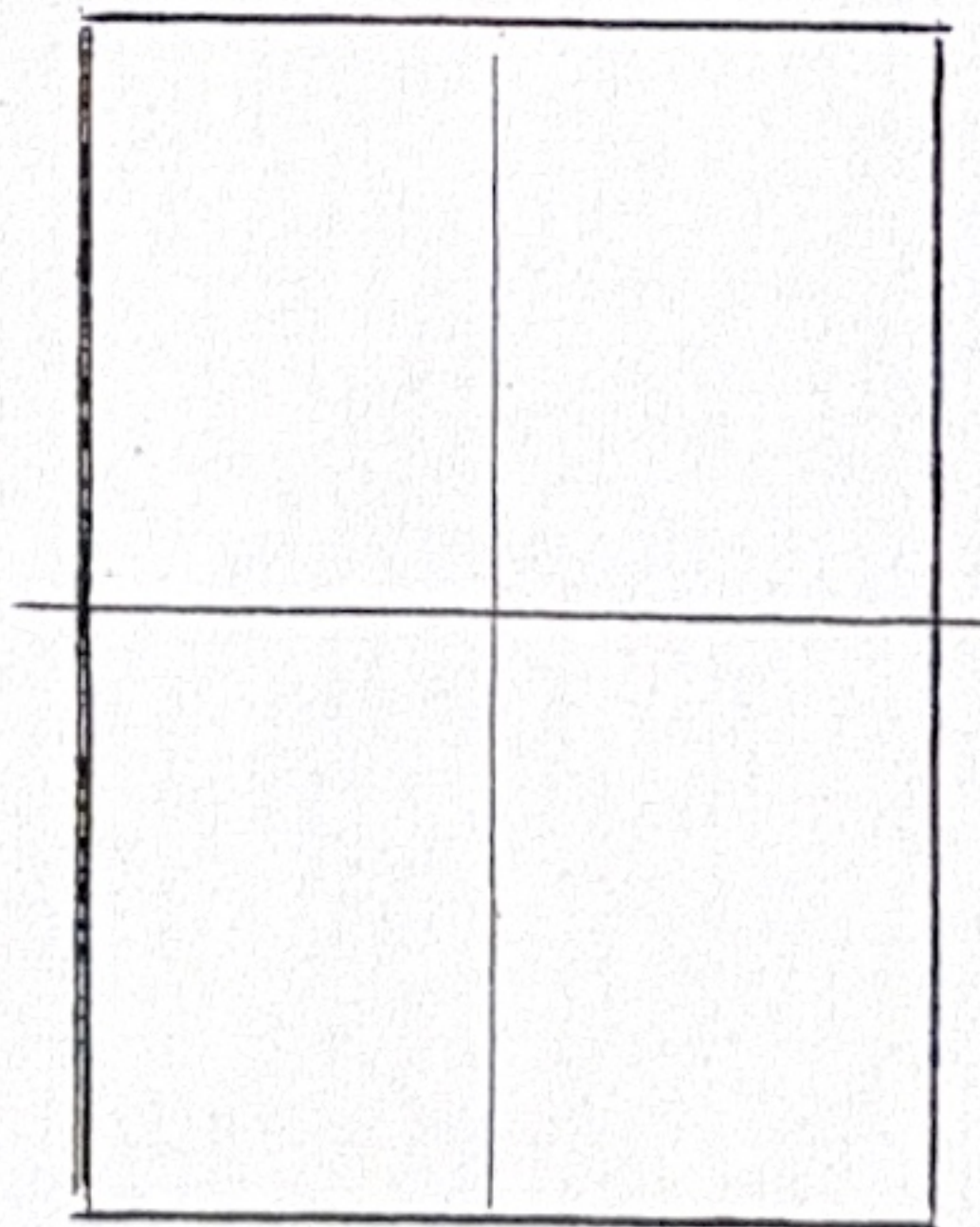
INDIVIDUAL
FOOTWORK

10'



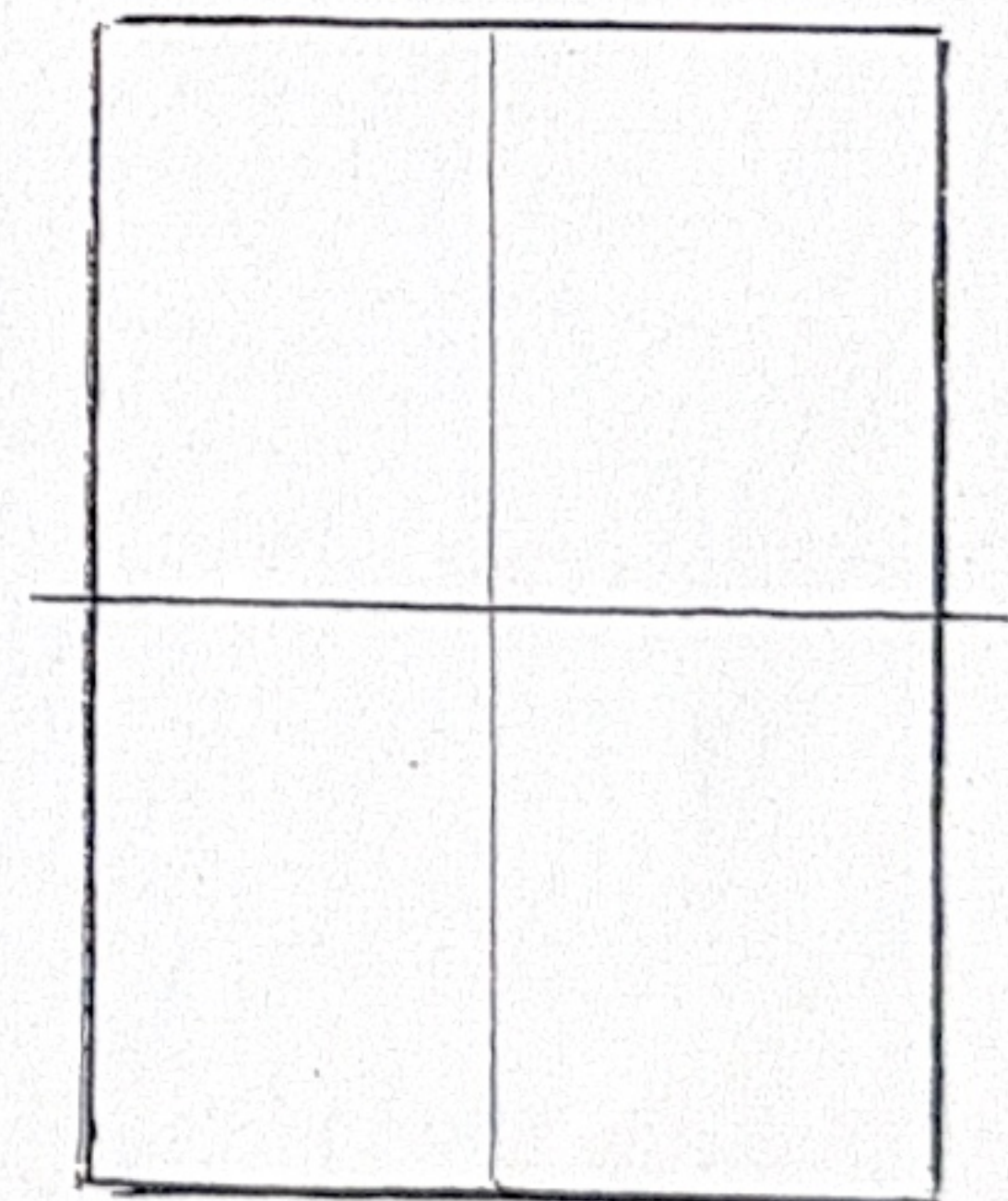
INDIVIDUAL
FROM BIS

10'



INDIVIDUAL
COMBINATION
BIS AND TIS

10'



INDIVIDUAL
SHORT-
LONG-WINDING

15.08.2026 SATURDAY - AUCKLAND OPEN

ALL SQUADS

