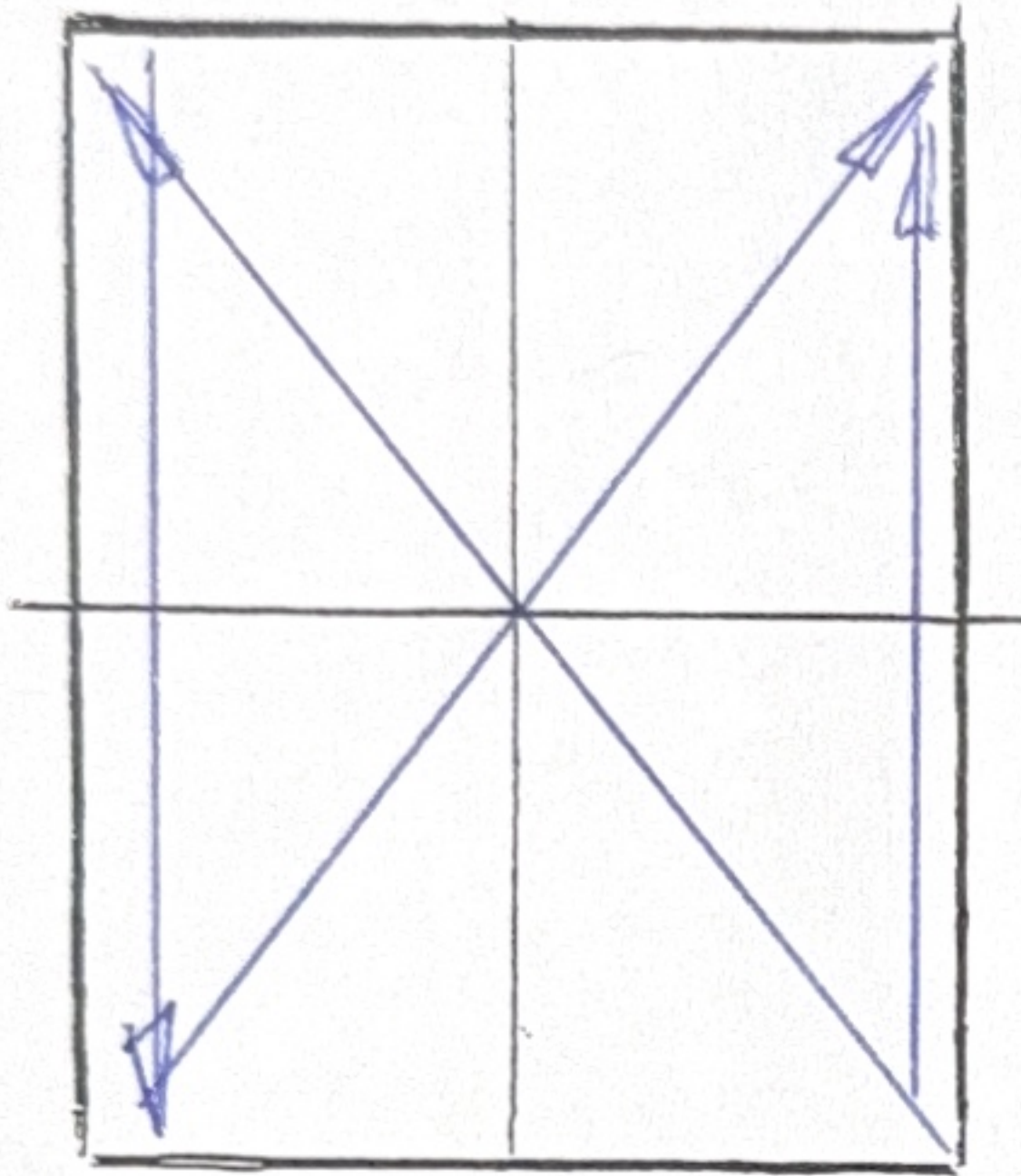


09.08.2026 SUNDAY 15.30 - 17.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK (SIDE TO SIDE, CROSSOVER, PIVOT) 3. 3RD BALL ATTACK 4. SERVICE PRACTICE IN ONE TABLE

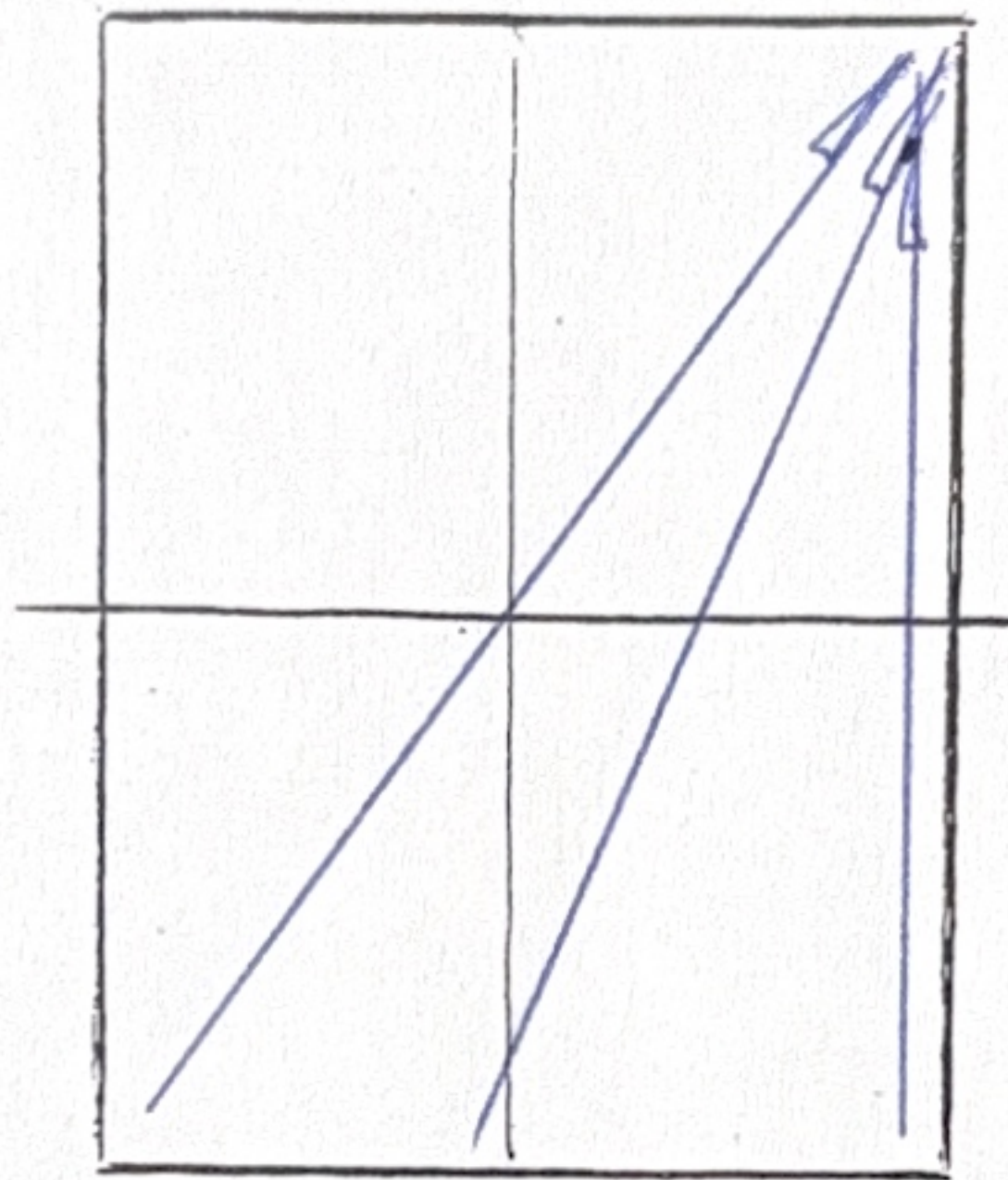
WARMING-UP: FOOTWORK 5'x25" x 25" (CLOSE TO TABLE)

15'



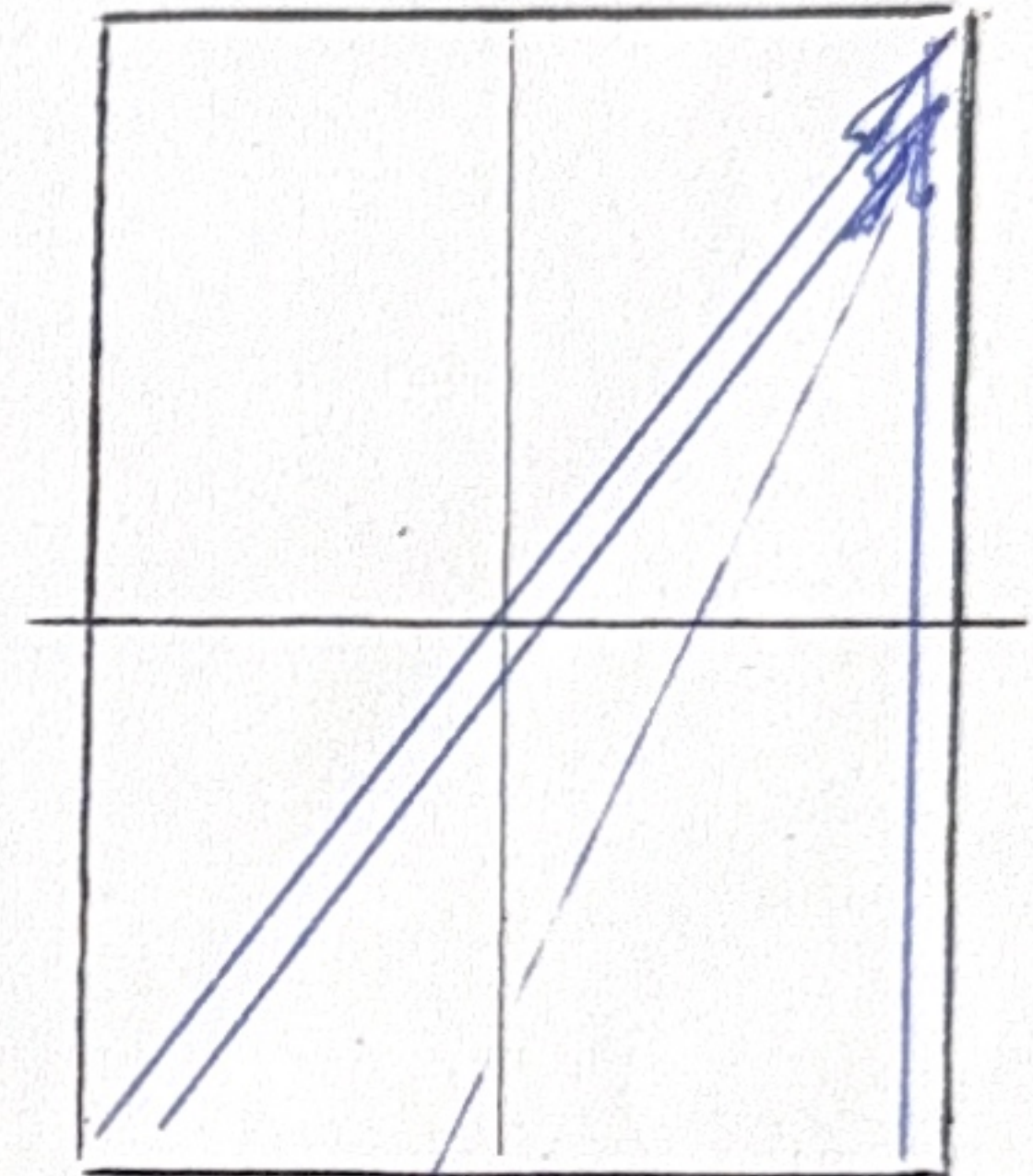
BH DOWN THE FH
5' LINE 5' 5'

2x8'



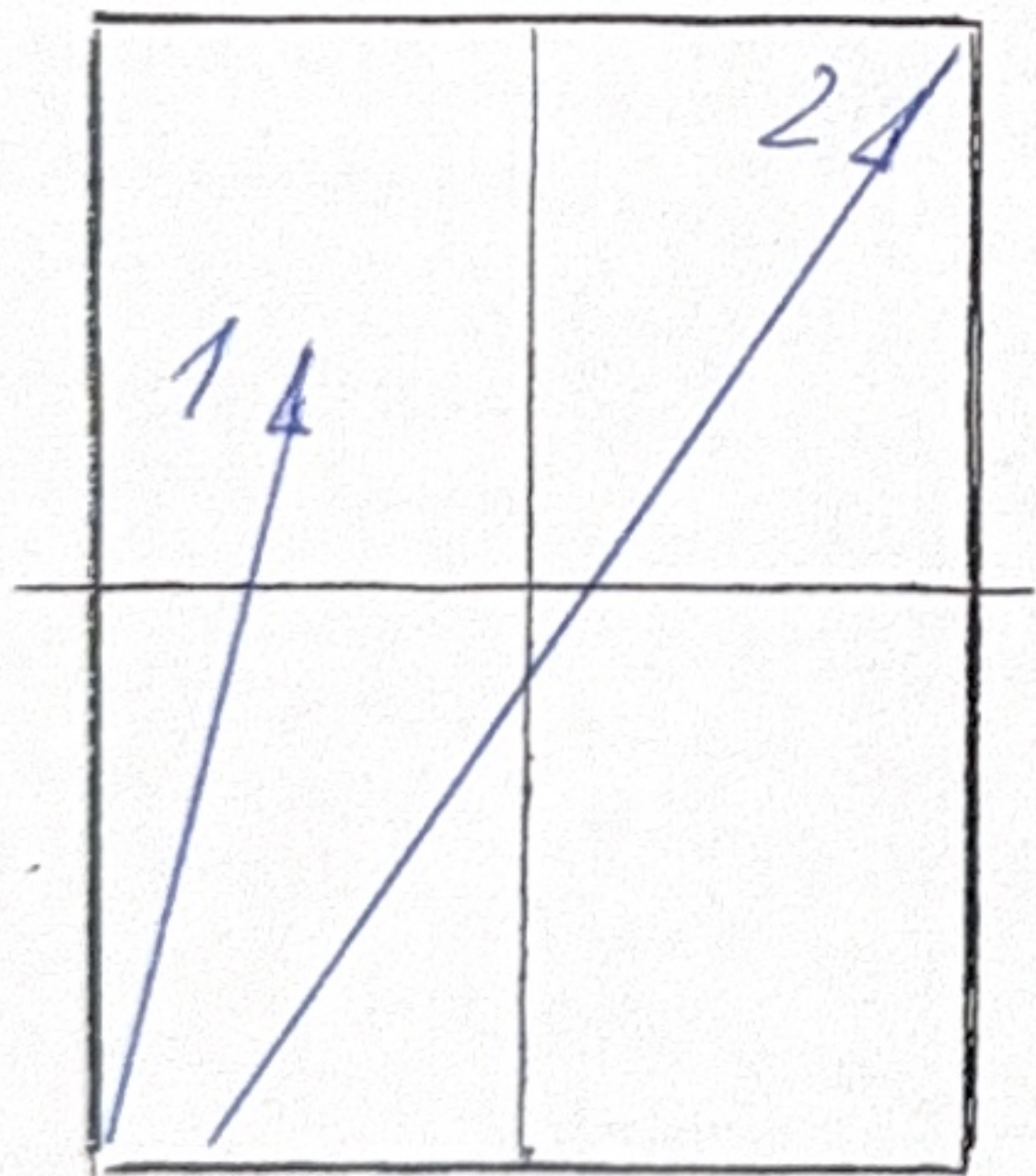
FHS 2 FHS 1,3 FHS 4

2x8'



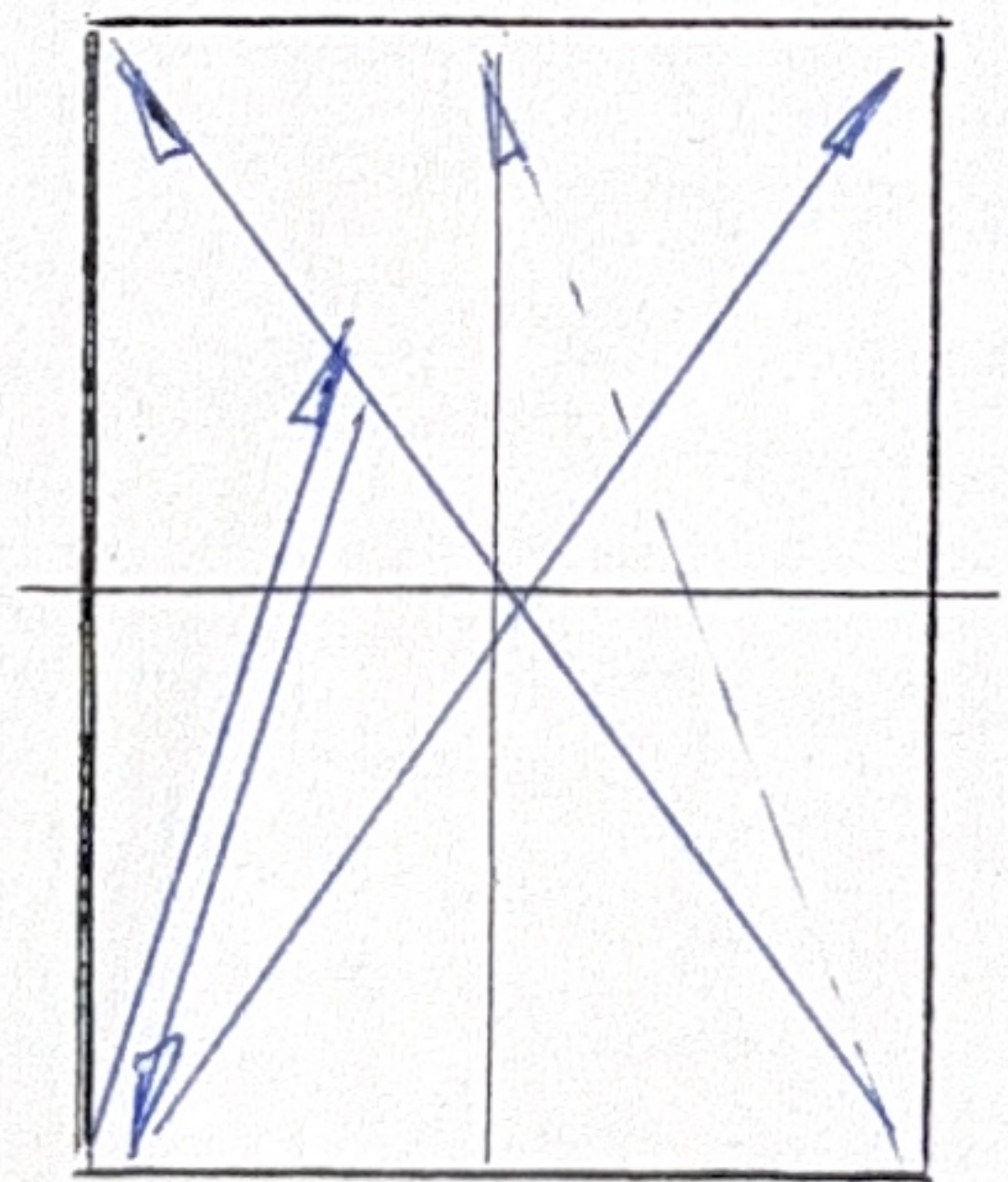
BH1 (FHS) 2 FHS 3
2

2x4'



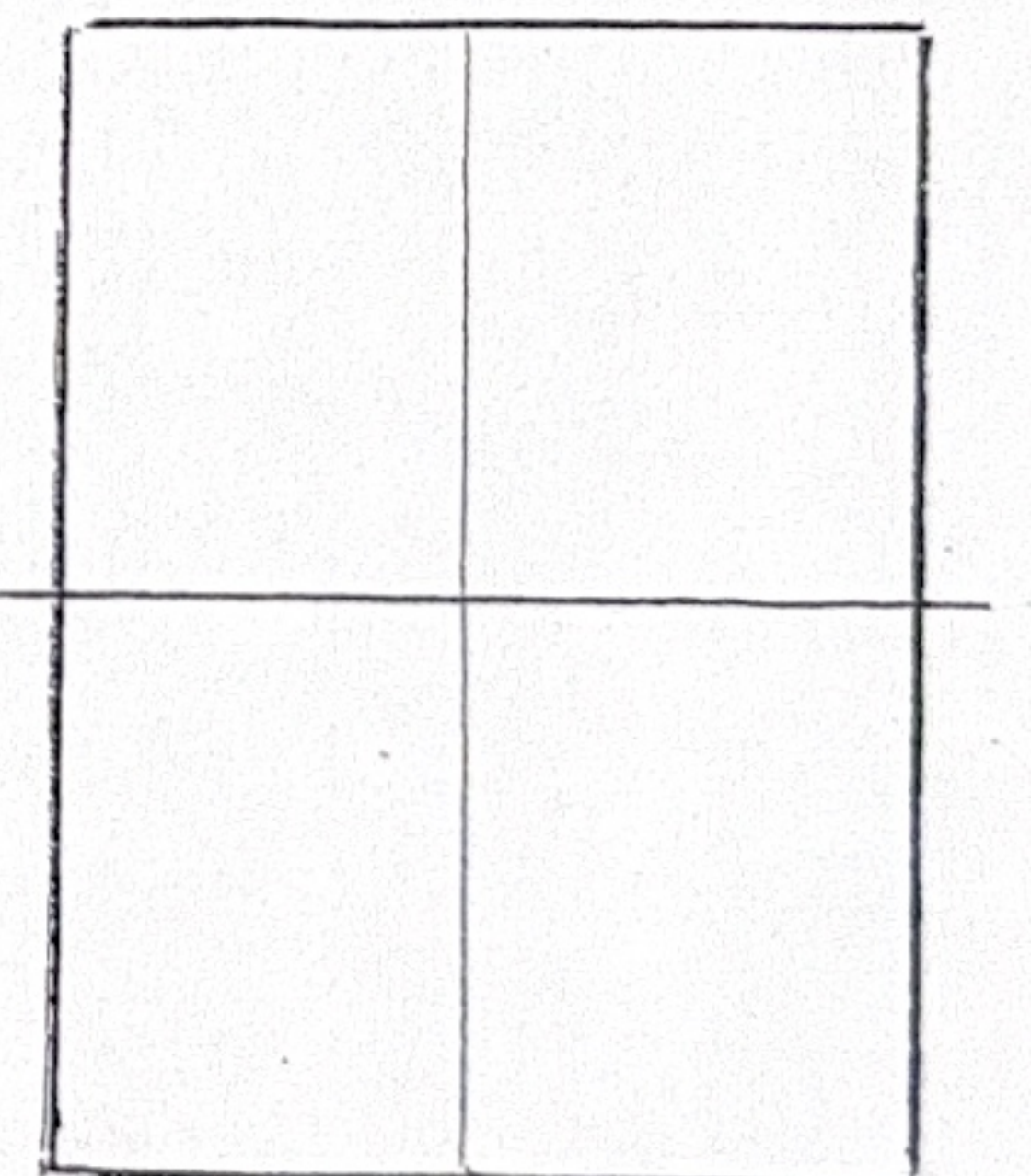
BH CHOP

2x8'



SERVICE BH1 (FHS) 2 FHS 2

≈20'



LIP AND DOWN 1 SET

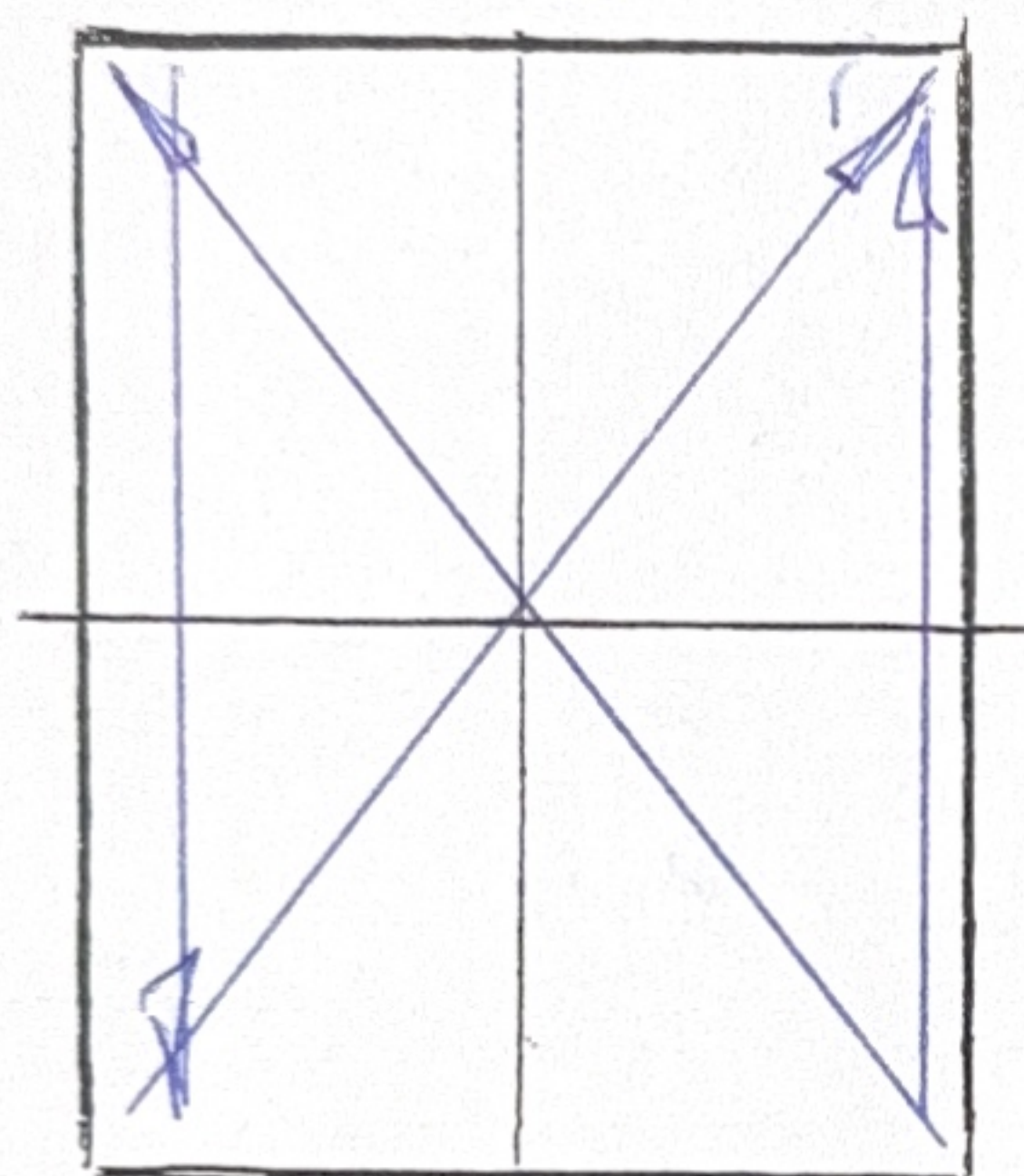
12.08.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TACTICAL PREPARATION 2. 3rd BALL ATTACK

3. TRAINING MATCHES

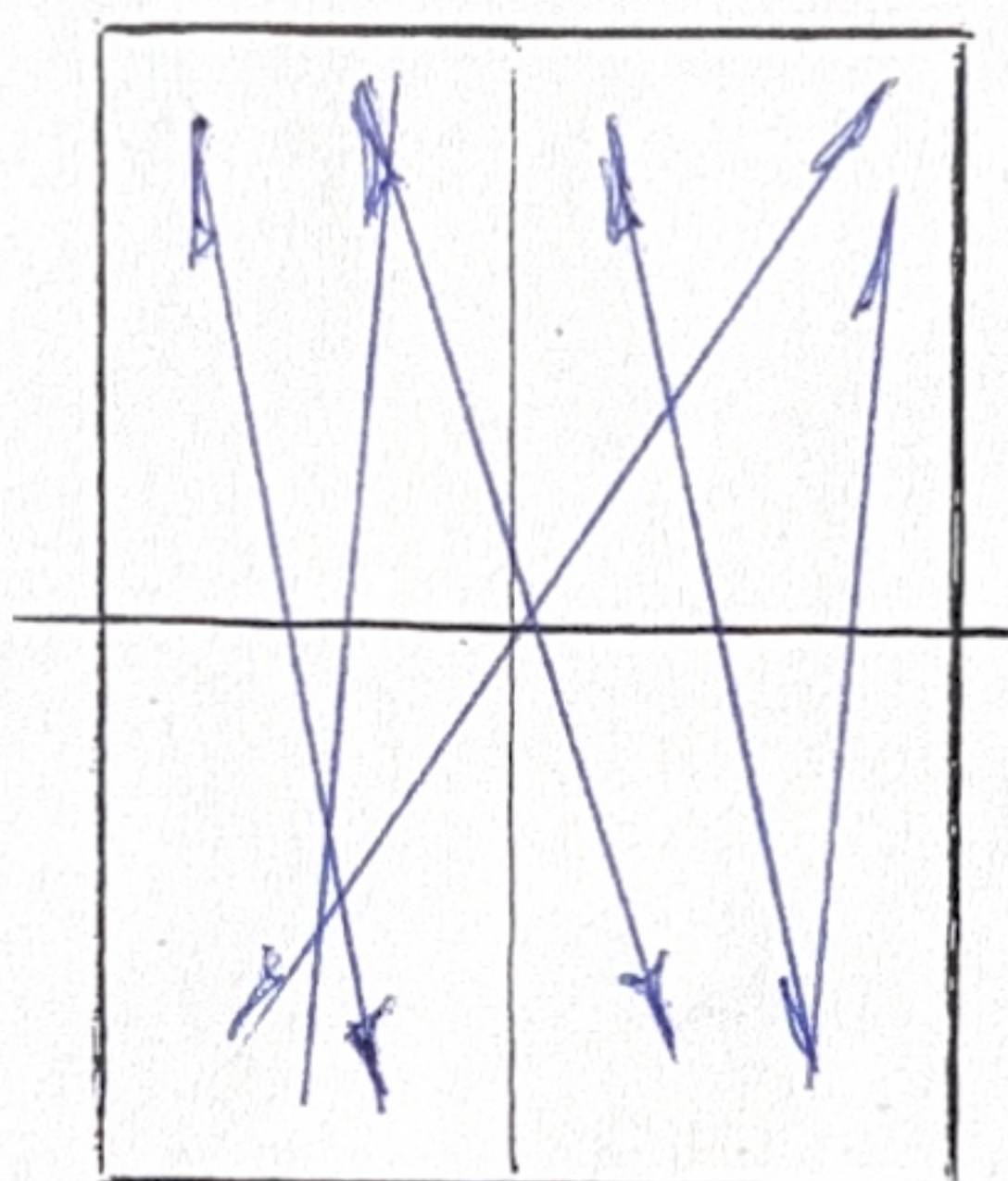
WARMING-UP → FOOTWORK 5'x25'x25' (SPEED)

15'



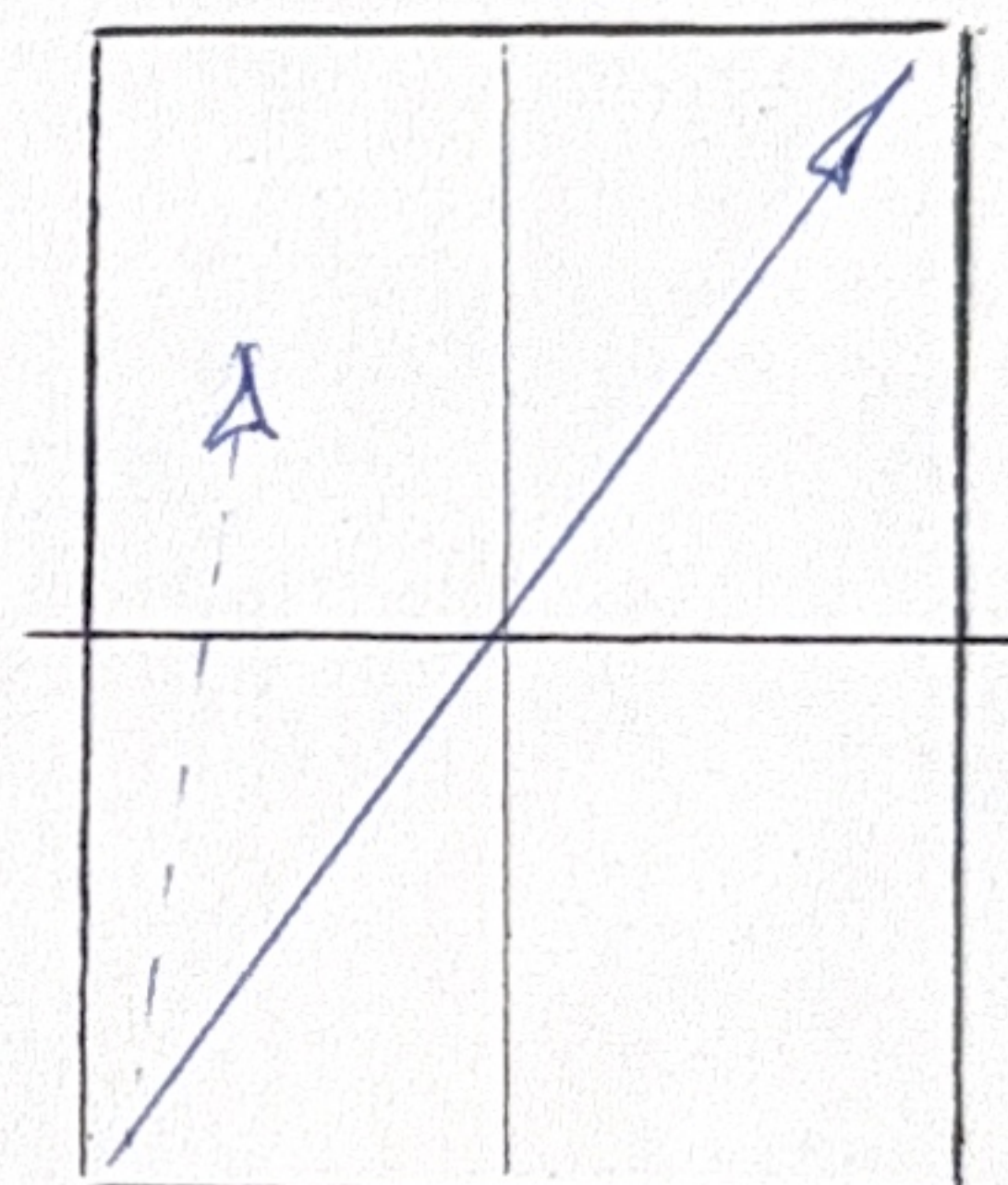
BH DOWN FH
5' THE LINE 5'
5'

≈6-7'



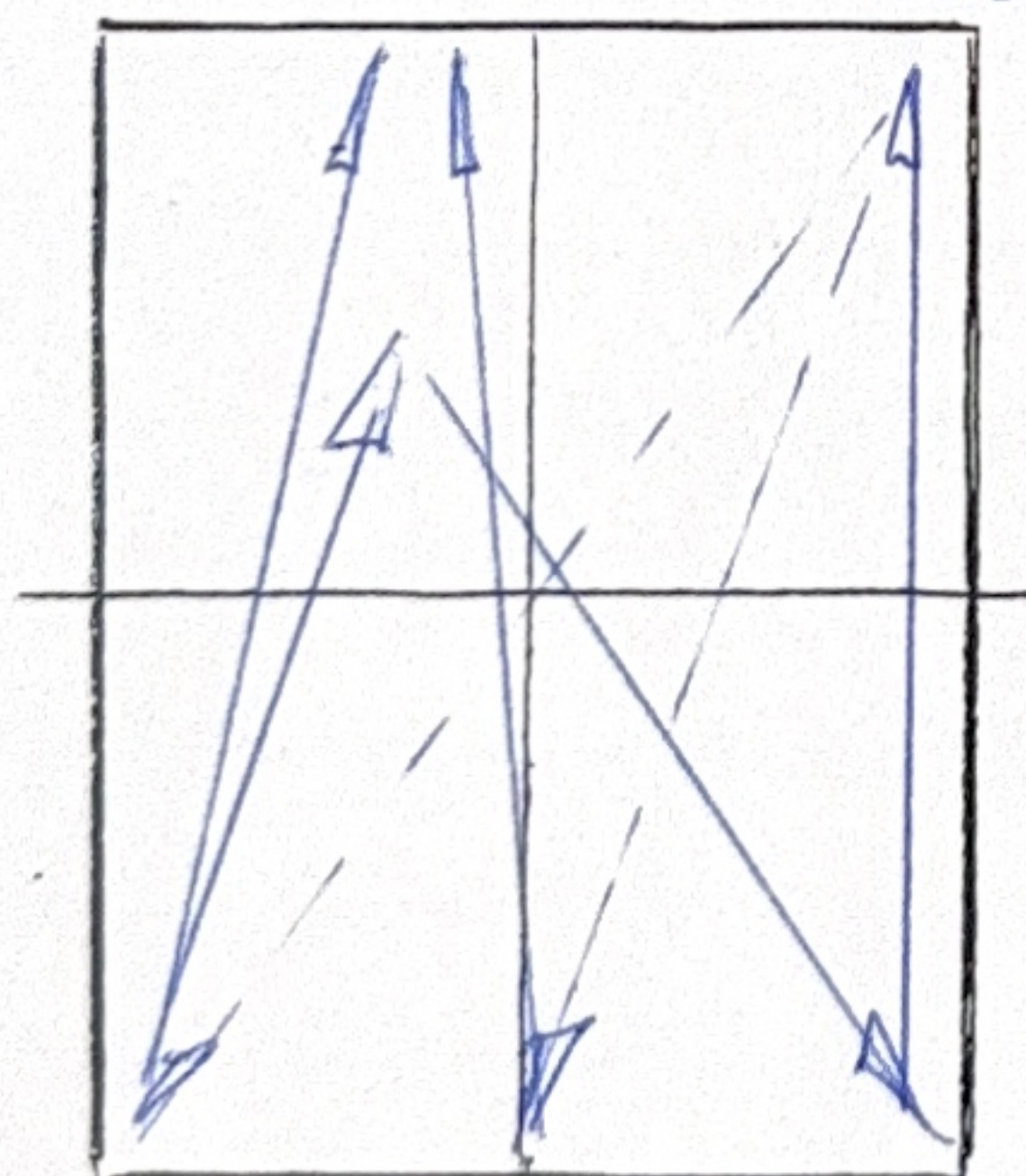
CHOP ALL TABLE
1 SET (11)

2x8'



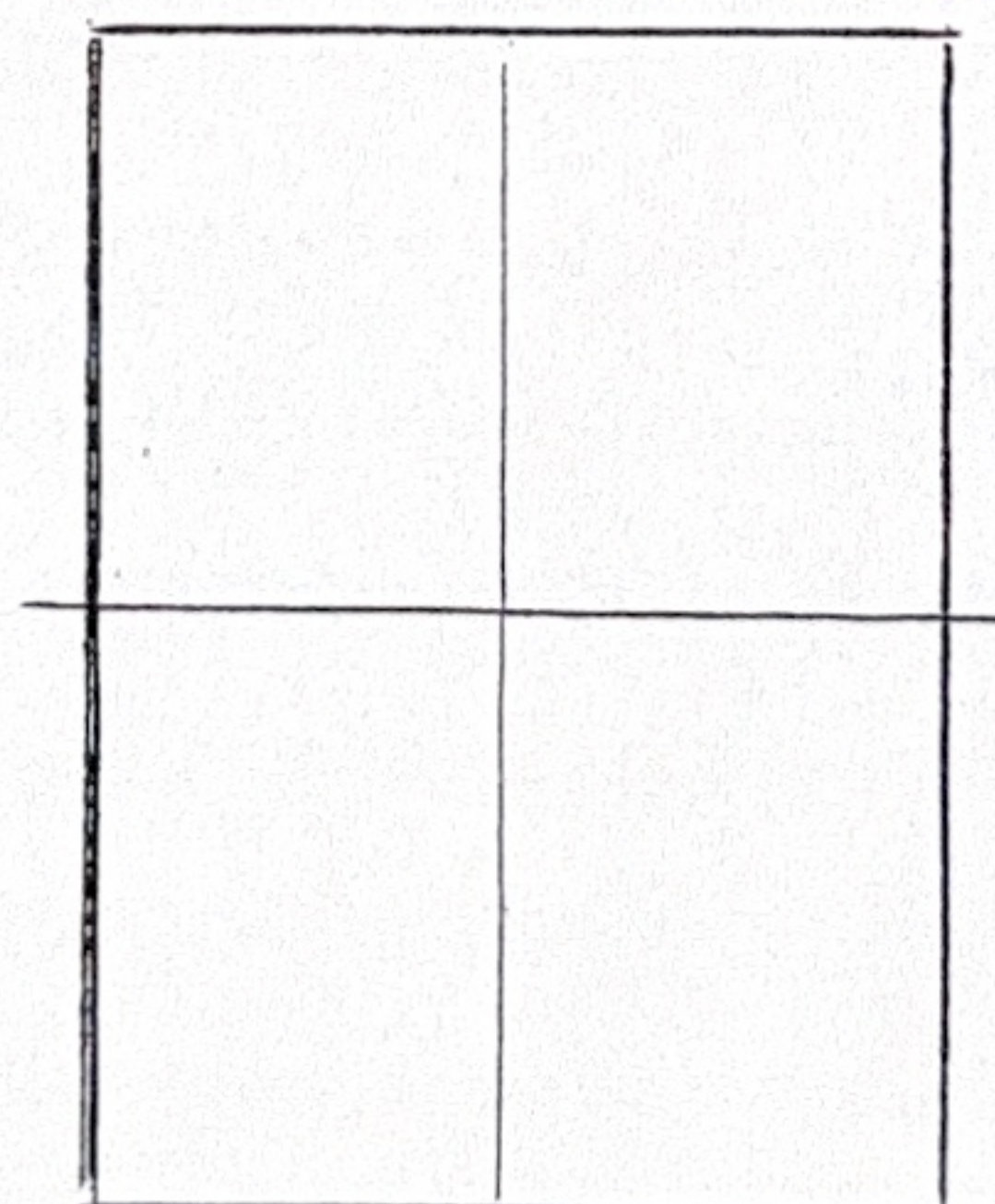
SERVICE LONG TO BH
OR SHORT TO FH
+ FREE

2x8' BH BLOCK

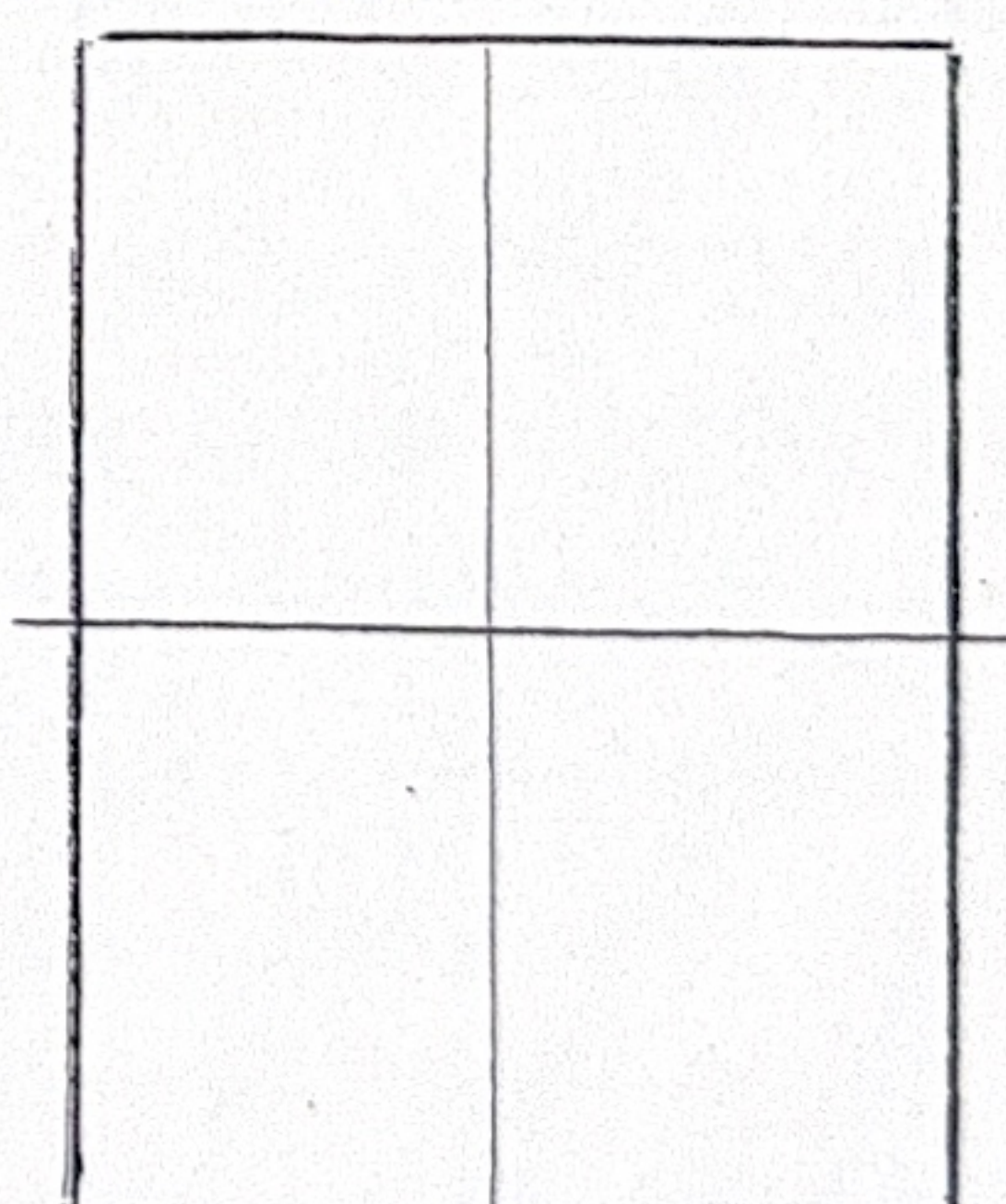


SERVICE FHS FHS
BH 2 1
2

UP AND DOWN ≈25'-30'



1 SET (11)



15.08.2026 SATURDAY - AUCKLAND OPEN

ALL SQUADS

