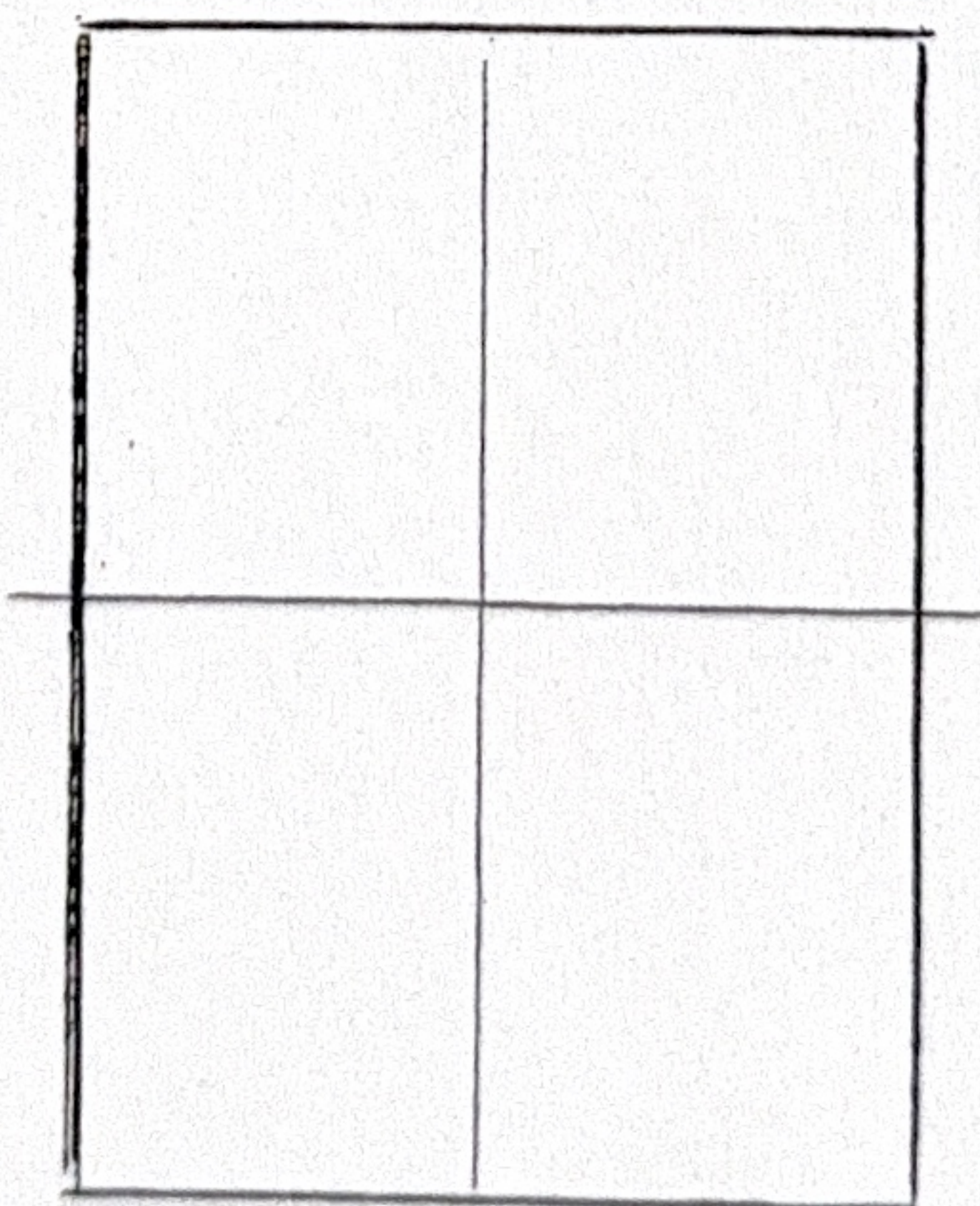
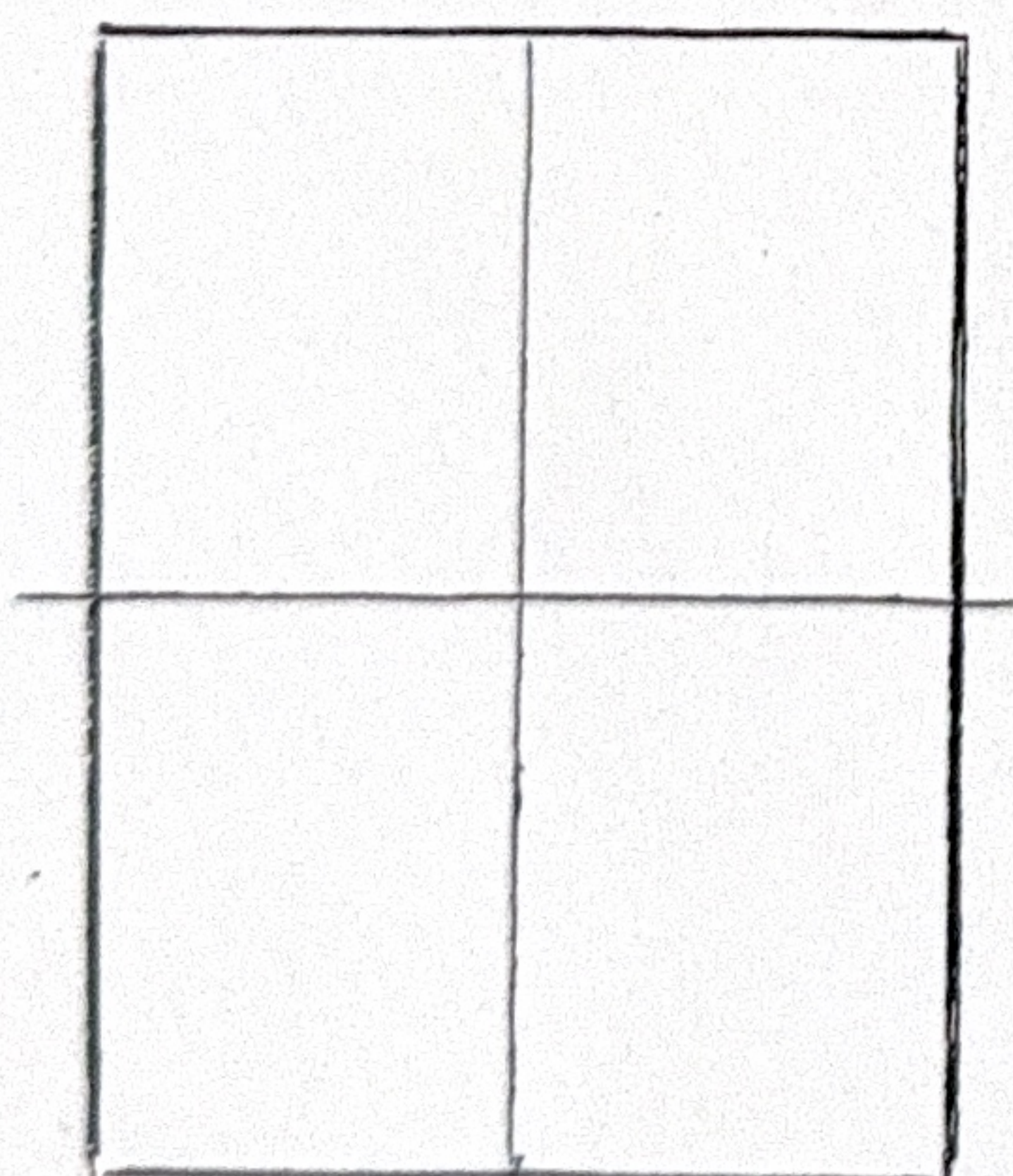
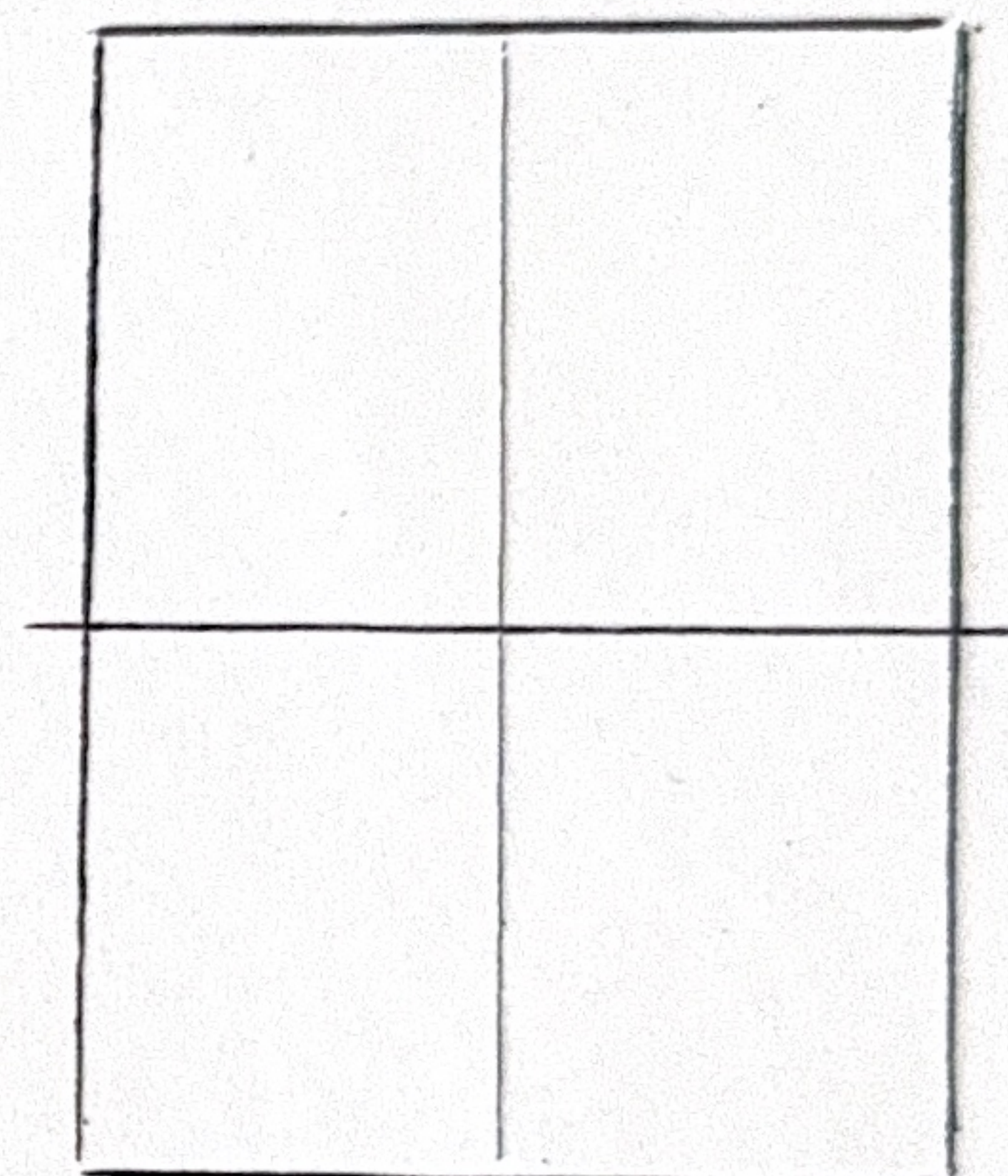
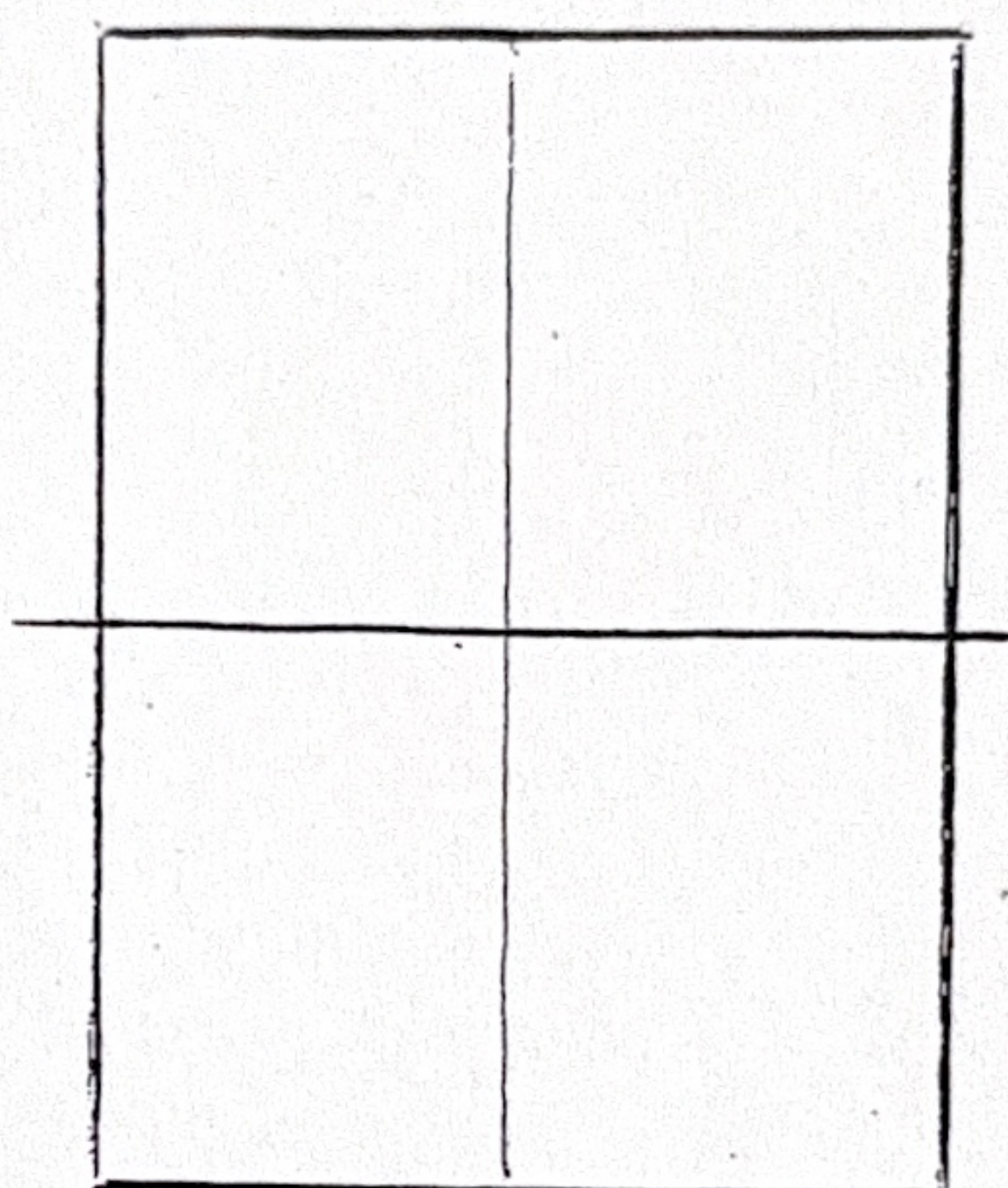
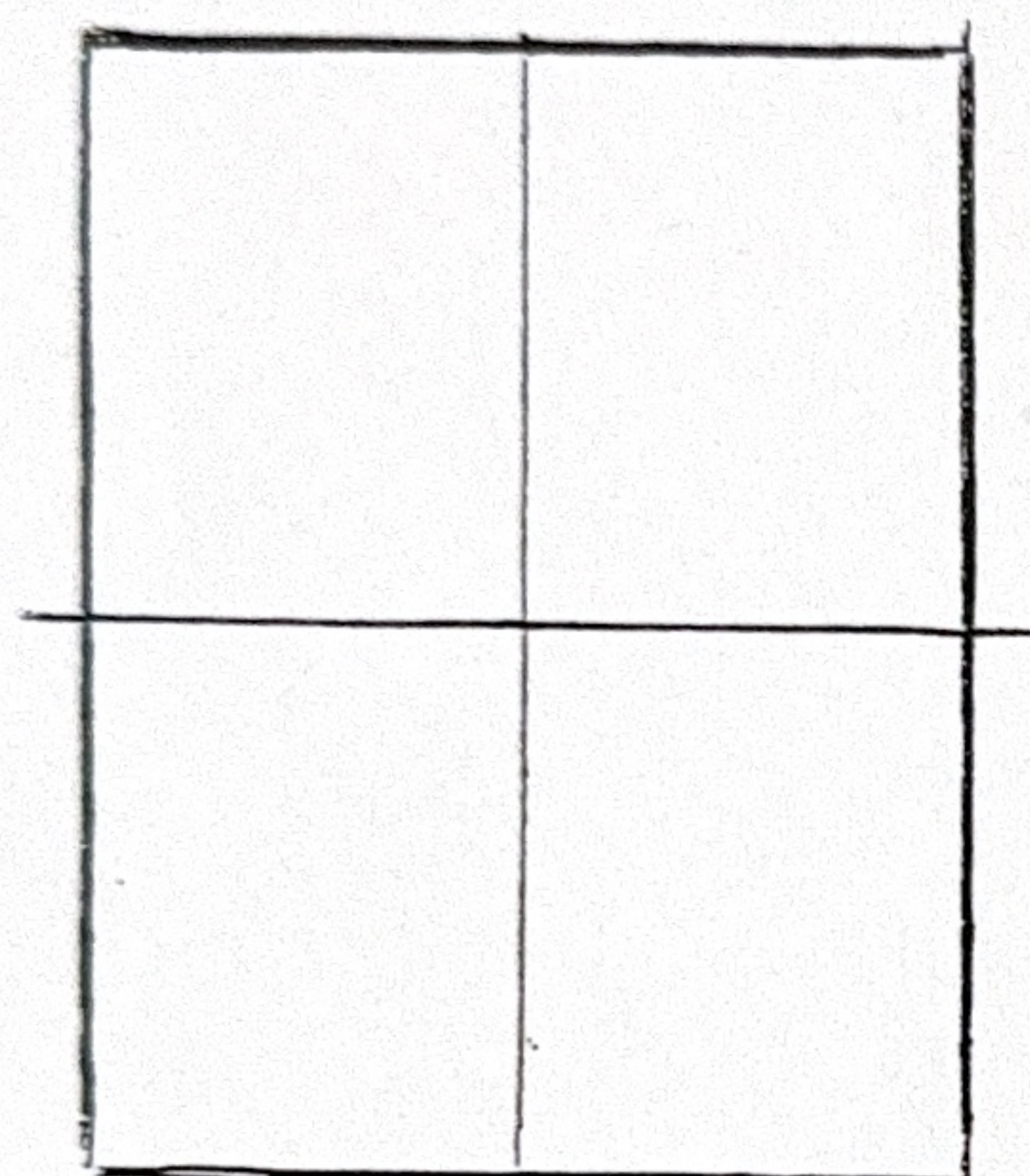


16.08.2026 SUNDAY - AUCKLAND OPEN

ALL SQUADS



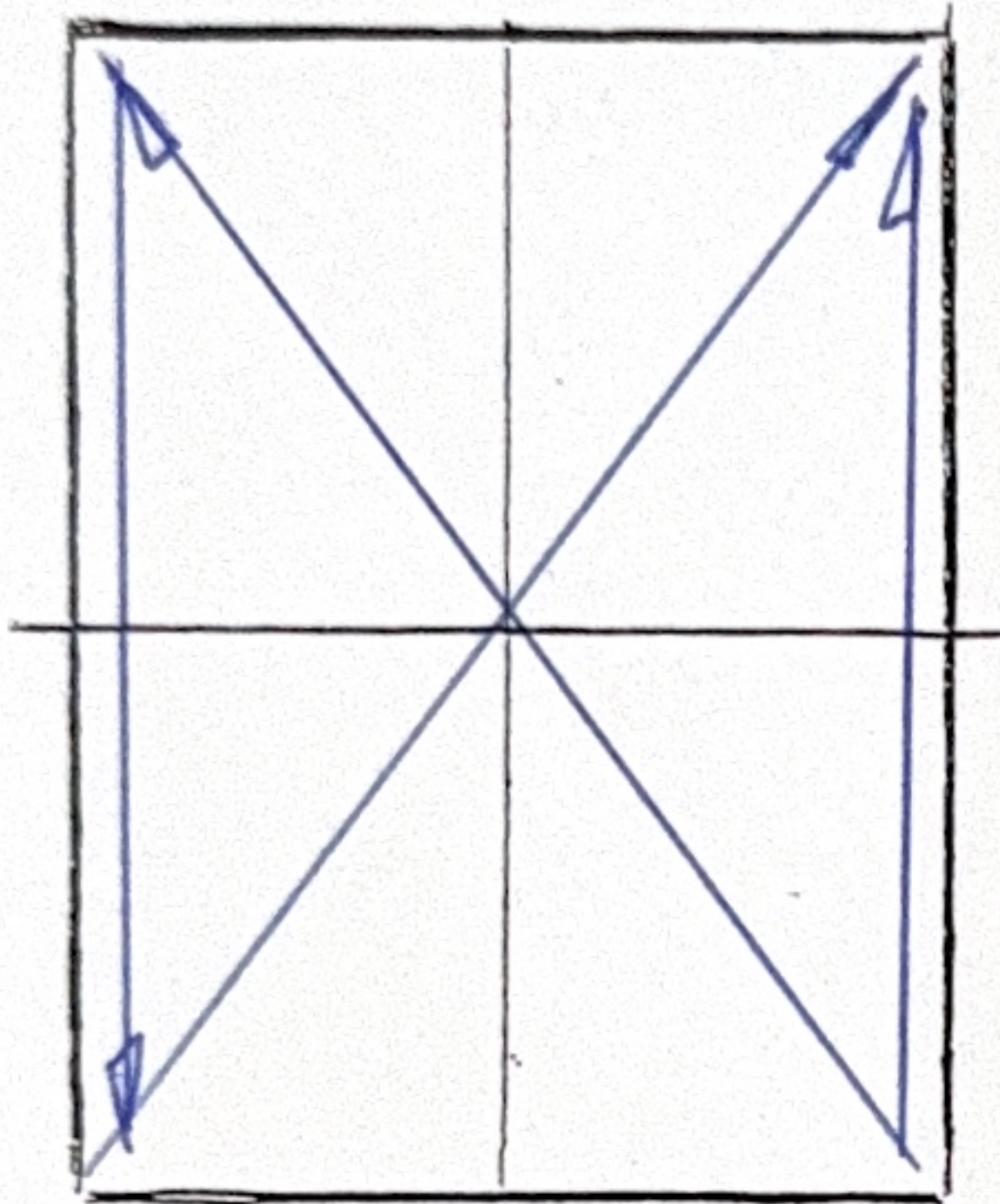
18.08.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. SERVE + RECEIVE 2. MULTIBALLS - TECHNIQUE

3. FOOTWORK 4. INDIVIDUAL

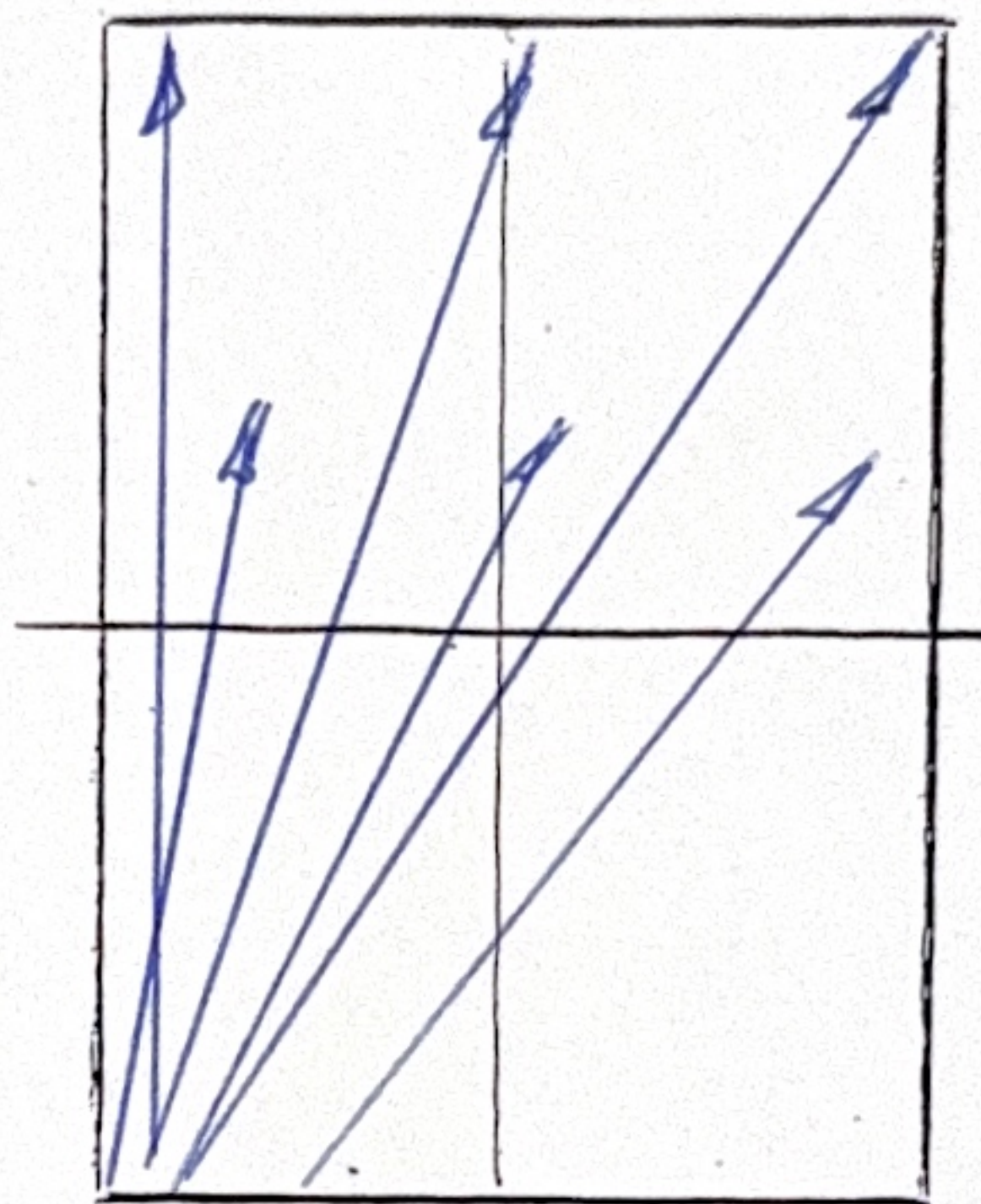
WARMING-UP → THE RABANDS, FOOTWORK 5'x25'x25'

15'



BH DOWN THE FH
5' LINE 5' 5'

30'



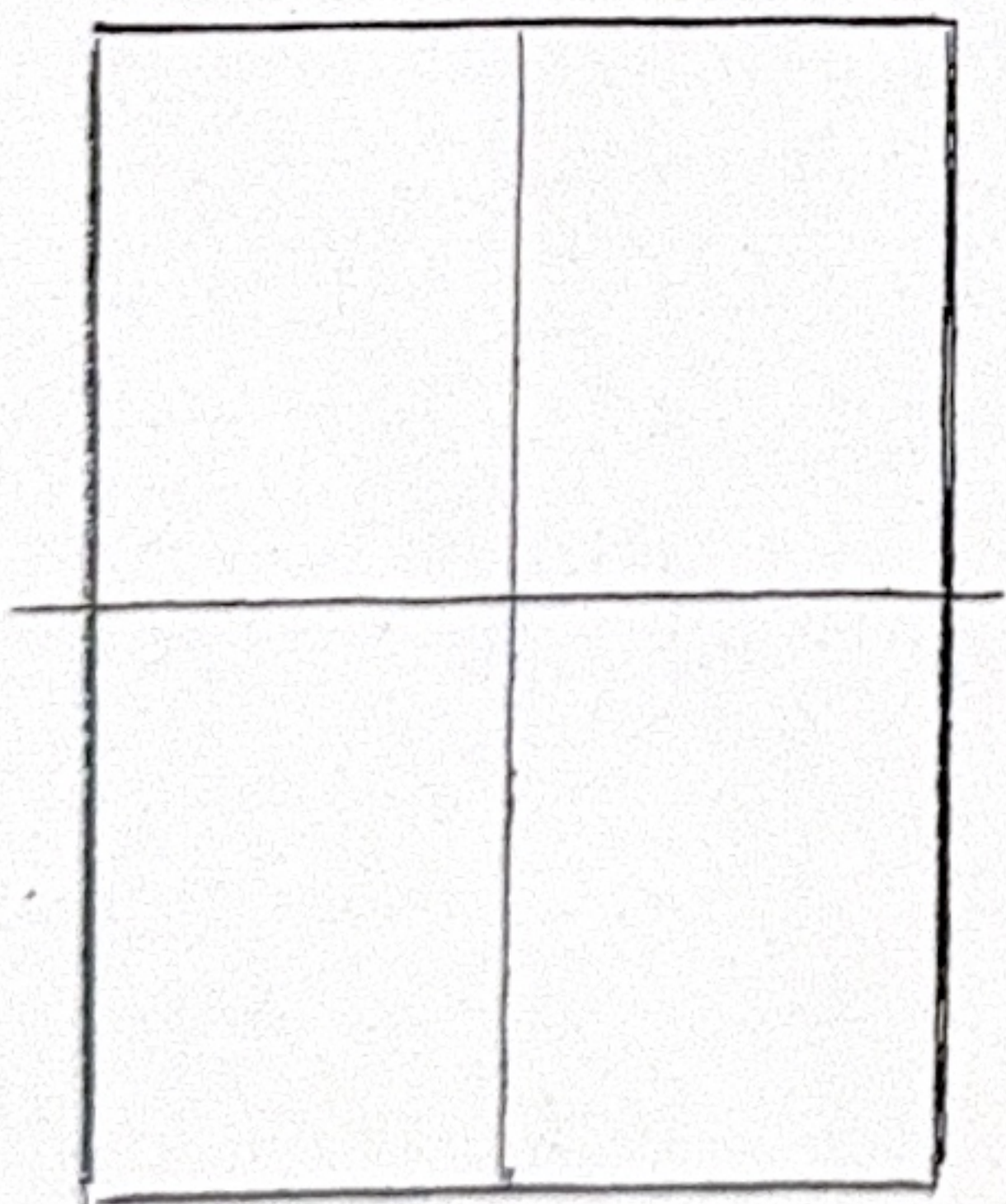
SERVE SHORT 15'
RECEIVE LONG 15'

10'



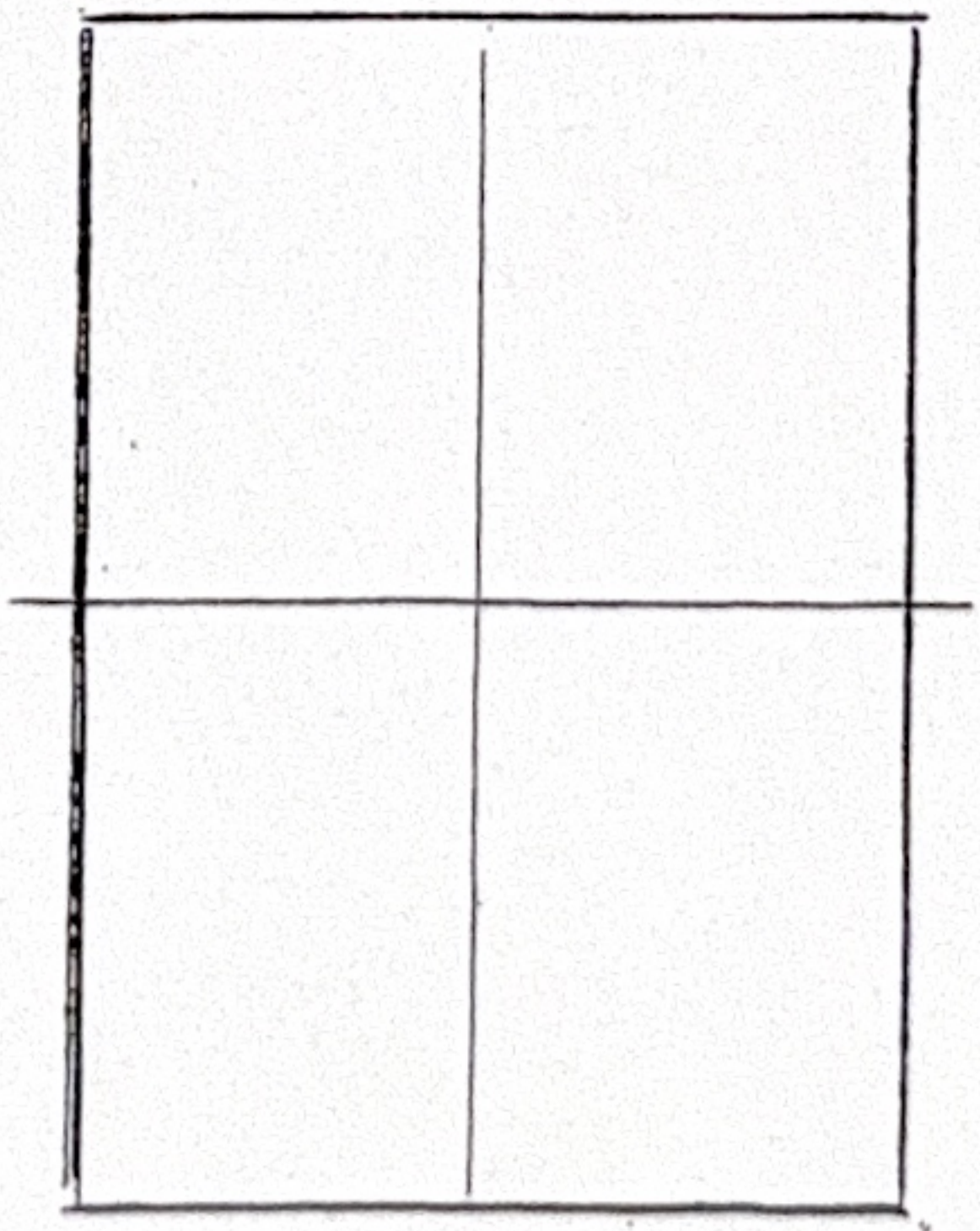
INDIVIDUAL
FOOTWORK

10'



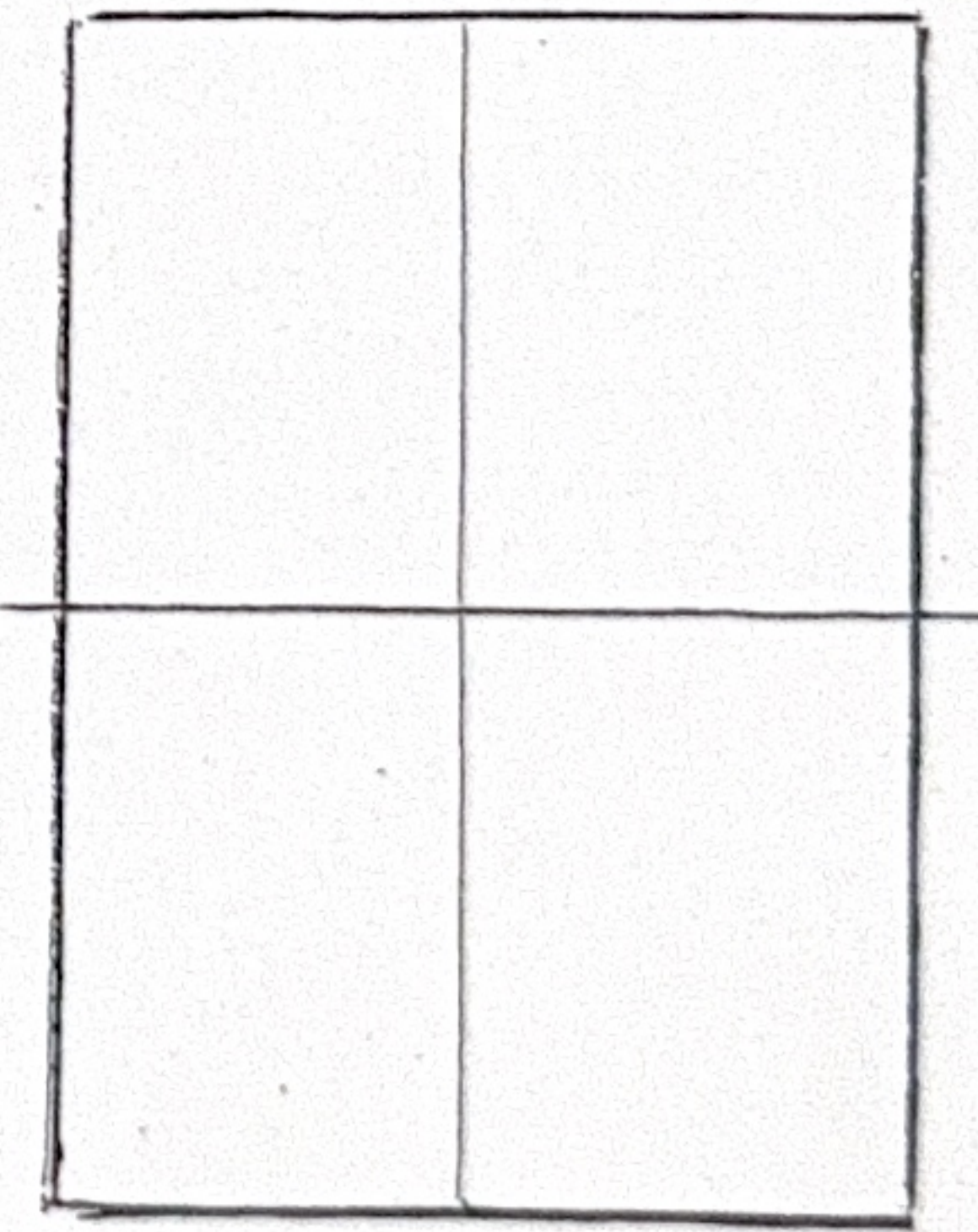
INDIVIDUAL
COMBINATION
BACKSPIN/TOPSPIN

10'



INDIVIDUAL
SHORT AND
LONG BALLS

10'



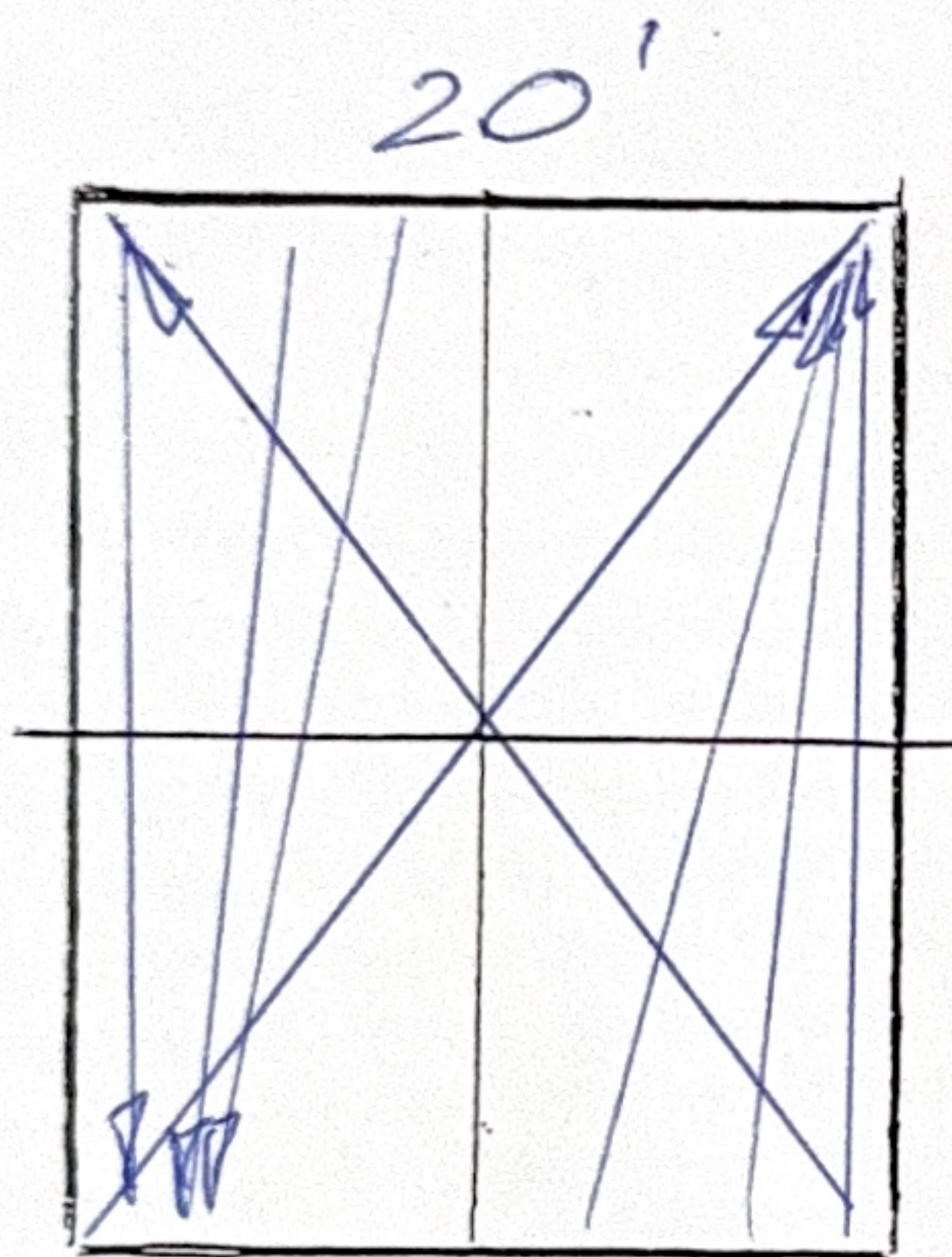
INDIVIDUAL
ADVANTAGES

22.08.2026 SATURDAY 15.30-18.00 ELITE SQUAD

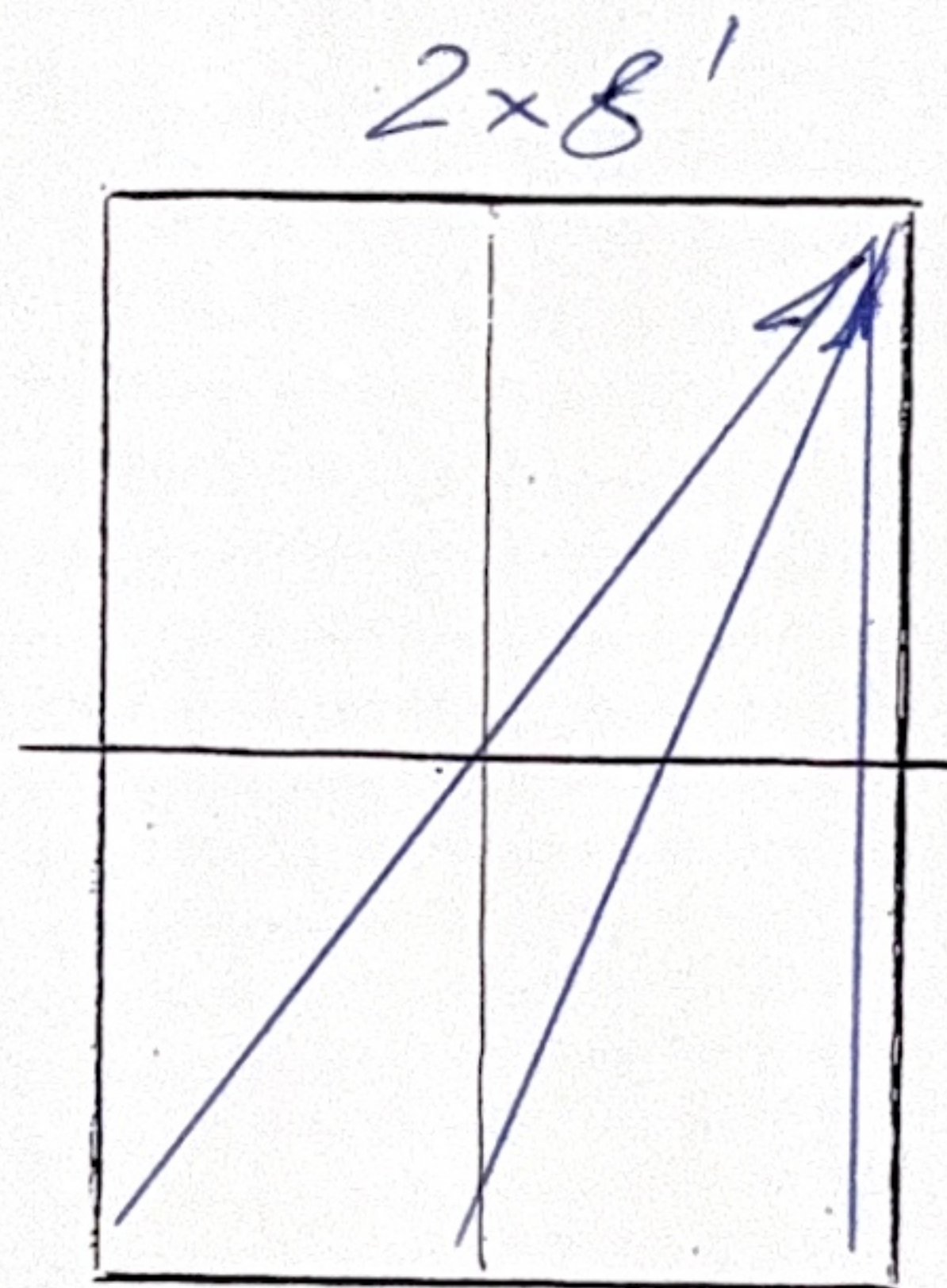
1. FOOTWORK → REACTION 2. 2ND + 4TH BALL ATTACK

3. INDIVIDUAL FROM SERVE

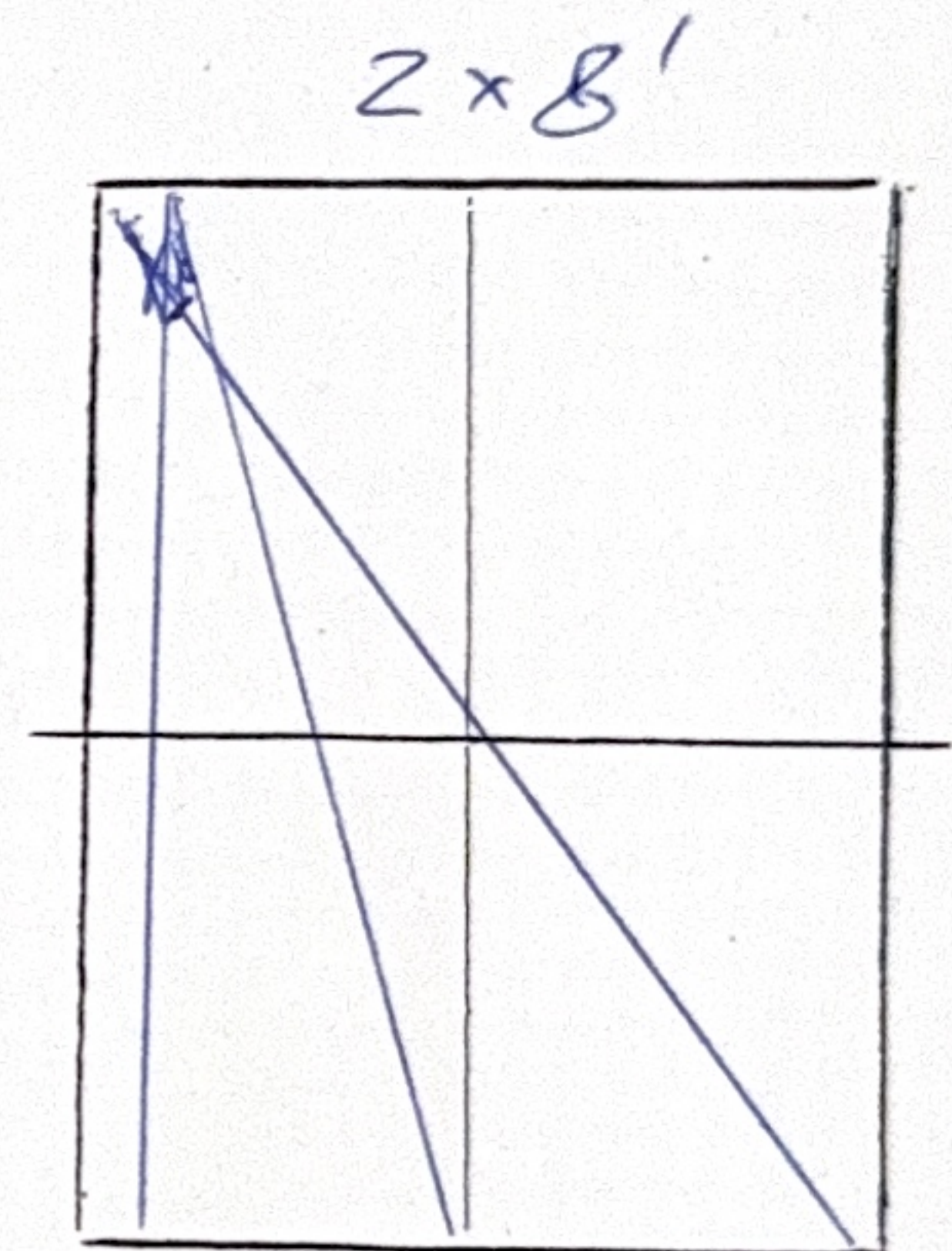
WARMING-UP → THERABANDS FOOTWORK 6 × 20" × 30"



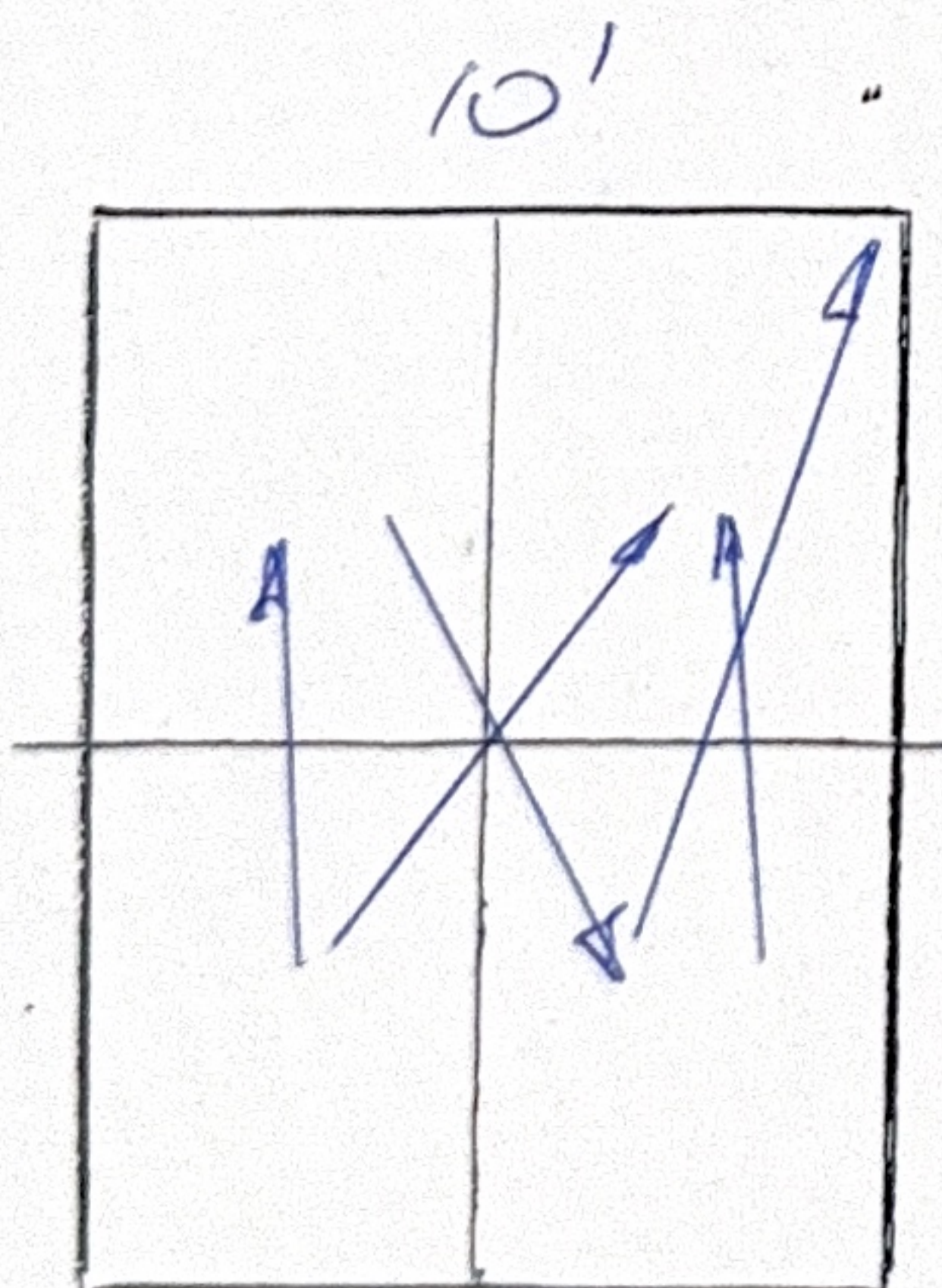
BH DOWN THE FH
5' LINE 5'
2 × 5'



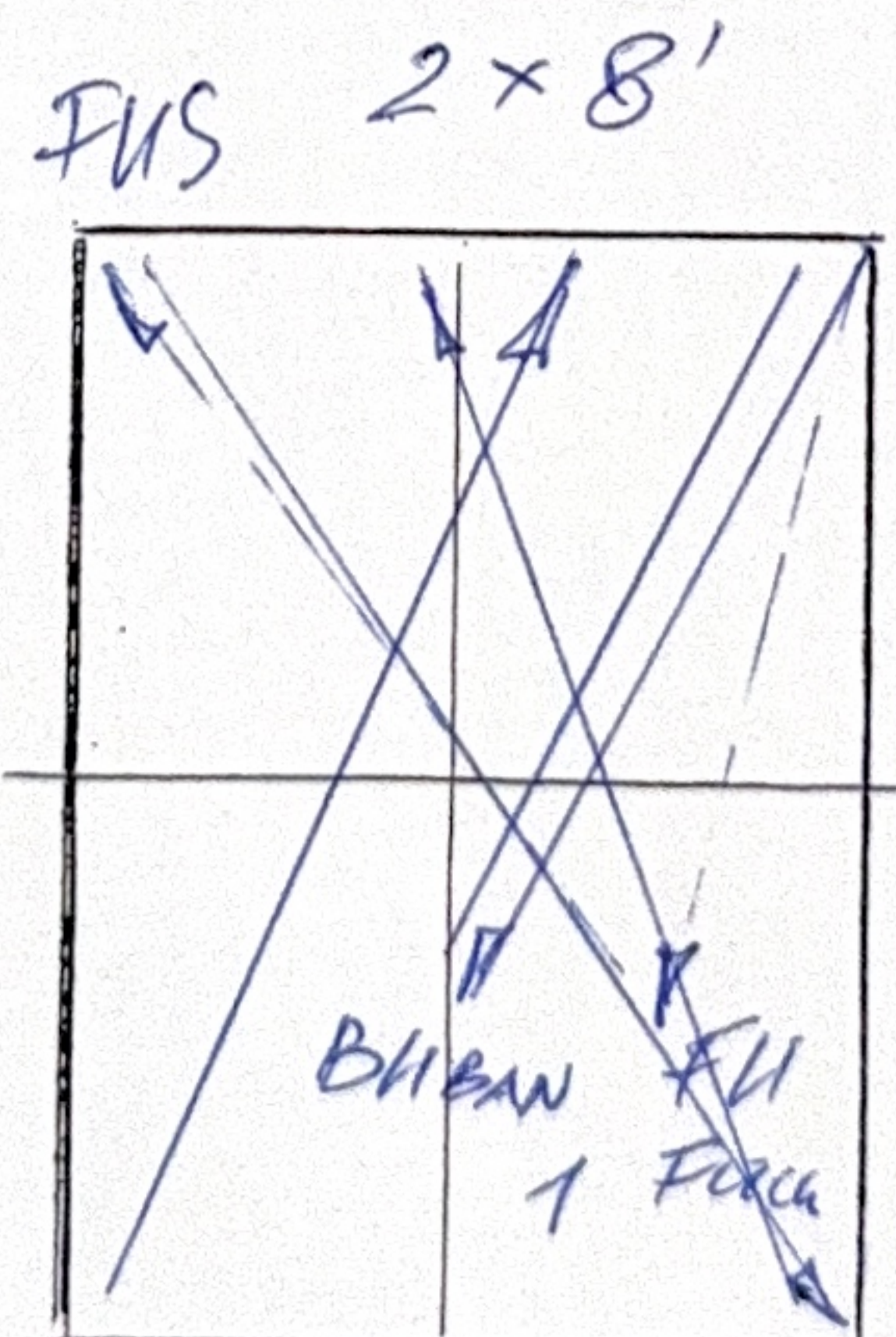
BHS FHS FHS
2(3) ? 1(2) ? 2(3)



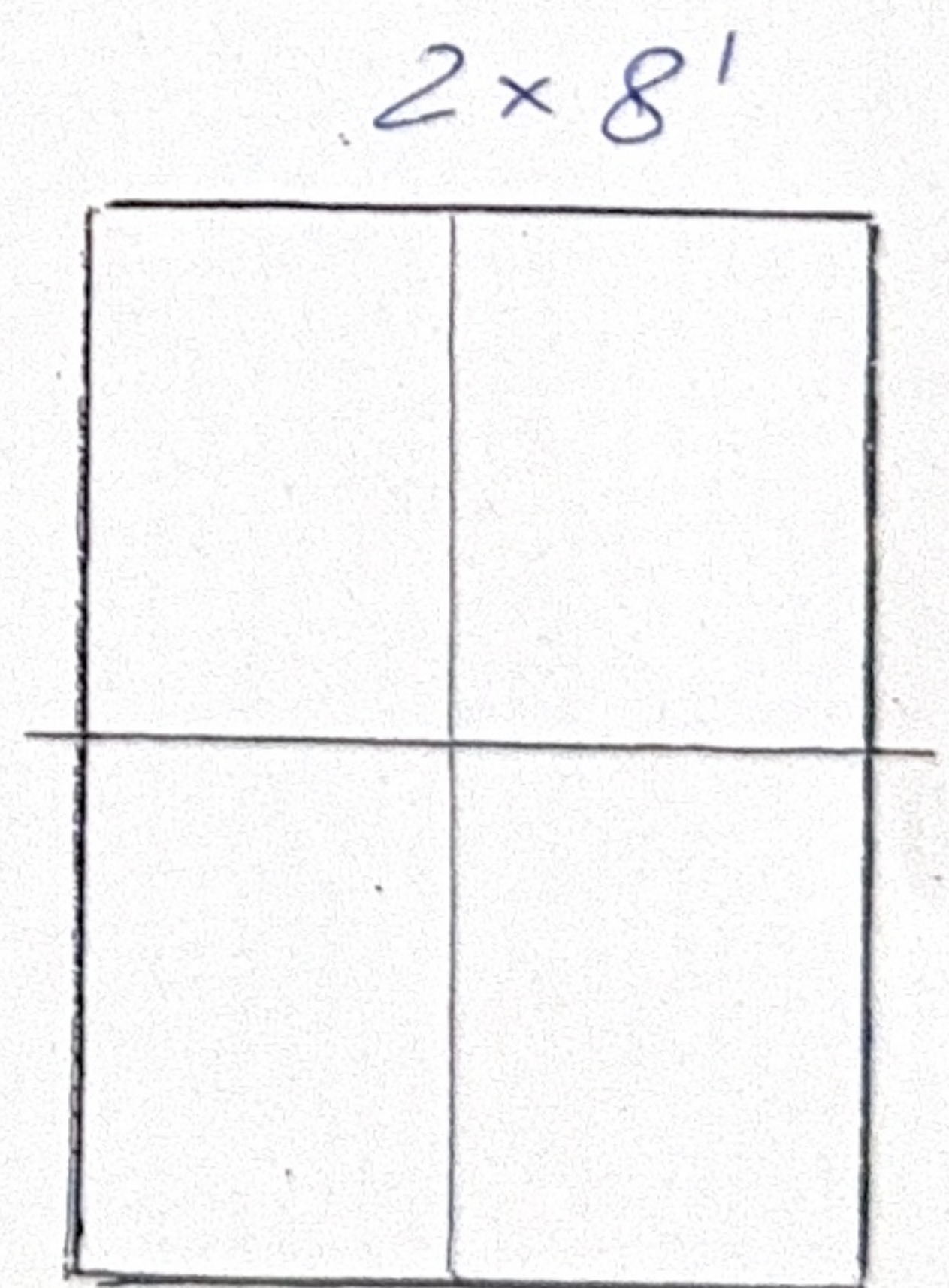
BHS FHS FHS
2 ? 2 1



SHORTS-SHORTS
BH BAN. (FH FWH)
TO BH + FREE
BY 2 MISTAKES



BH 2
FHS 2
COUNTER SPIN



INDIVIDUAL
FROM SERVE