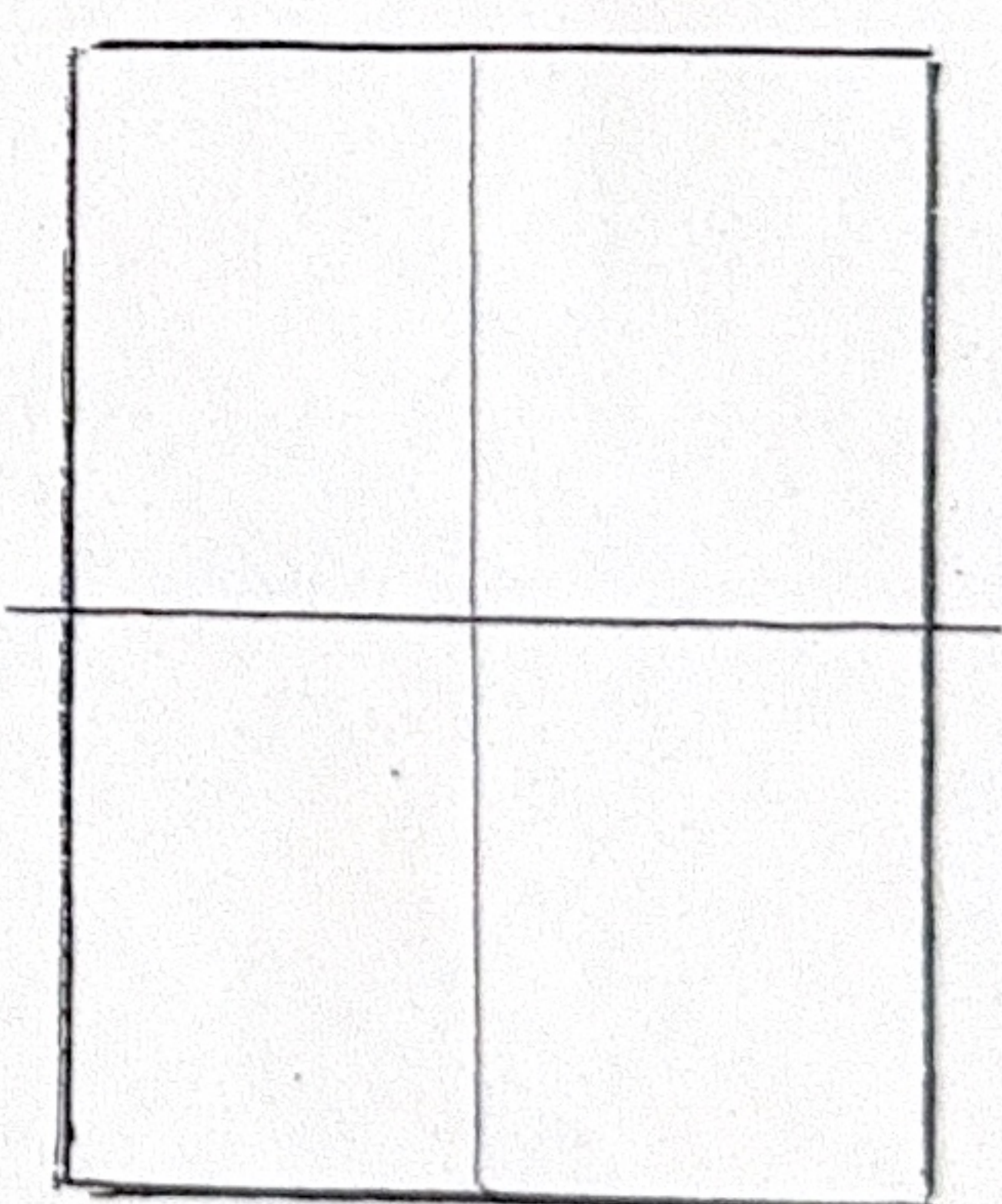
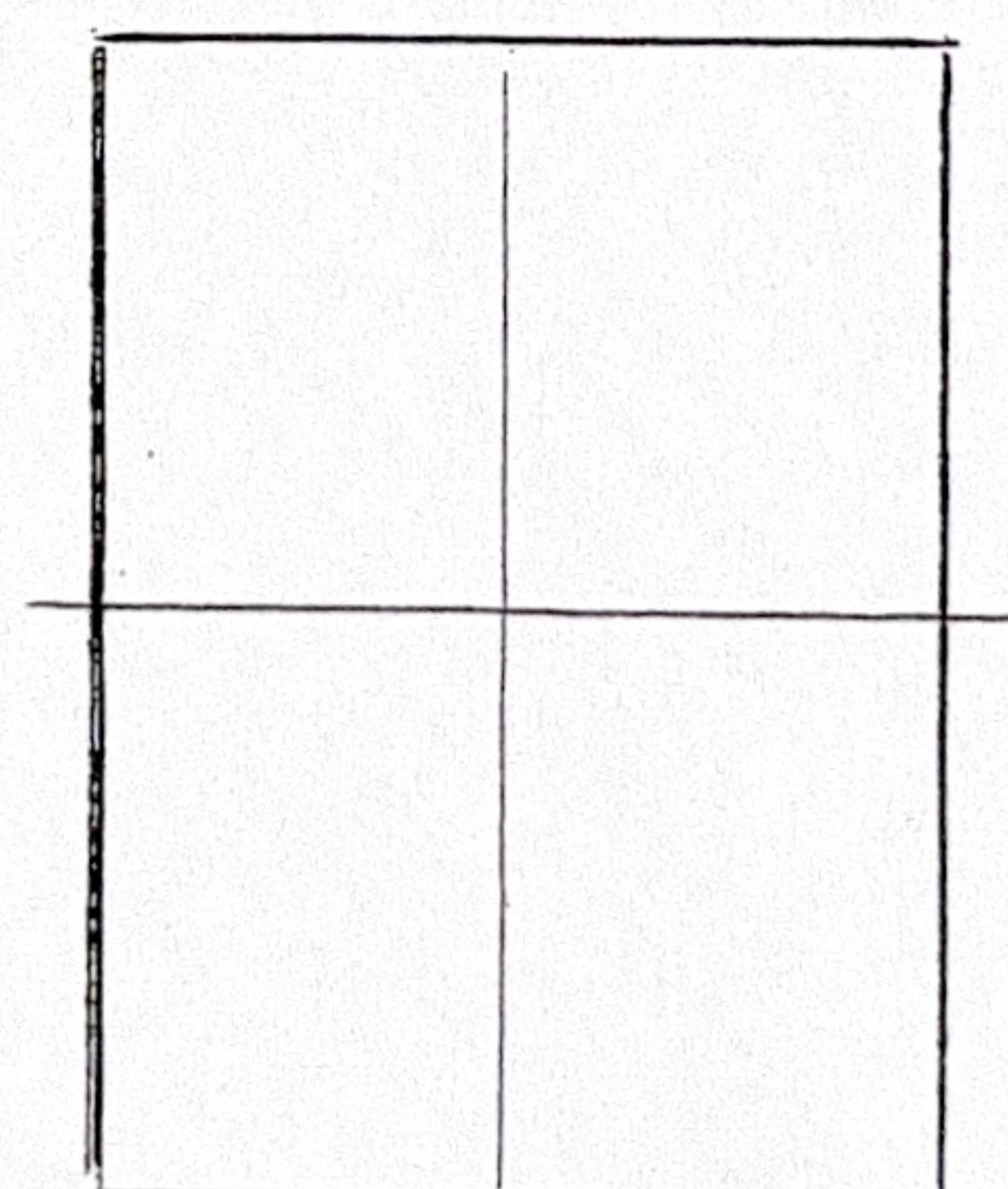
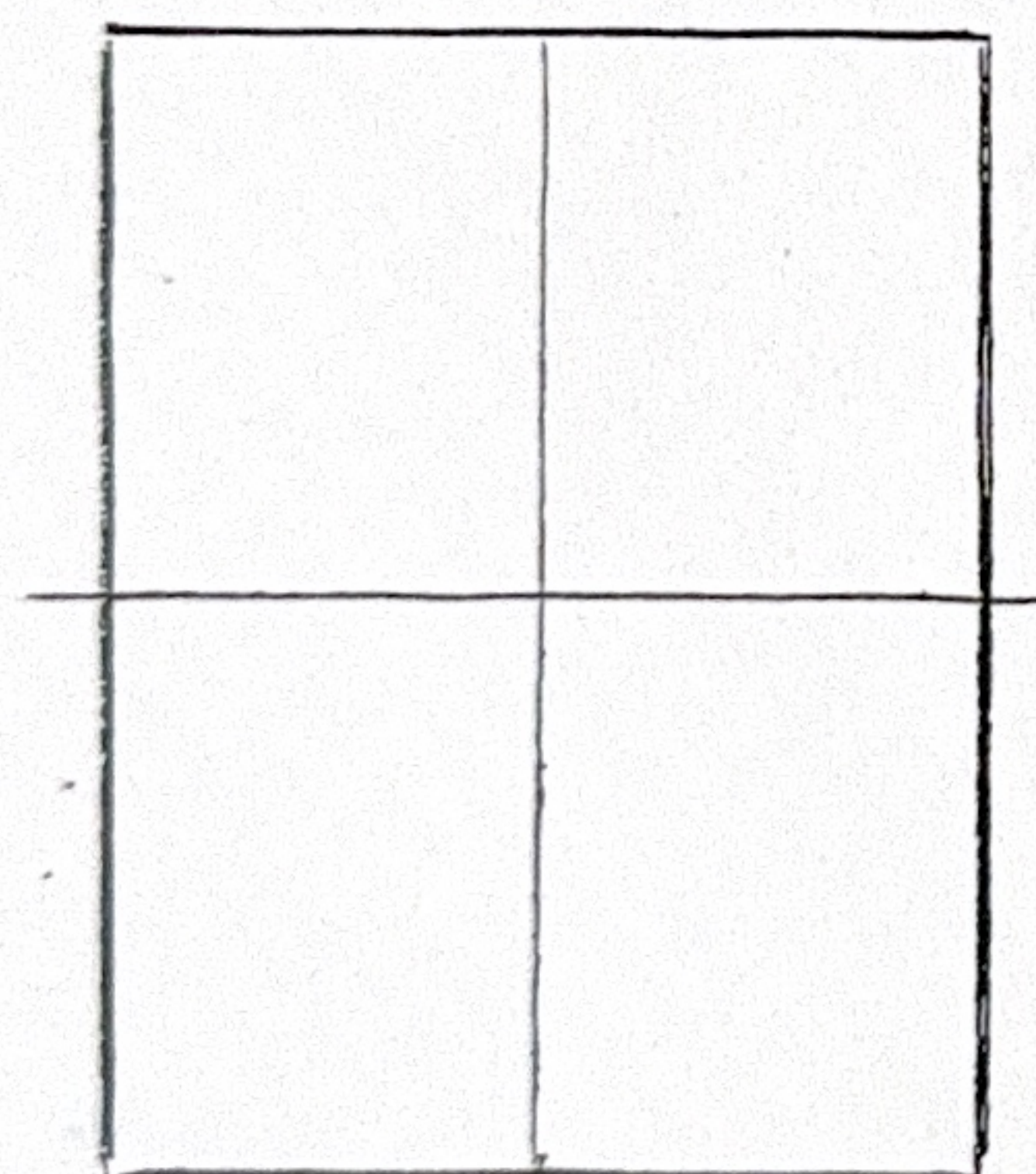
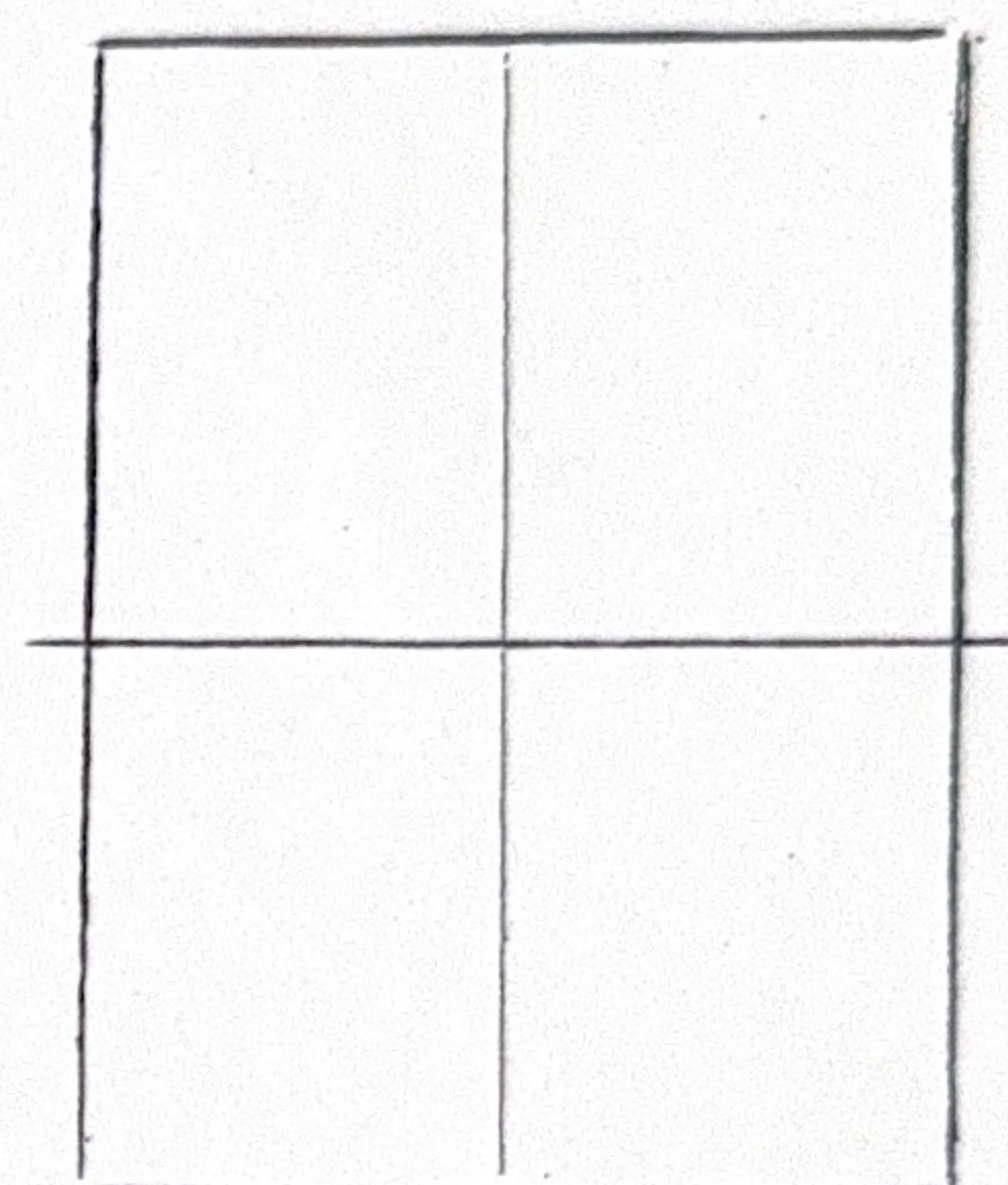
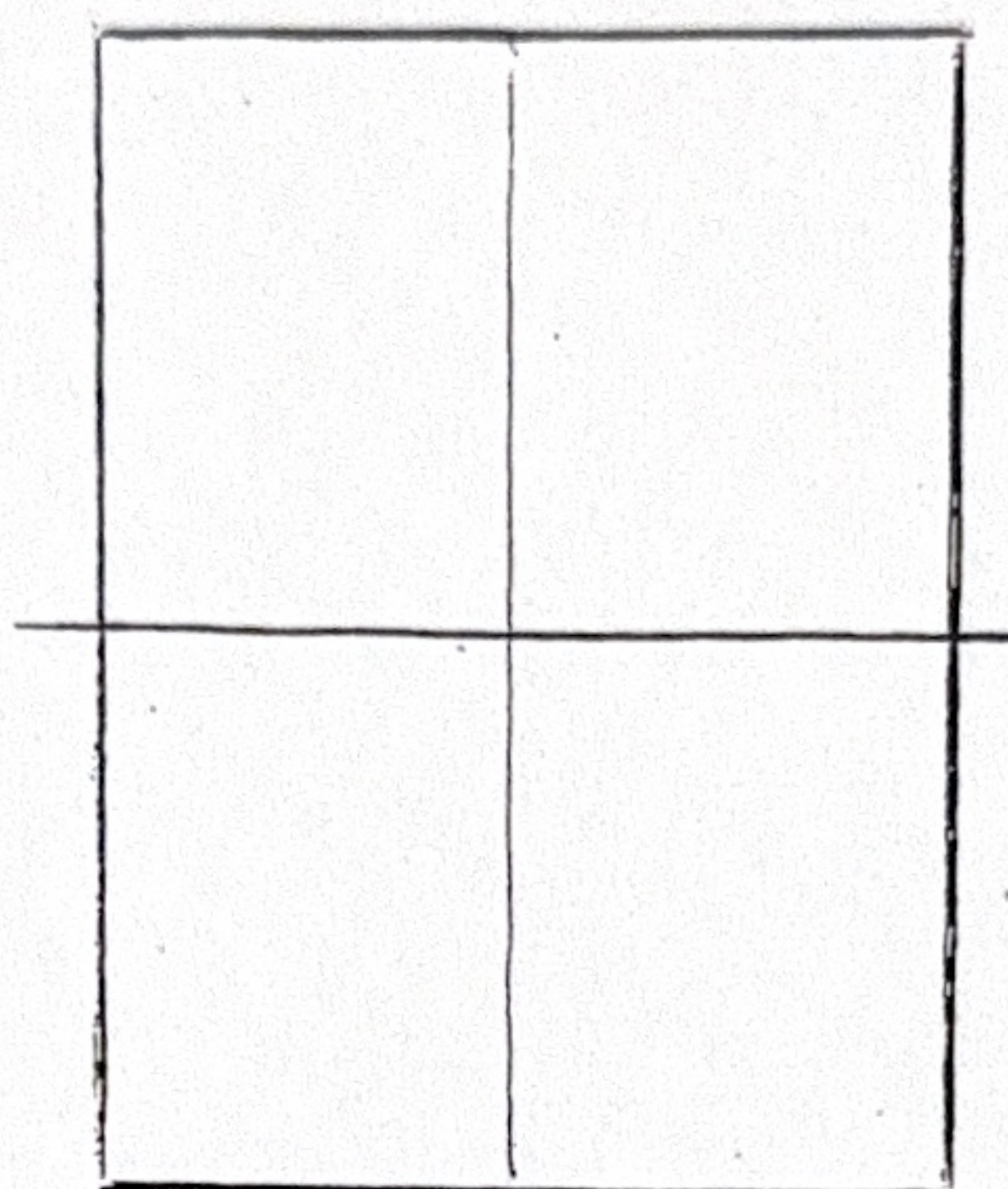
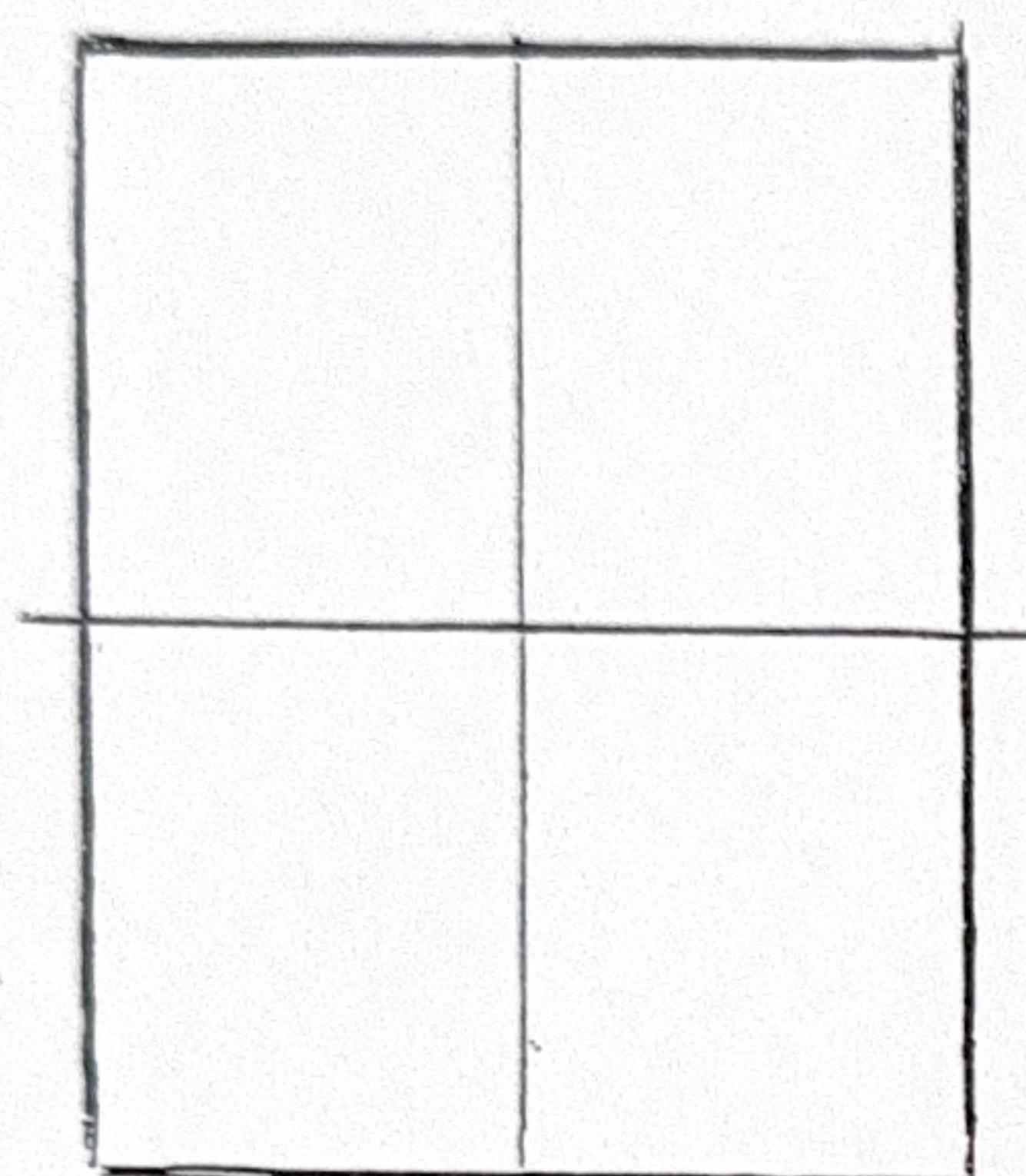


16.08.2026 SUNDAY - AUCKLAND OPEN

ALL SQUADS



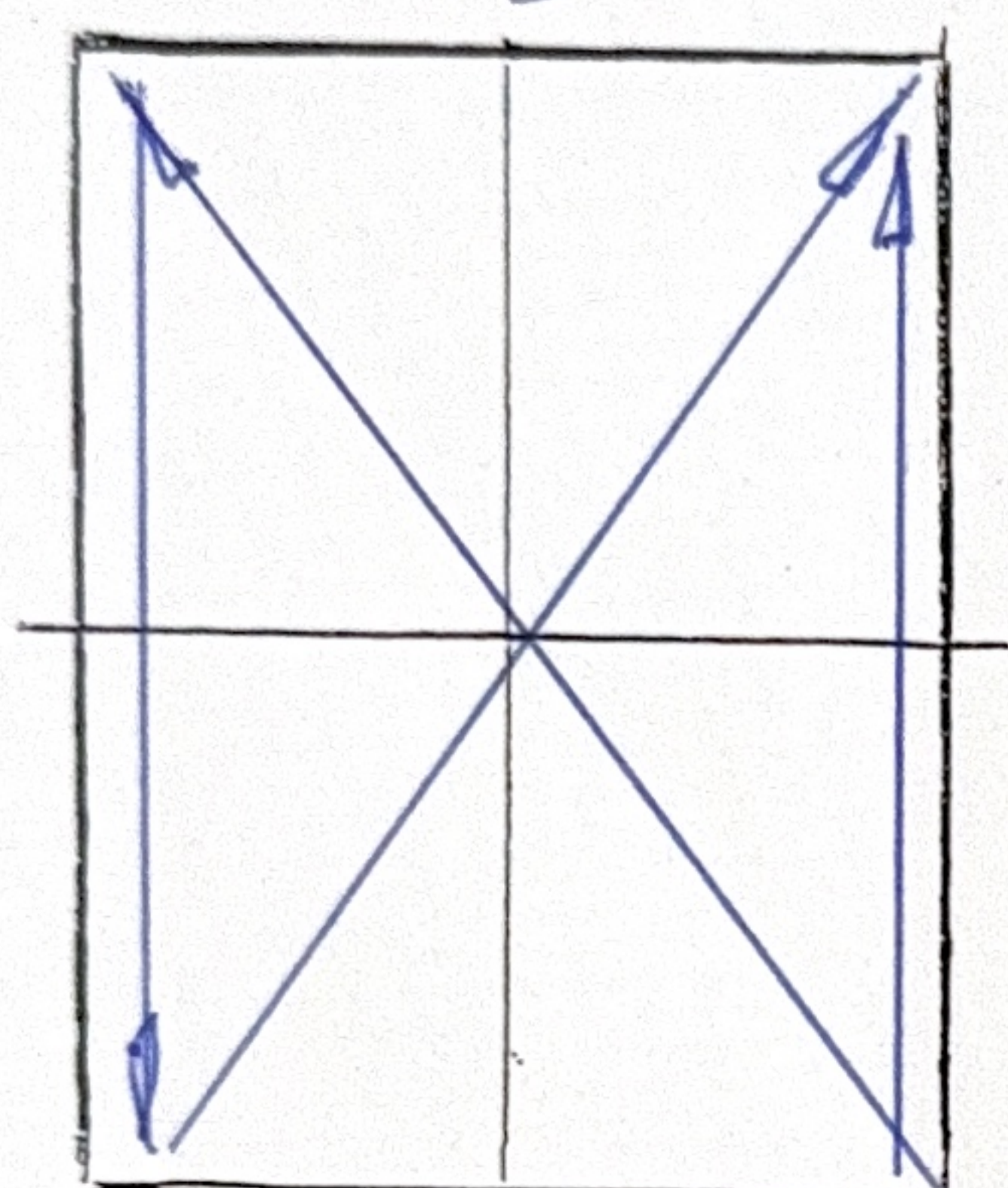
19.08.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK 3. STABILITY

WARMING-UP → FOOTWORK SPEED 5' x 25' x 25'

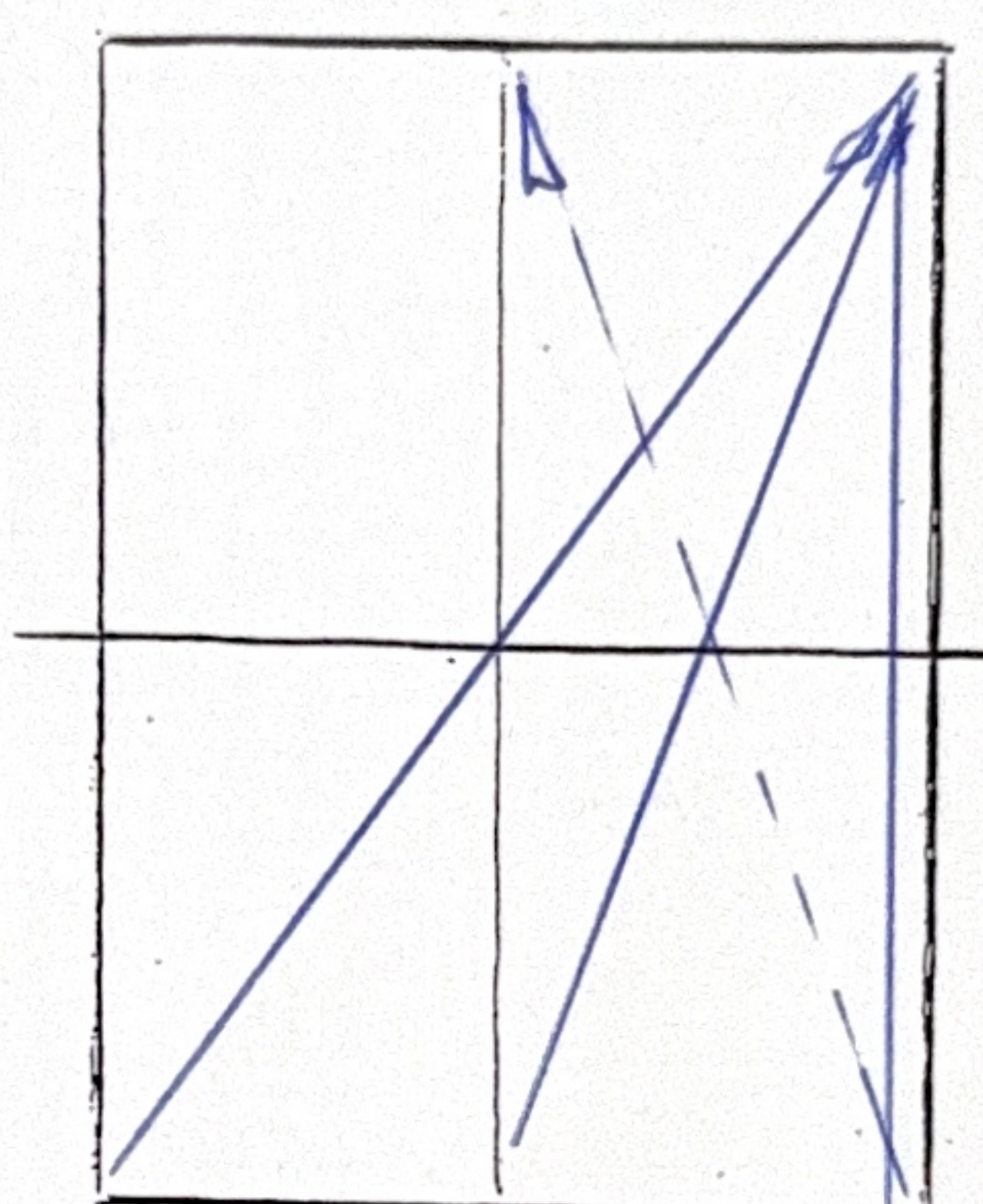
ONE TABLE → MULTIBALLS

15'



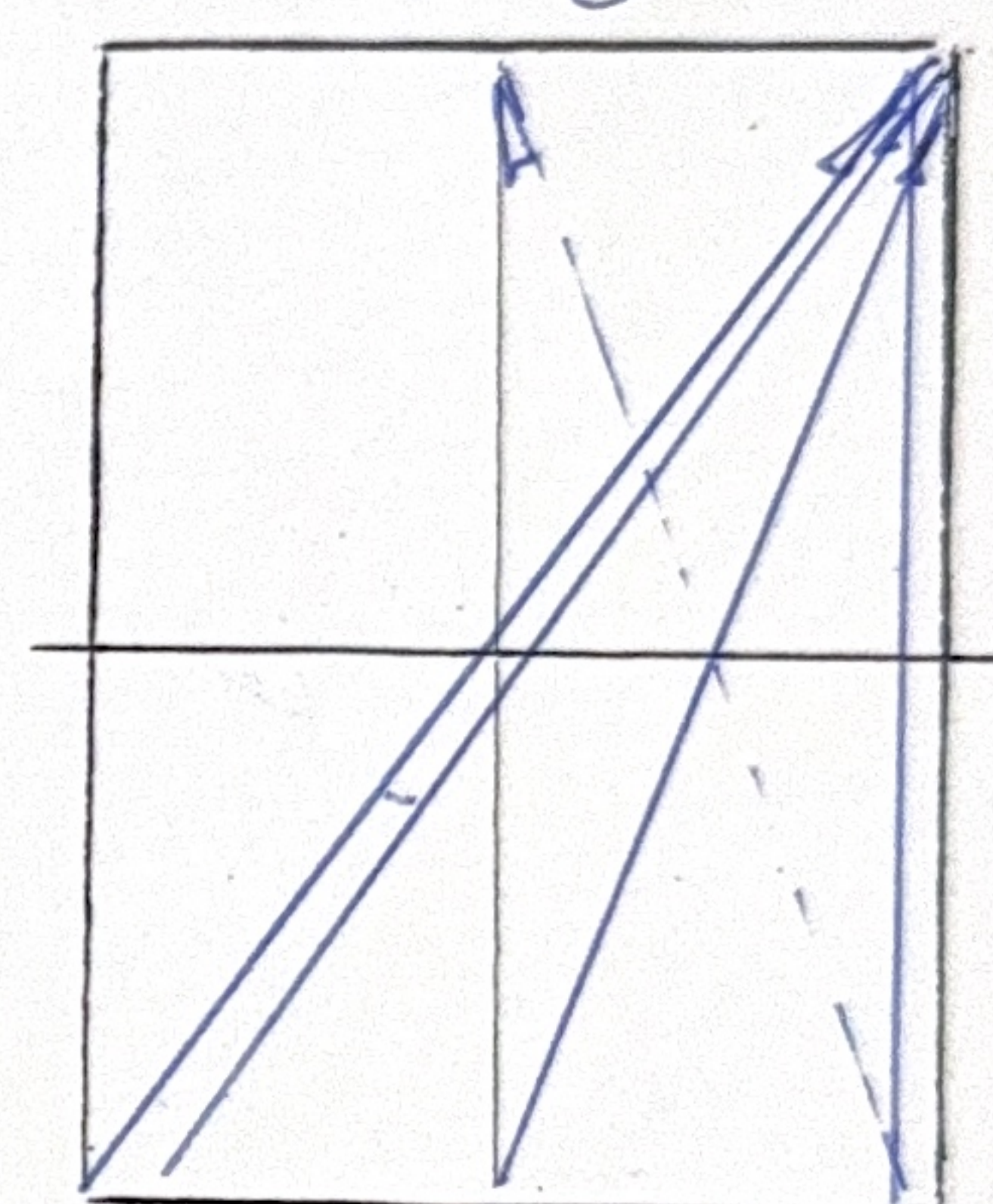
BH DOWN THE FH
5' LINE 5' 5'

2x8'



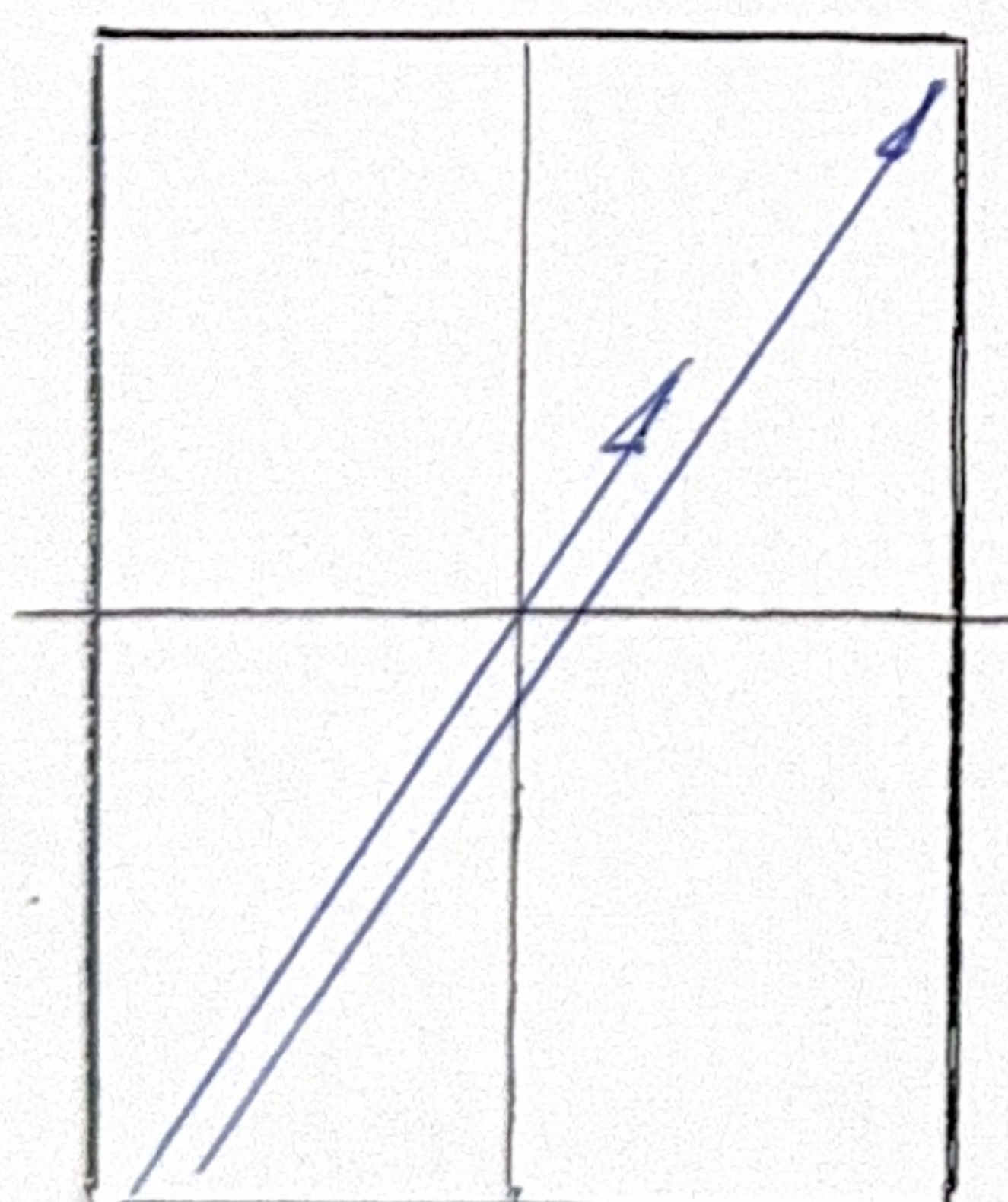
BH FUS FUS
1 2 3
(WITH TR. PART.)
TO MIDDLE

2x8'



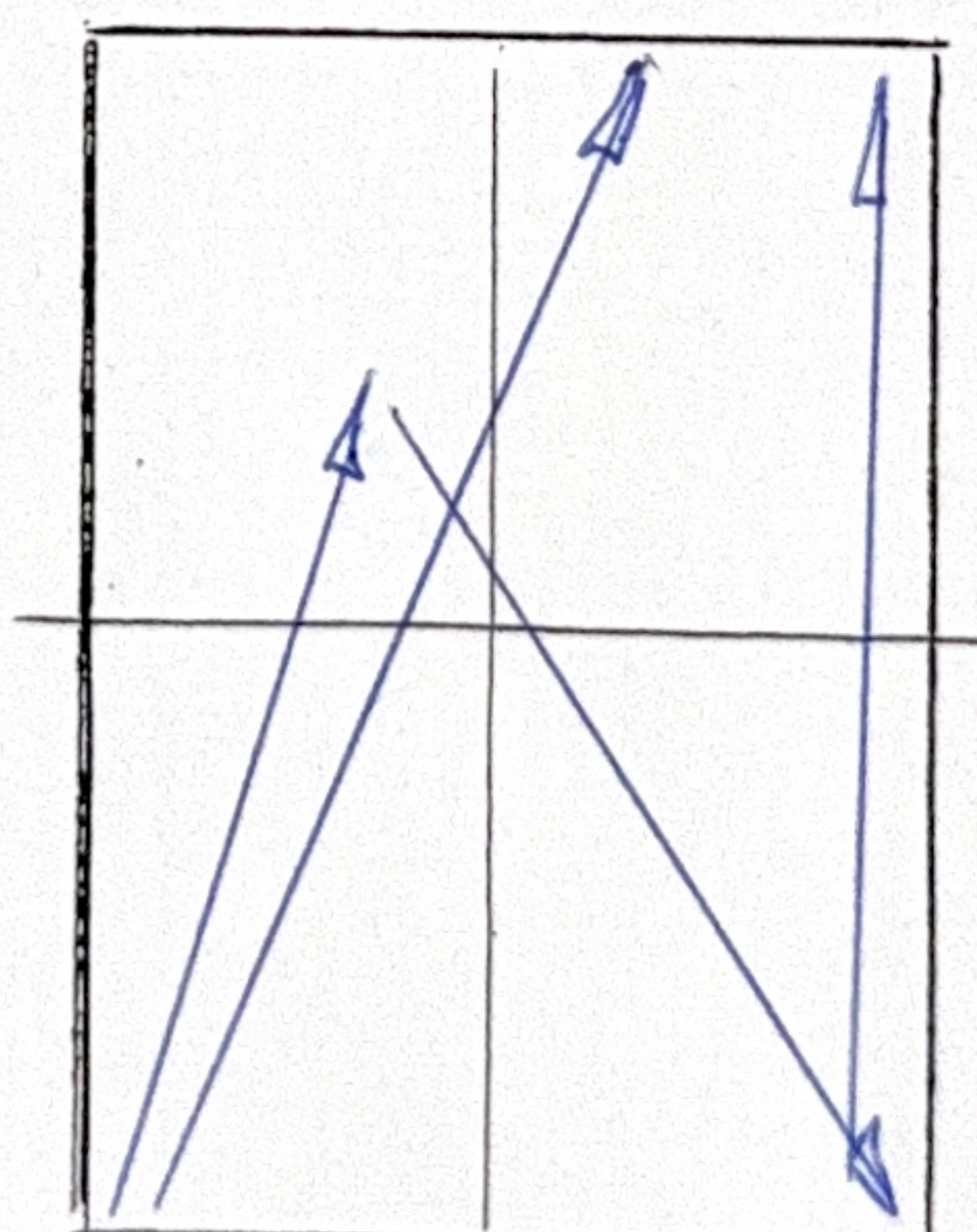
BH FUS FUS
1,3 2 4
(WITH TR. PART.)
TO MIDDLE

2x8'



SERVE +
3TH BALL FUS (PIVOT)
QUALITY OF SPIN

2x8'



SERVE BS FUS
BH2 1



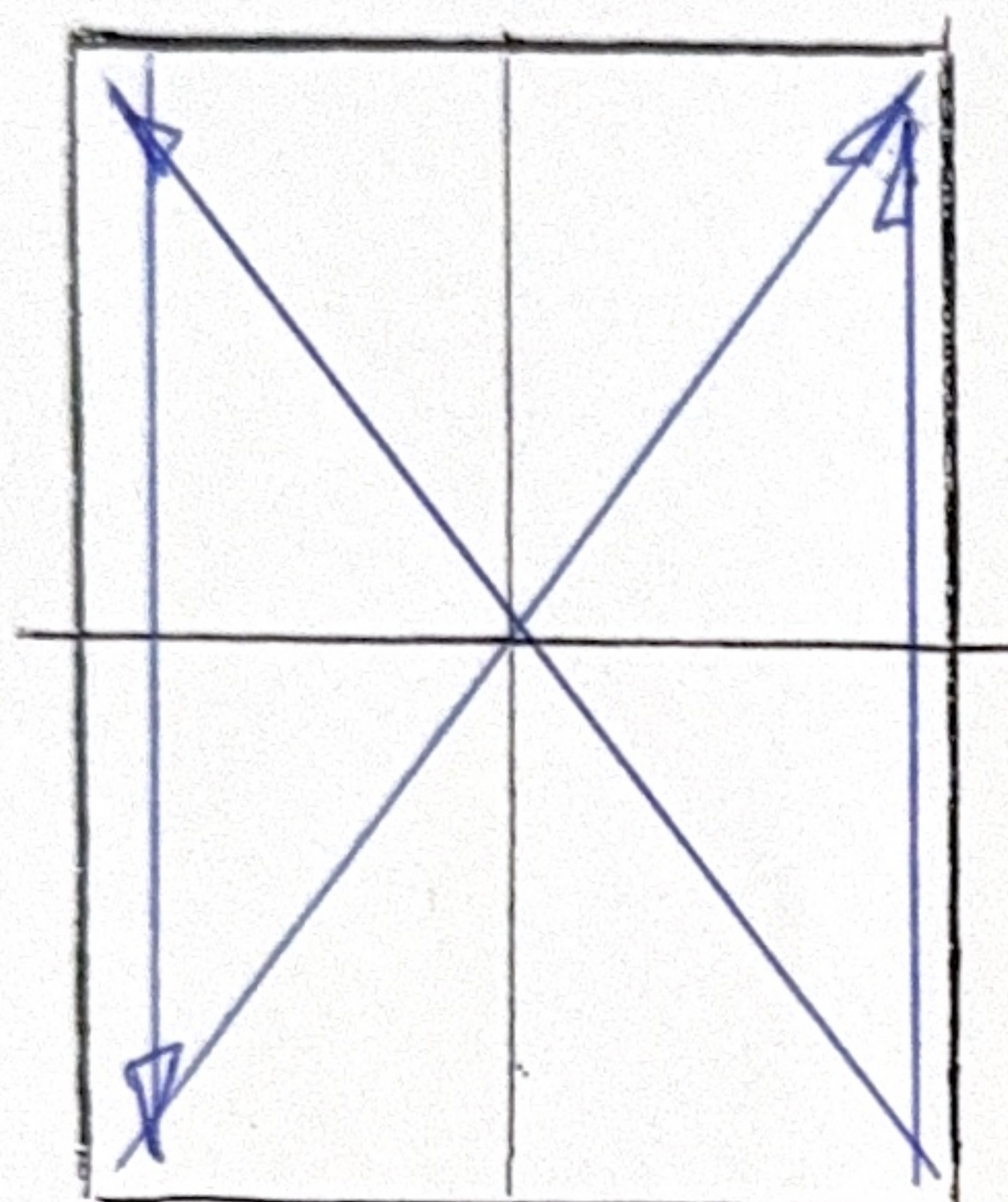
22.08.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. SERVE PRACTICE (ATTENTION TO THE SPIN)

2. TECHNIQUE 3. STABILITY / ONE TABLE MULTIBALLS

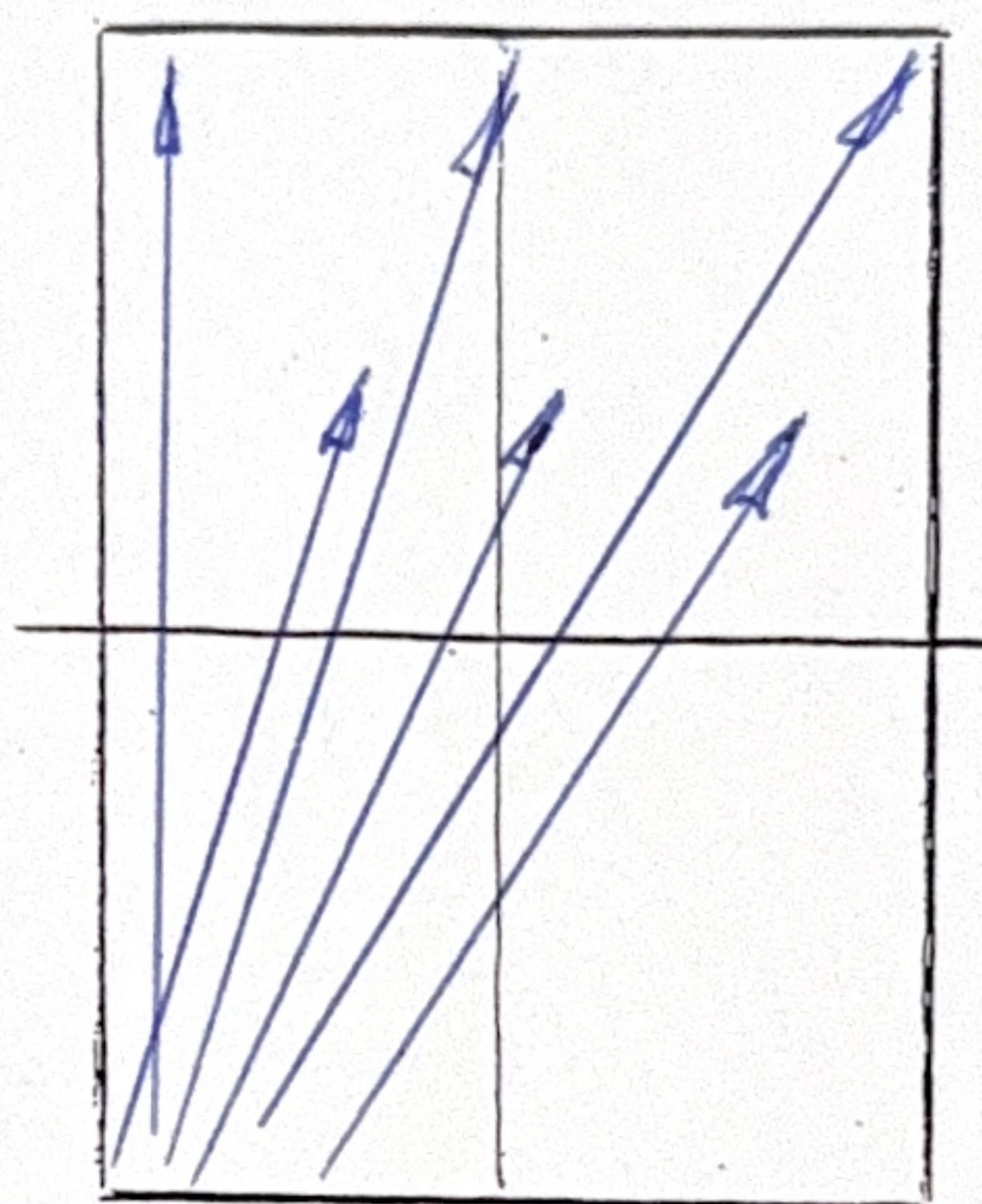
WARMING-UP → FOOTWORK - POWER $6 \times 30'' \times 30''$

15'



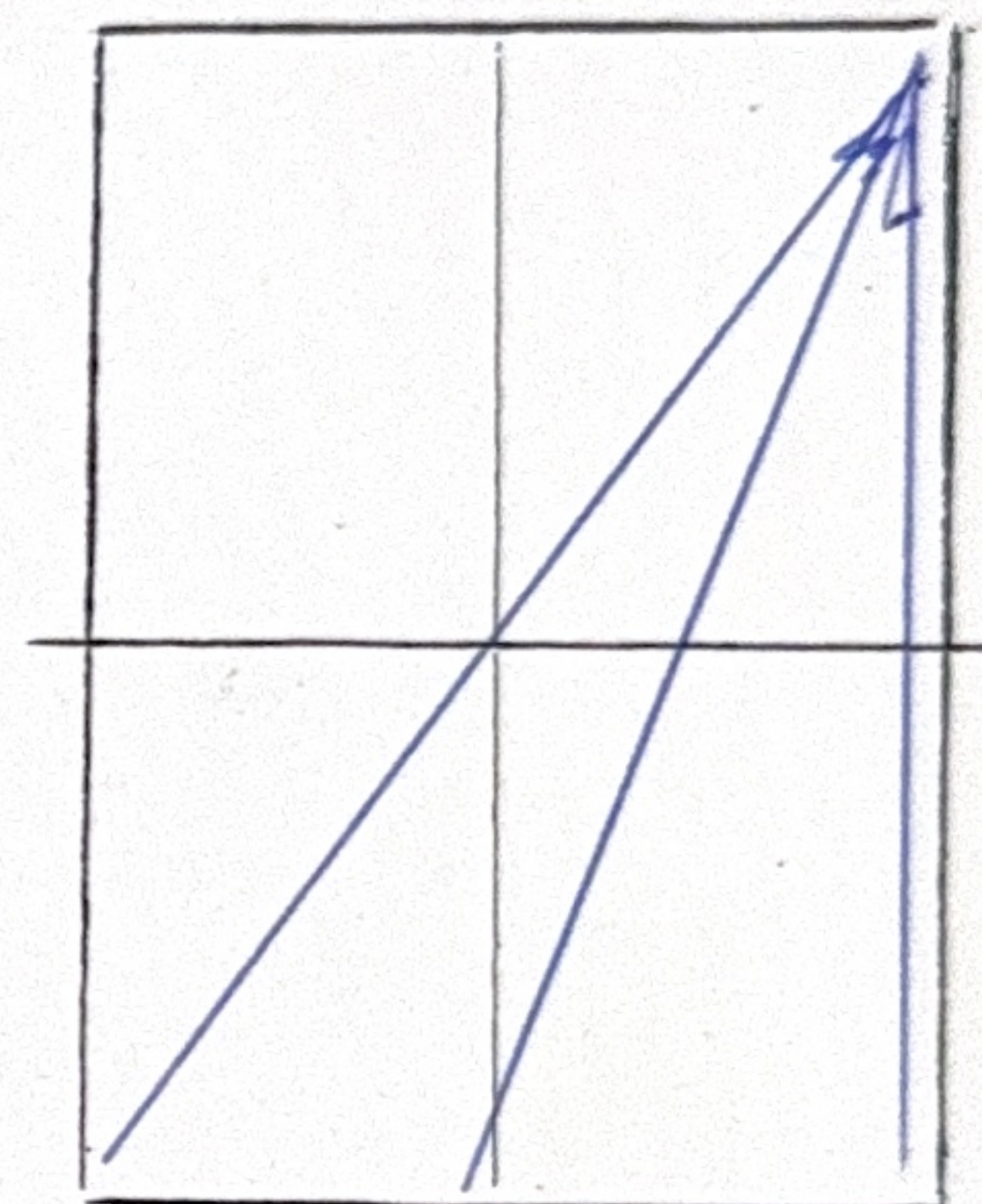
BH DOWN THE FH
5' LINE 5' 5'

20'



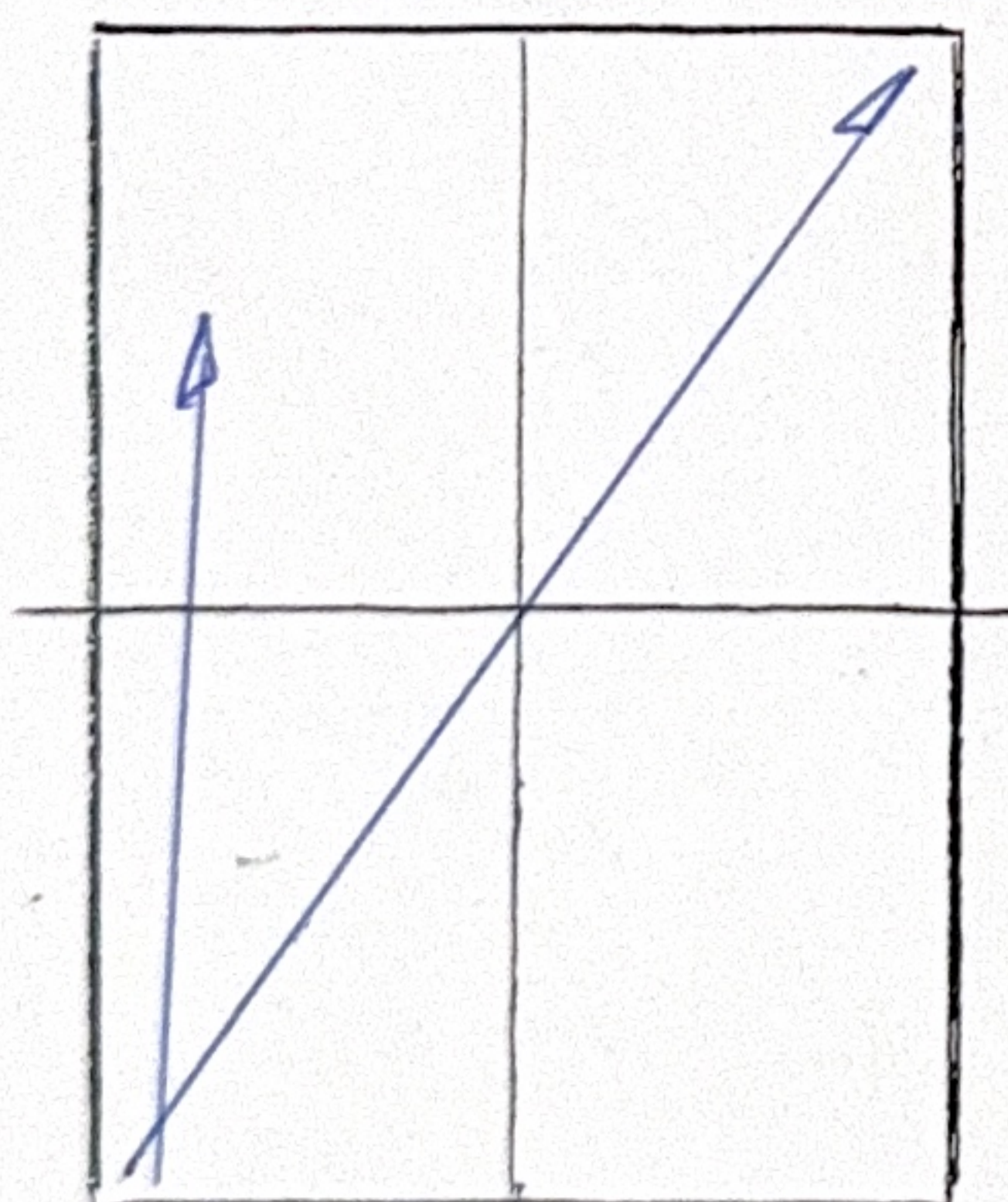
SERVE SHORT 10'
LONG 10'
* QUANTITY OF SPIN

2x8'



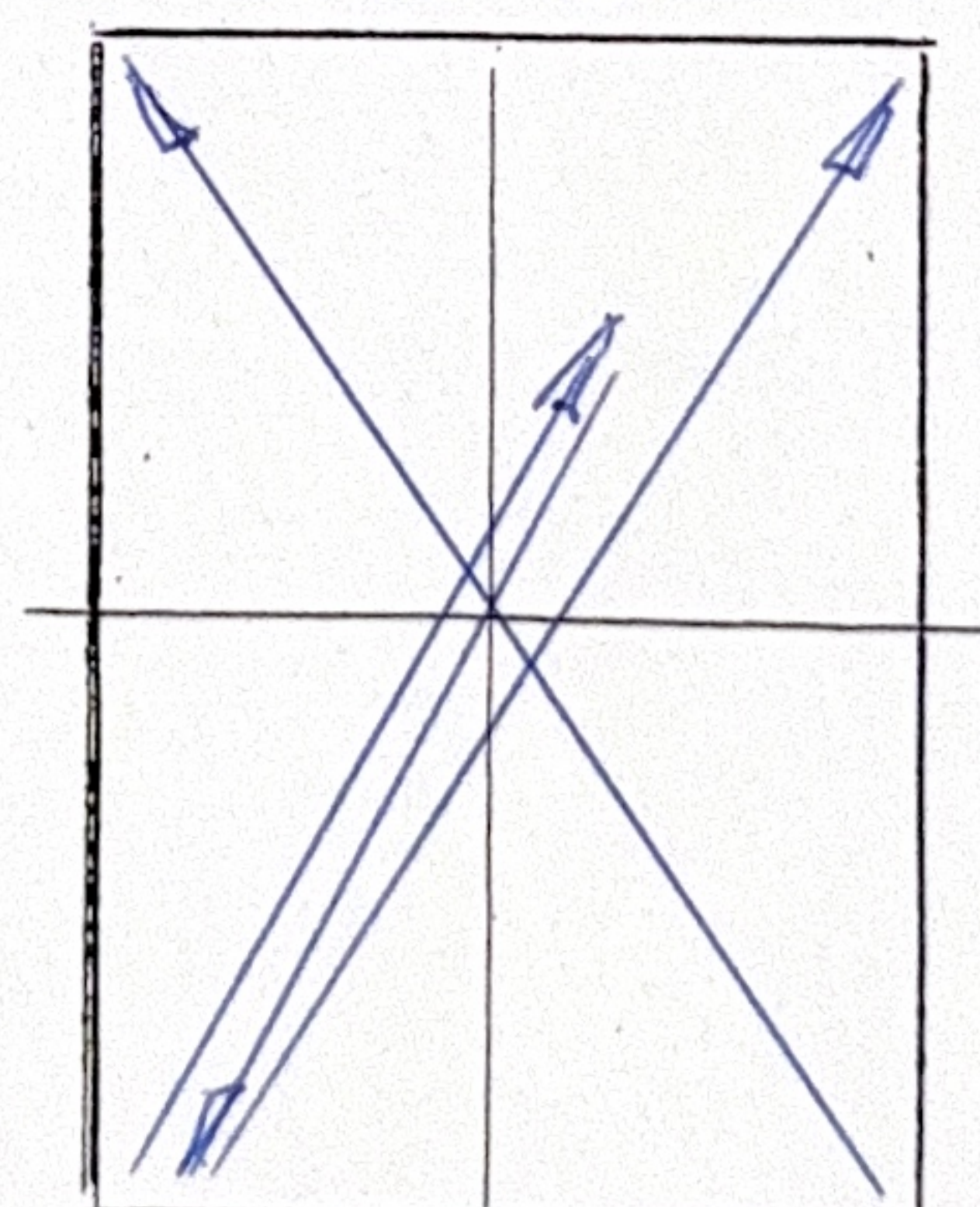
BH 2 FHS 1 FHS 3

2x4'



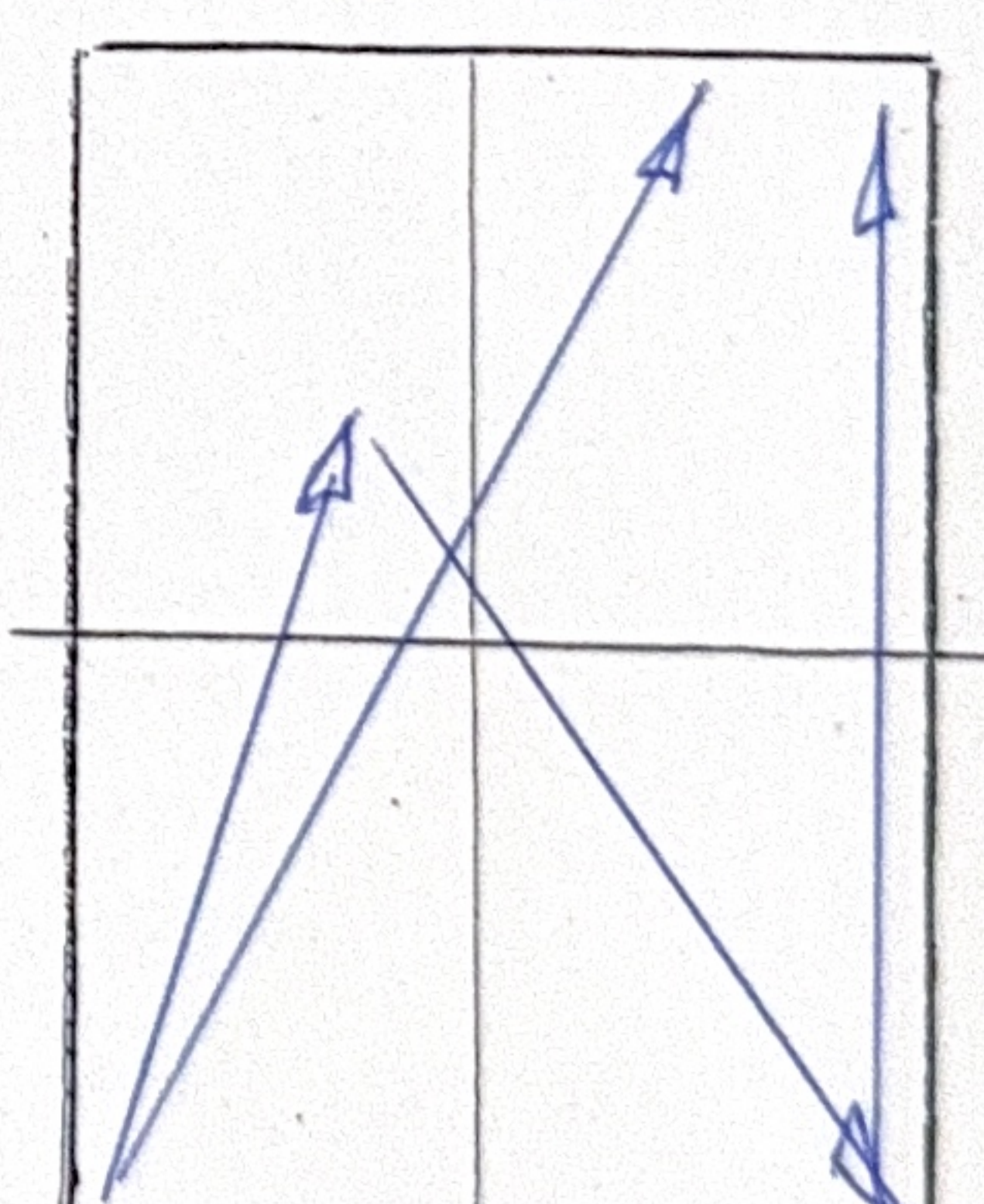
BH CHOP SHORT TO FH
LONG TO BH

2x8'



SERVE BIS FHS 2
FHS 1 NO POINT
FREE

2x8'



SERVE BIS FHS 1
BHS 2