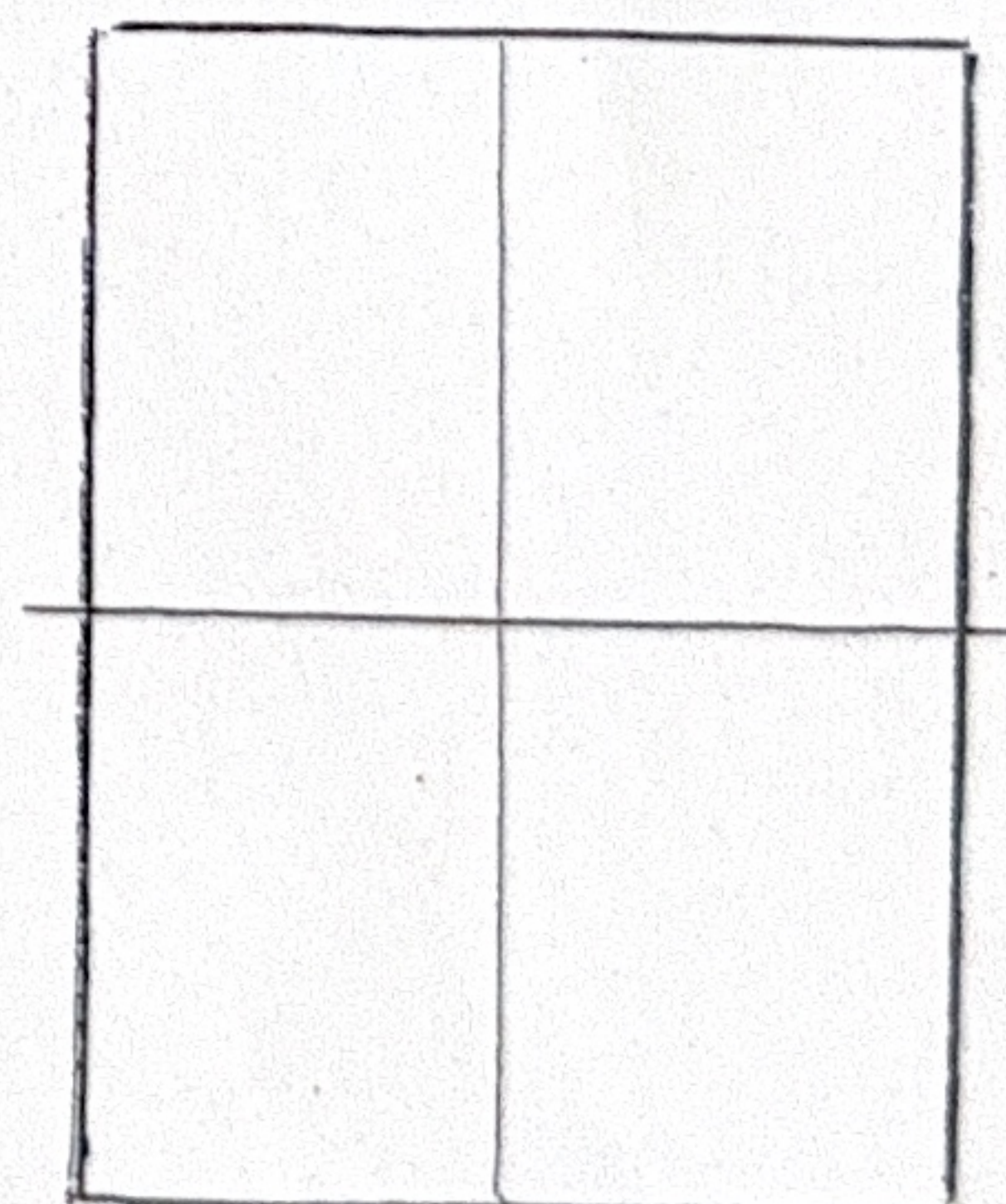
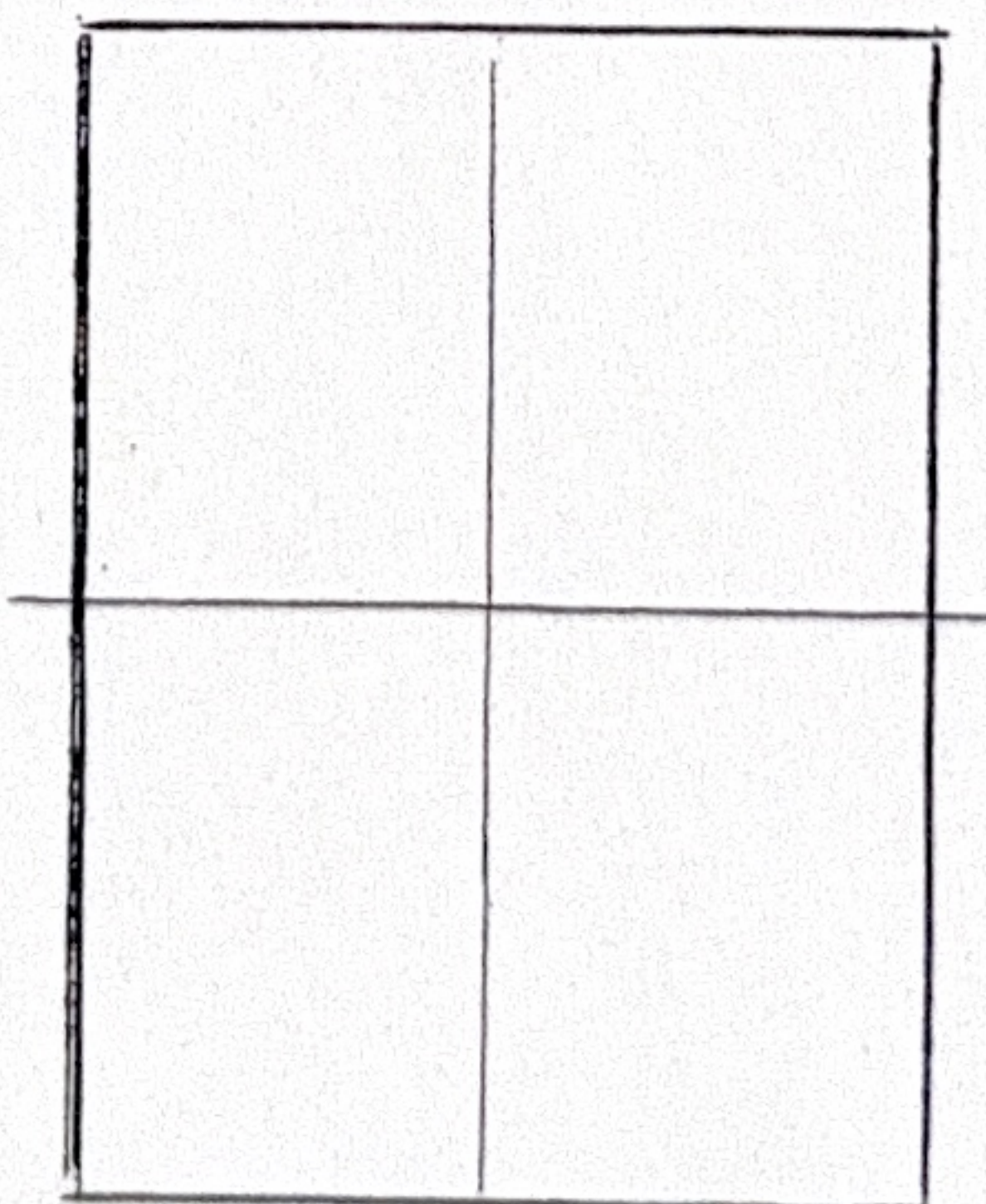
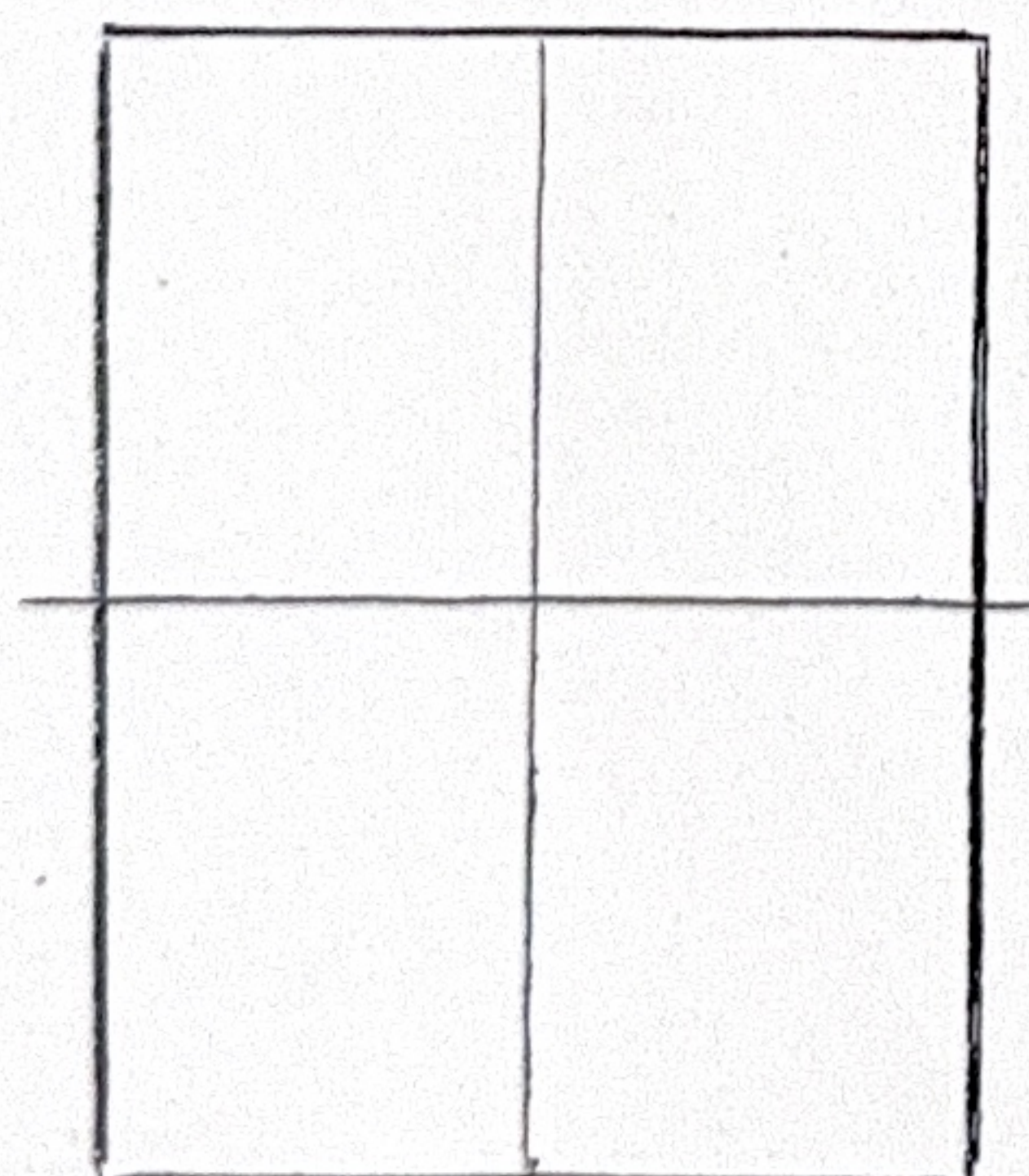
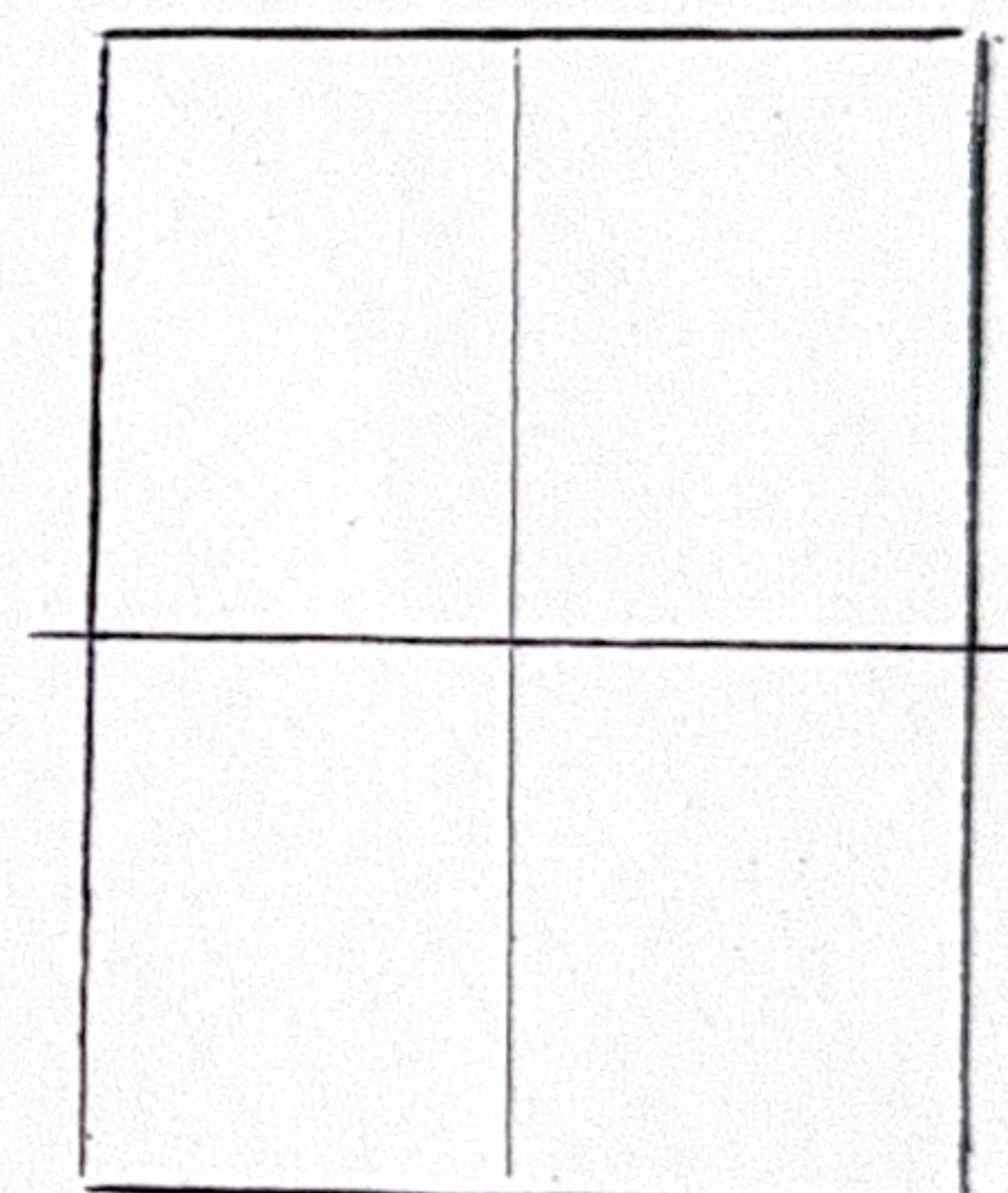
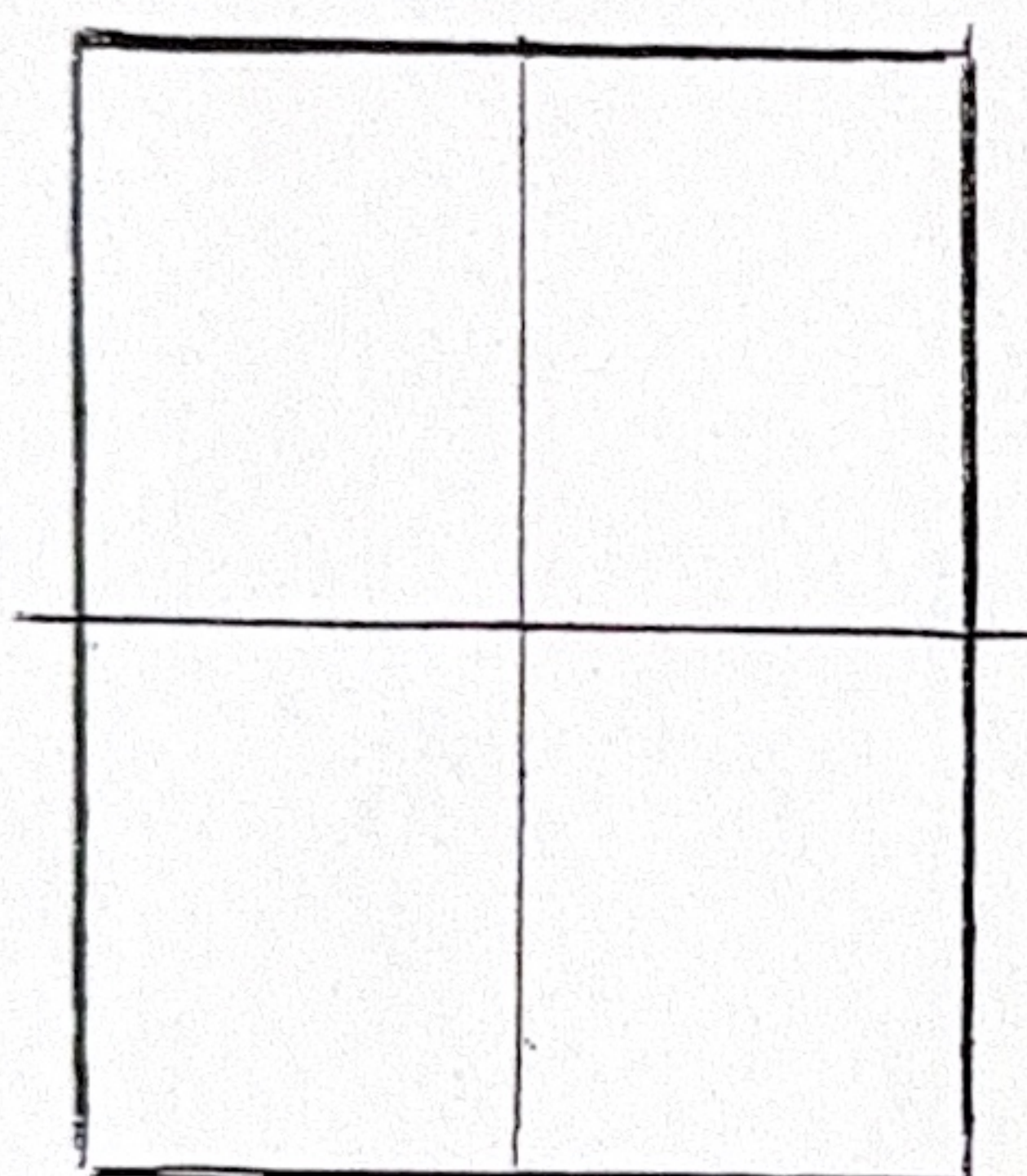


16.08.2026 SUNDAY - AUCKLAND OPEN

ALL SQUADS



18.08.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

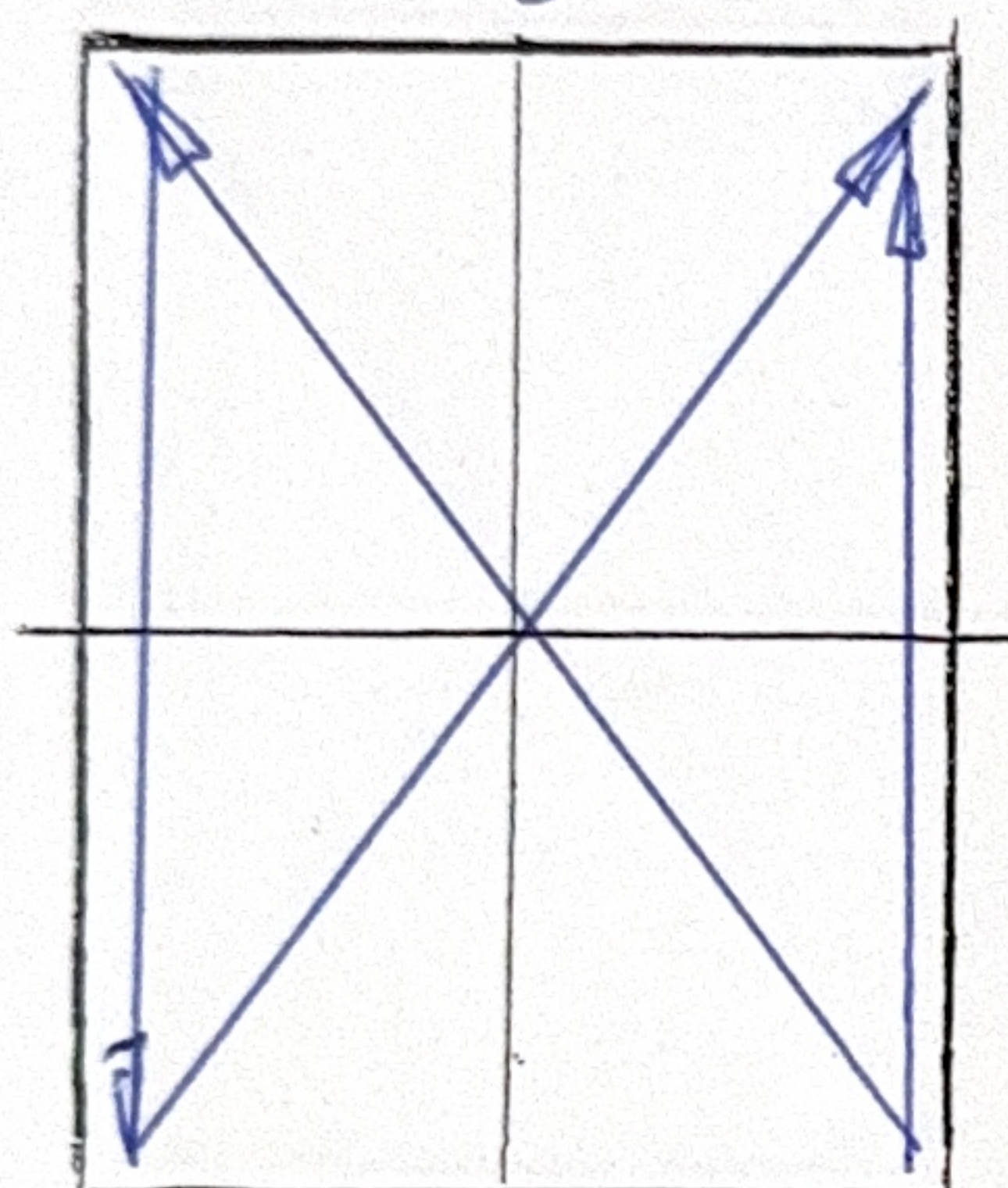
1. SERVE + RECEIVE 2. MULTIBALLS - TECHNIQUE RECOVERY

WARMING-UP -> THERABANDS, FOOTWORK: CLOSE TO TABLE

PHYSICAL: LEGS - POWER, CORE, HANDS

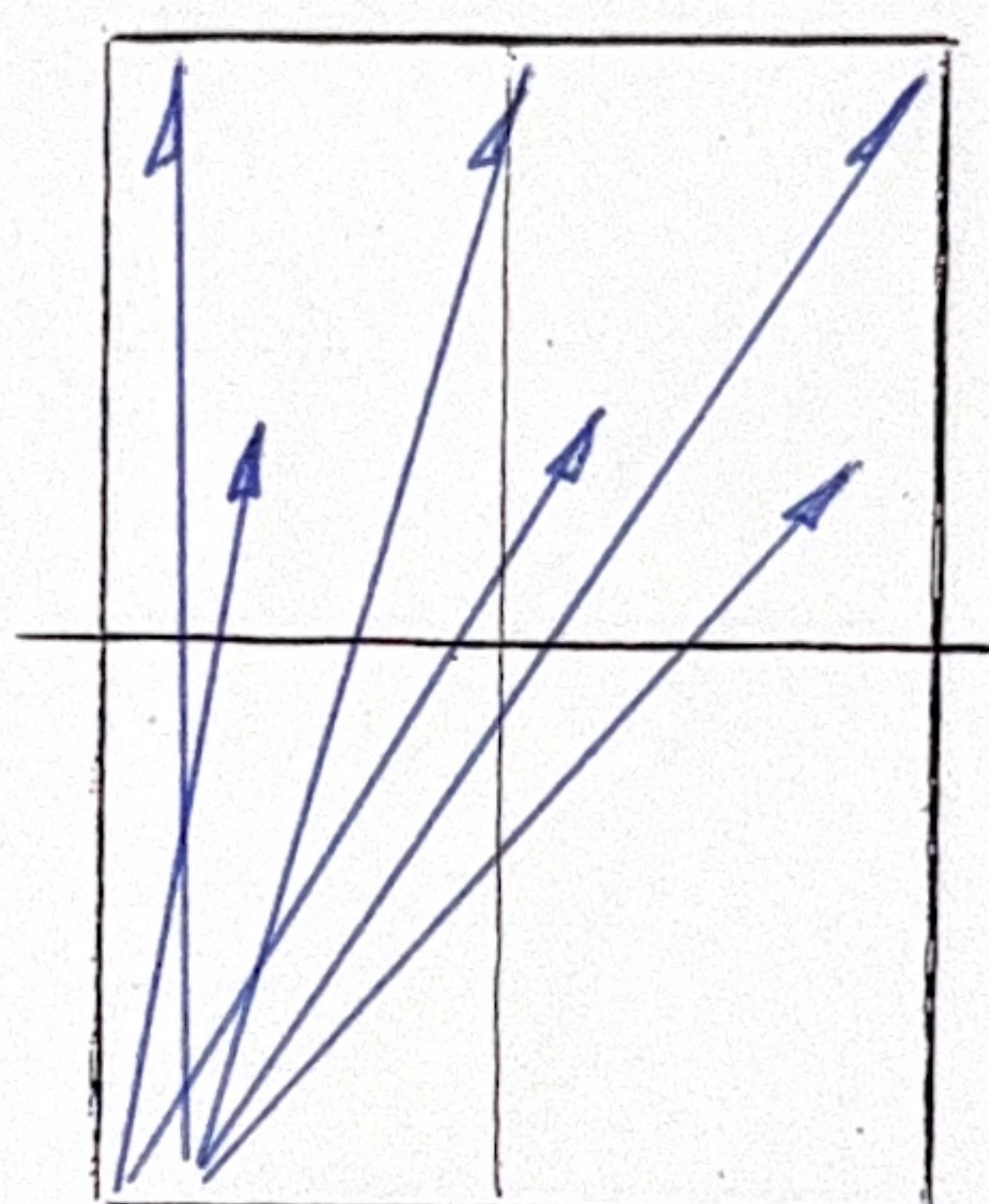
5'x25"x25"

15'



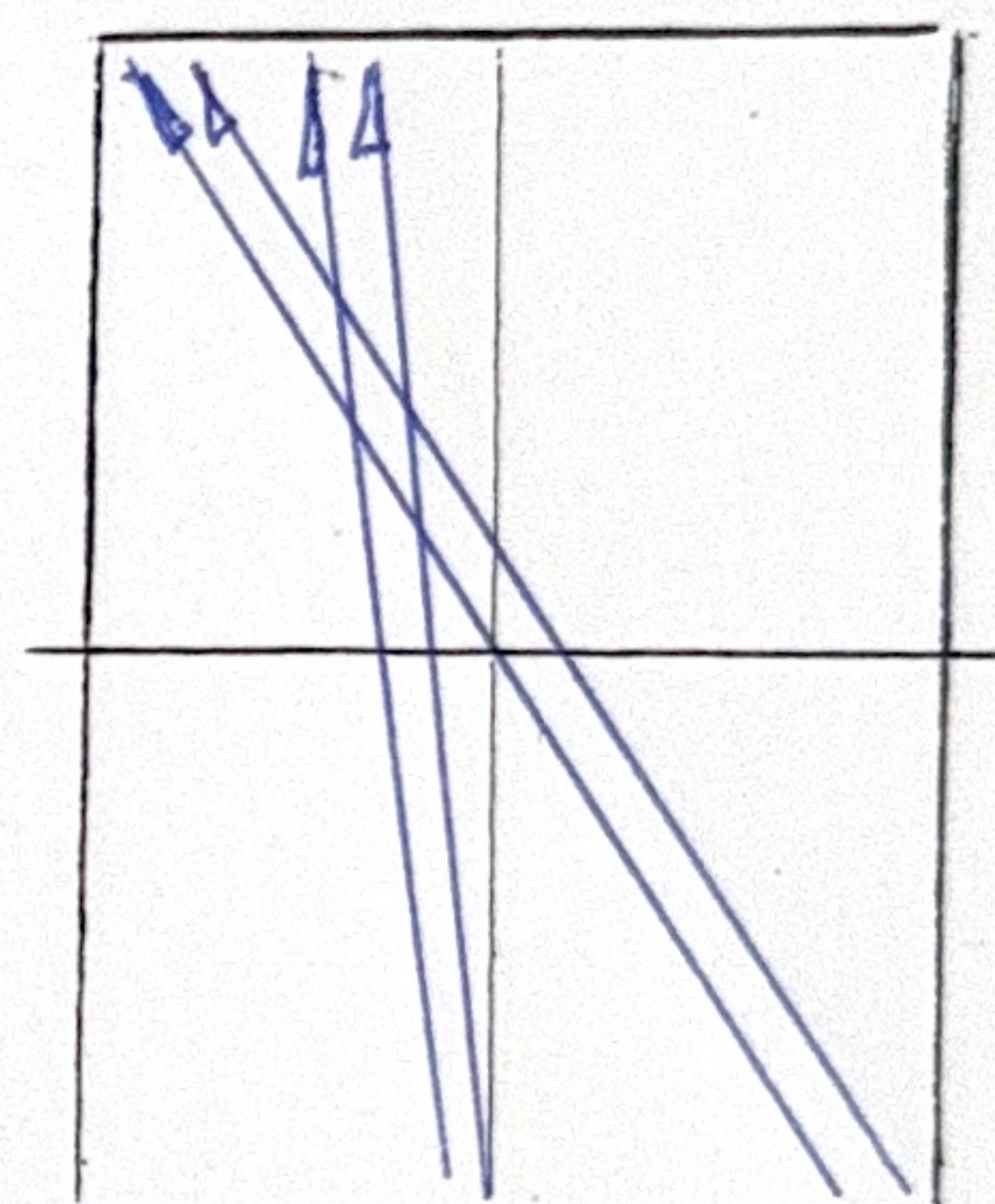
BH DOWN THE FH
5' LINE 5' 5'

30'



SERVE SHORT-15'
RECEIVE LONG-15'

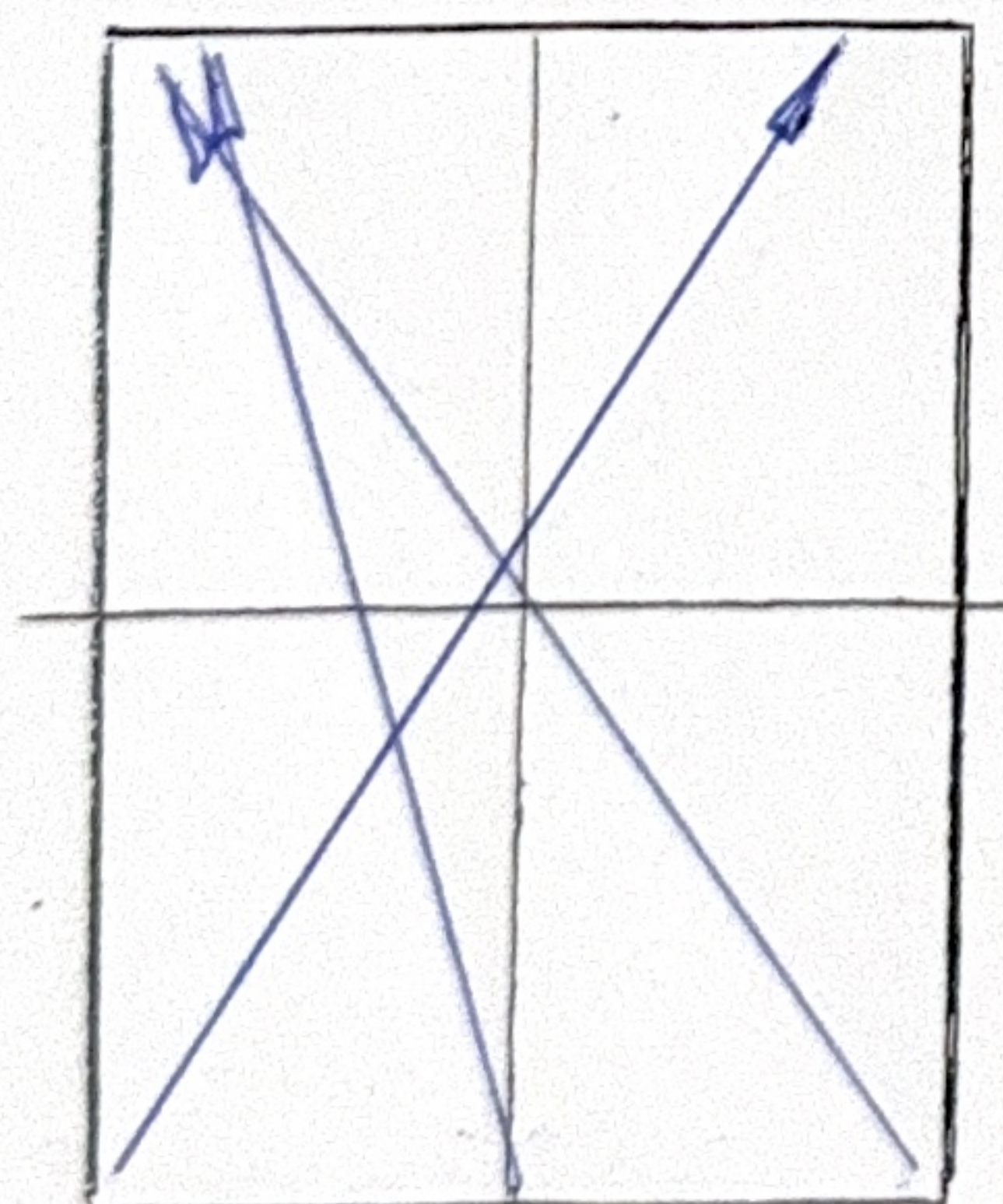
10'



FH
3-VSBIS
4VS TIS

FHS
1-VSBIS
2VS TIS

10'

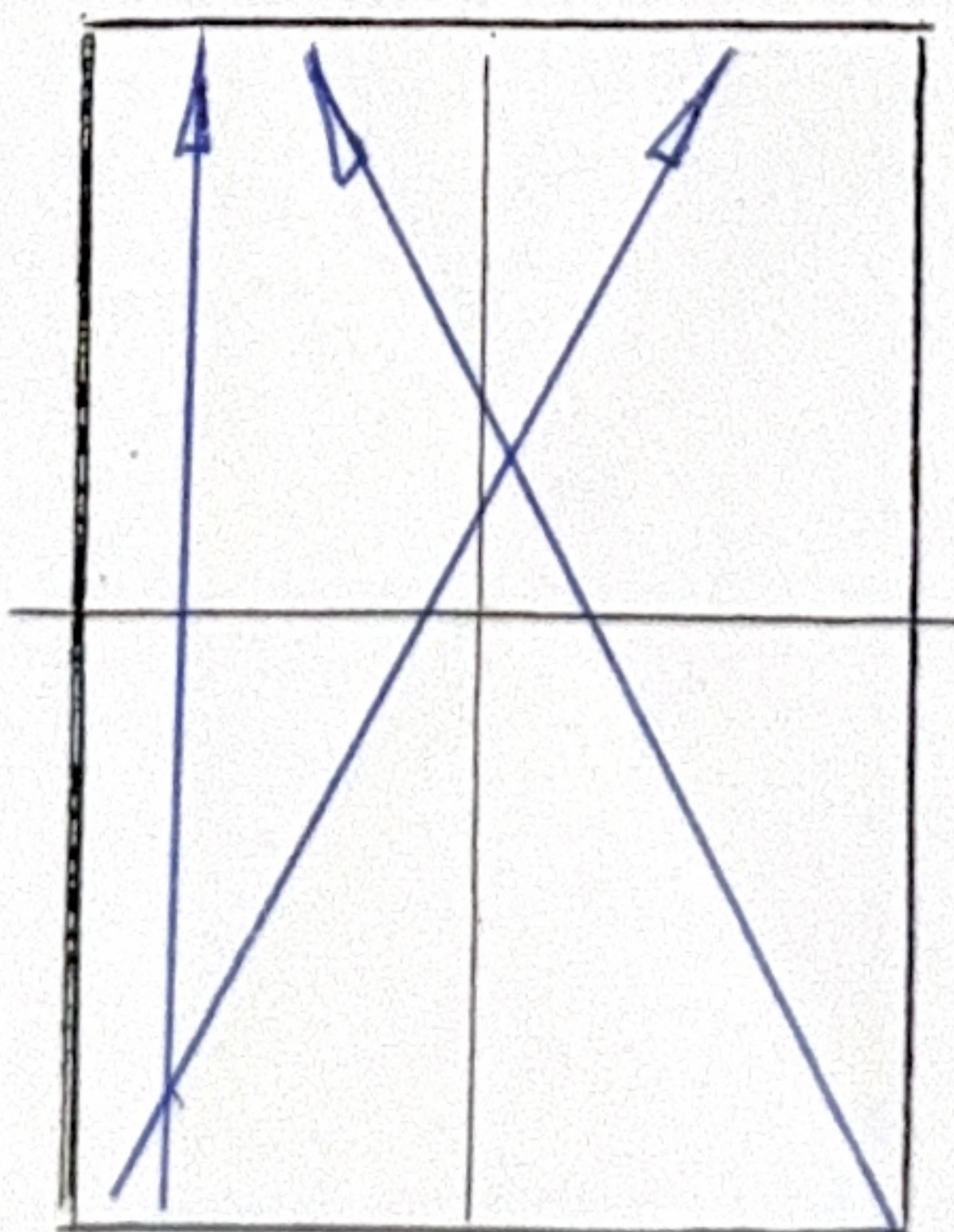


BH2,4
VSTIS

FHS
3
VSBIS

FHS
1
VSBIS

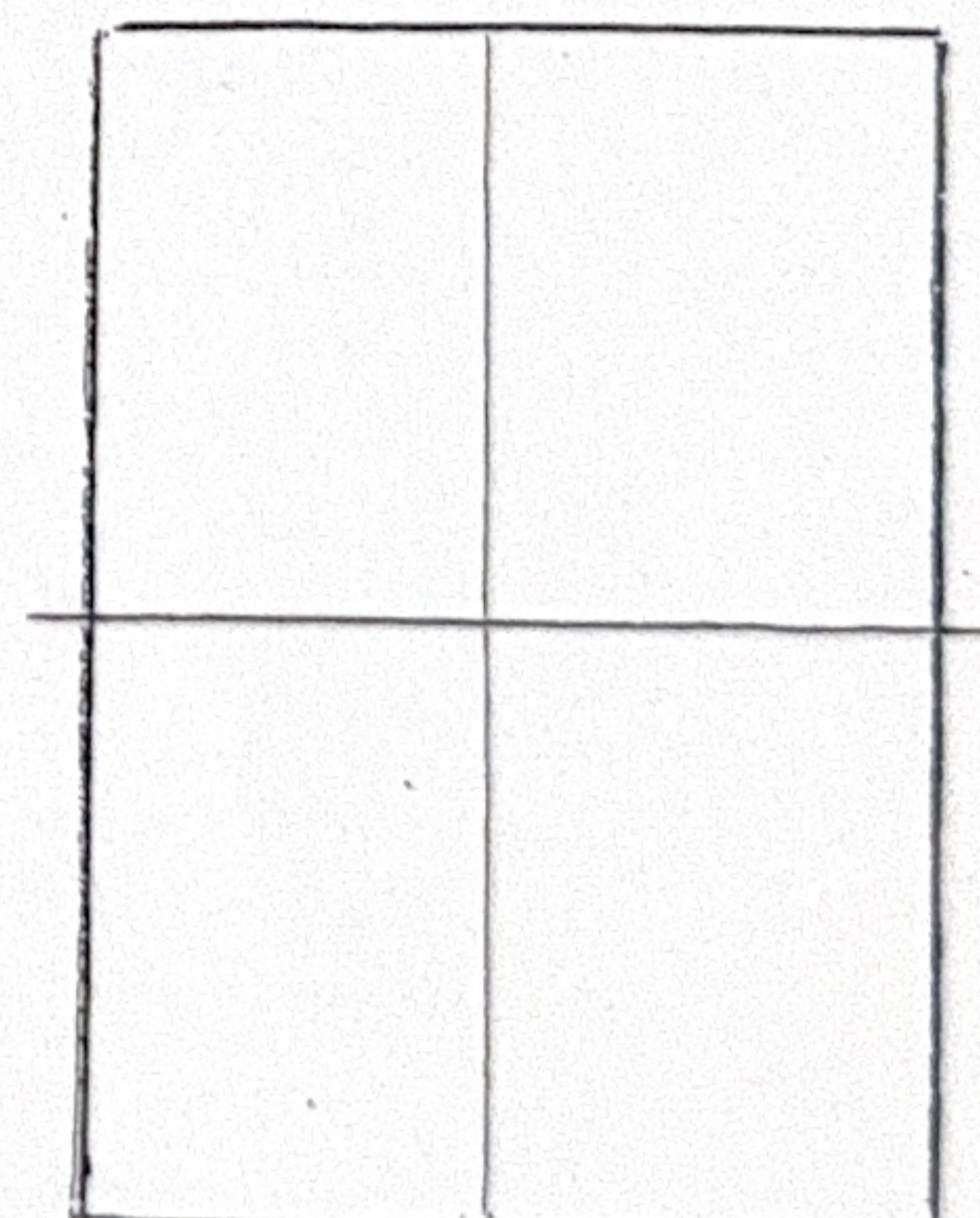
10'



BHS1 VSBIS
BHS2 VSTIS

FHS
3 VSTIS

10'



INDIVIDUAL

18.08.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. FOOTWORK - SIDE TO SIDE

3. STABILITY

WARMING-UP → THERA BANDS, FOOTWORK SPEED 5x25x25

