

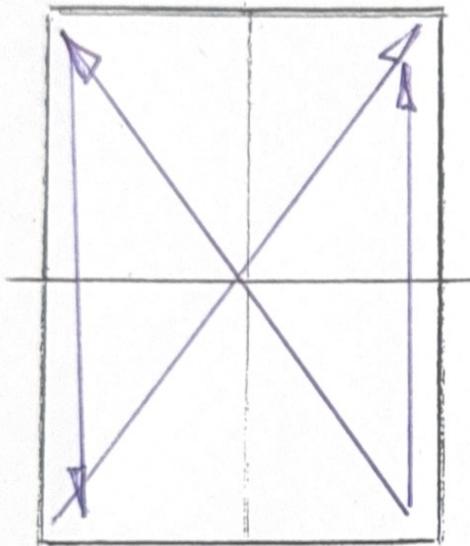
22.02.2026 SUNDAY 15.30-18.00 ELITE SQUAD

1. TACTICAL PREPARATION 2. FOOTWORK

3. INDIVIDUAL WORK → ADVANTAGES 4. SERVICE PRACTICE

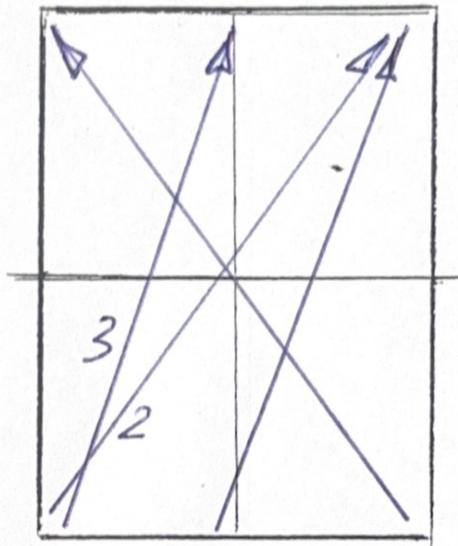
WARMING UP - ELASTIC BANDS, PHYSICAL-SKIPPING ROPES

15'



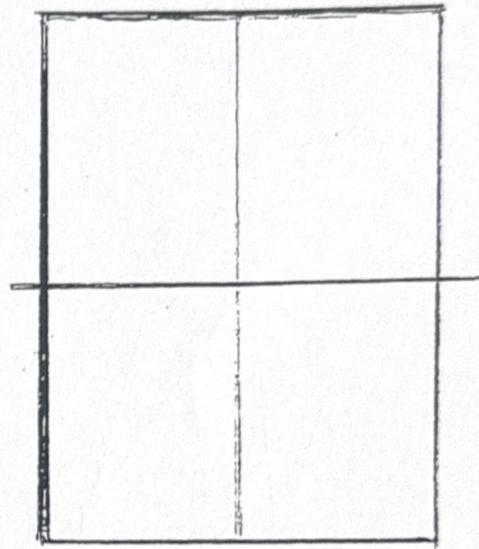
BH DOWN THE FH
5' LINE 5' 5'

2x8'



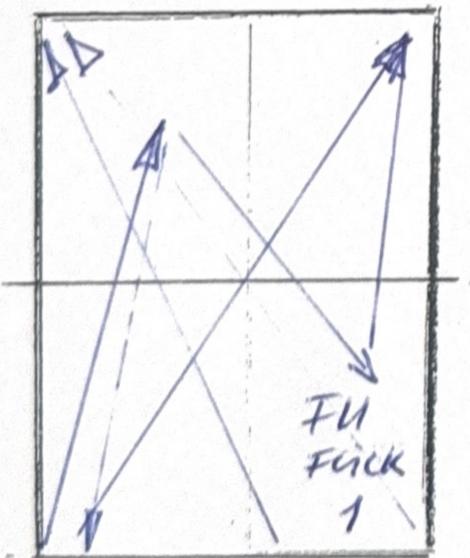
BH FHS FHS
2 1 4
FHS 3

2x8'



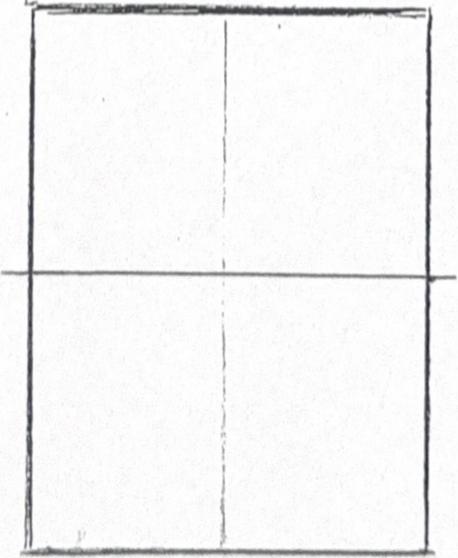
INDIVIDUAL
FOOTWORK

2x8'



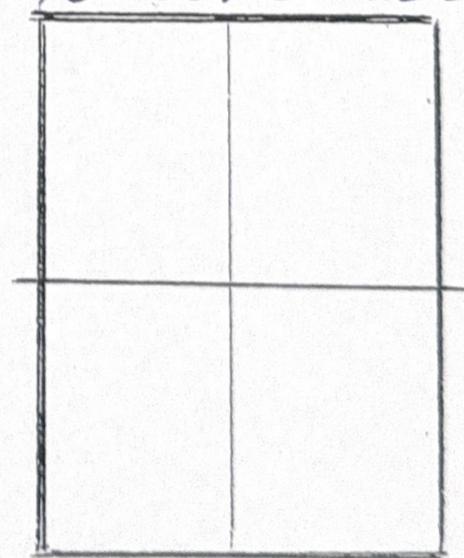
SERVICE FHS FHS
BHS ? 2 ? 2
1

2x8'



INDIVIDUAL
FROM
SERVICE

10'-SHORT
10'-LONG + 1/2 LONG



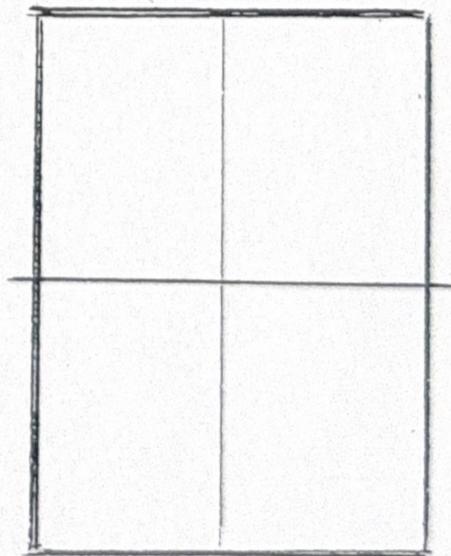
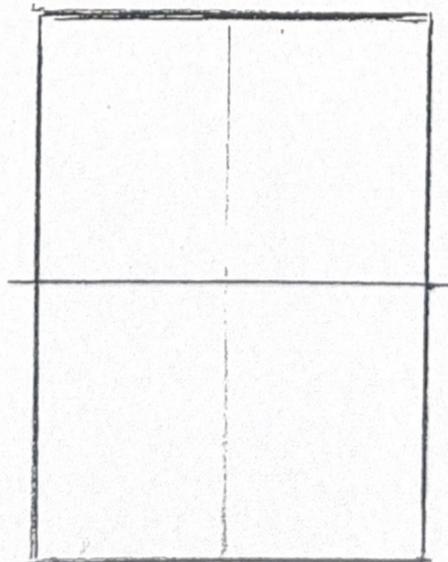
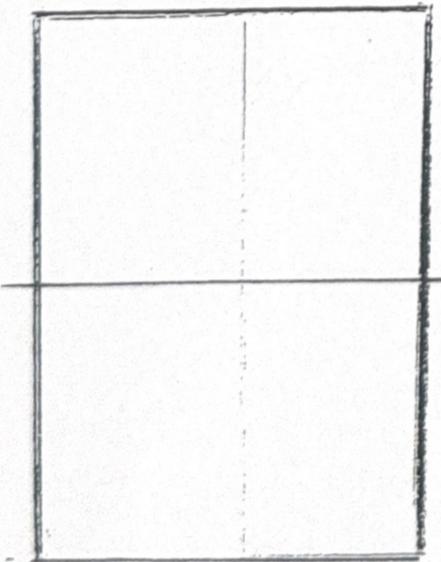
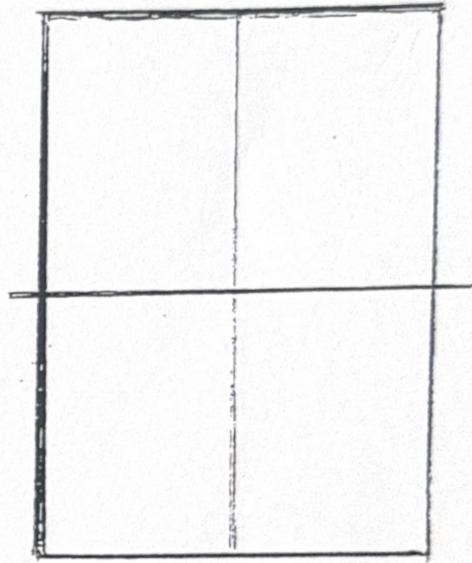
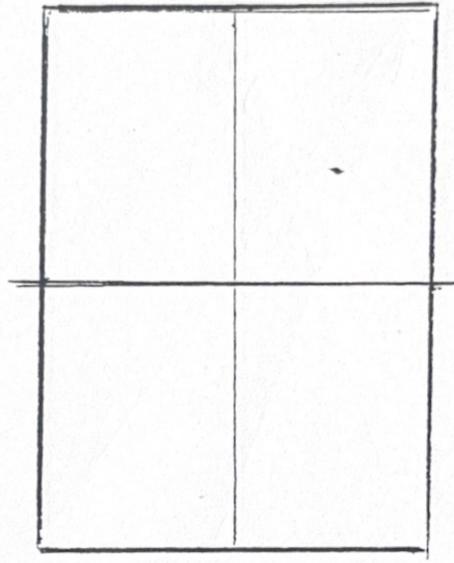
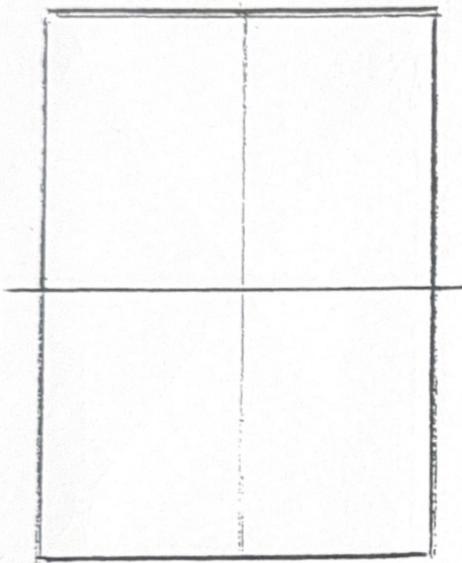
SERVICE
PRACTICE

QUACIFICATION 1 TOURNAMENT ATTA

FUTURE: 22.02. SUNDAY + 25.02. - WEDNESDAY

INTERMEDIATE: 24.02. TUESDAY

ELITE SQUAD: 24.02. TUESDAY



2026 AUCKLAND SUMMER OPEN

FRIDAY 27.02.2026

SATURDAY 28.02.2026

SUNDAY 1.03.2026

