

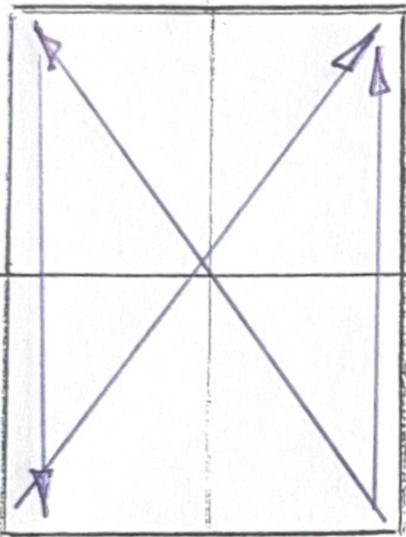
22.02.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

1. TACTICAL PREPARATION 2. FOOTWORK

3. INDIVIDUAL WORK → ADVANTAGES FROM SERVICE

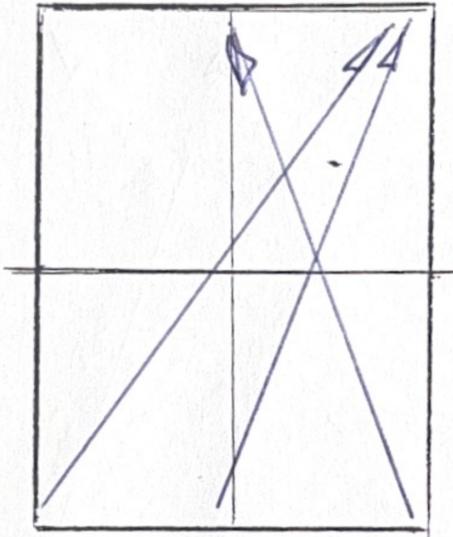
4. TRAINING MATCHES WARMING-UP-THERABANDS

15'



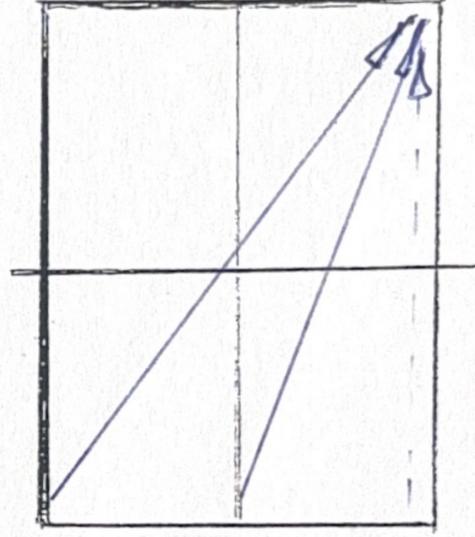
BH DOWN FH  
5' THE LINE 5'  
5'

2x8'



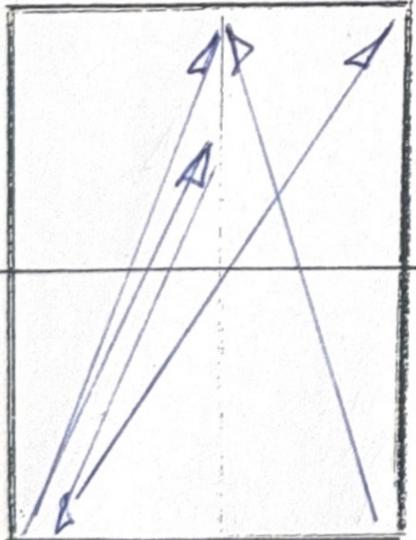
BH FHS FHS  
2 1 3

2x8'



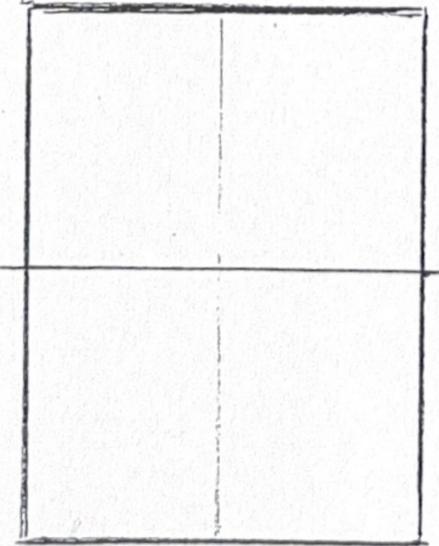
BH FHS FHS  
1 2 ? 2

2x8'



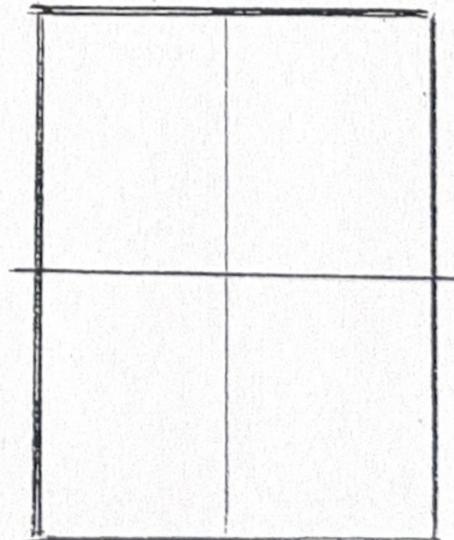
SERV. BHS ? FHS  
1 ? 2  
BHS  
2

2x8'



INDIVIDUAL  
FROM SERVICE

≈ 15'



UP AND DOWN  
BEST OF 5 POINTS

PHYSICAL → SKIPPING ROPES ≈ 20'

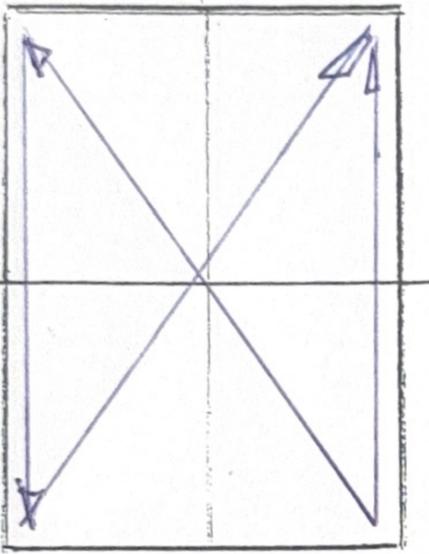
23.02.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

1 TACTICAL COMBINATIONS WITH MULTIBALLS

2. SERVICE PRACTICE 3 INDIVIDUAL WORK BEFORE

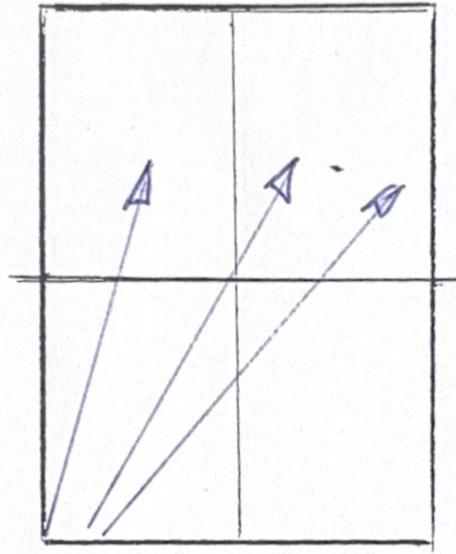
QUALIFICATION TOURNAMENT

15'



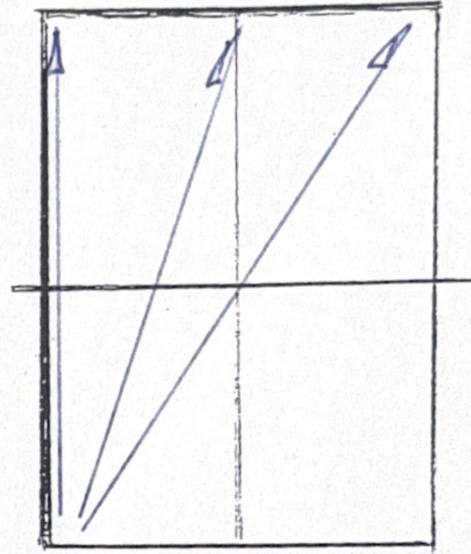
BU DOWN FU  
5' THE LINE 5'  
5'

10'



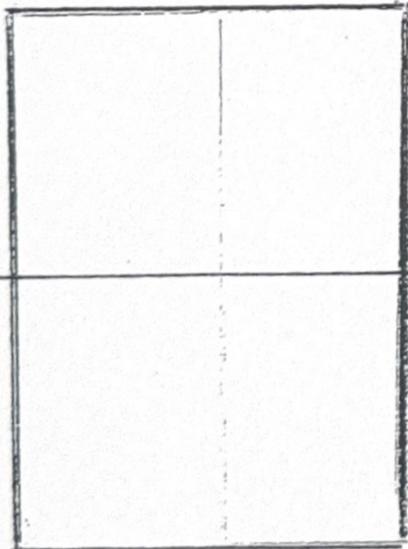
SERVICE 10'  
SHORT

10'



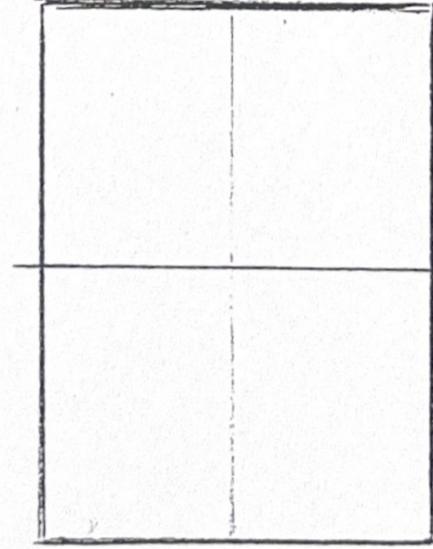
SERVICE  
LONG

INDIVIDUAL

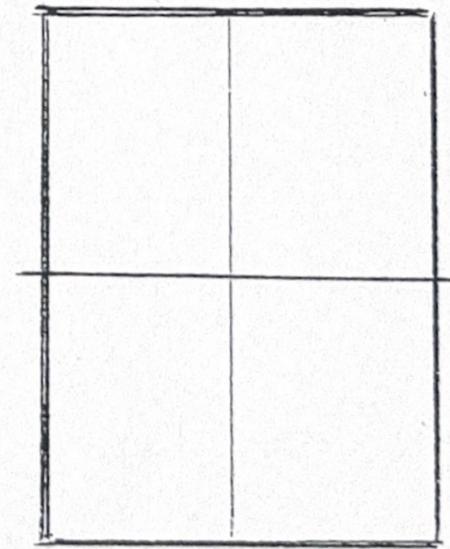


MULTIBALLS

4 x 10' MIN



MULTIBALLS



WARMING UP -> THERABANDS

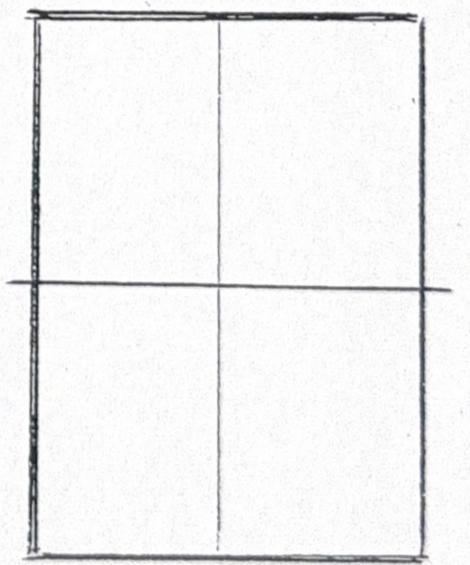
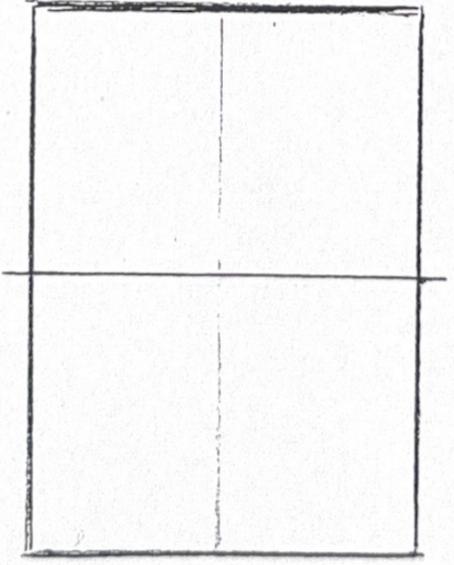
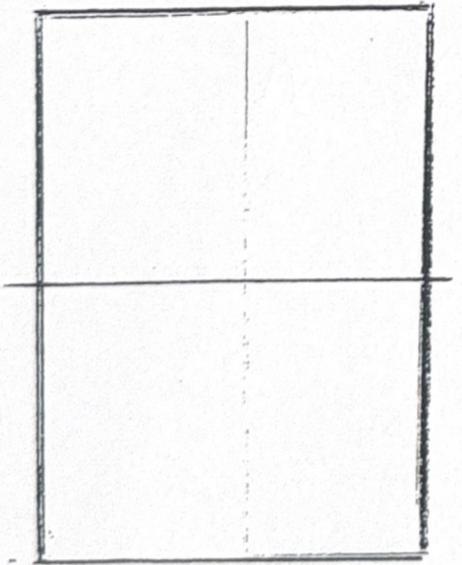
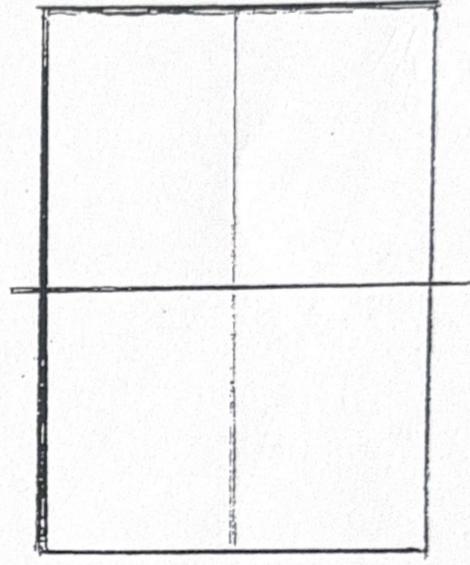
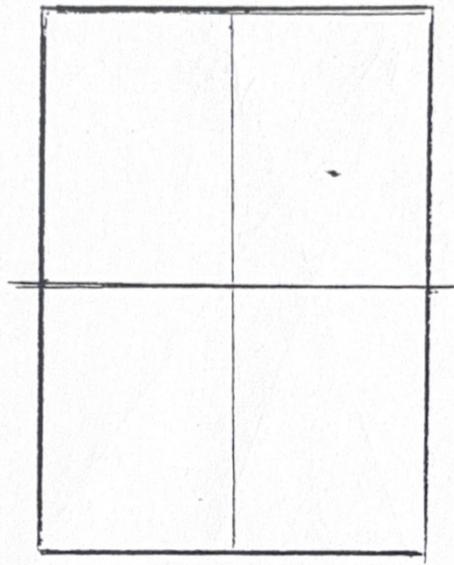
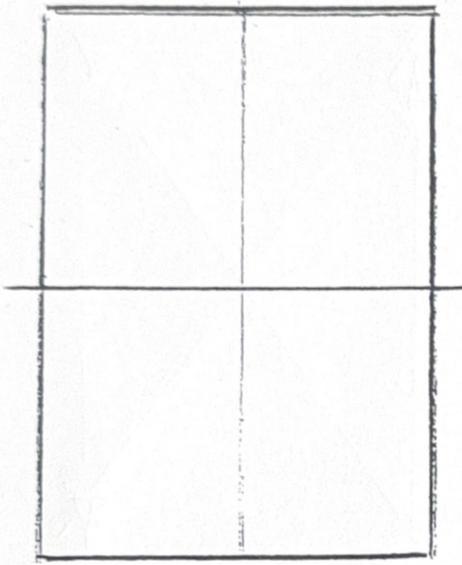
PHYSICAL SLIPPING ROPES - INDIVIDUALLY

QUALIFICATION 1 TOURNAMENT ASIA

FUTURE: 22.02. SUNDAY + 25.02. - WEDNESDAY

INTERMEDIATE: 24.02. TUESDAY

ELITE SQUAD: 24.02. TUESDAY



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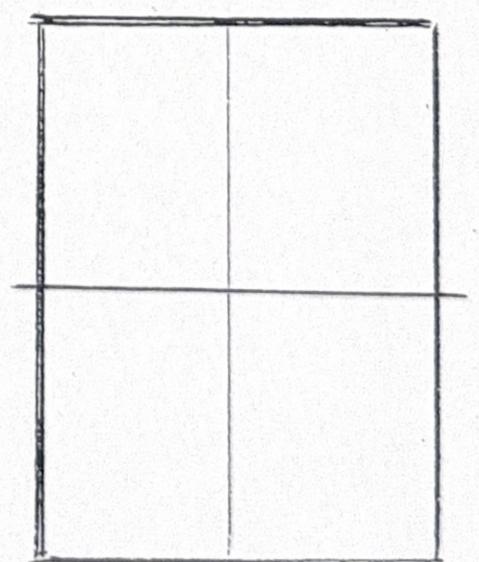
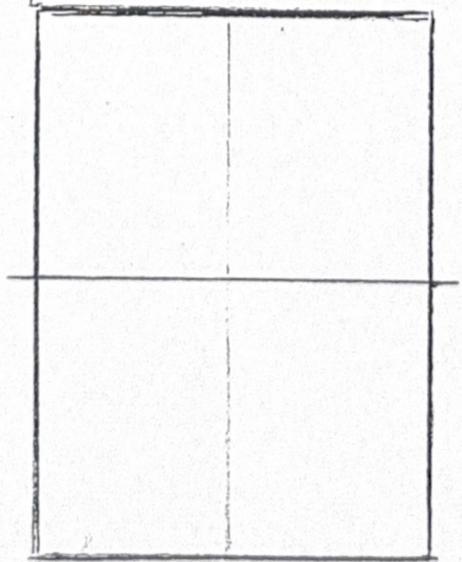
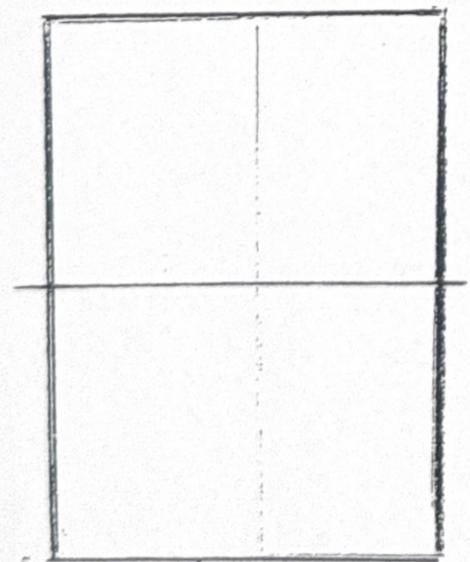
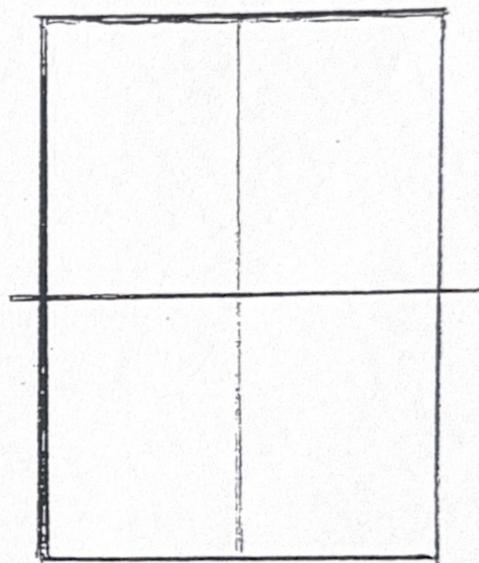
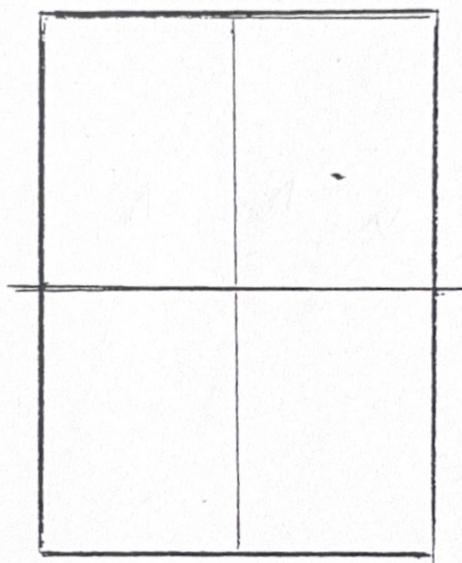
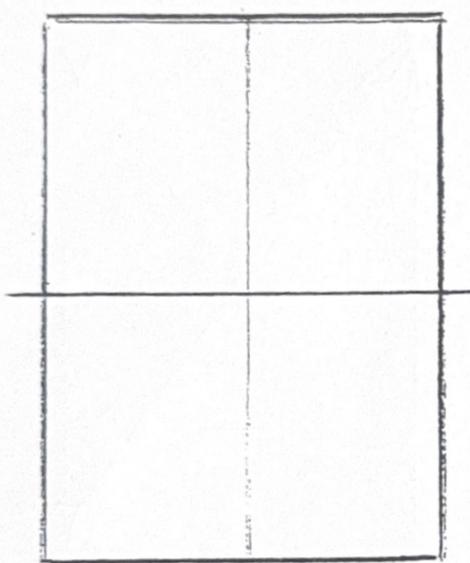
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2026 AUCKLAND SUMMER OPEN

FRIDAY 27.02.2026

SATURDAY 28.02.2026

SUNDAY 1.03.2026



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