

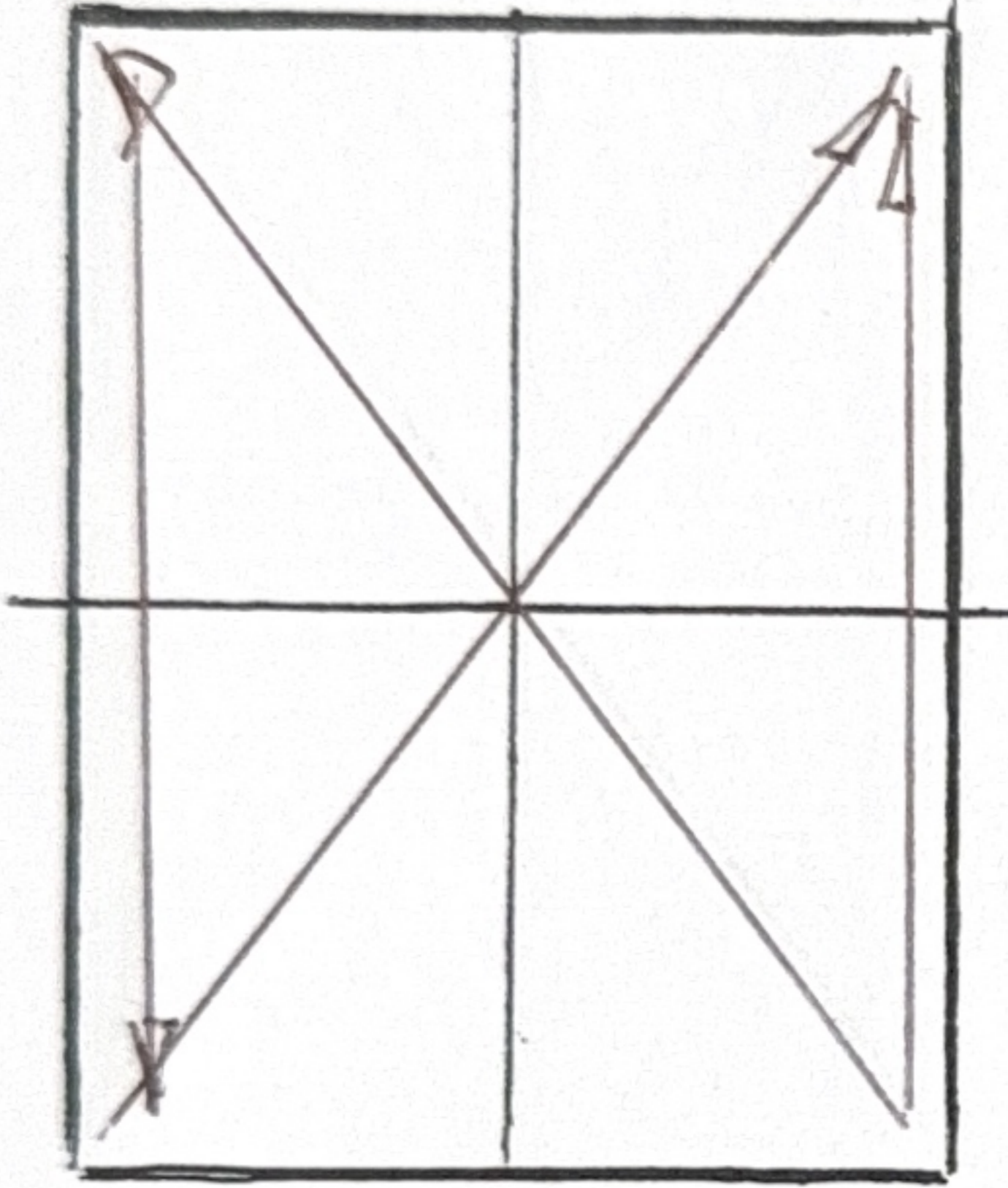
22.03.2026 SUNDAY 15.30-18.30 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK SIDE TO SIDE, PIVOT

3. CONSISTENCY 4. UP AND DOWN $\approx 20'$

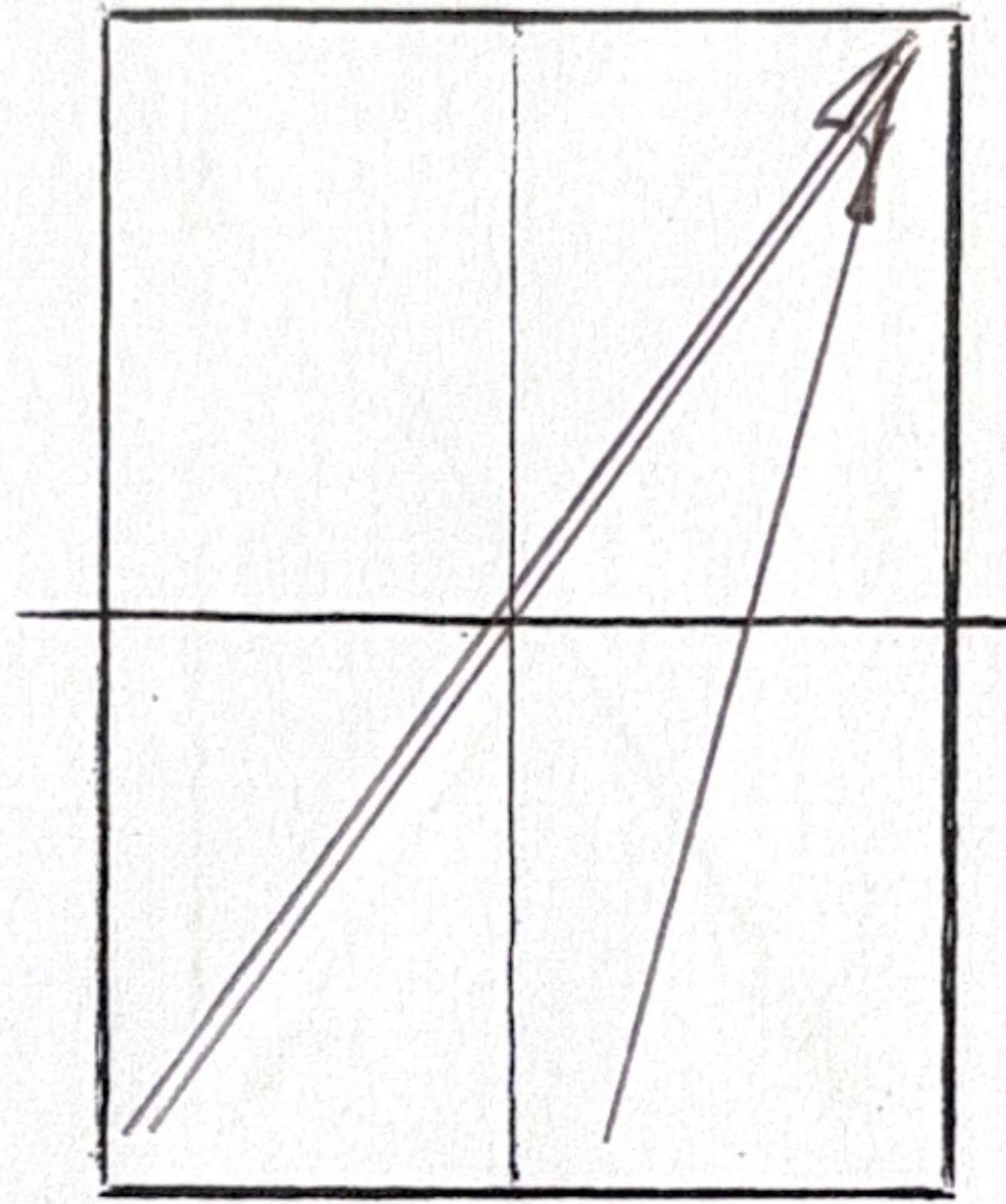
PHYSICAL IF HAVE TIME / SKIPPING ROPES $\approx 15'$

15'



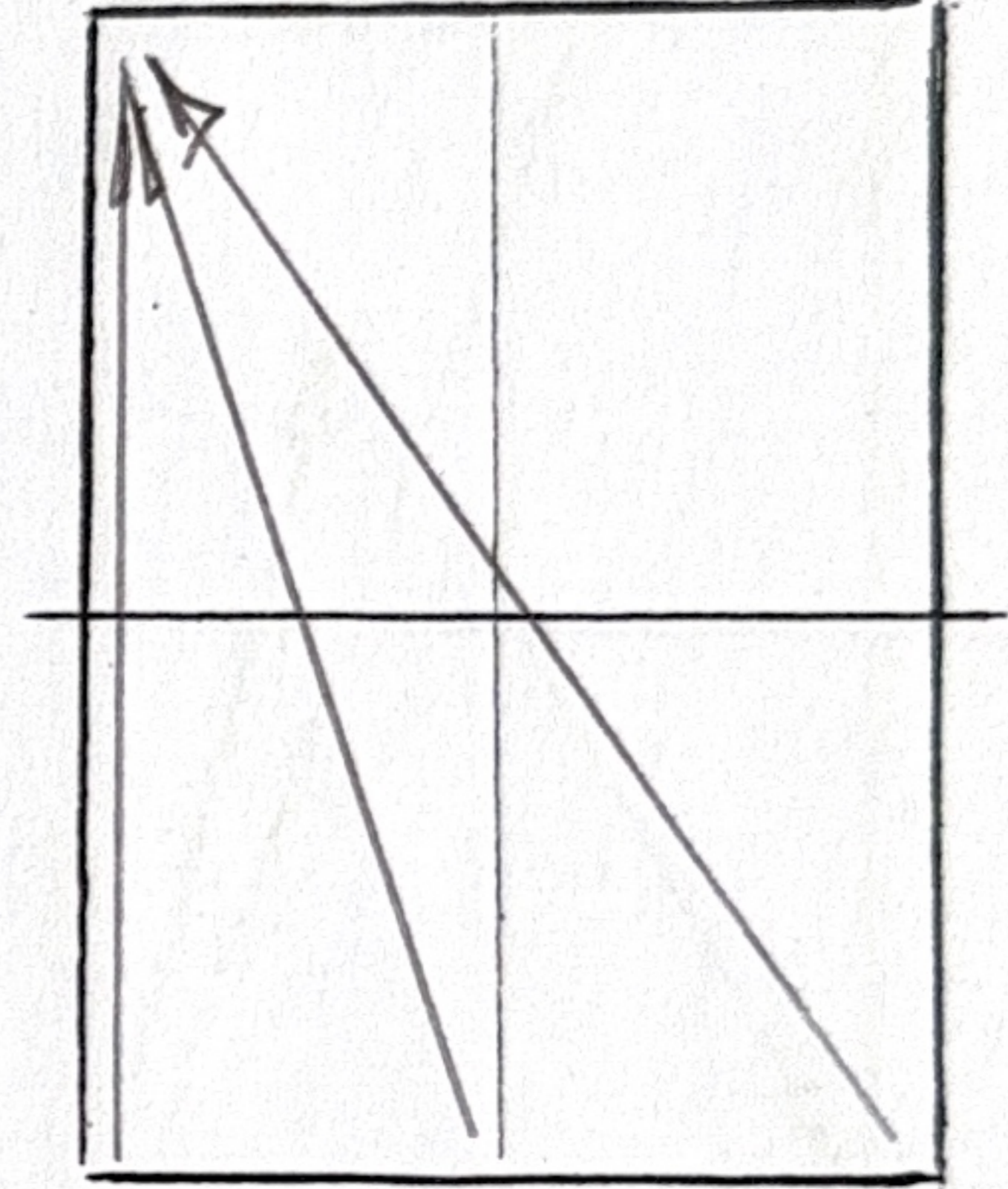
BH DOWN THE FH
SI LINE SI SI

2x8'



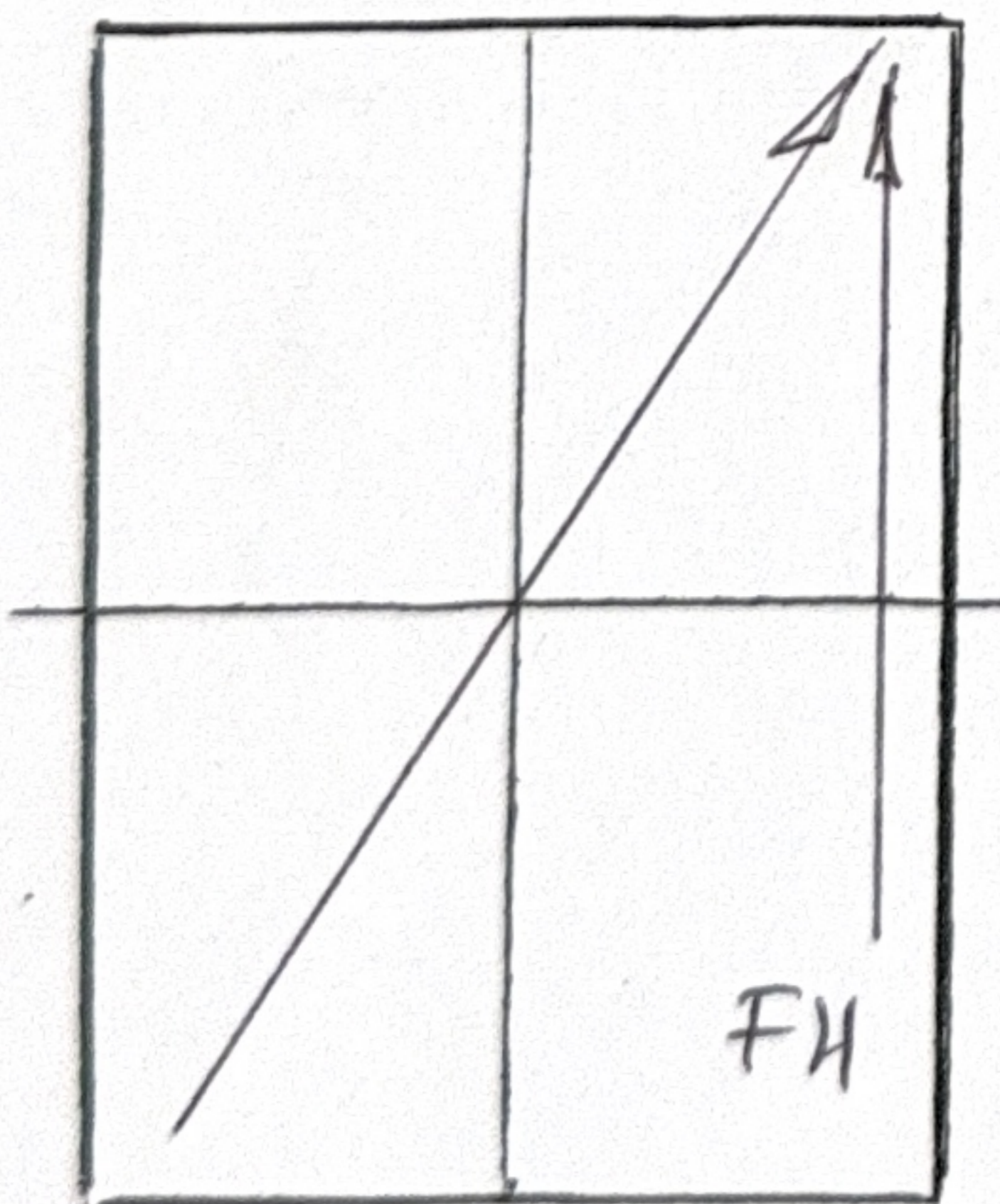
BH 1 FHS
FHS 2 3

2x8'



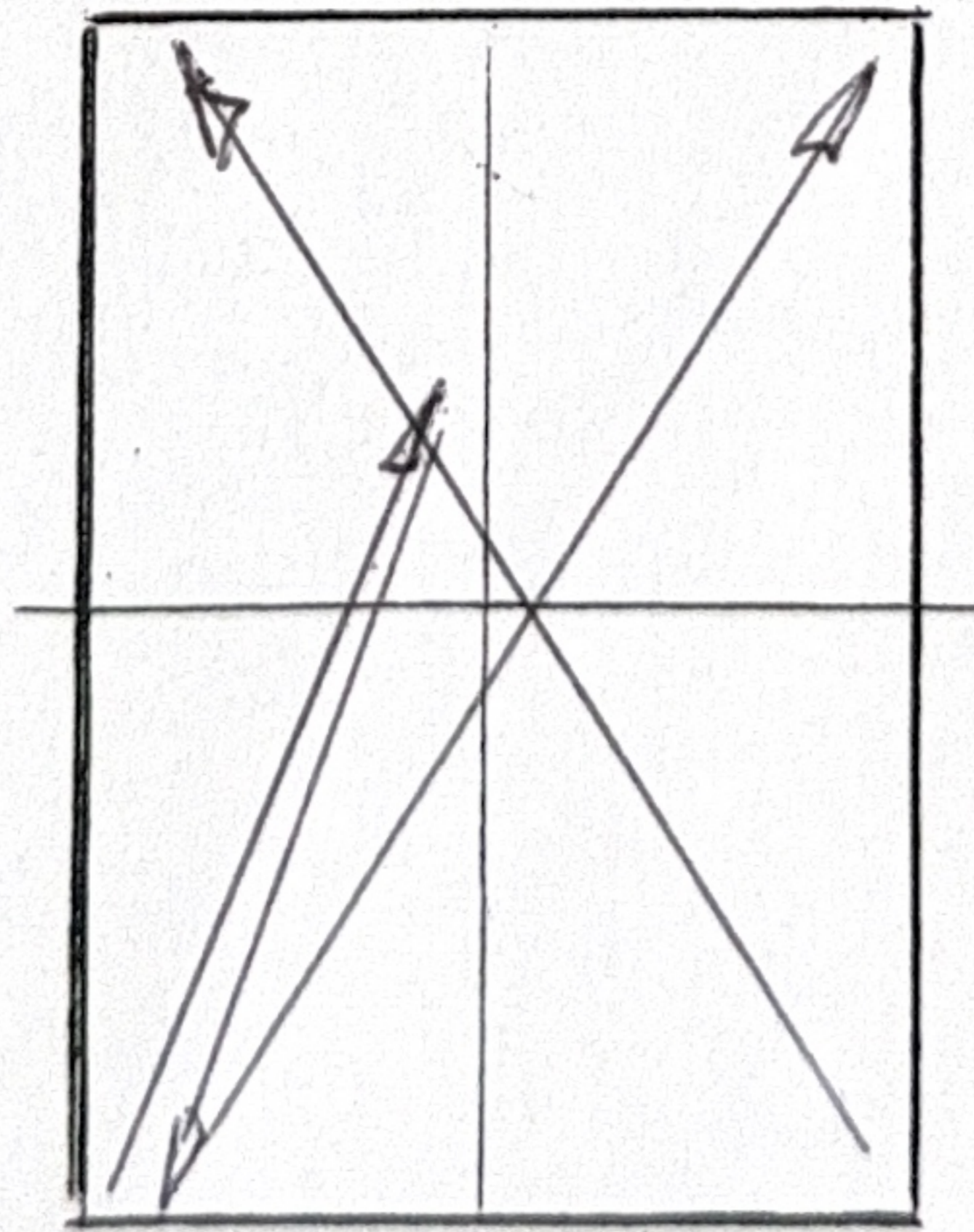
FHS 3,7 FHS 2,4,6 FHS 1,5

2x5'

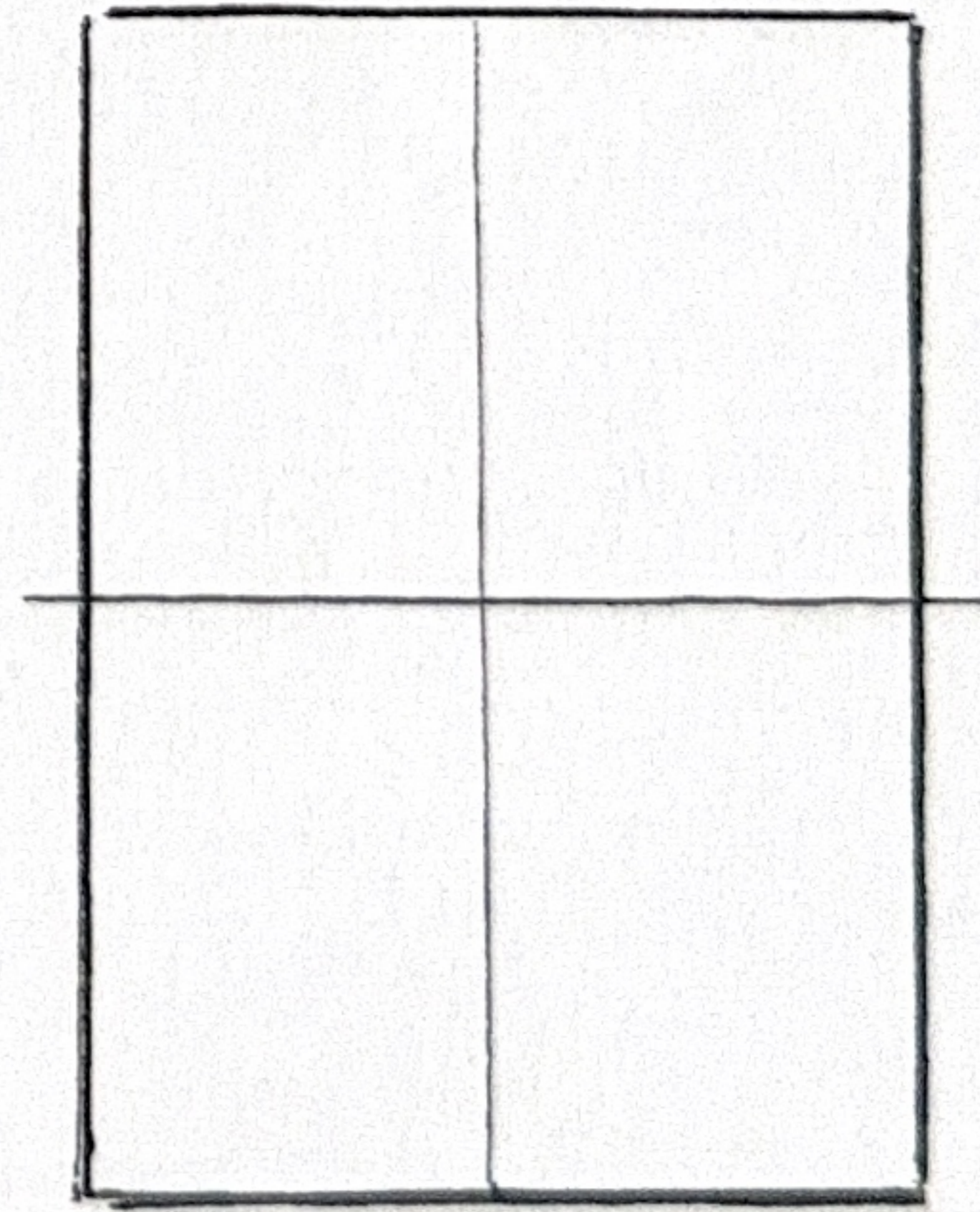


BH CHOP

2x8'



SERVE FHS
FHS 1 2



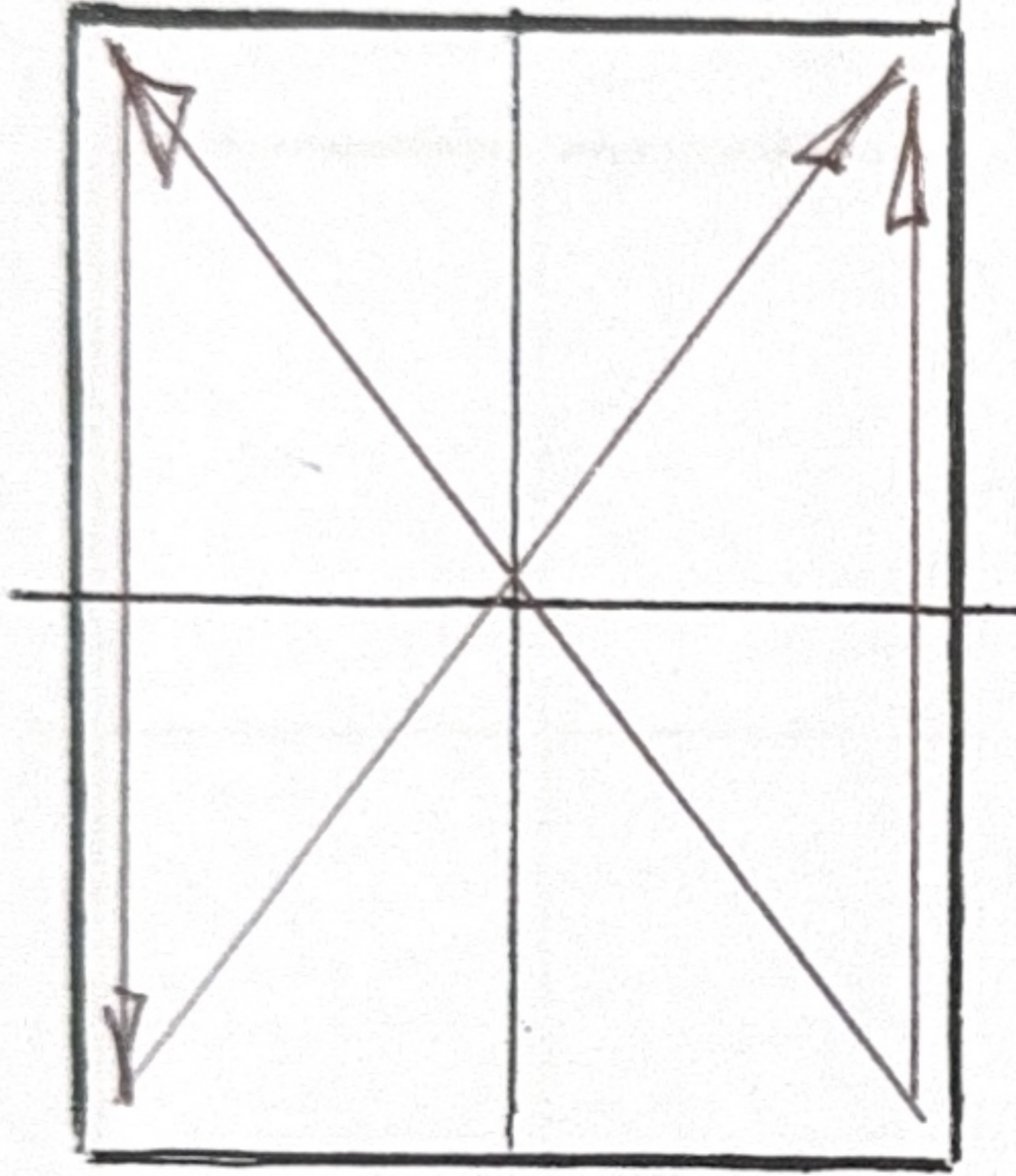
UP AND DOWN
 $\approx 20'$

25.03.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. PREPARATION FOR TOURNAMENT 2. TACTICAL COMBINATIONS

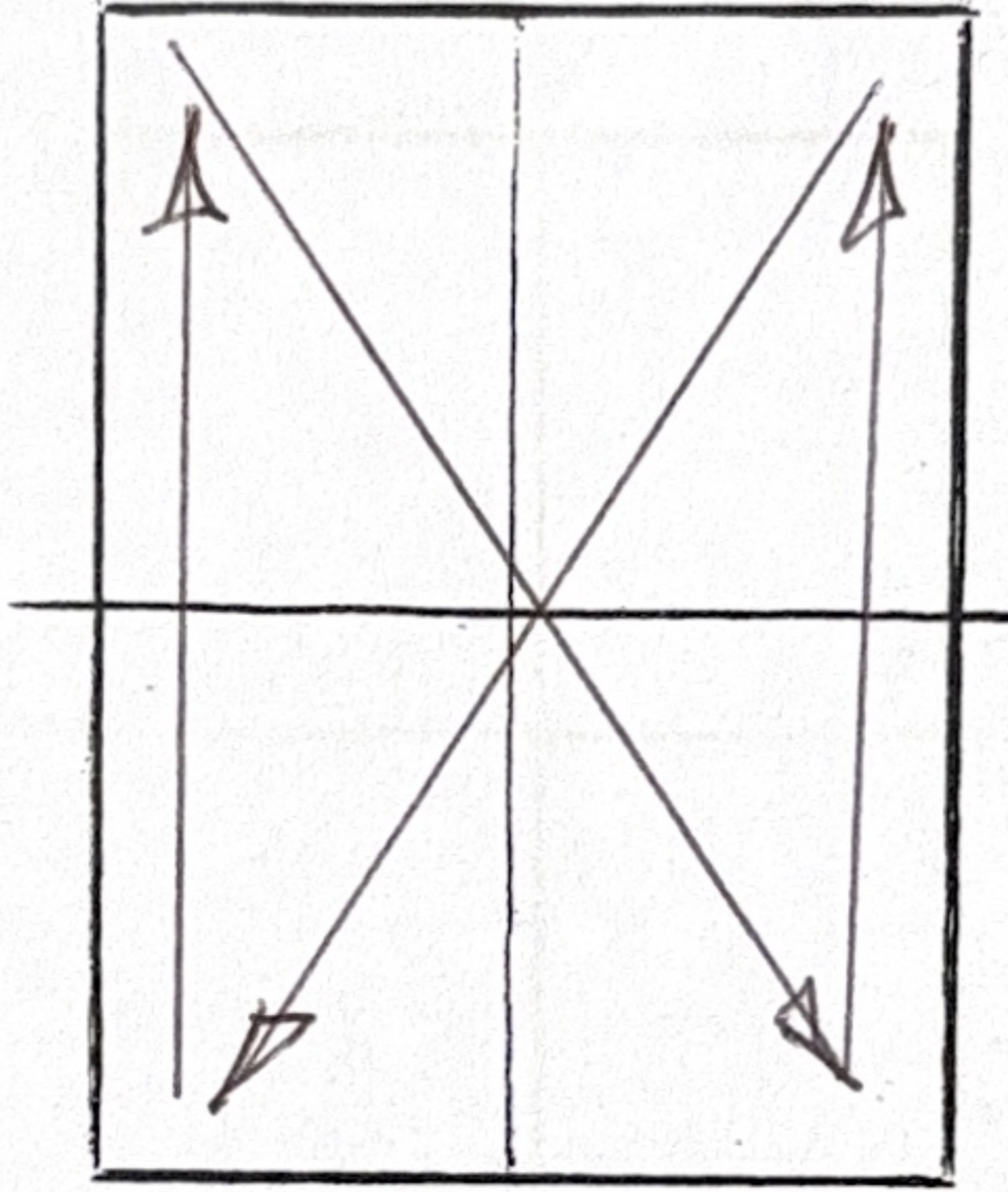
FROM SERVICE → ADVANTAGES

15'



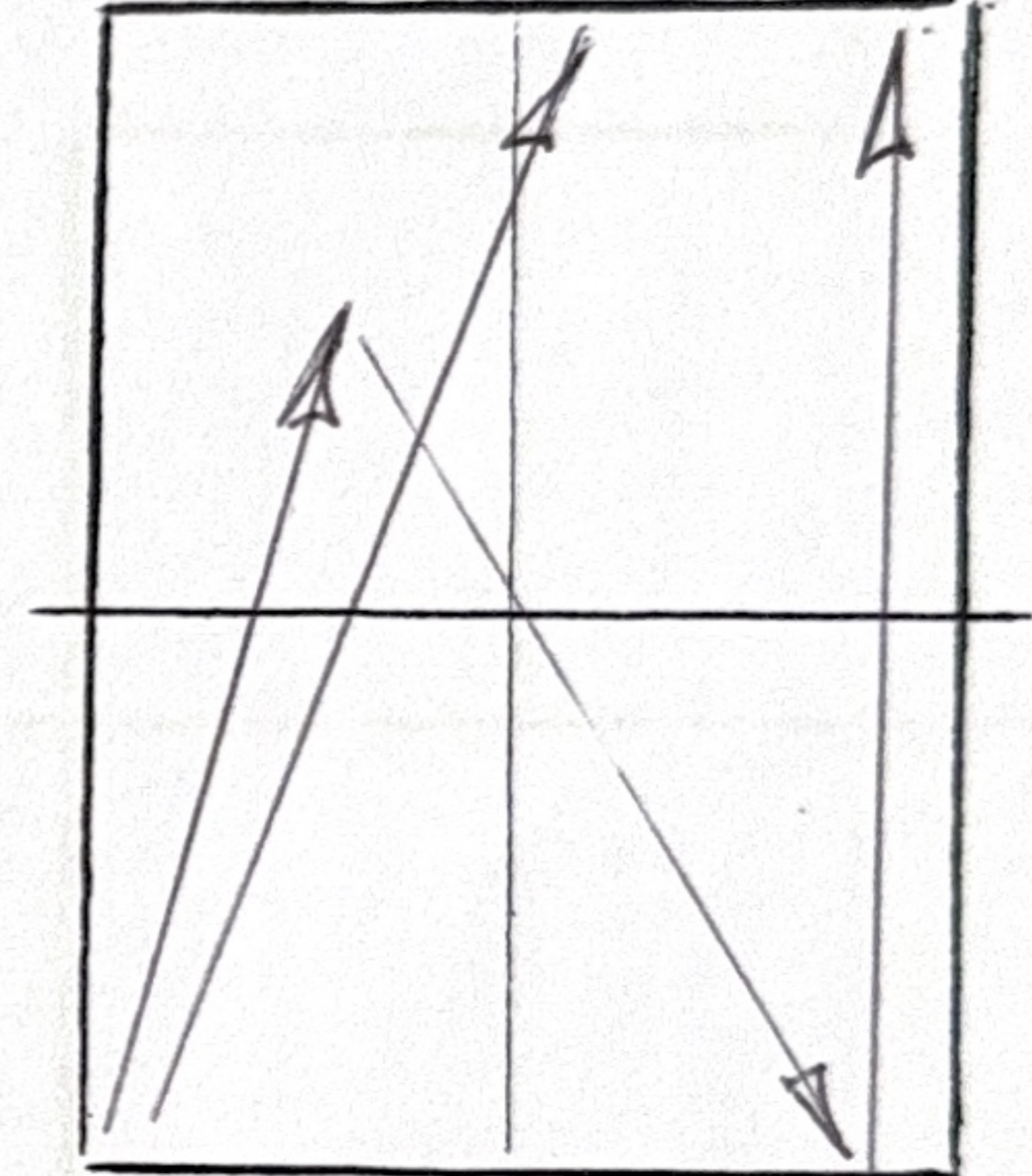
BH DOWN THE FH
51 LINE 51 51

2x5'



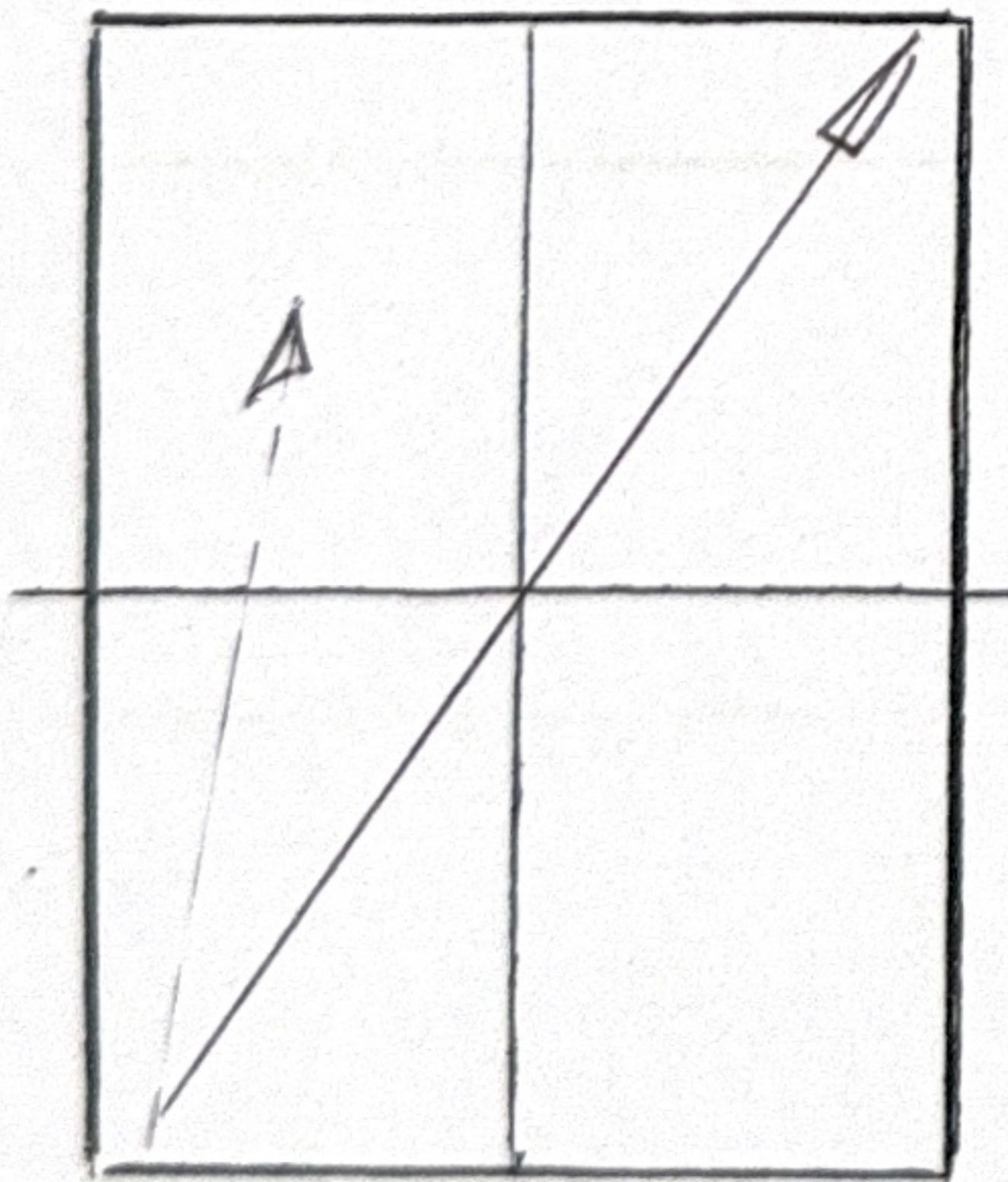
CHOP N. 8

2x8'

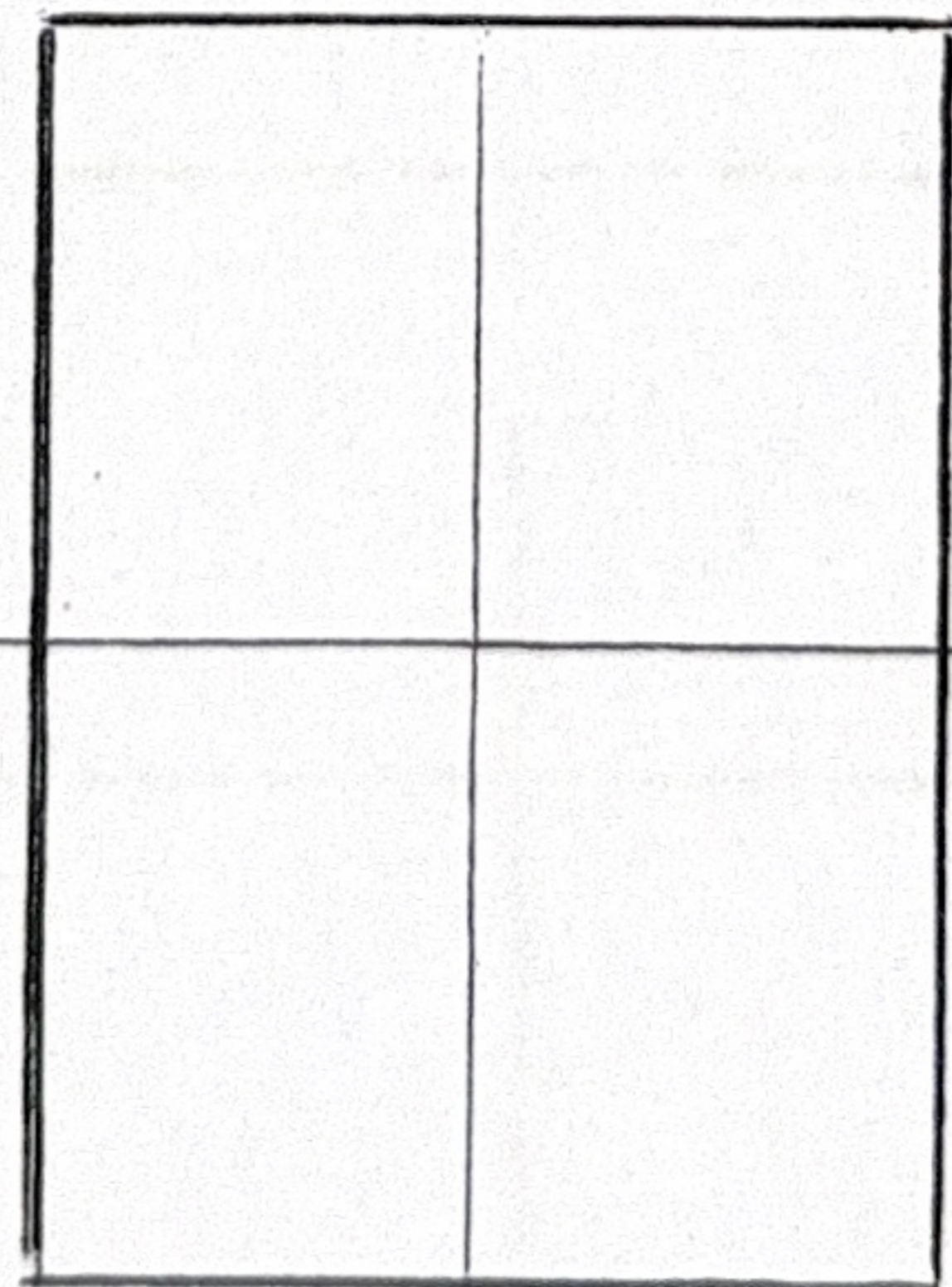


SERV. FH
BH 1
2 + FREE

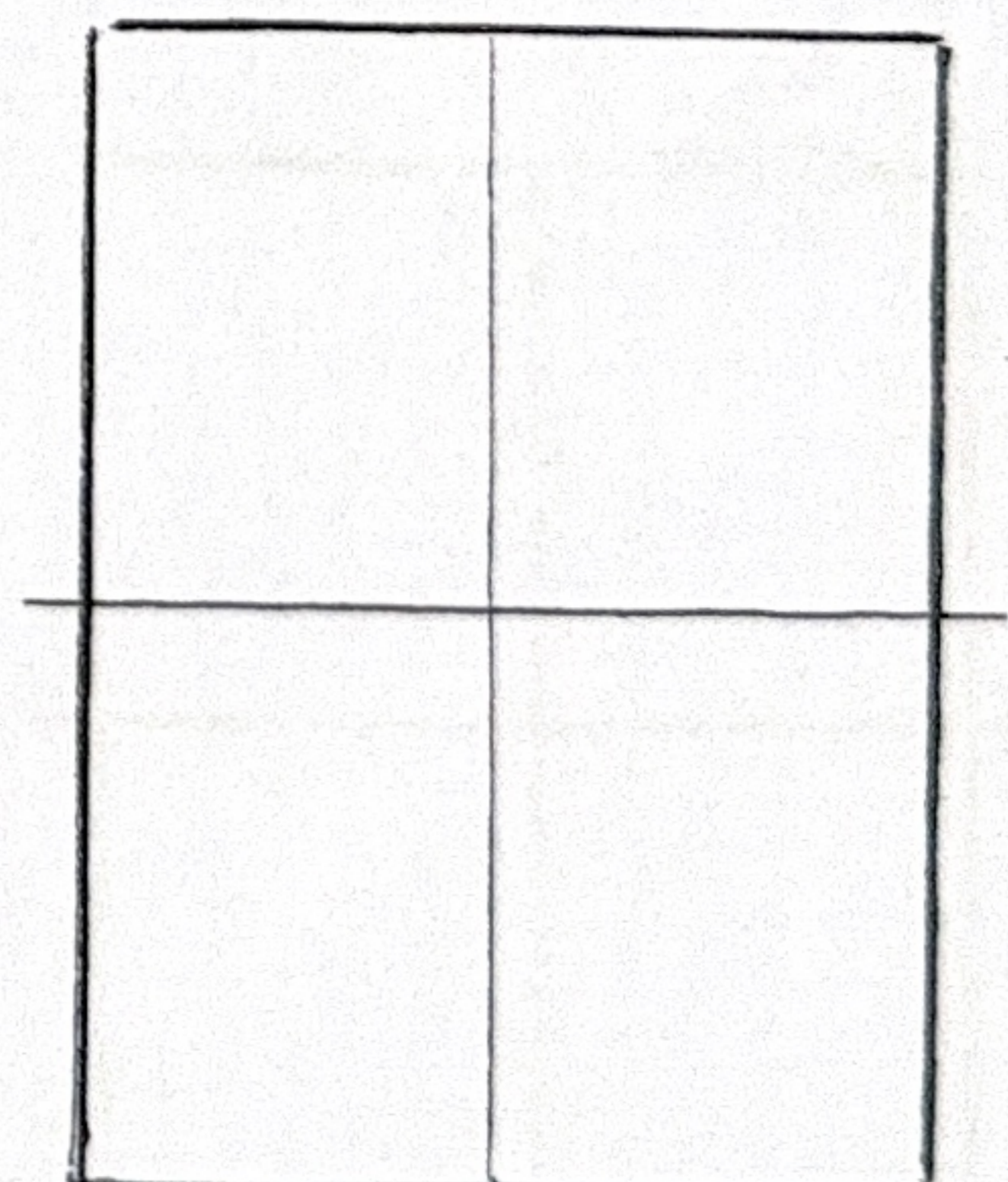
2x8'



SERVE
SHORT TO FH OR
LONG TO BH
+ FREE ALL
TABLE



UP AND DOWN
≈ 25'-30'



28.03 - 29.03.2026 ATTA - ANZAC OPEN

AUCKLAND STADIUM SATURDAY - SUNDAY

