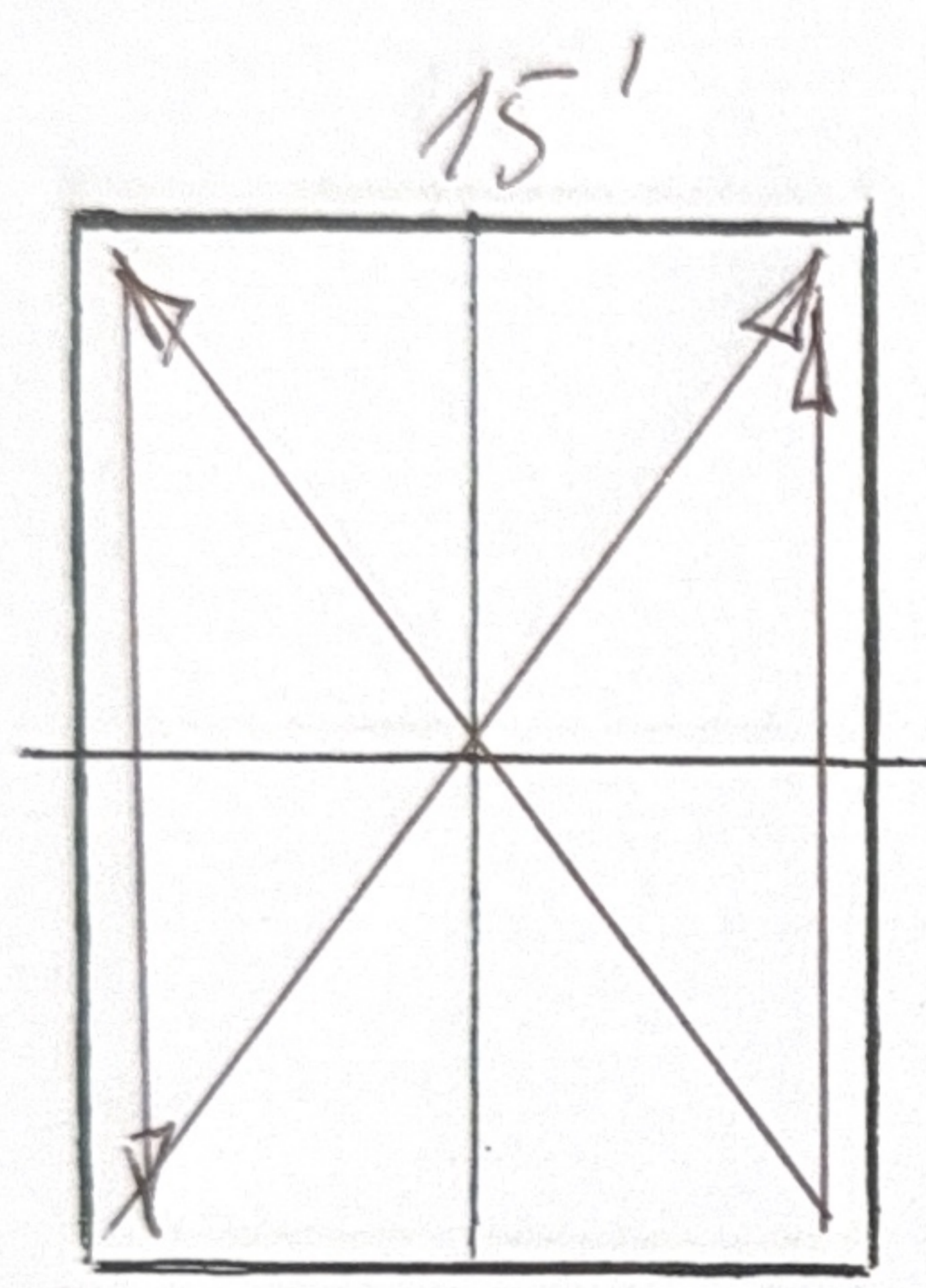


22.03.2026 SUNDAY 15.30-18.00 ELITE SQUAD

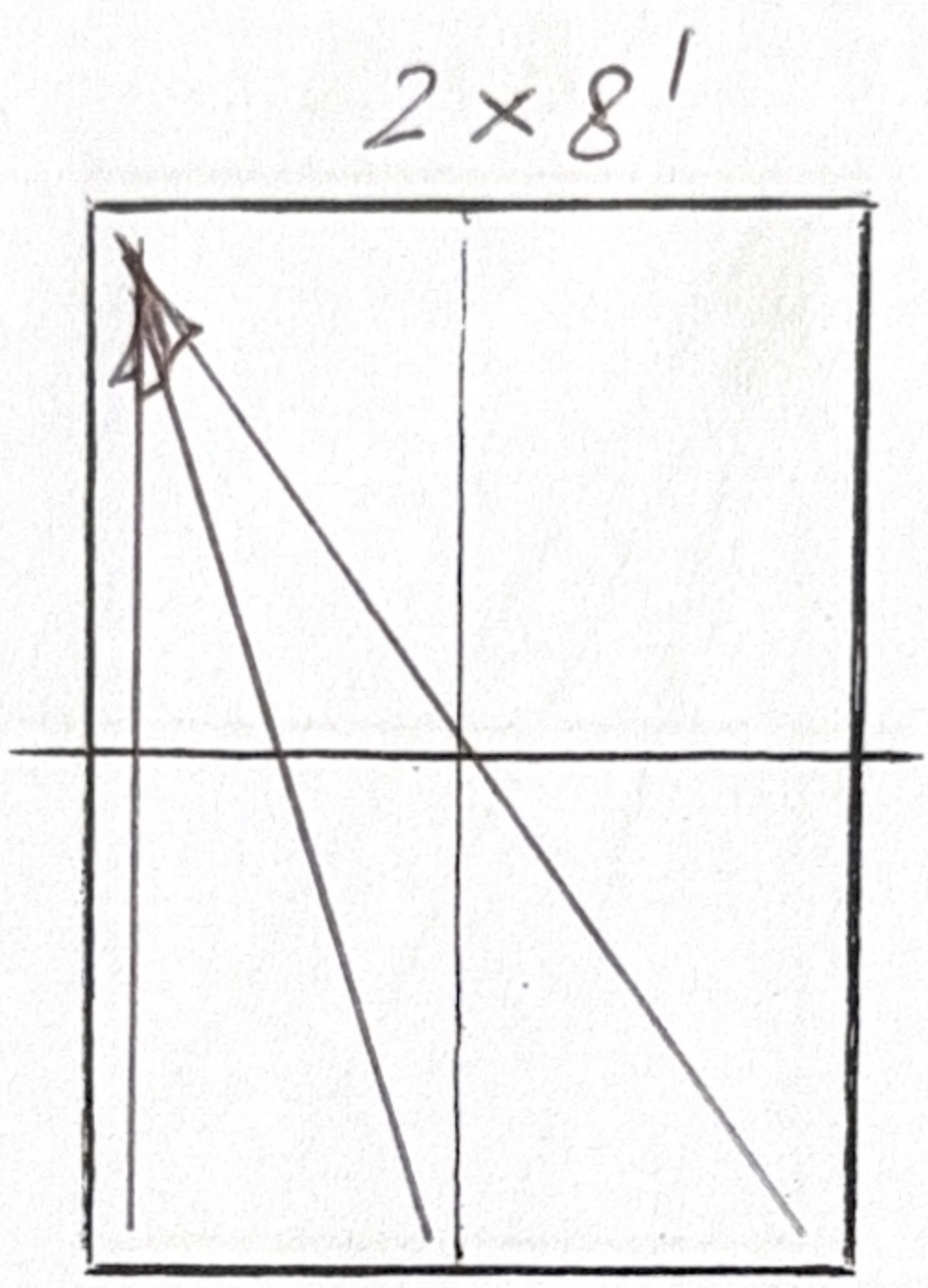
1. FOOTWORK : SIDE TO SIDE + IN AND OUT.

2. PLACEMENT 3. TECHNIQUE 4. INDIVIDUAL → MULTIBALLS

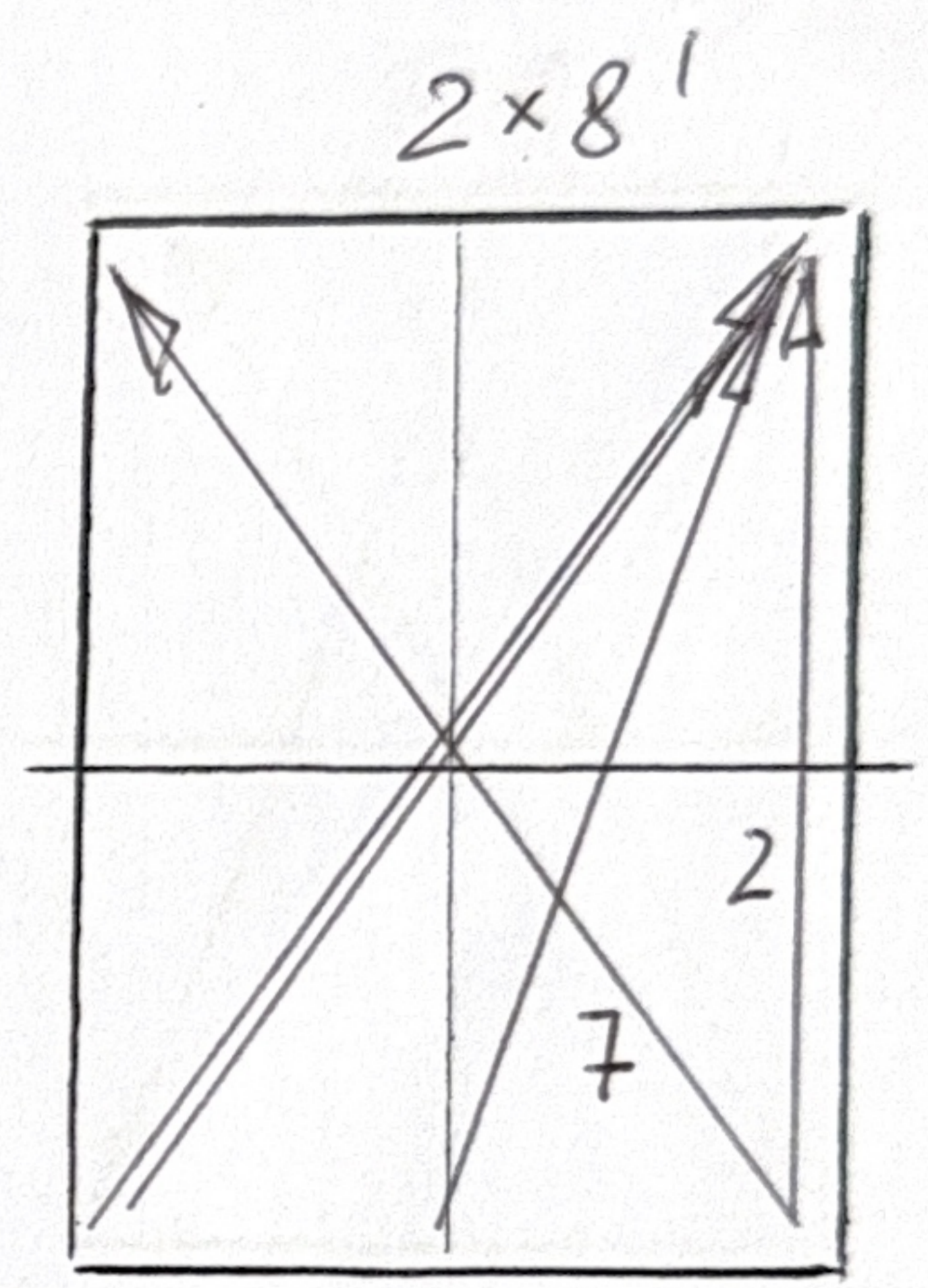
WARMING-UP → OTHER BANDS, FOOTWORK SPEED 5x15" x 30"  
REACTION 5x15" x 30"



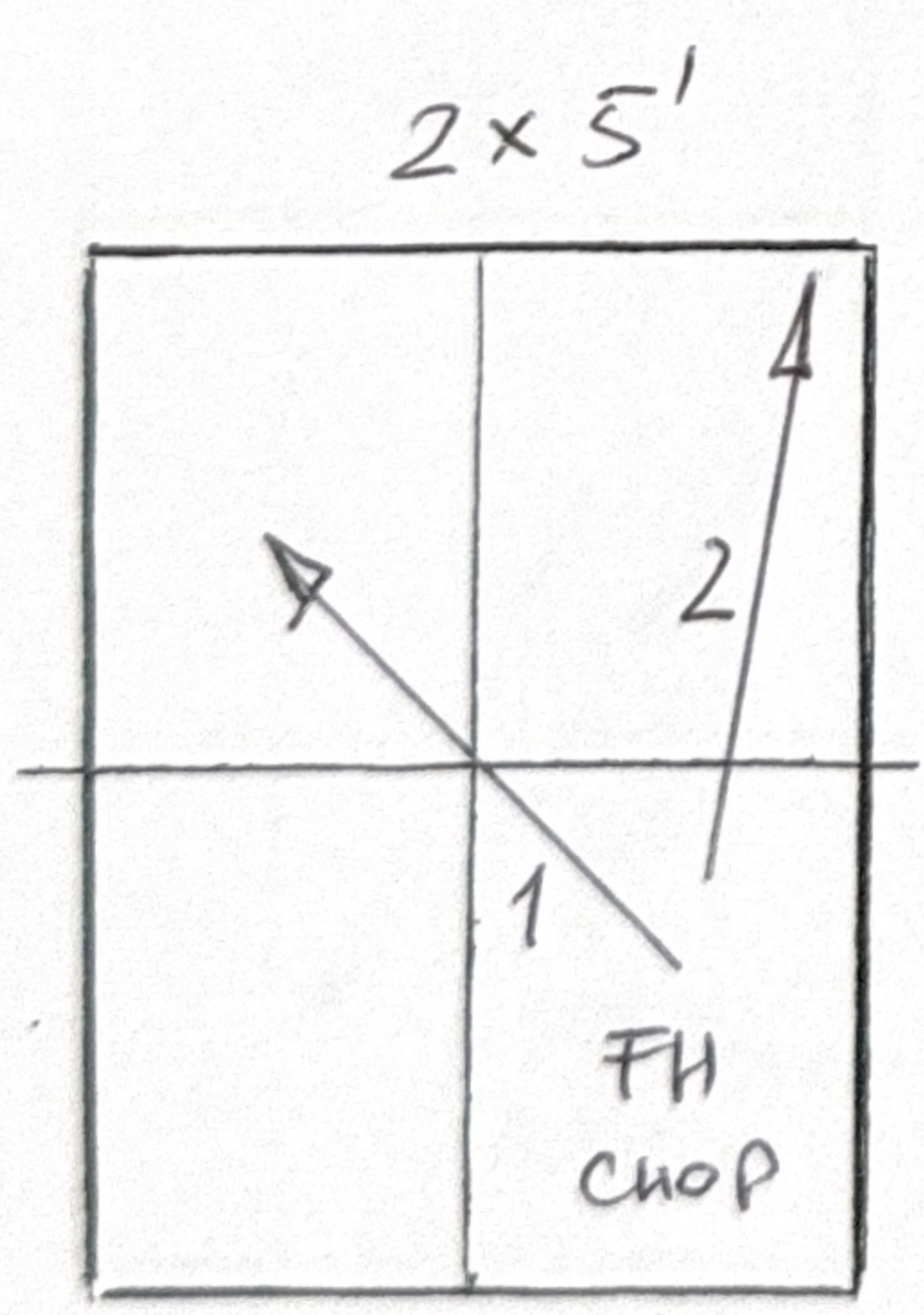
15'  
BH DOWN THE FH  
5' LINE 5' 5'



2x8'  
FHS 3 FHS 2 FHS 1

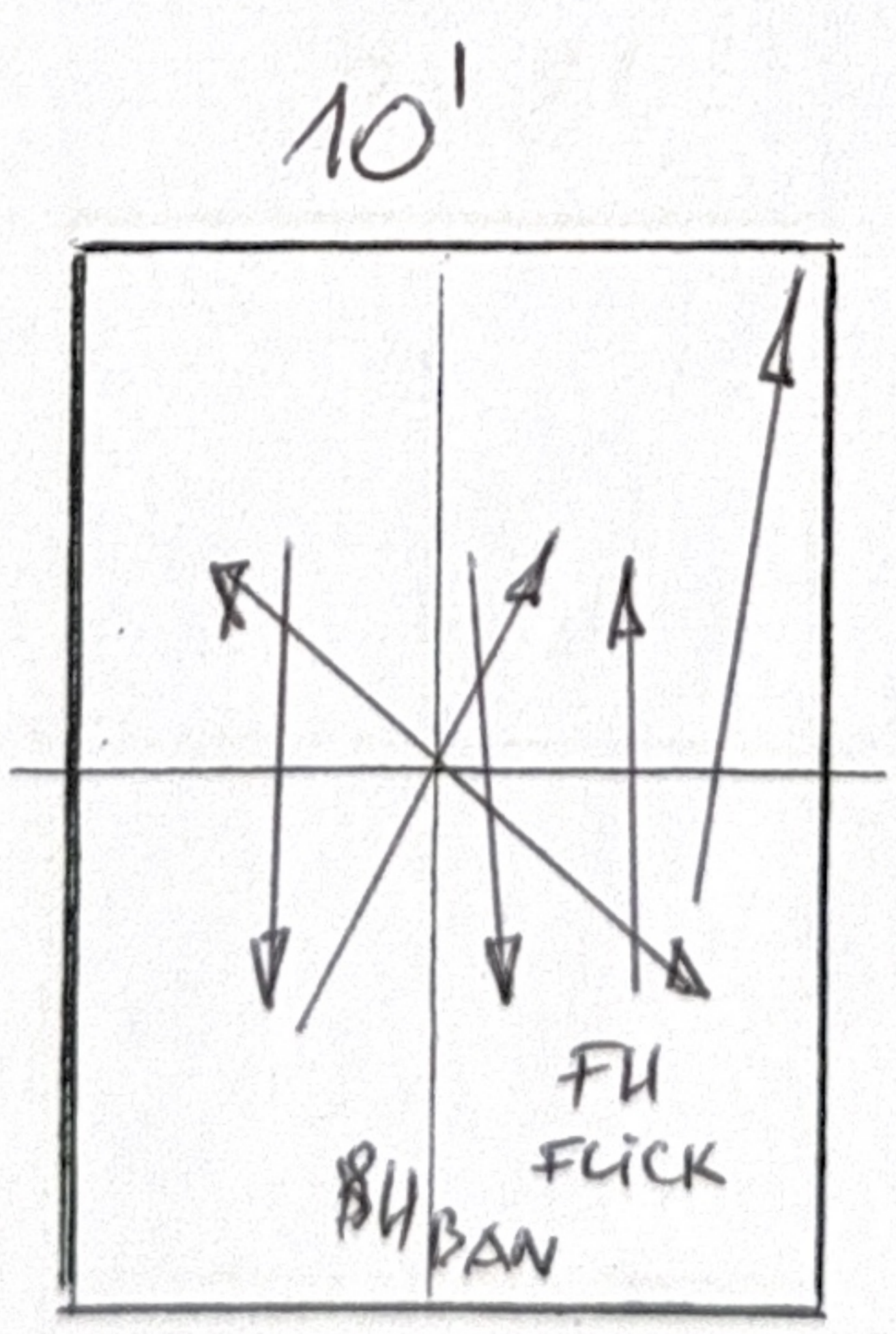


2x8'  
BH 1,3,5 FHS 4 FHS 2,7  
FHS 6



2x5'

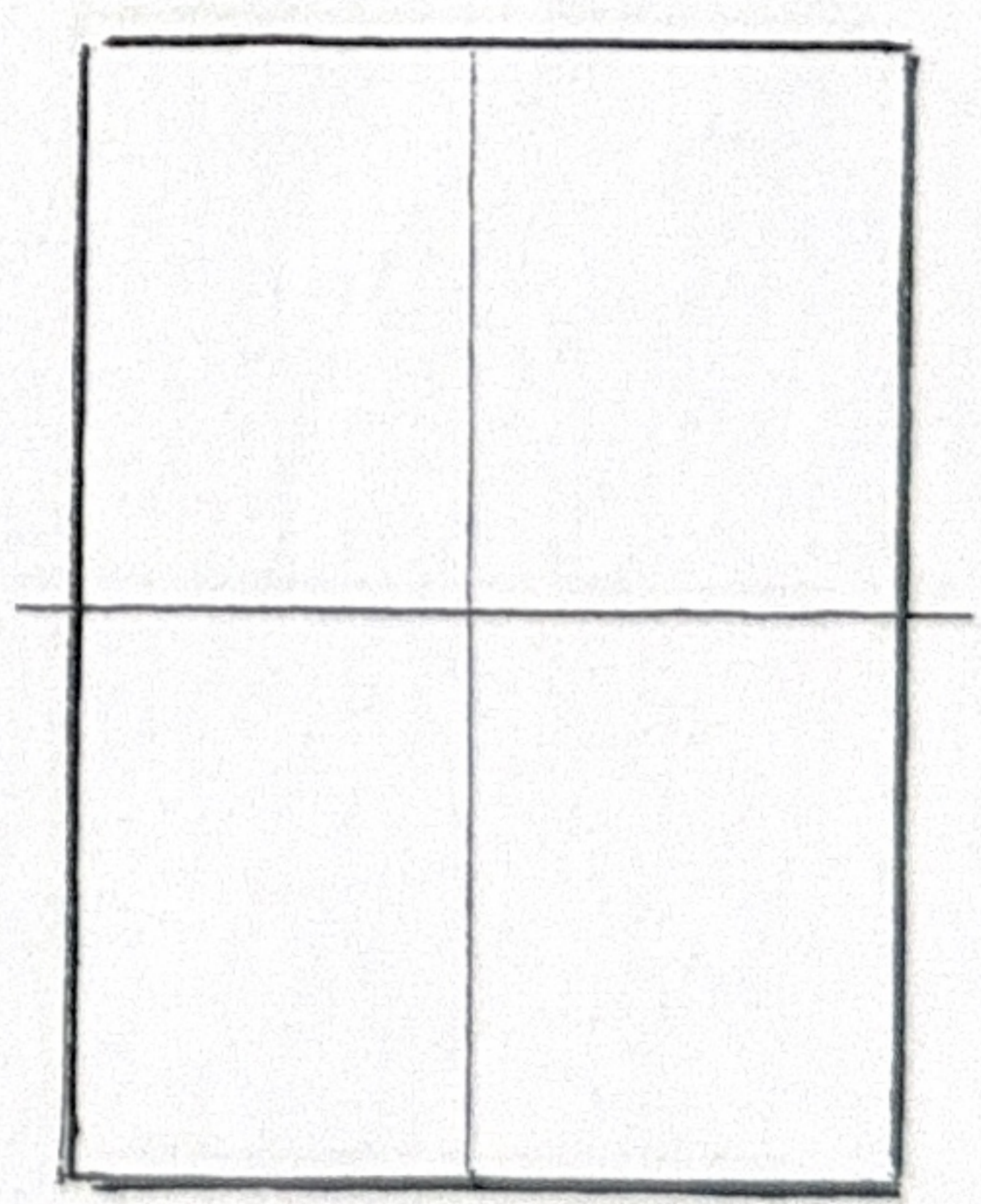
FH CHOP



10'

BH BAN FH FLICK

SHORT-SHORT  
FH flick (BH BAN  
TO BH + FREE  
BY 2 MISTAKES



MULTIBALLS  
INDIVIDUAL  
FOOTWORK  
IN-OUT

24.03.2026 TUESDAY 19.15-21.15 ELITE SQUAD

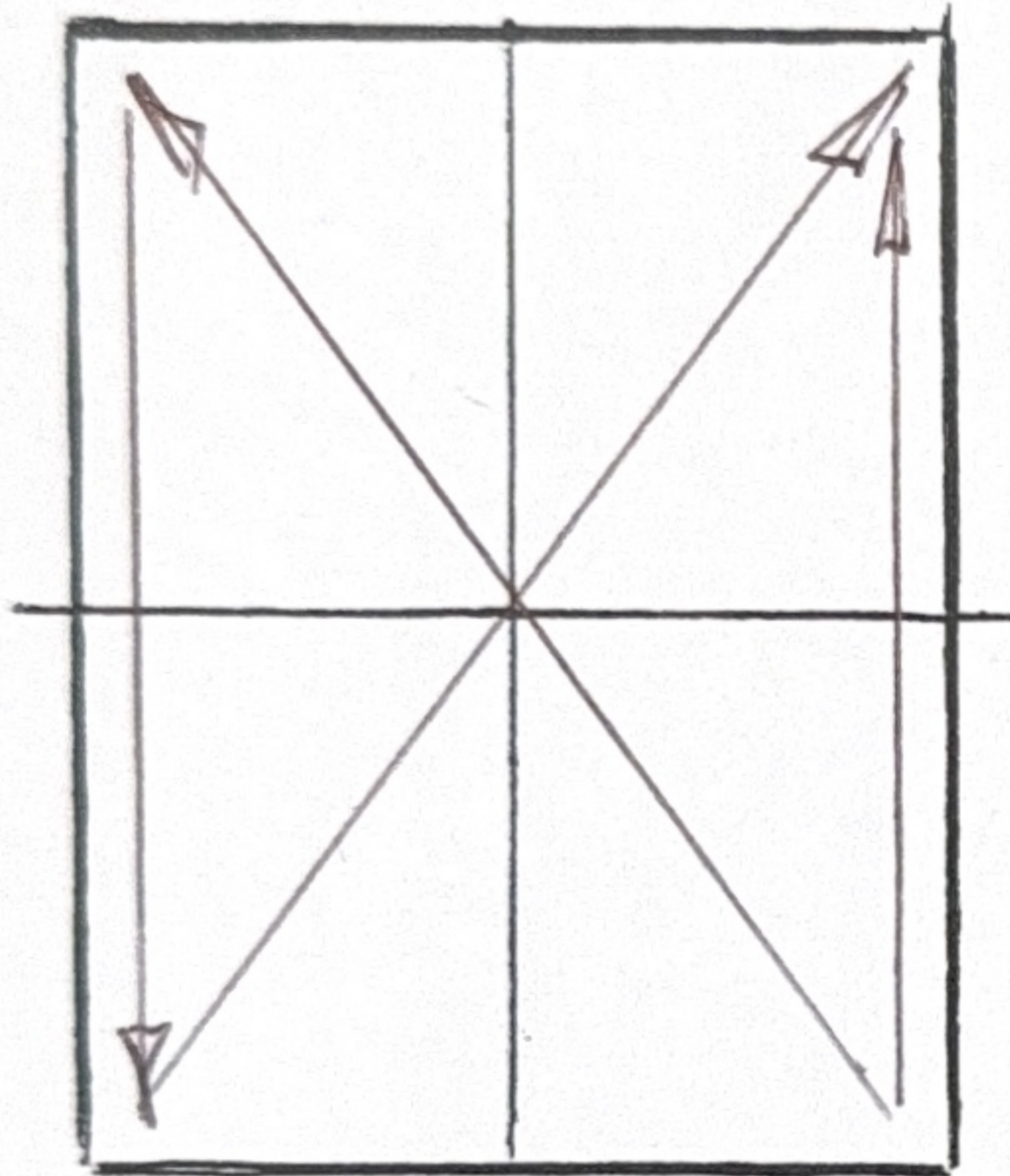
1. SPEED OF ATTACKING STROKES 2. CONSISTENCY

3. PLACEMENT 4. TACTICAL COMBINATIONS → INDIVIDUAL

WORK 5. UP AND DOWN WARMING UP → THERA BANDS

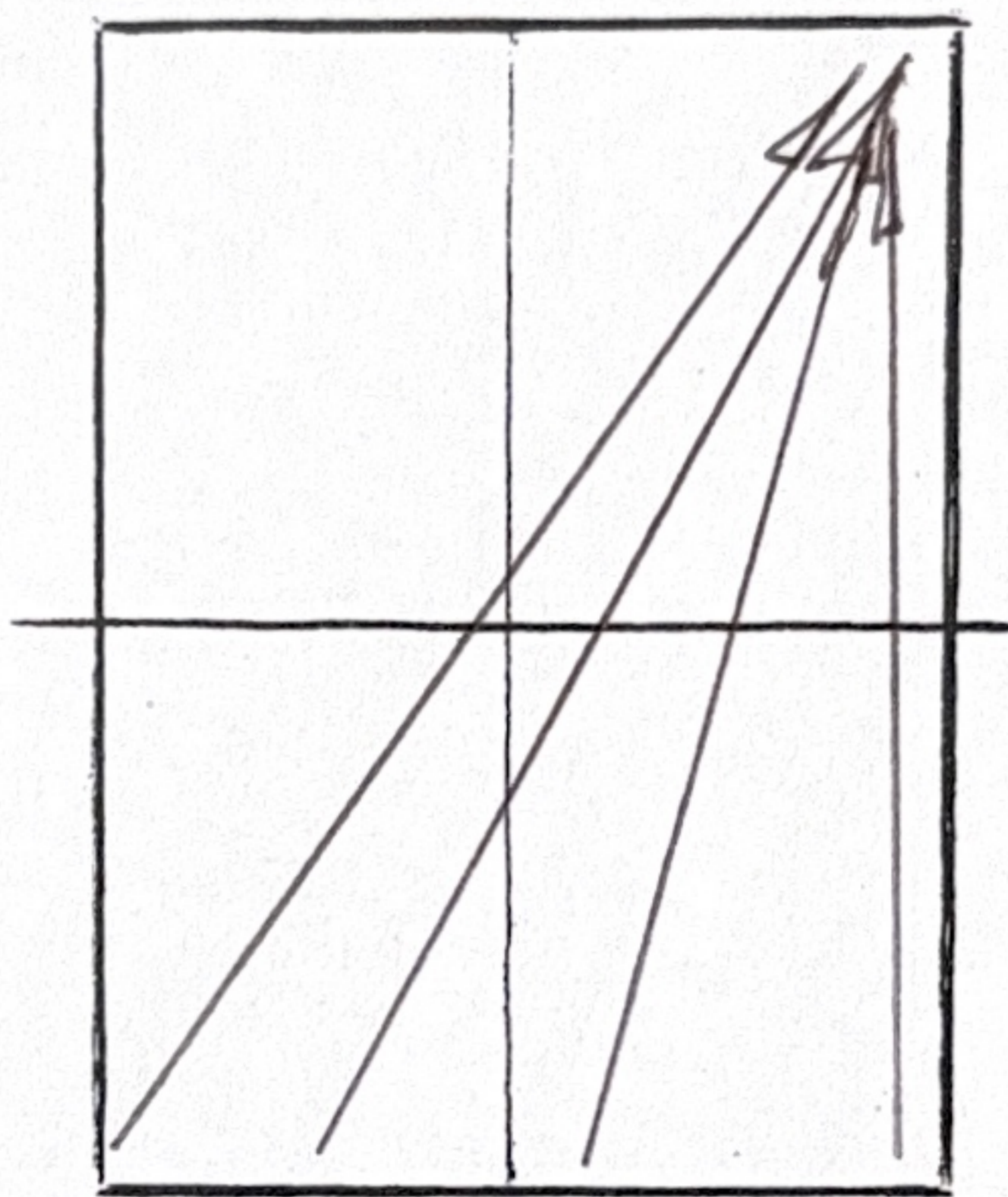
FOOTWORK 5x20" x 40" BEFORE TRAINING

15'



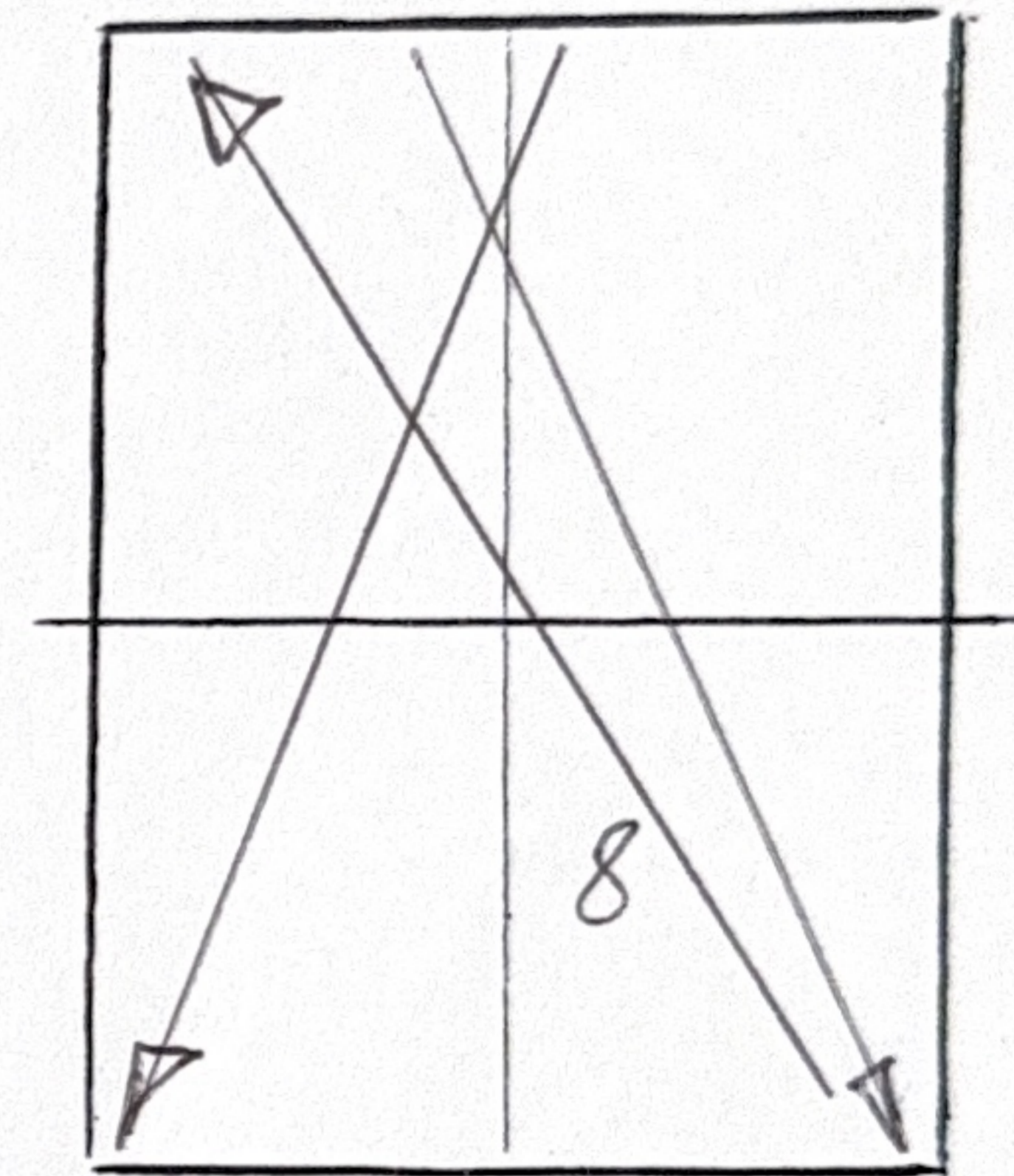
BH DOWN THE FH  
S' LINE S' S'

2x8'



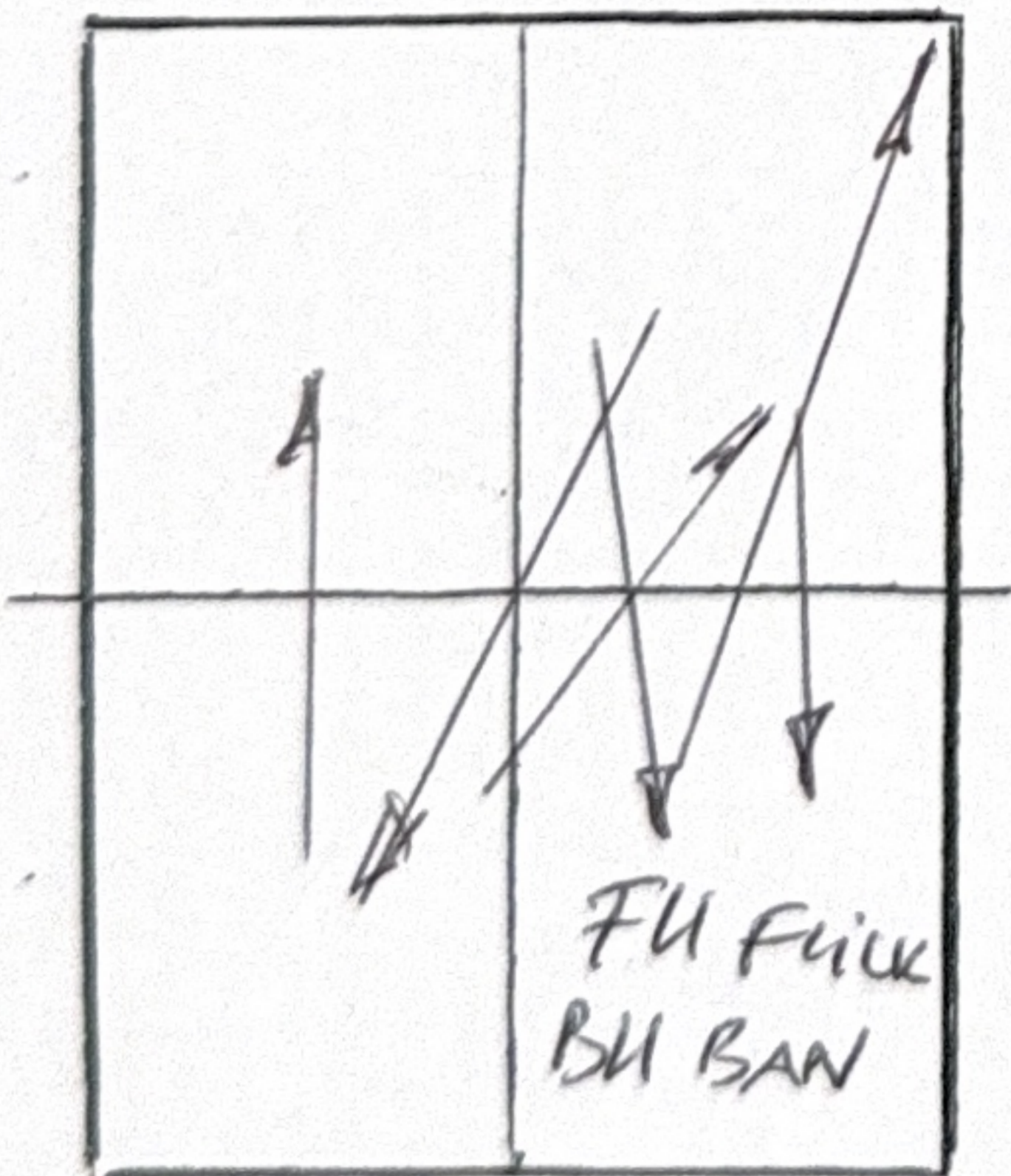
BH BH FHS FHS  
2 1 3 4

FHS 2x8'



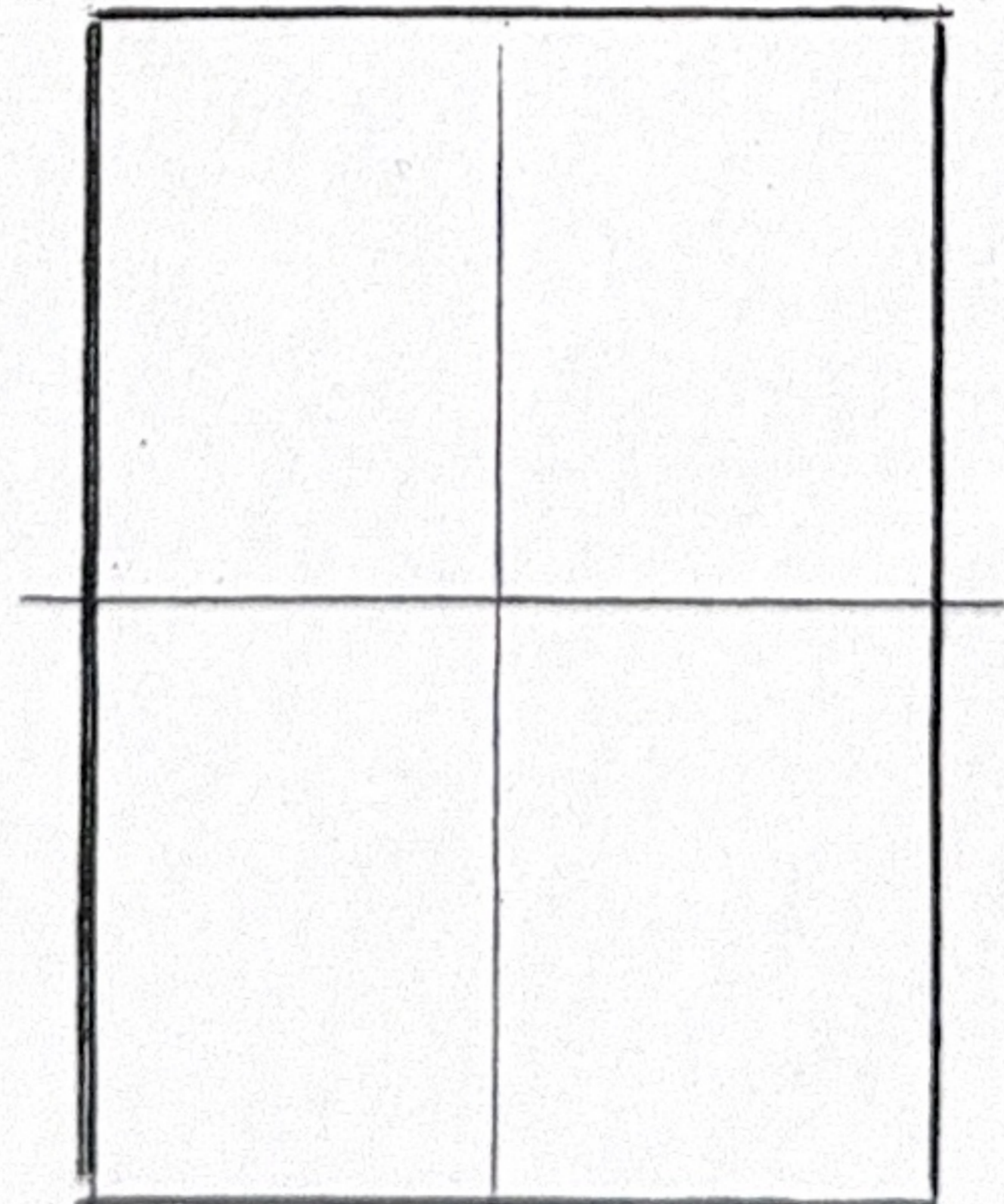
BH  
BLOCK  
1,3,5,7  
FH 2,4,6.  
BLOCK  
FH COUNTER 8  
SPIN  
AFTER 8 BALLS  
FREE ALL TABLE

10'

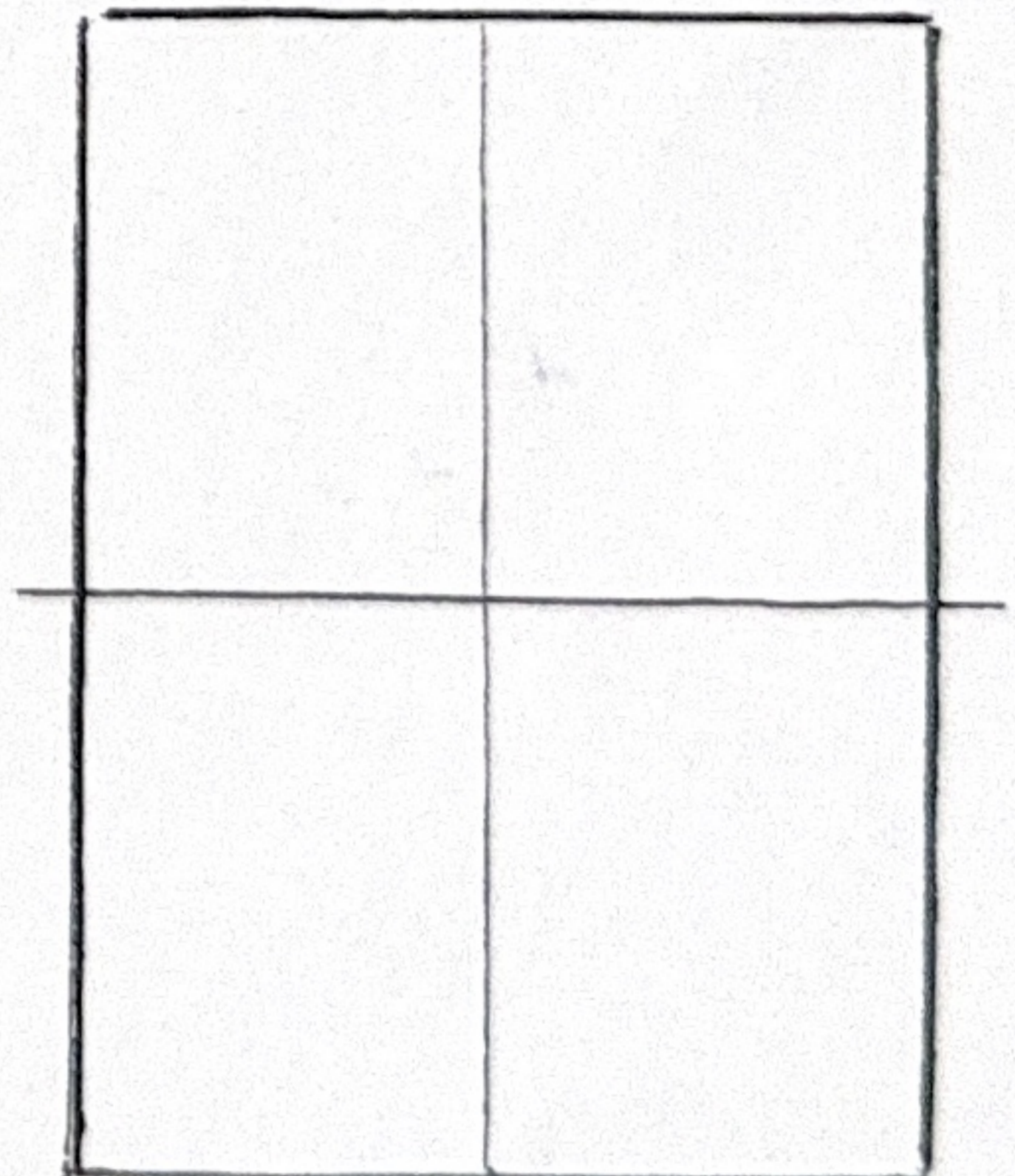


SHORT-SWORT +  
FH FICK/BH BAN  
TO BH + FREE  
BY 2 MISTAKES

2x8'



INDIVIDUAL  
FROM  
SERVICE



UP AND DOWN  
≈ 20'25'

28.03 - 29.03.2026 ATTA - ANZAC OPEN

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AUCKLAND STADIUM SATURDAY - SUNDAY

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