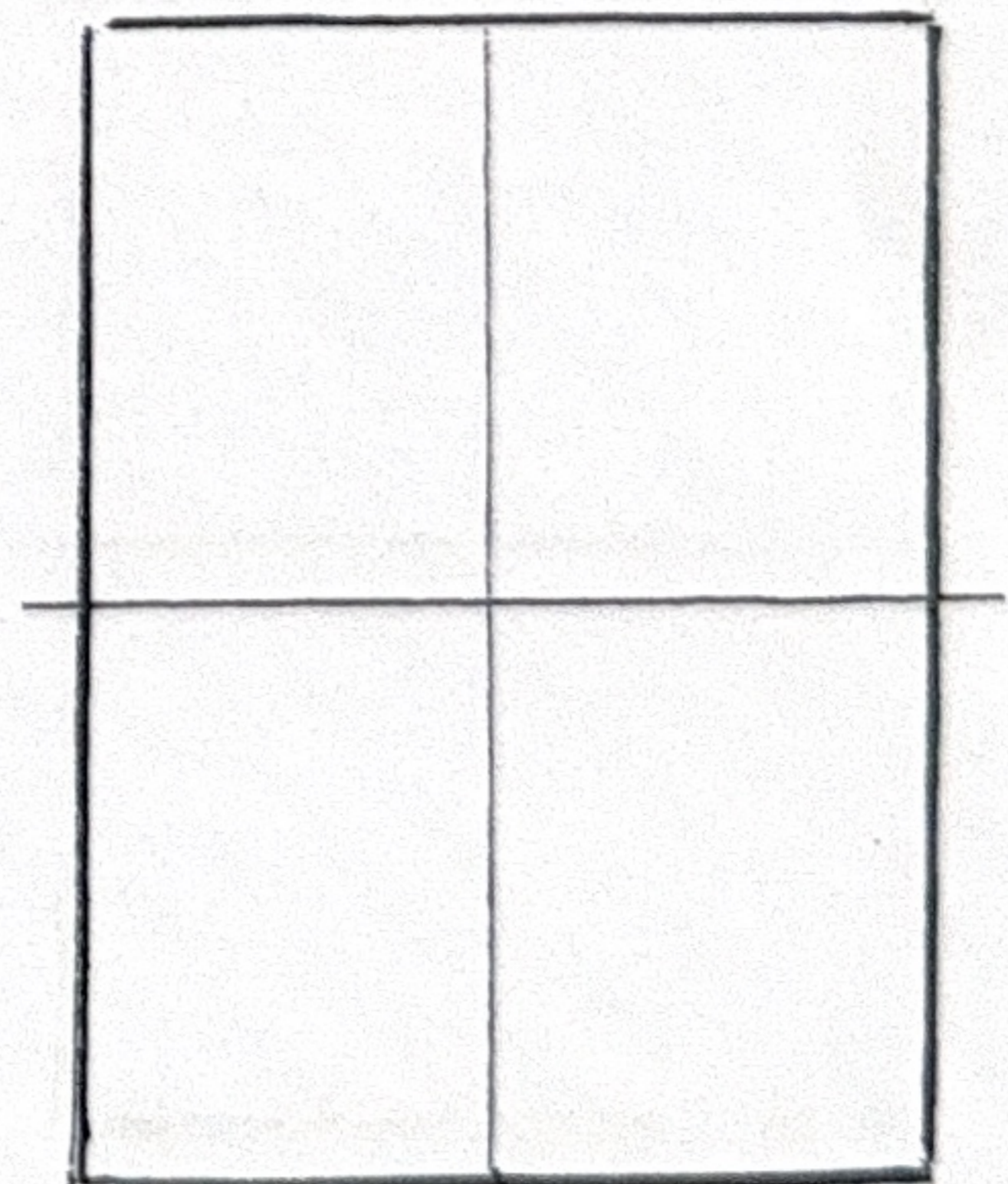
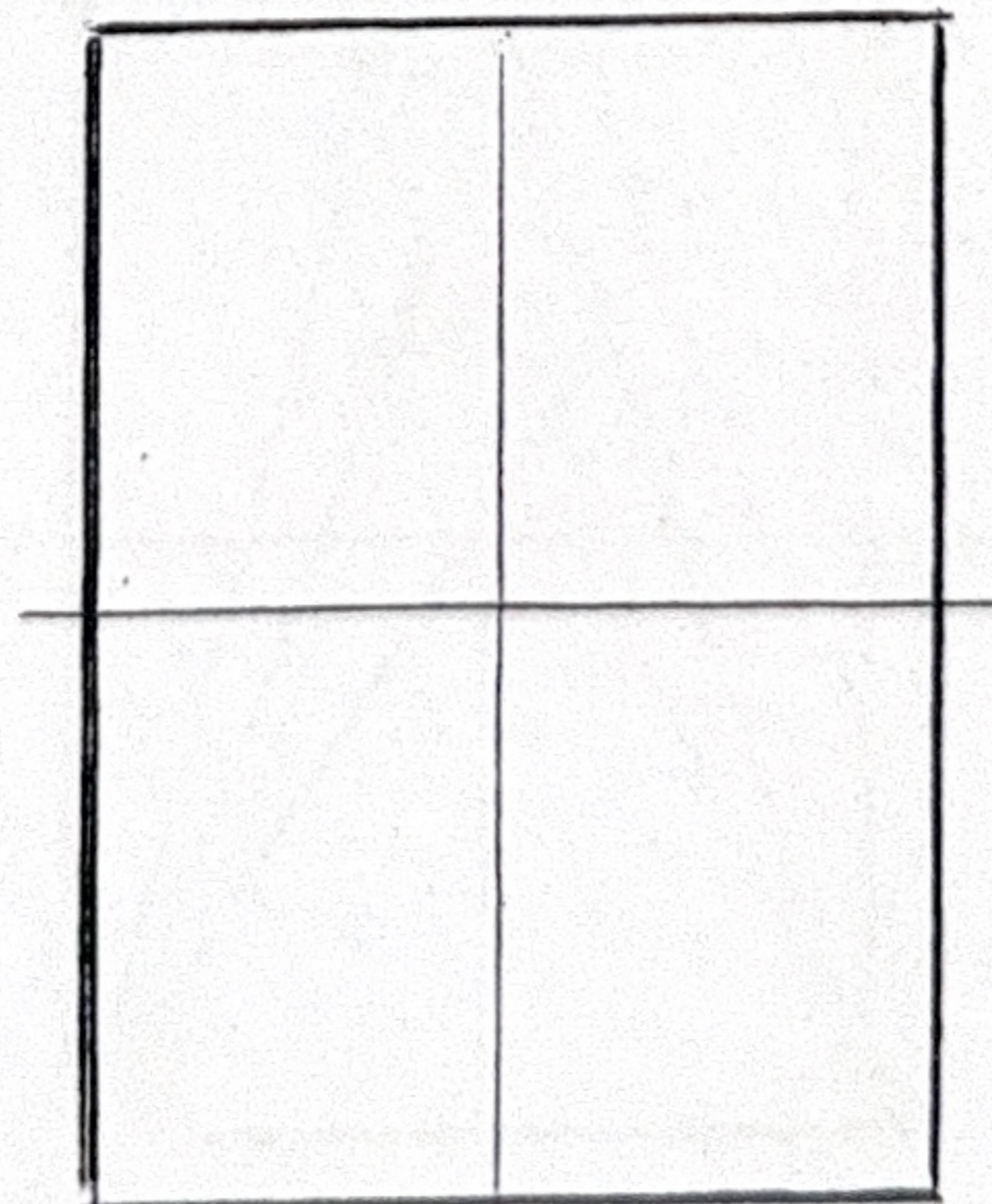
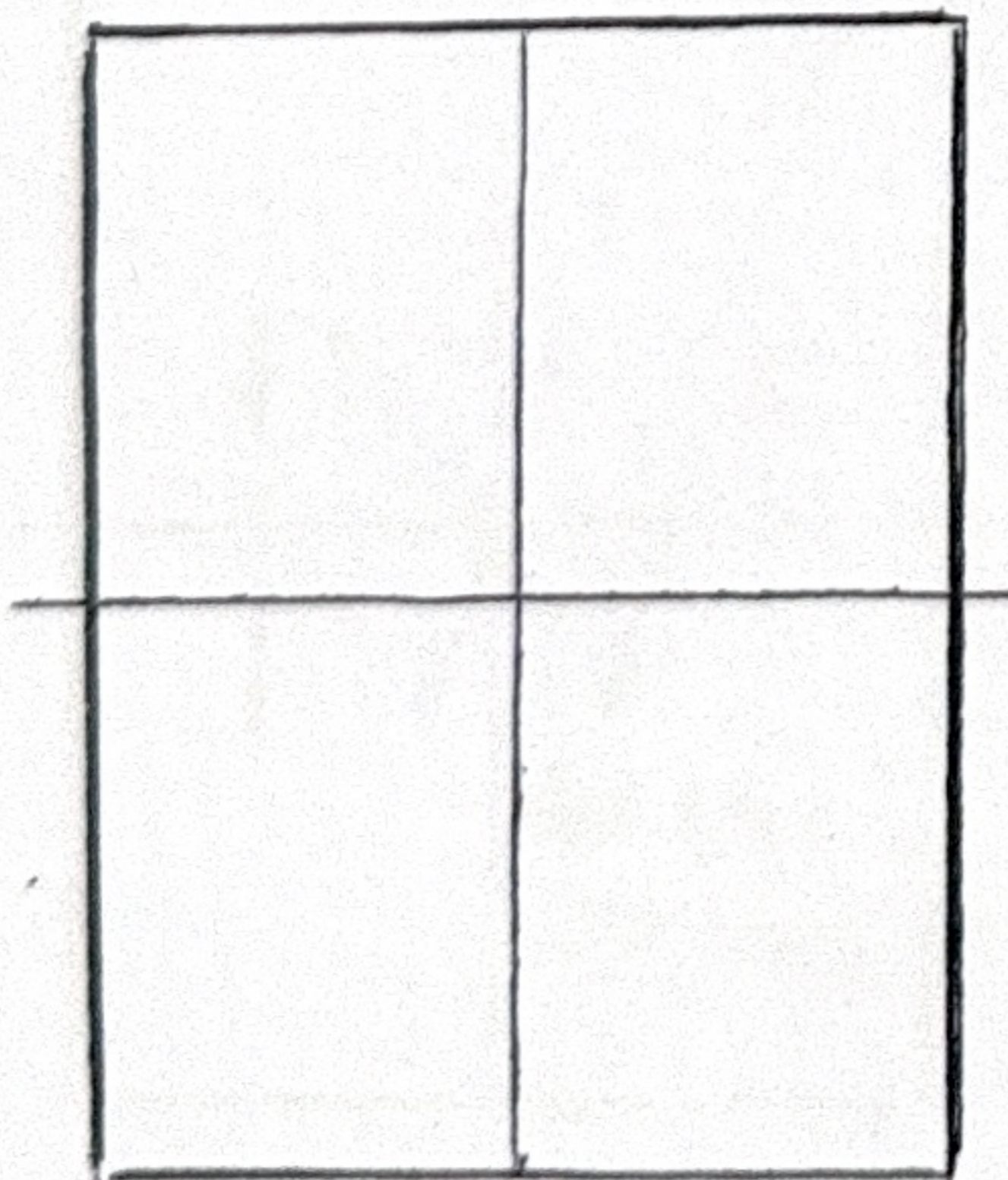
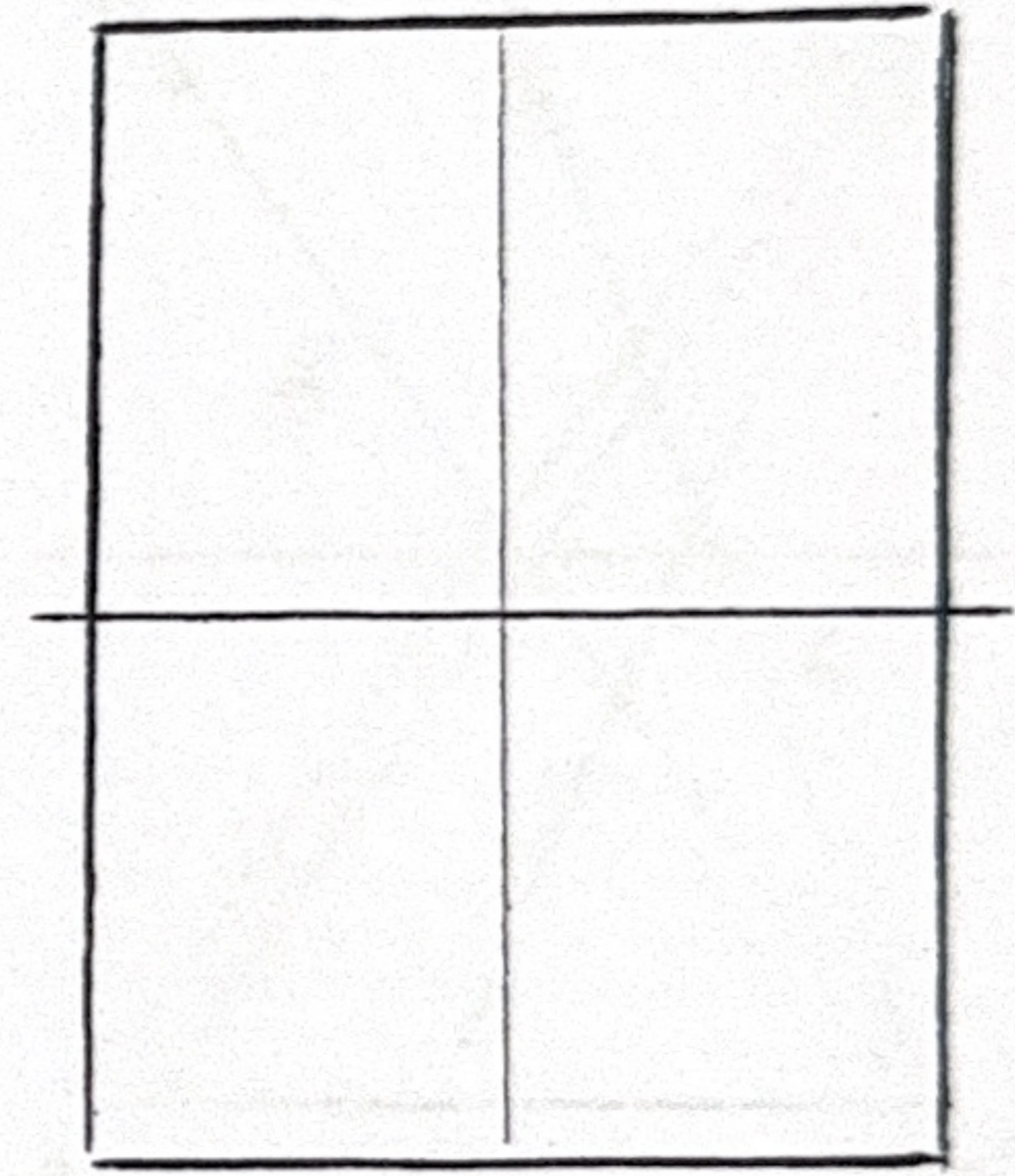
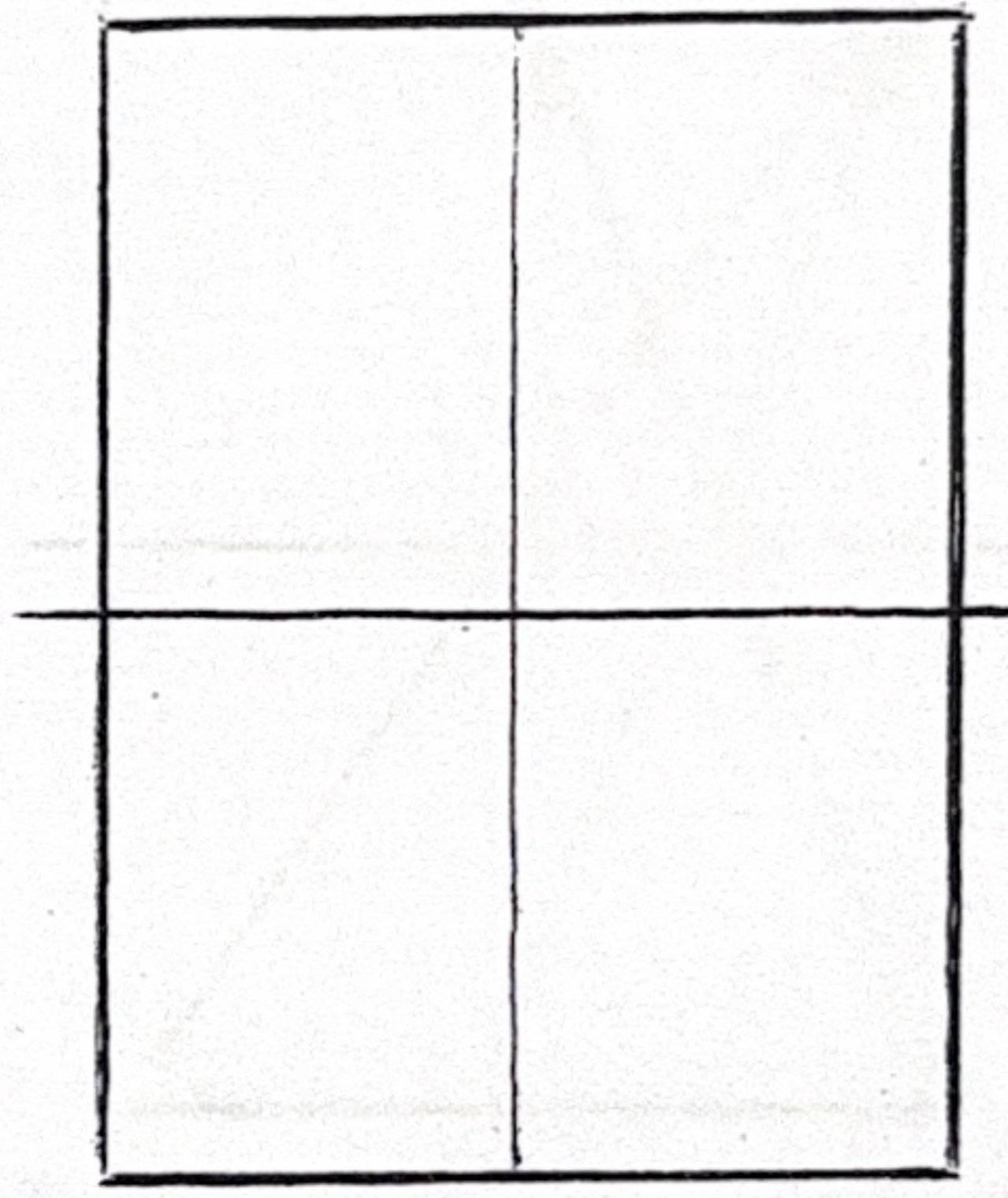
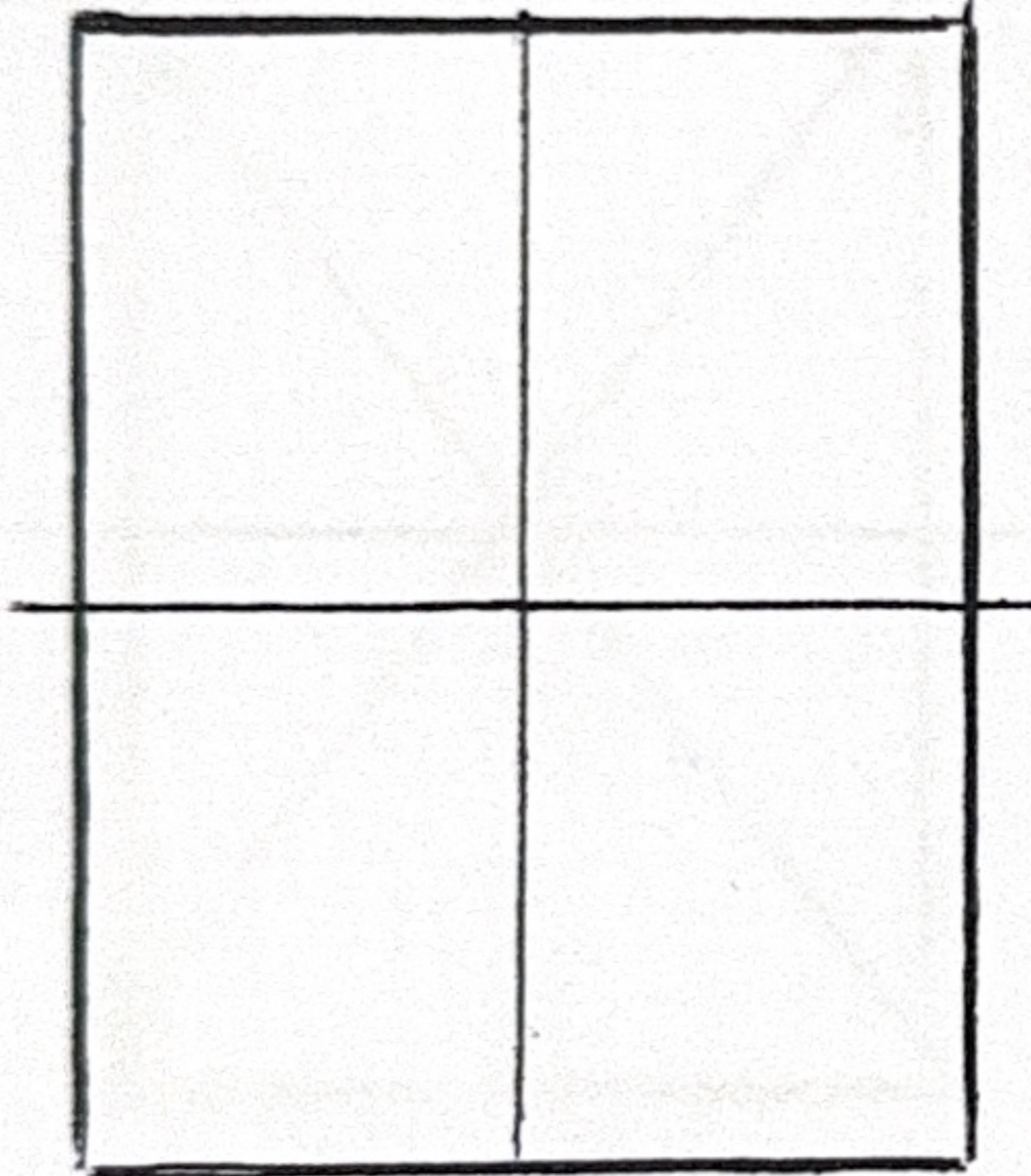


29.03.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

→ ELITE SQUAD

ANZAC - OPEN - AUCKLAND TIA STADIUM.



31.03.2026 TUESDAY 19.15-21.15 ELITE SQUAD

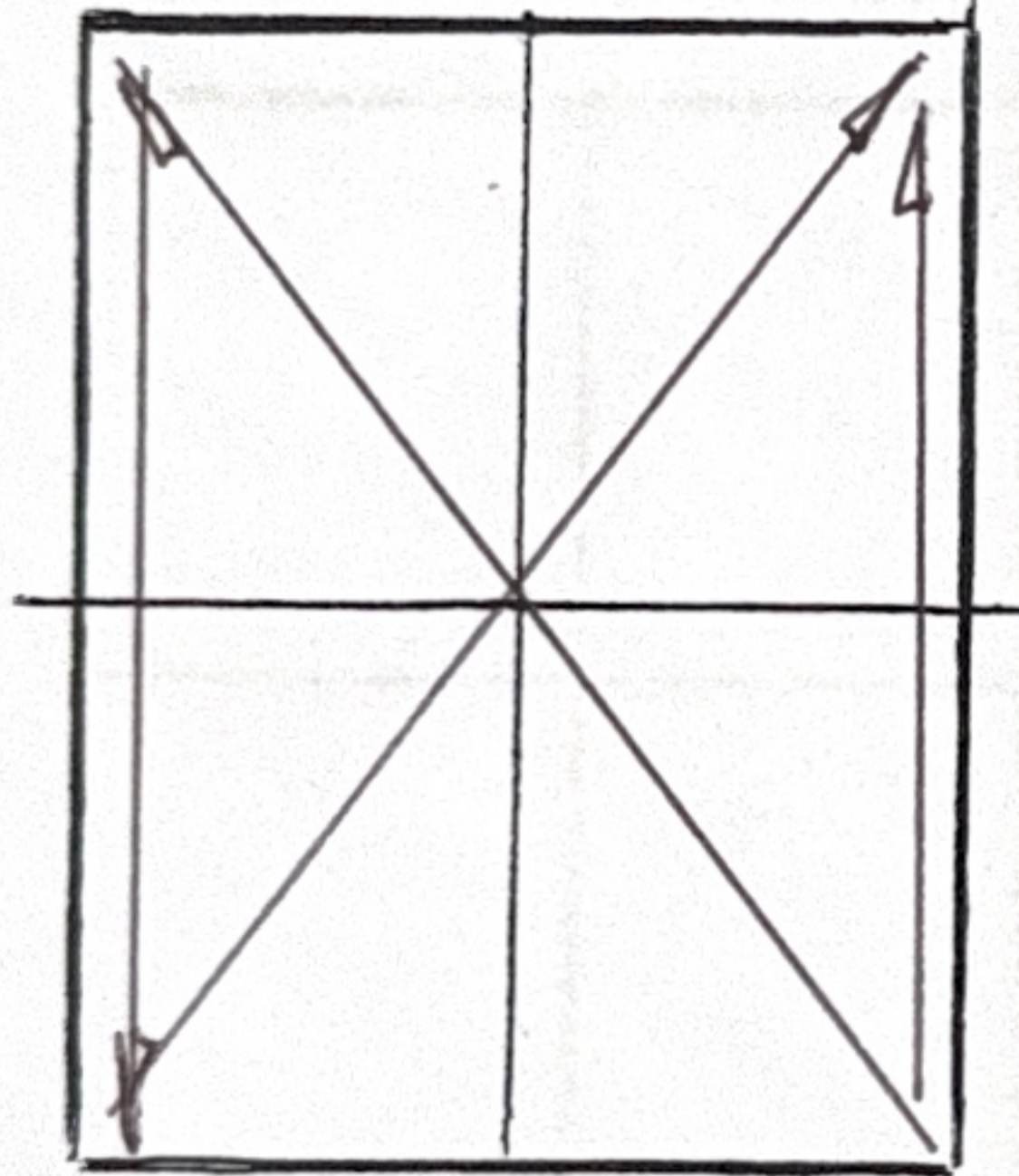
1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

WARMING-UP - THERABANDS

PHYSICAL - FOOTWORK BEFORE TRAINING - SPEED

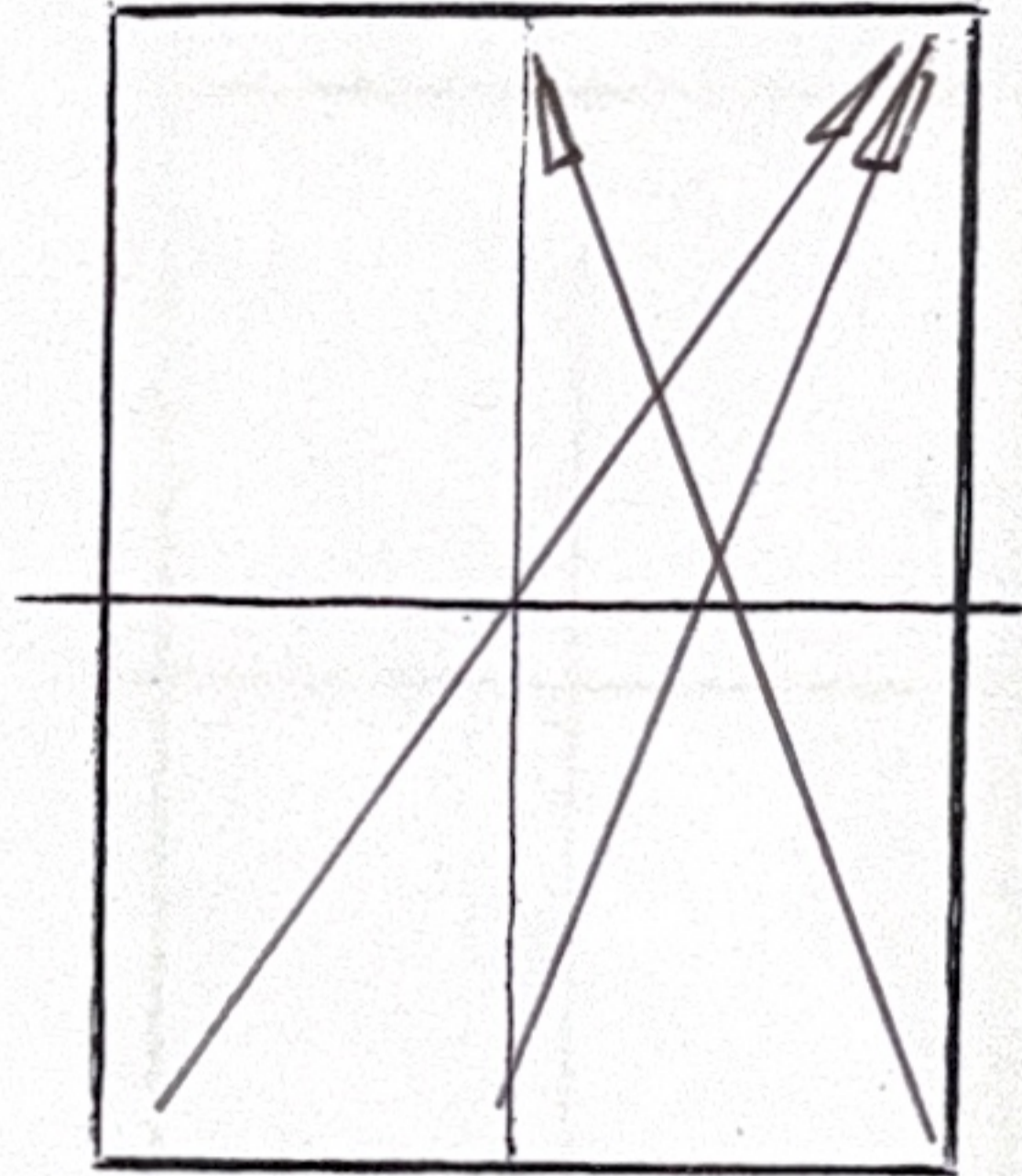
5x25"x25"

15'



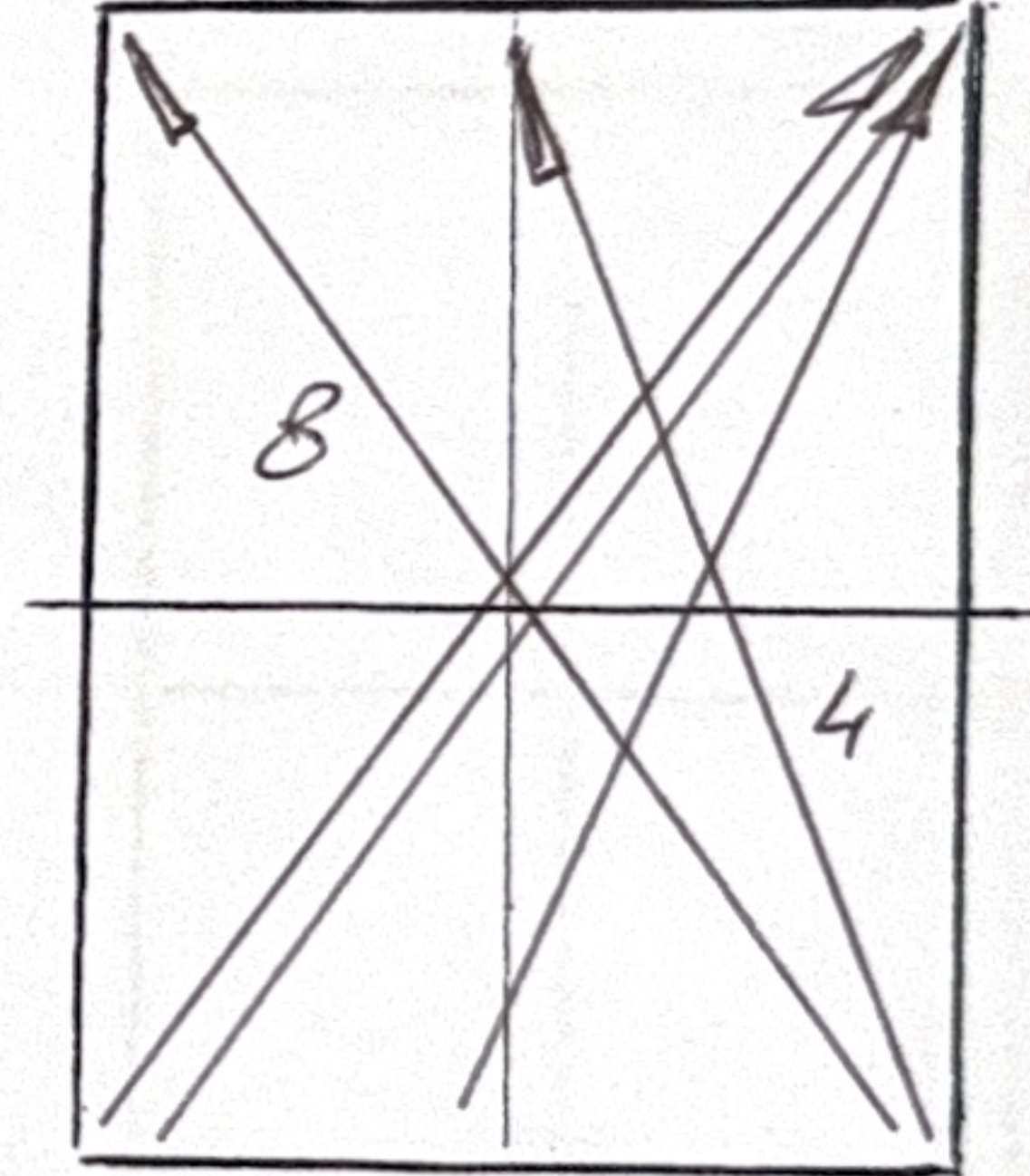
BH DOWN THE FH
5' LINES 5' 5'

2x8'



BH FUS FUS
2 1 3

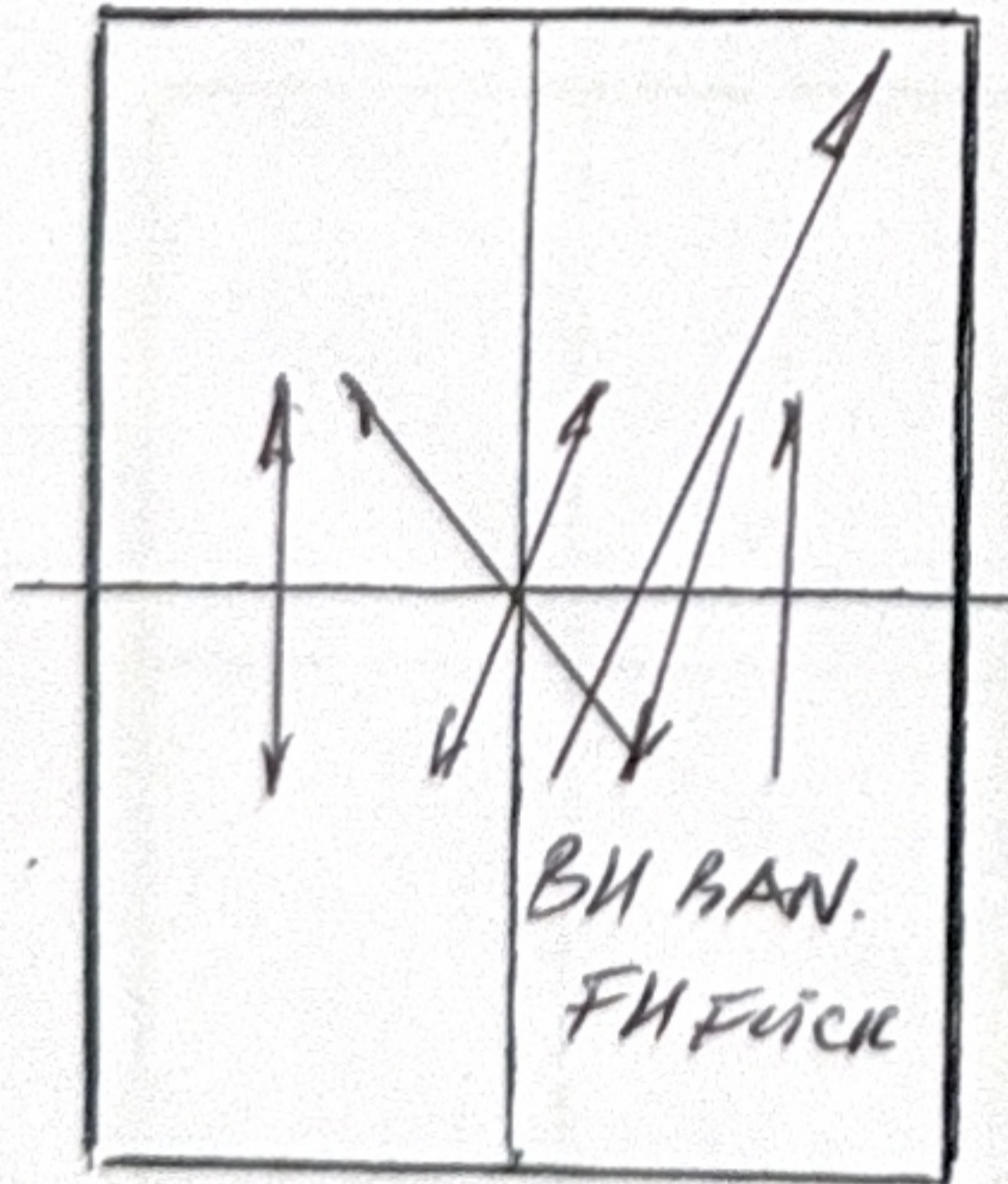
2x8'



BH FUS FUS
1,3 2,6 4,8
5,7

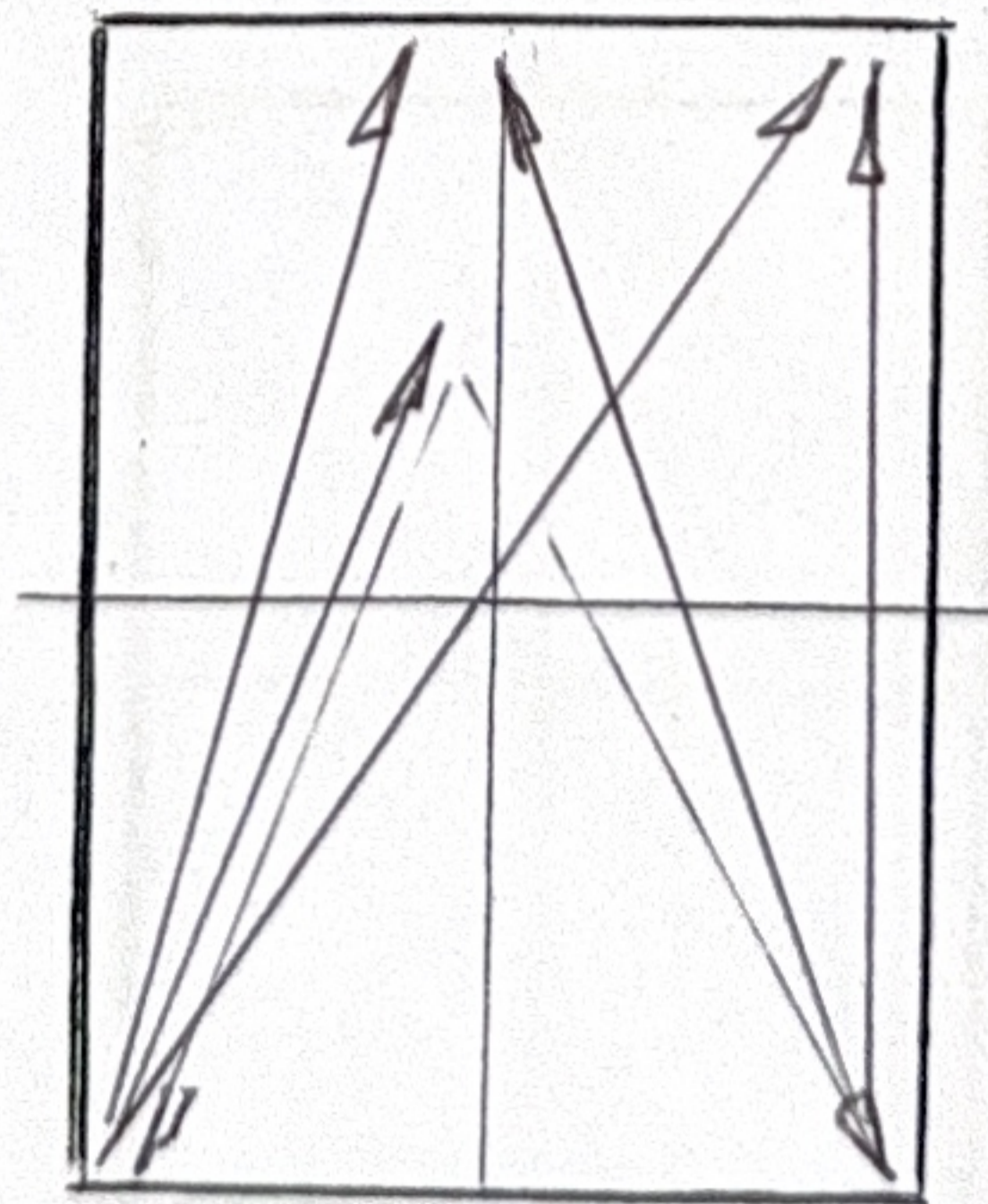
AFTER 8 BALLS
FH TO FH FREE

10'



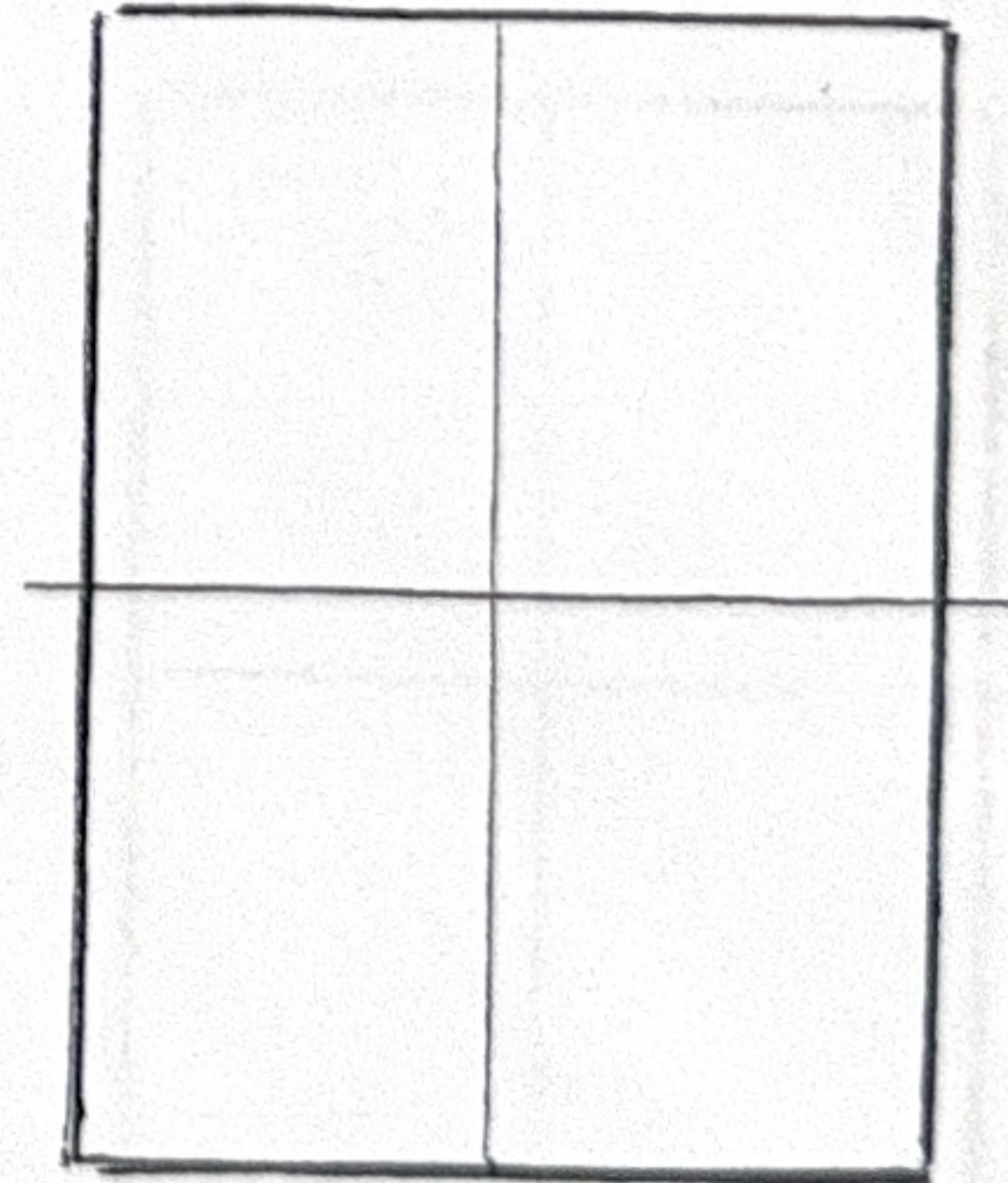
SHORT - SHORT
CHOOSE ONE BALL
AND FICK / BH BAN
TO BH + FREE
BY TWO MISTAKES

2x8'



SERVICE ? FUS
BUS 1(2)

2x8'

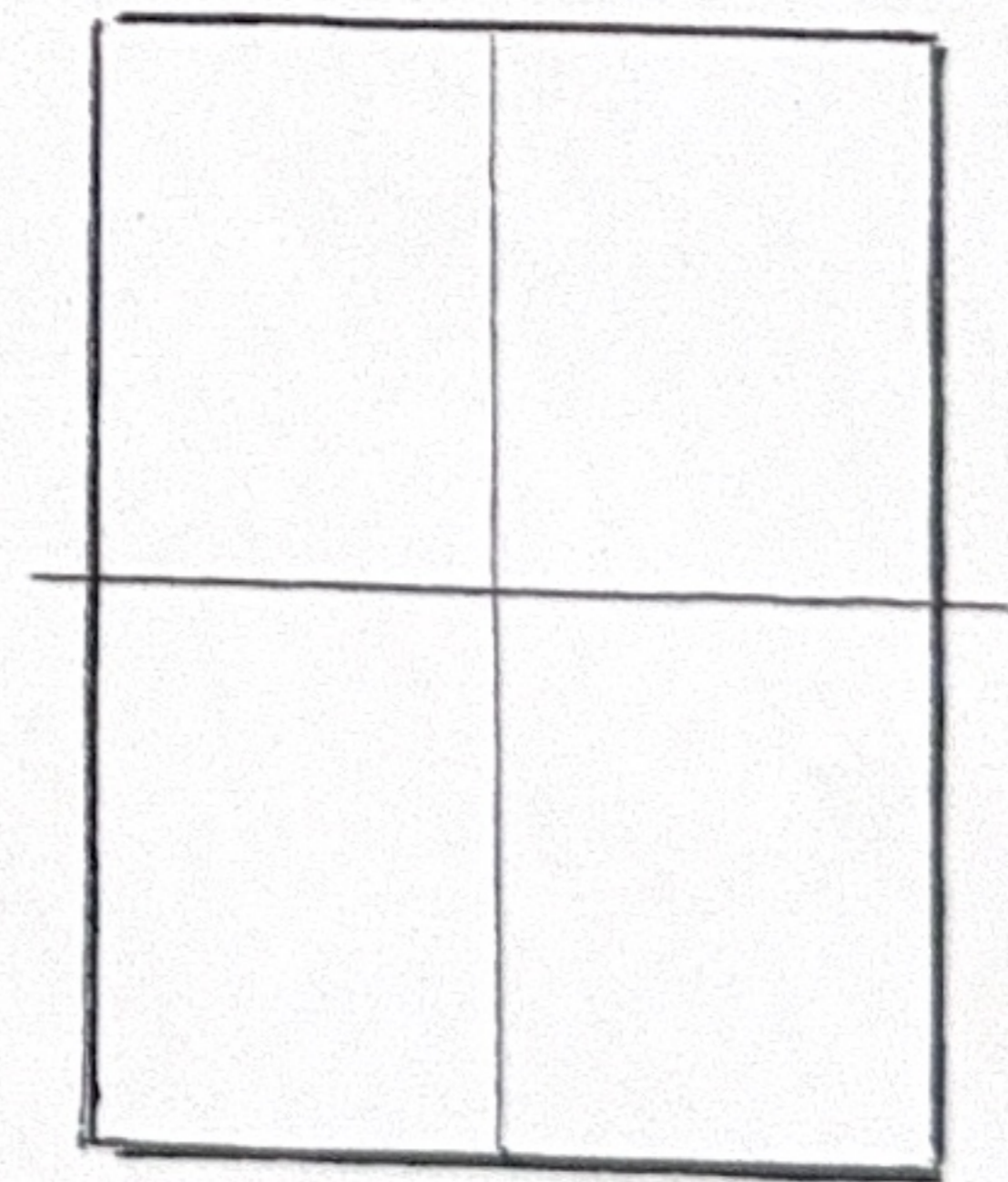
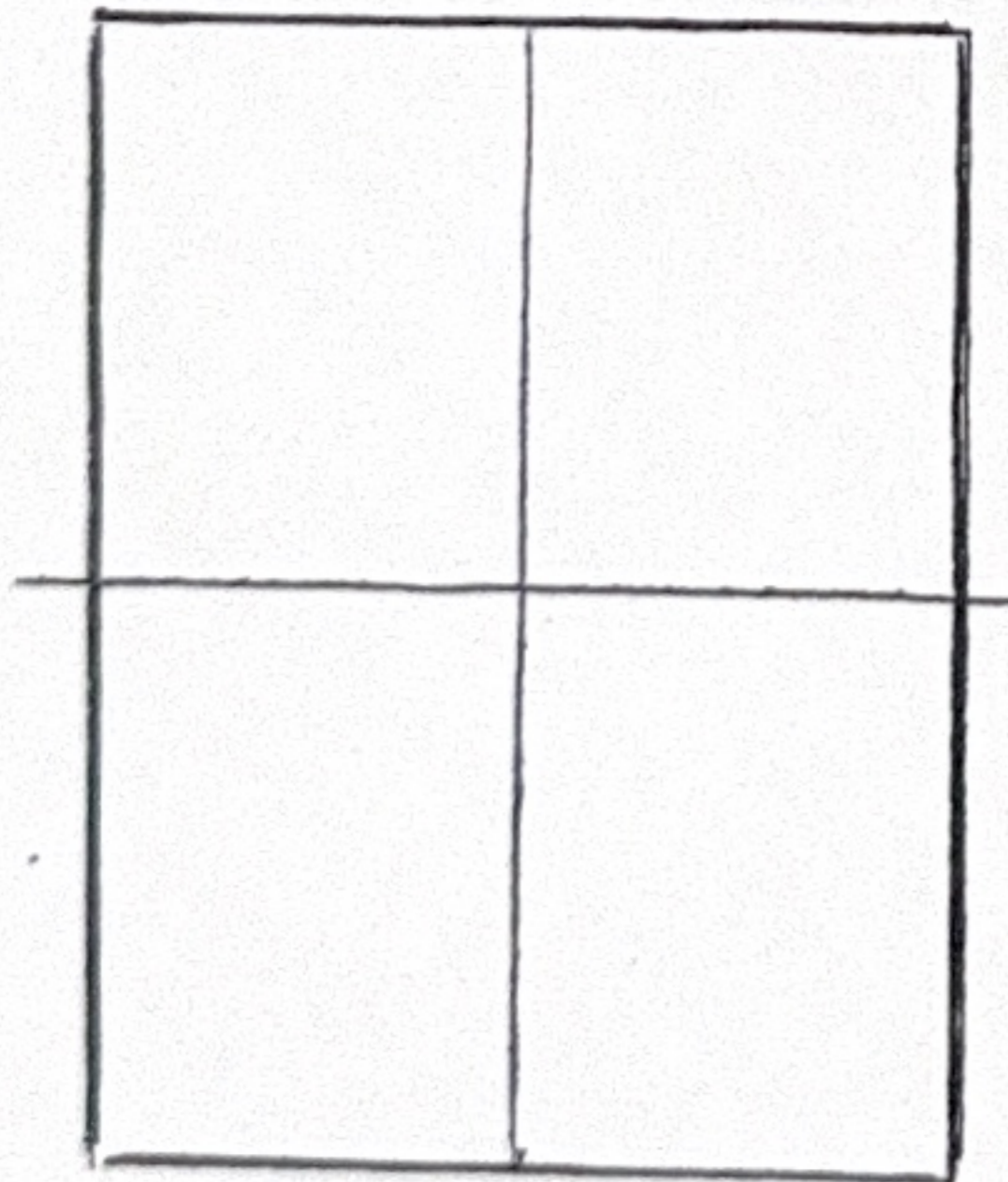
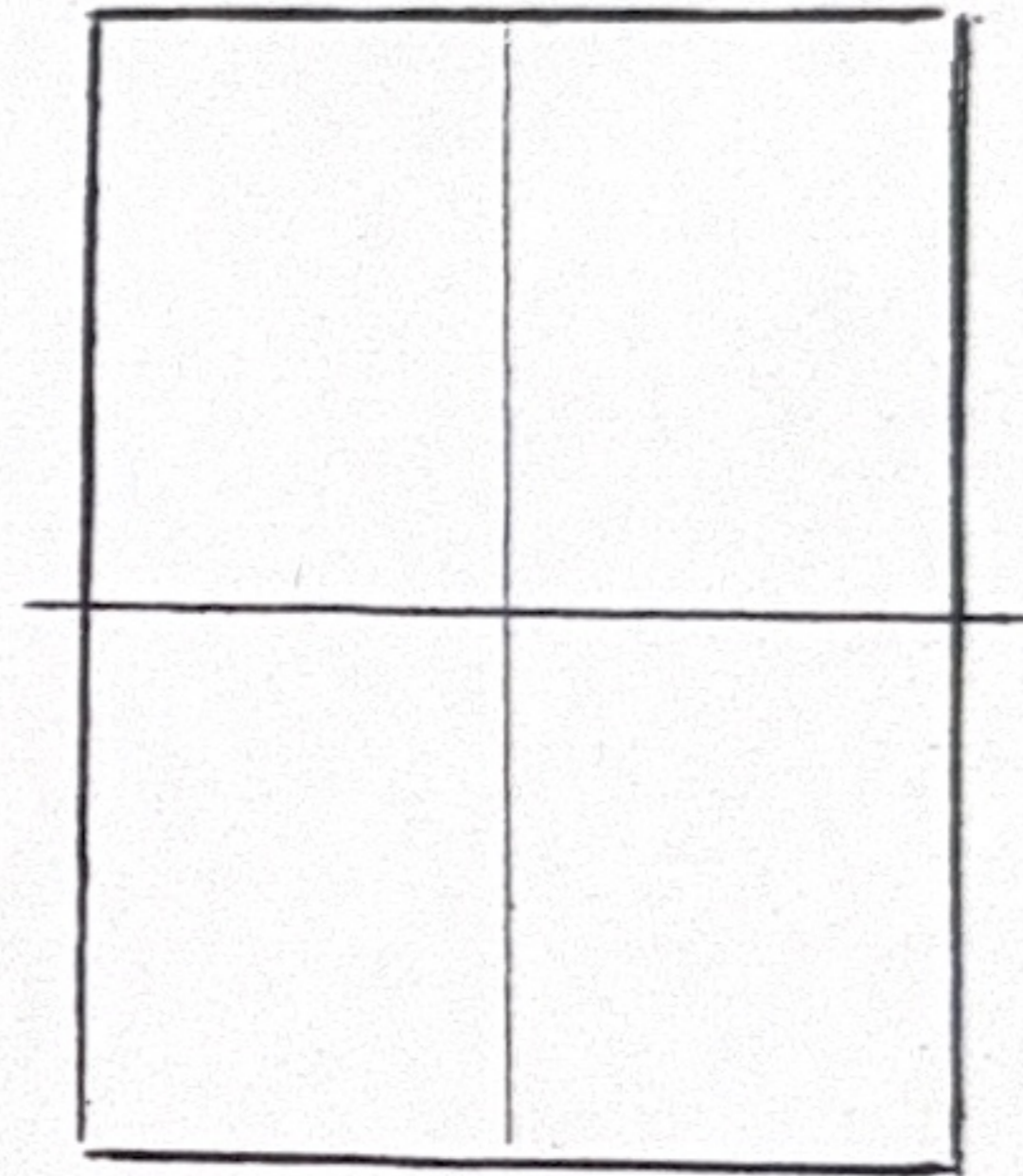
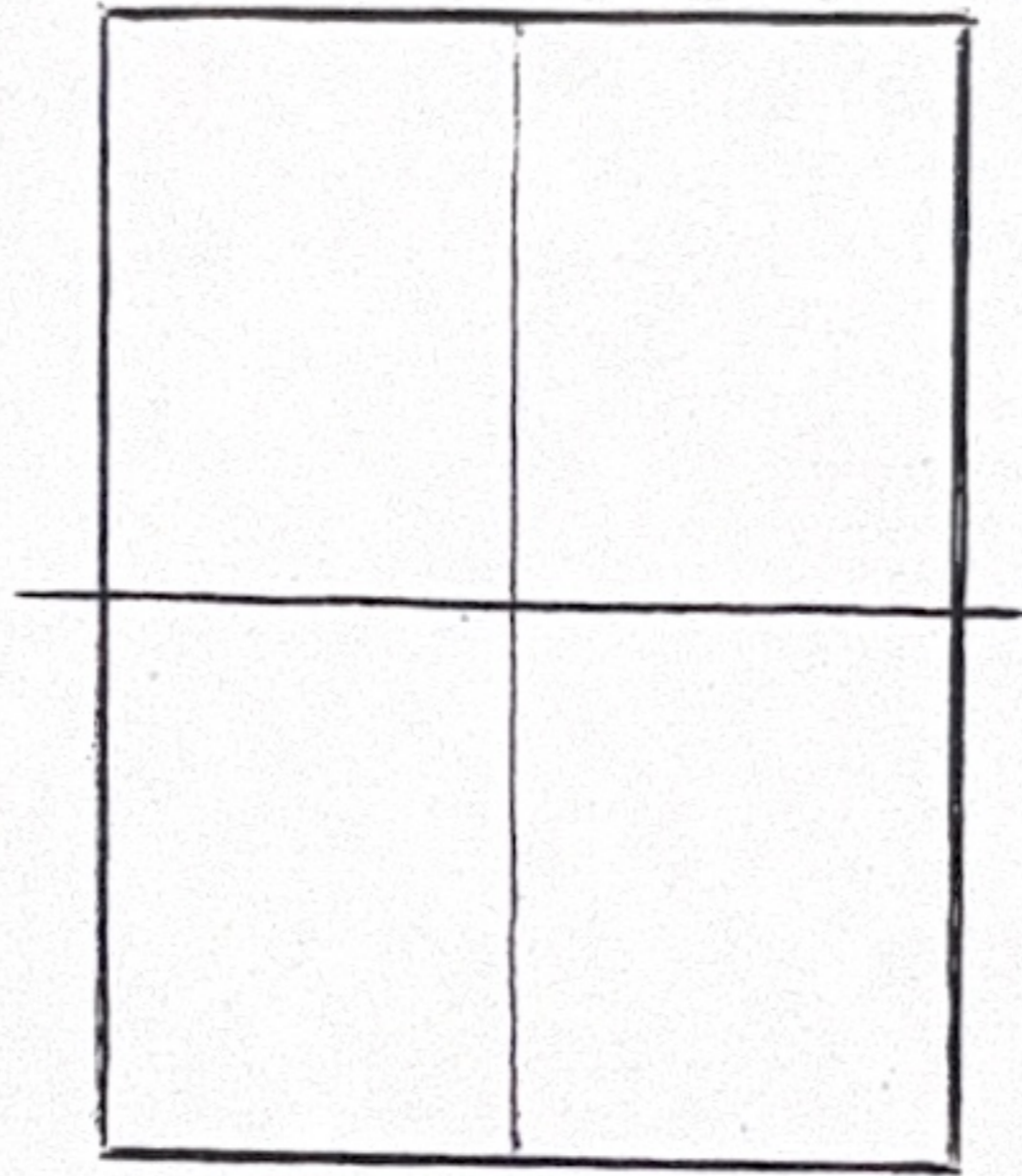
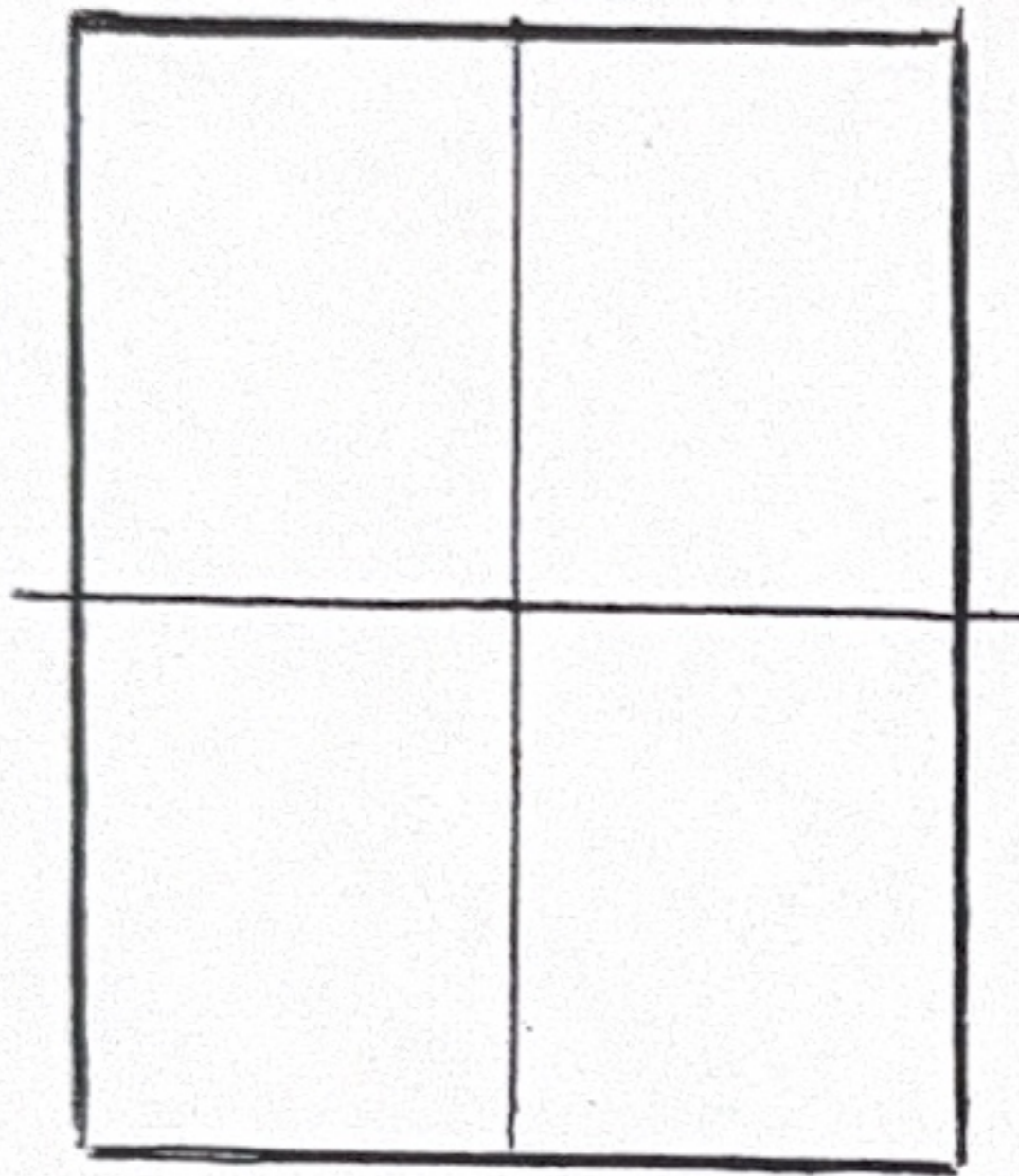


INDIVIDUAL
FROM SERVICE

04.04.2026 SATURDAY -> FUTURE SQUAD

ELITE SQUAD

= EASTER BREAK =



Three horizontal lines for writing.