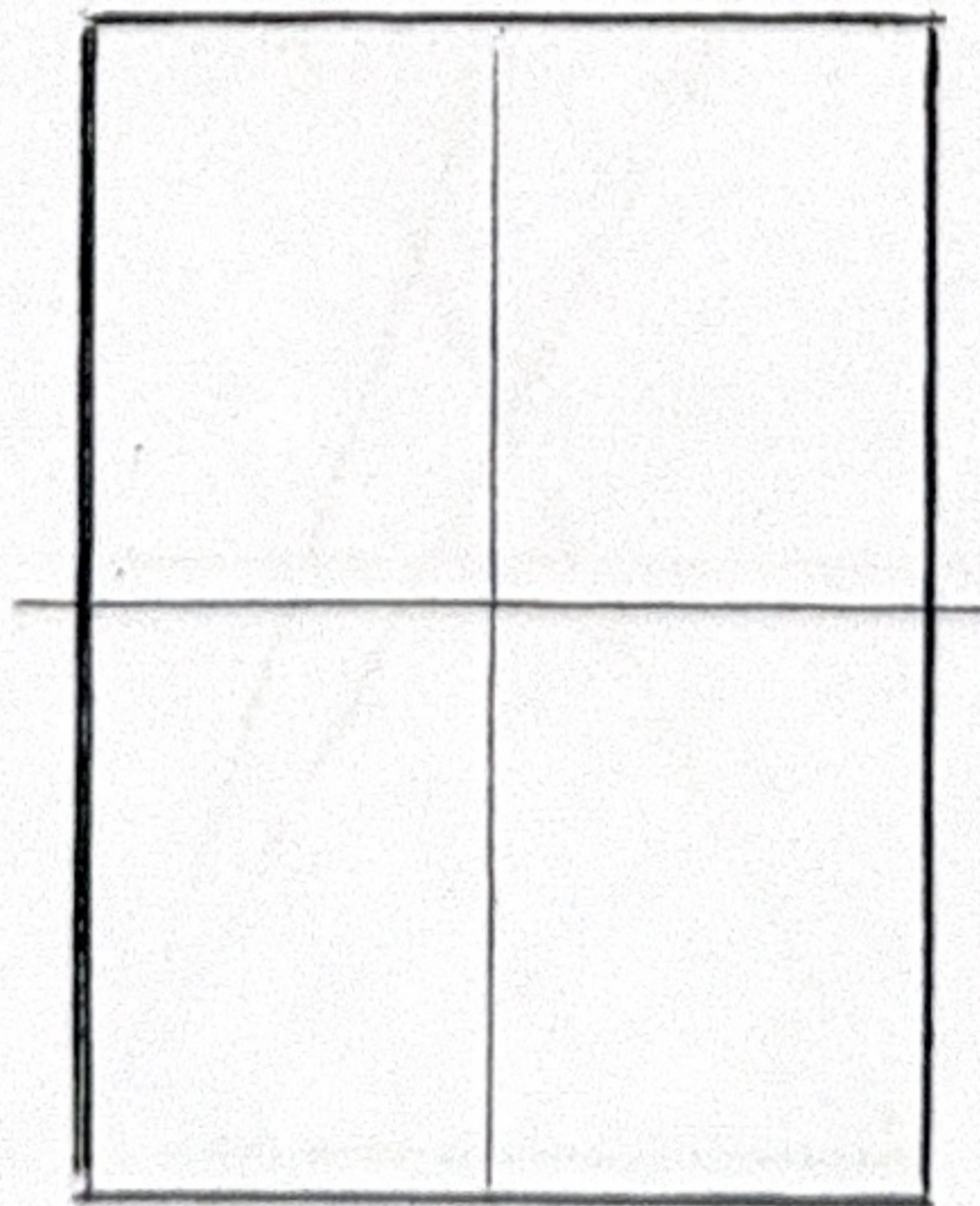
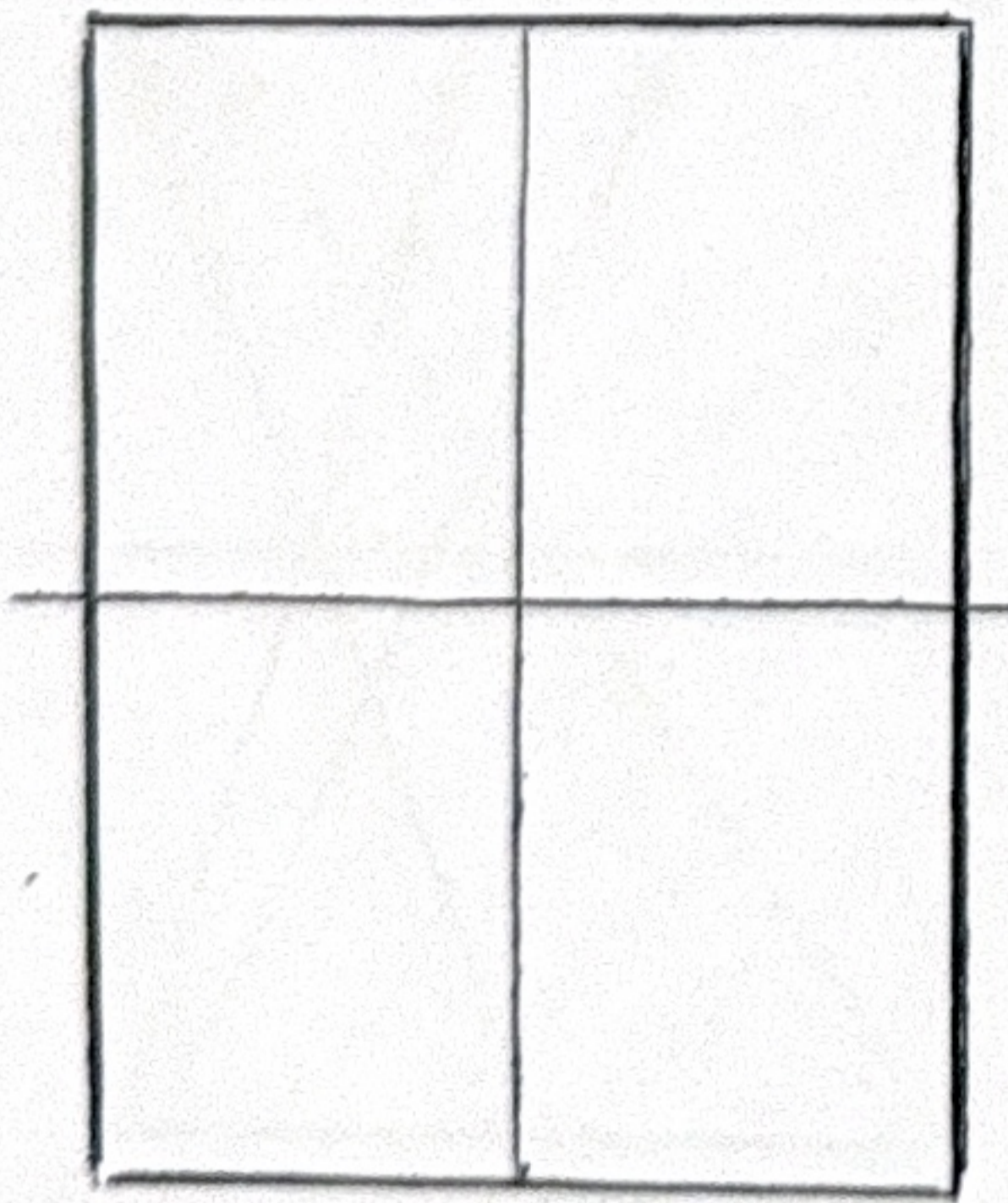
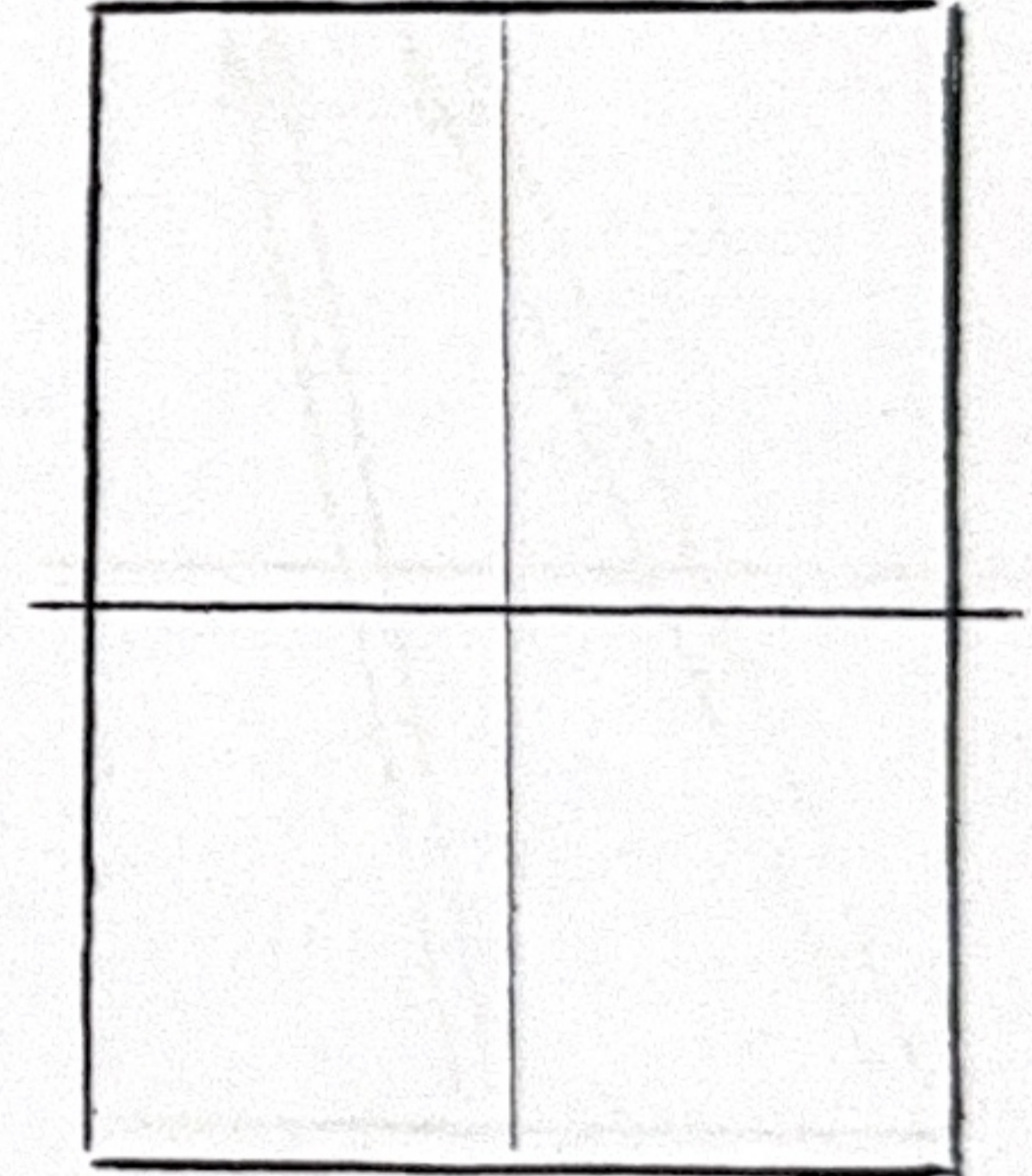
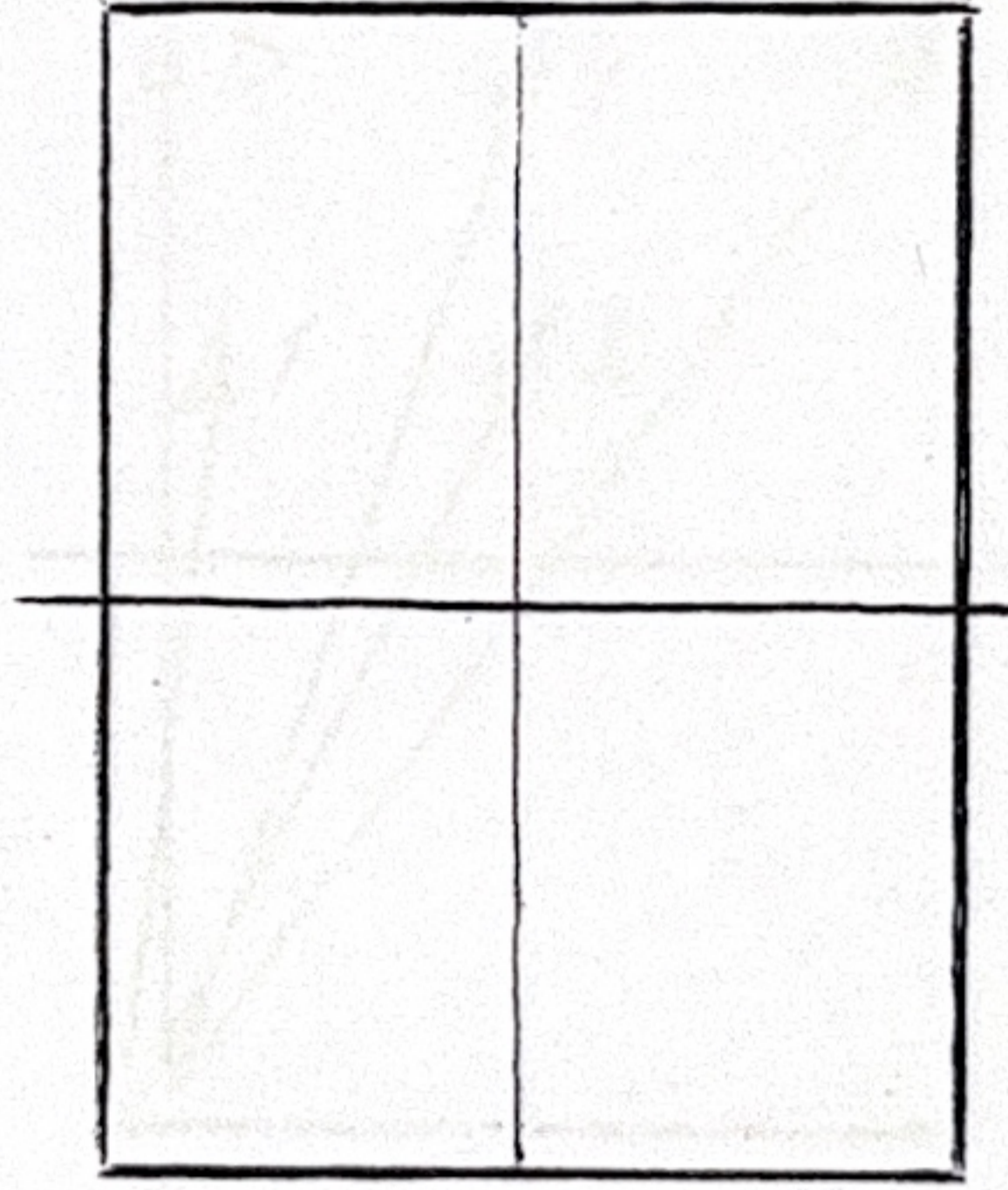
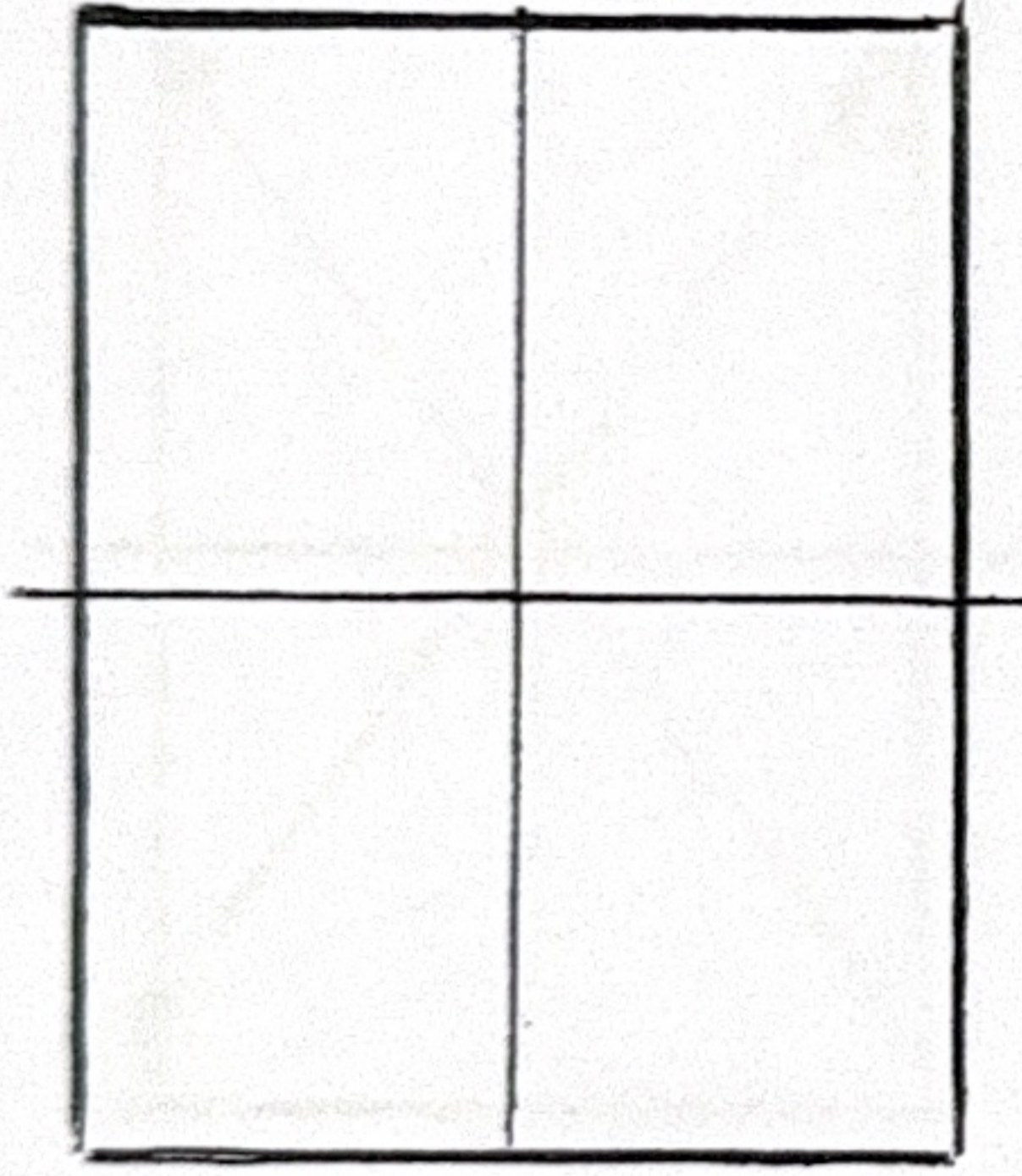


29.03.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

→ ELITE SQUAD

ANZAC - OPEN - AUCKLAND TIA STADIUM.

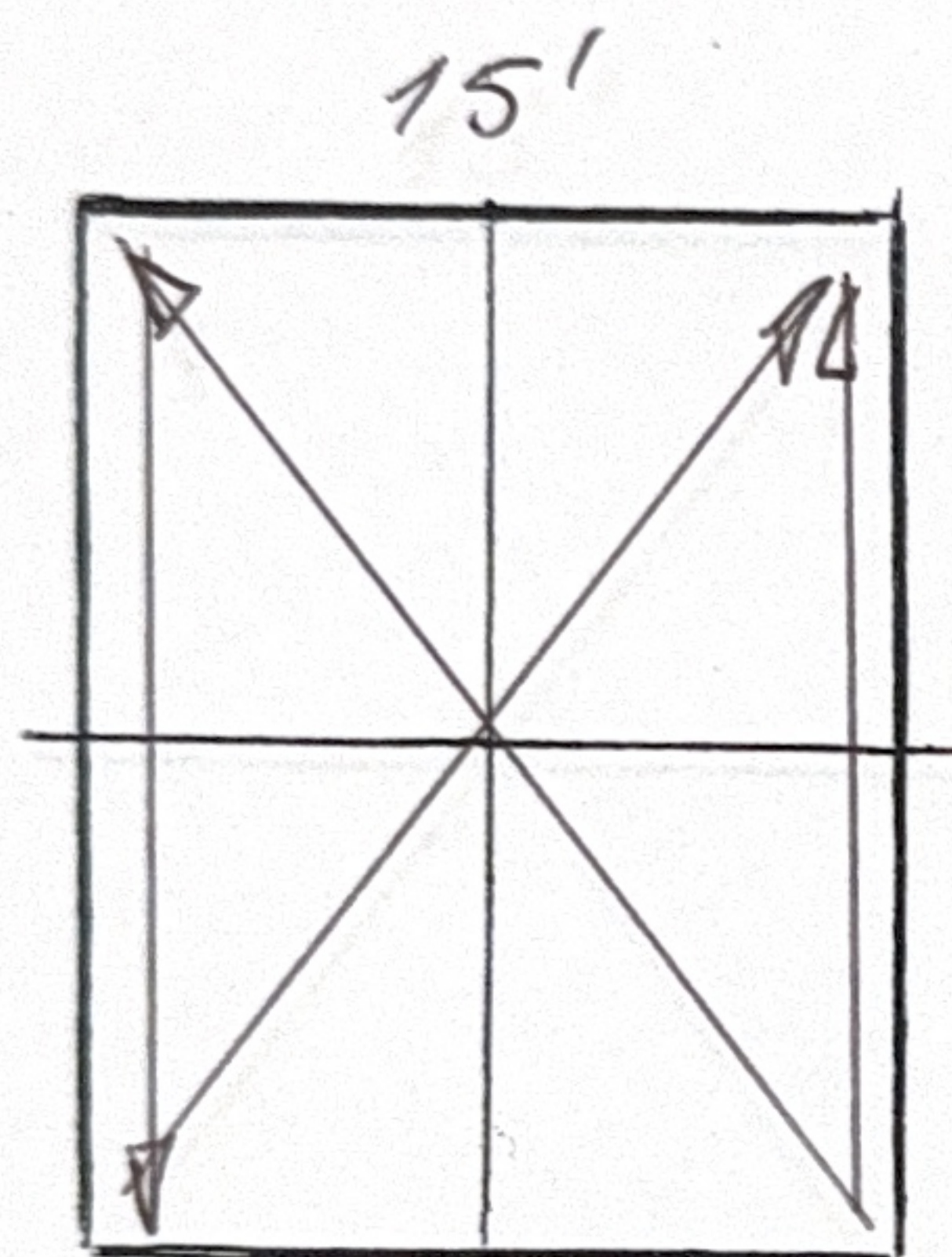


\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

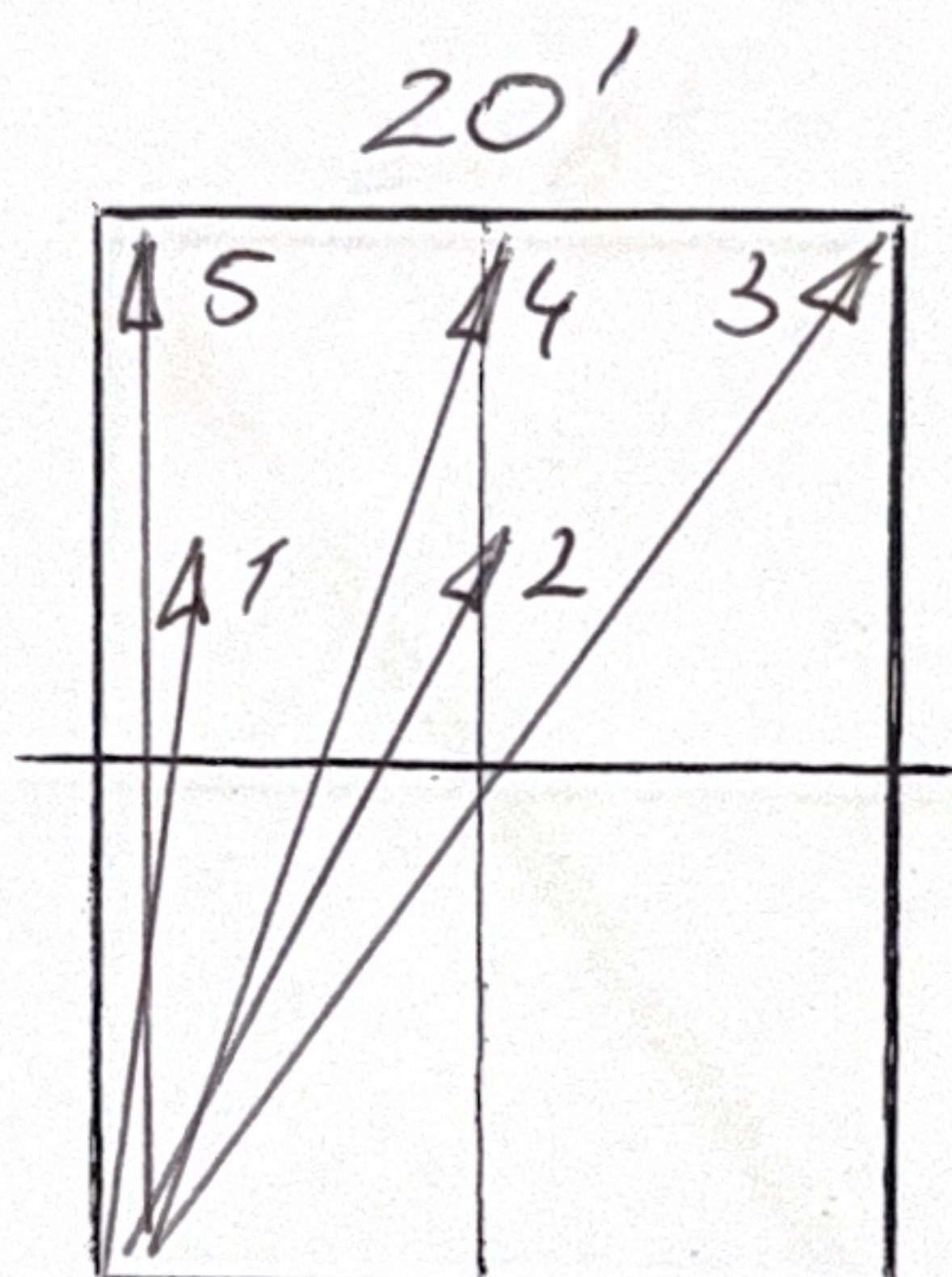
30.03.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

SERVICE PRACTICE + MULTIBALLS → RECOVERY OF  
TECHNIQUE AFTER ANZAC OPEN

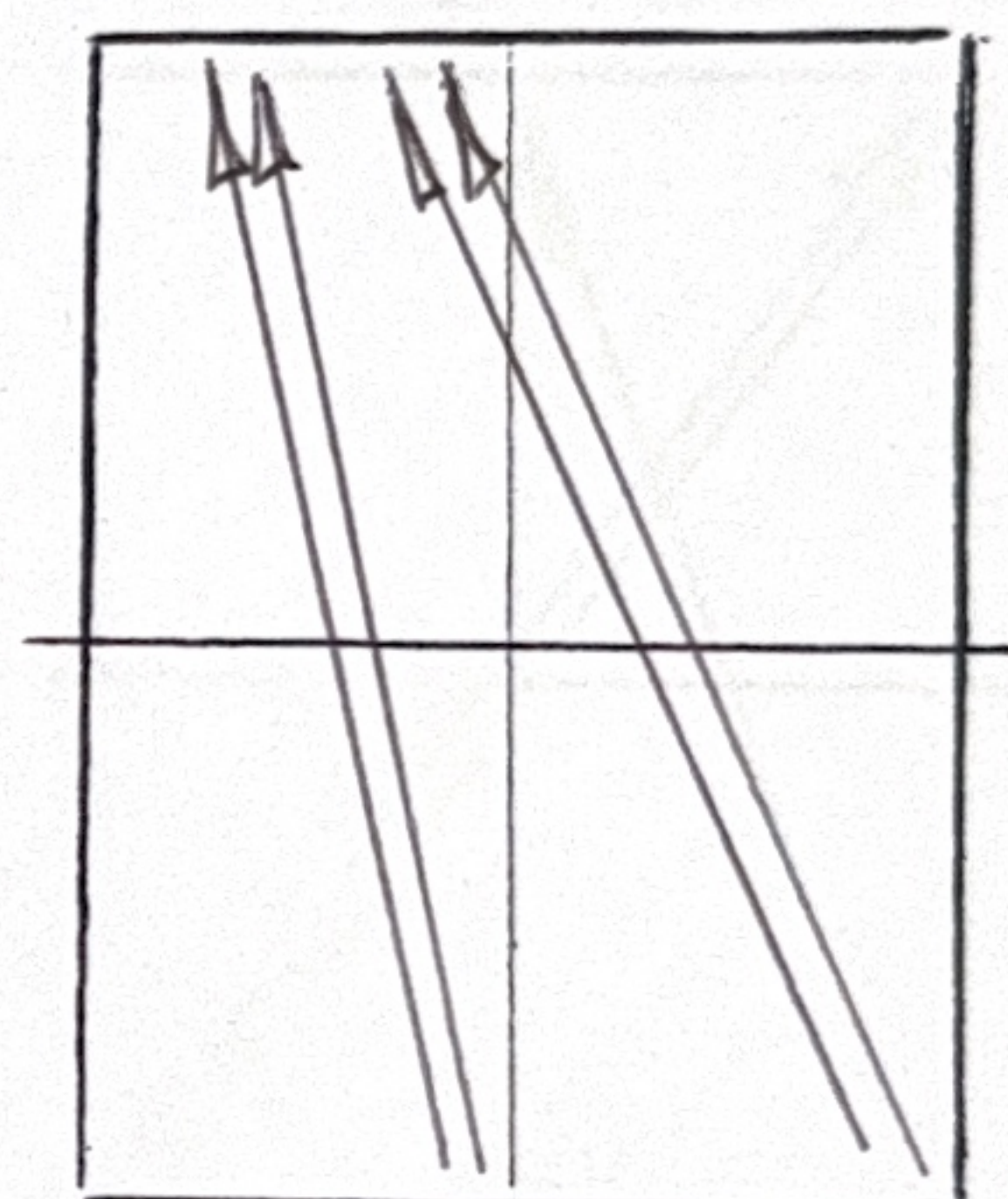
WARMING UP - THERABANDS, PHYSICAL - CIRCUIT TRAINING



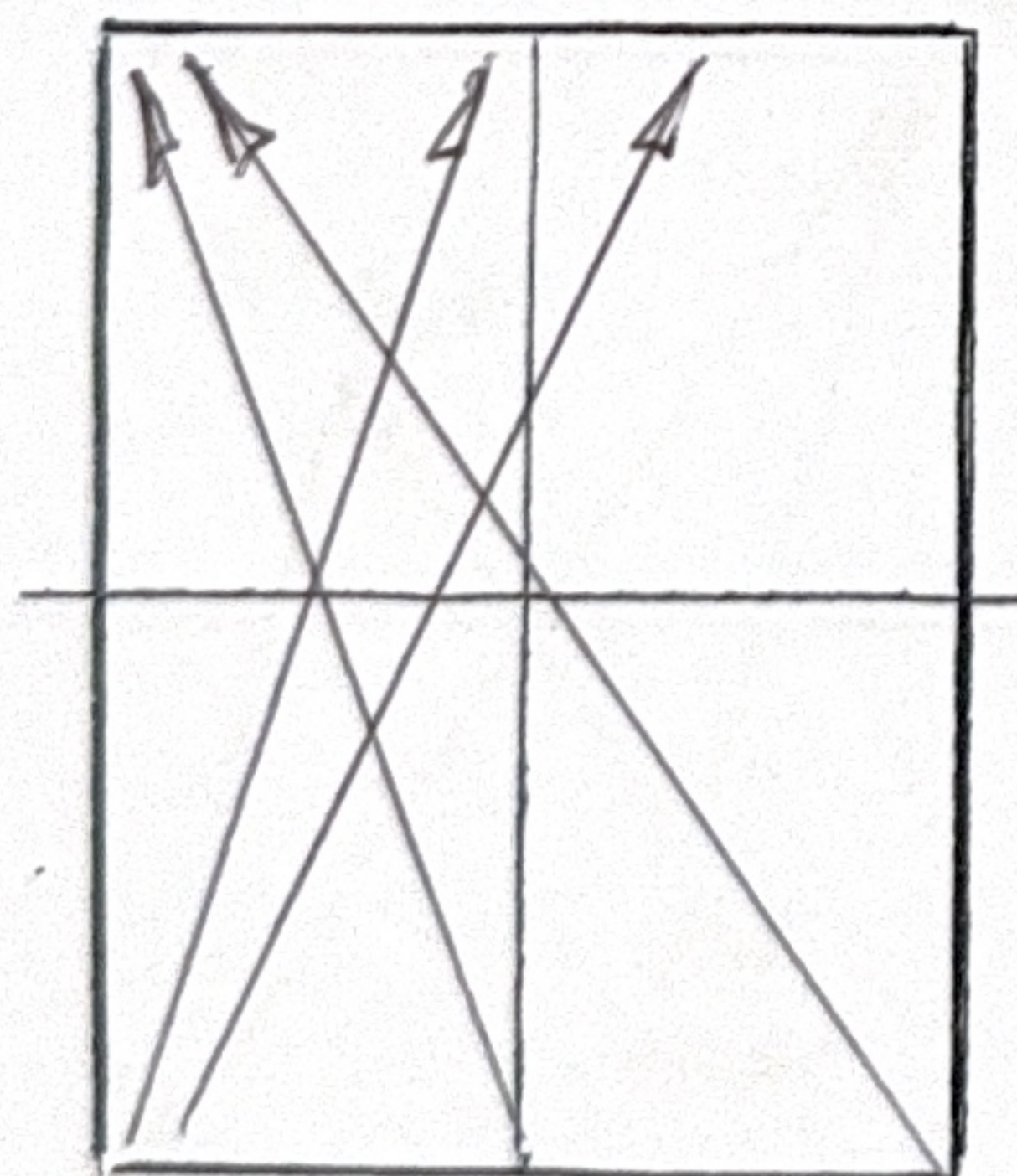
BH DOWN THE FH  
5' LINE 5' 5'



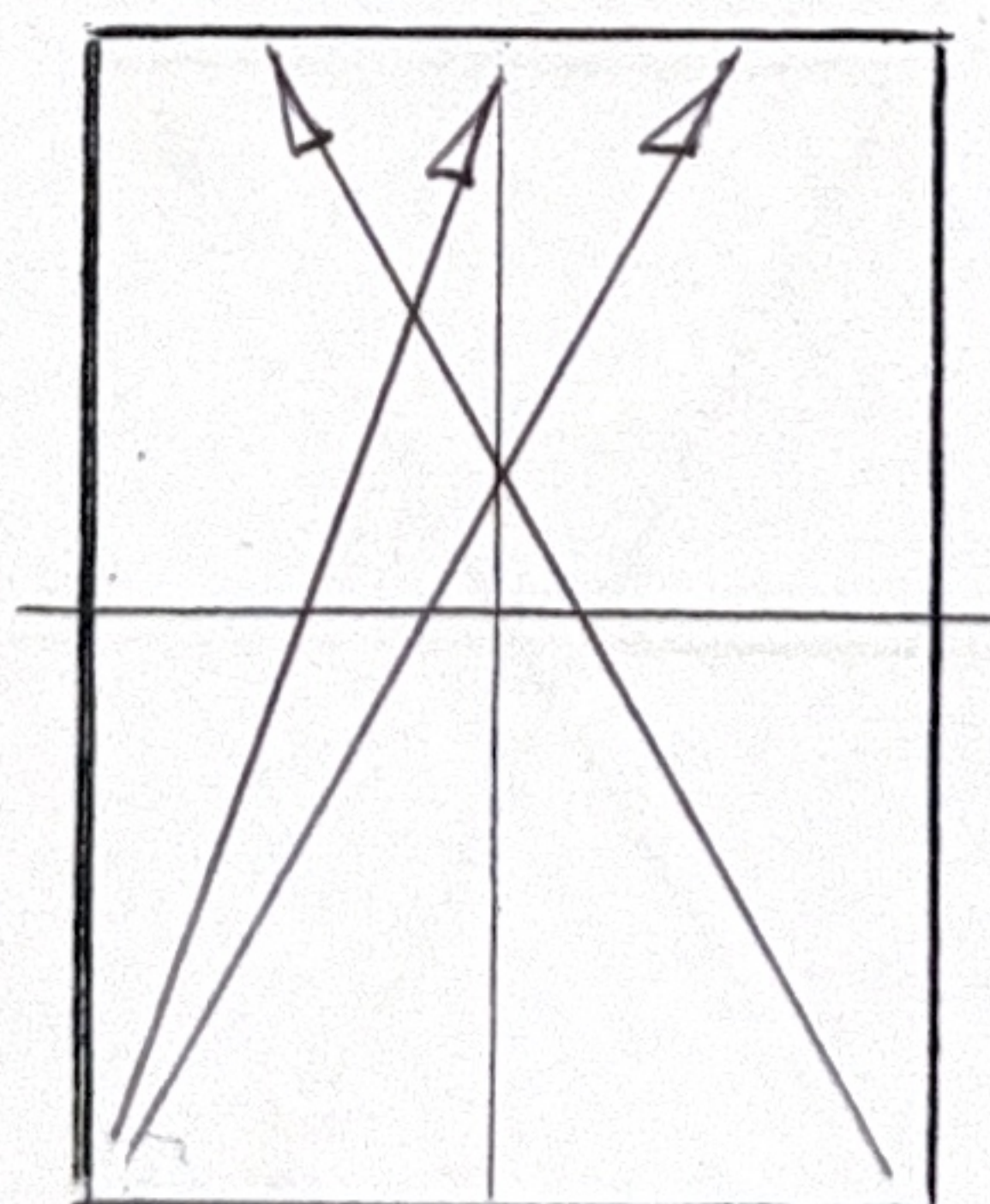
SERVICE  
PRACTICE TO  
THE TARGETED  
ZONES



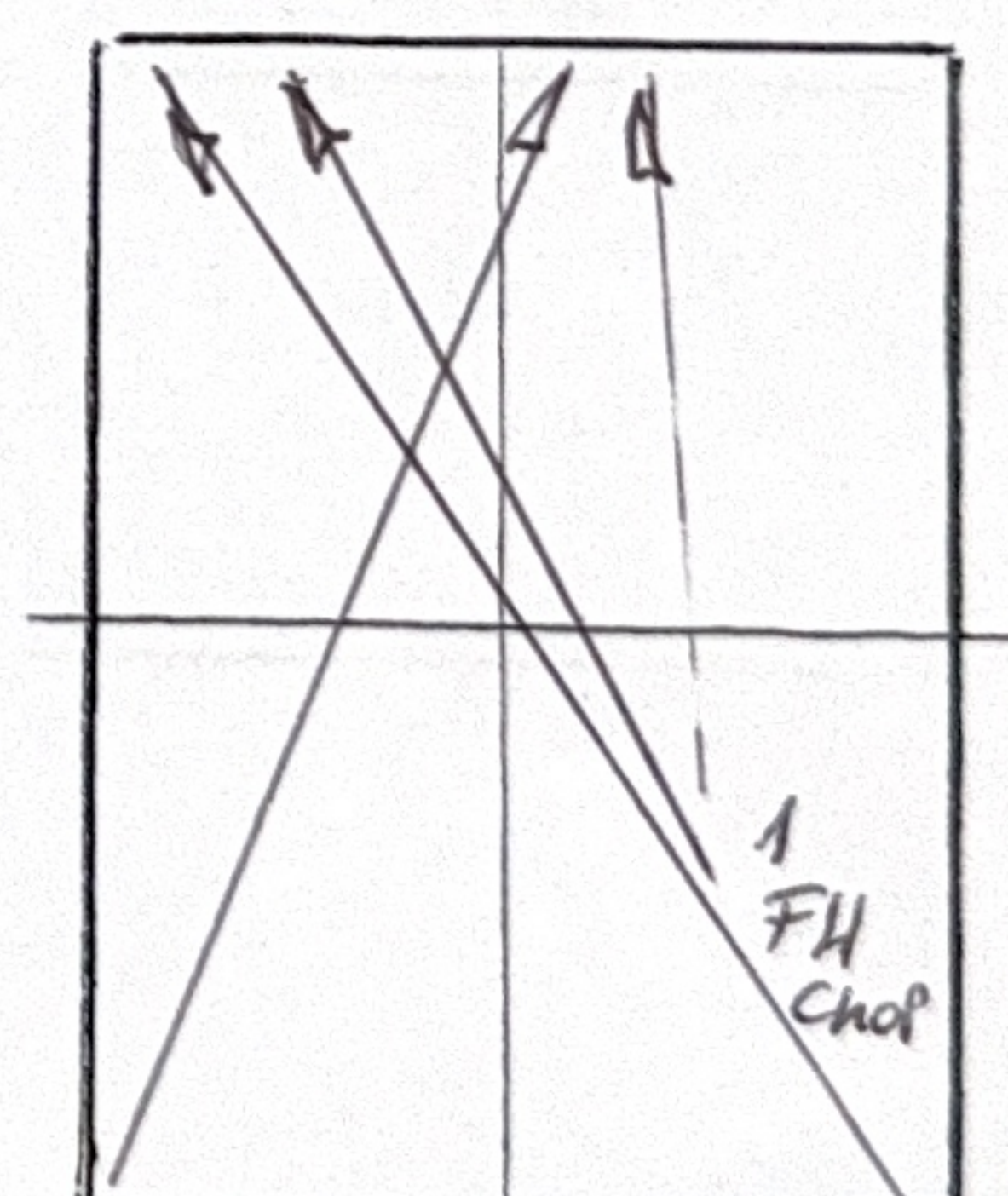
FUS FUS  
3-VS B/SPIN 1-VS B/SPIN  
4-VS T/SPIN 2 VS T/SPIN



BH FUS FUS  
2,4 3 VS B/SPIN 1



BHS. FUS  
1 VS B/SPIN 3-VS  
2 VS T/SPIN T/SPIN



BHS FUS  
2 VS B/SPIN

CIRCUIT TRAINING: 1. 4M. ZONE - FOOTWORK. - SIDE TO SIDE

2. SIT-UPS 3. SKIPPING 4. PLYOMETRIC 5. TRICEPS

6. PUSHUPS

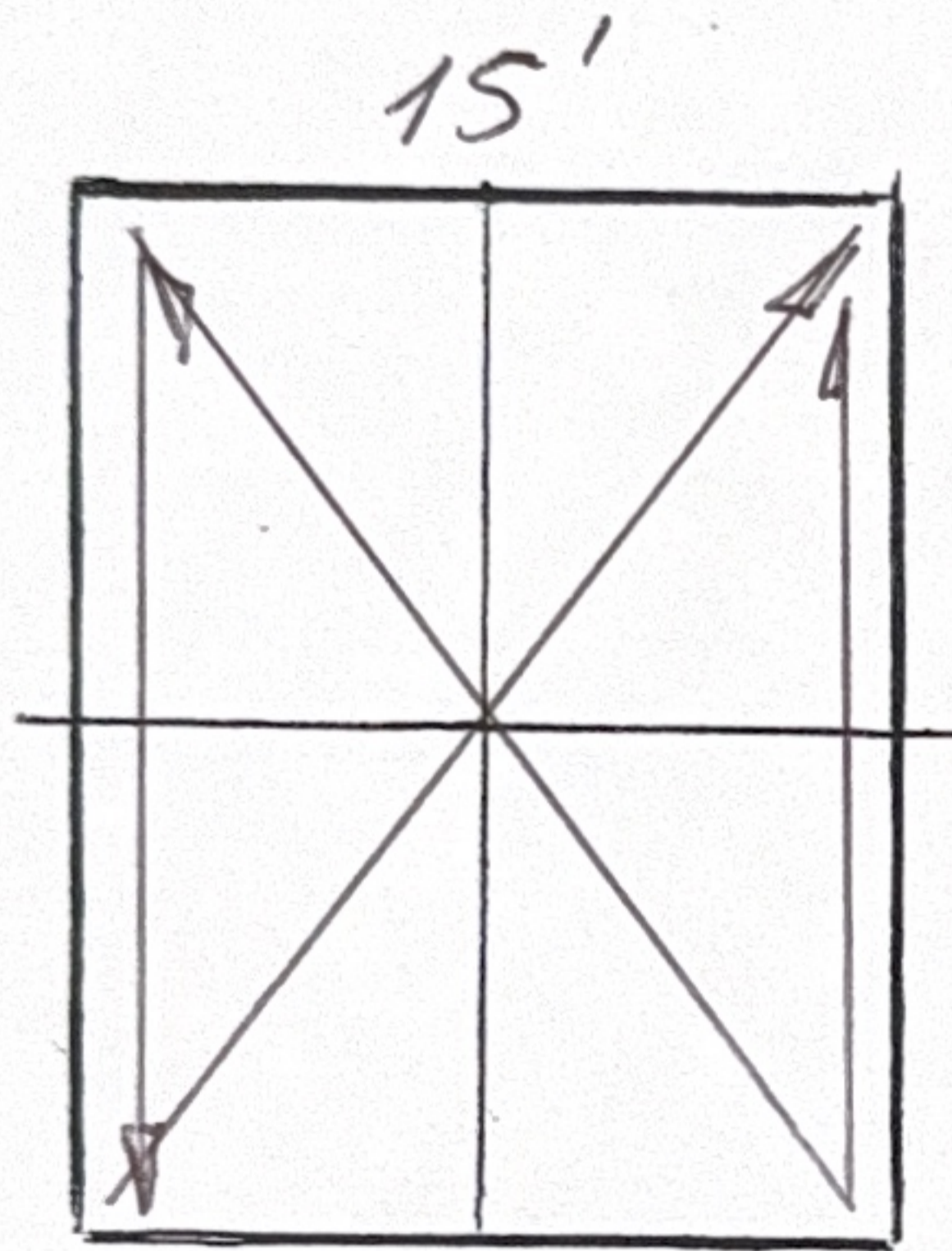
31.03.2026. TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. CONSISTENCY

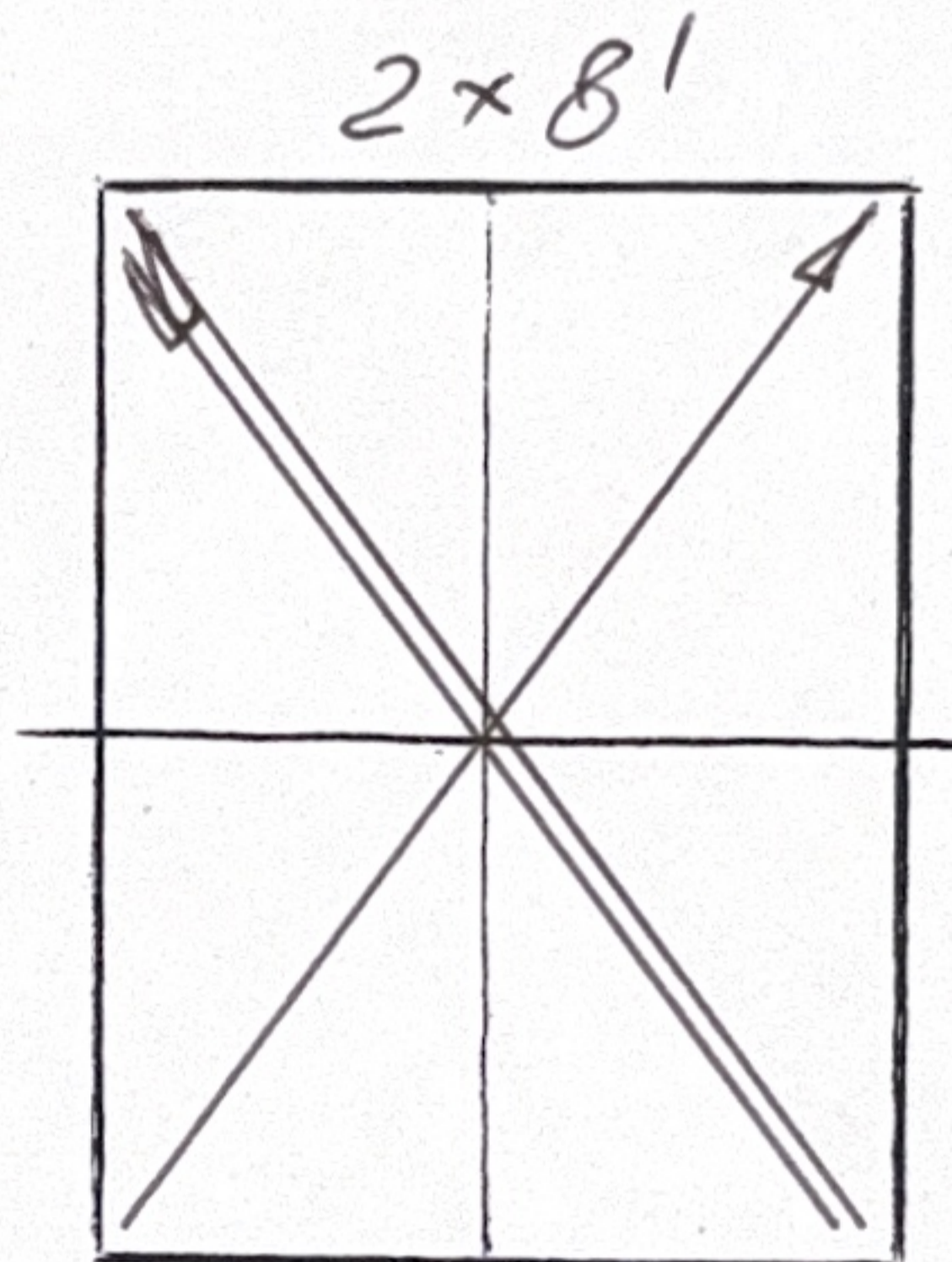
WARMING-UP - THE RA BANDS

PHYSICAL - FOOTWORK - BEFORE TRAINING - REACTION

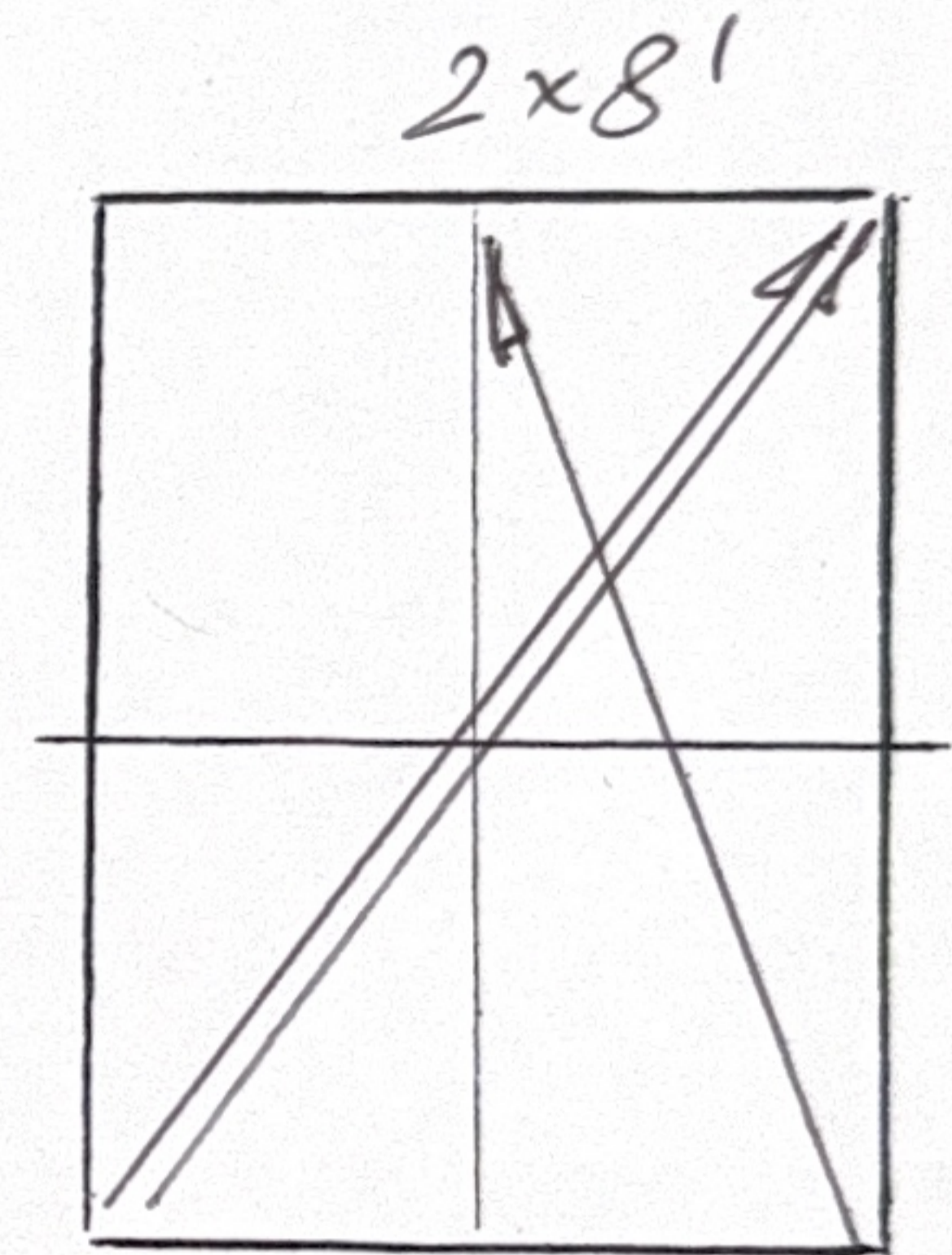
5x20"x40"



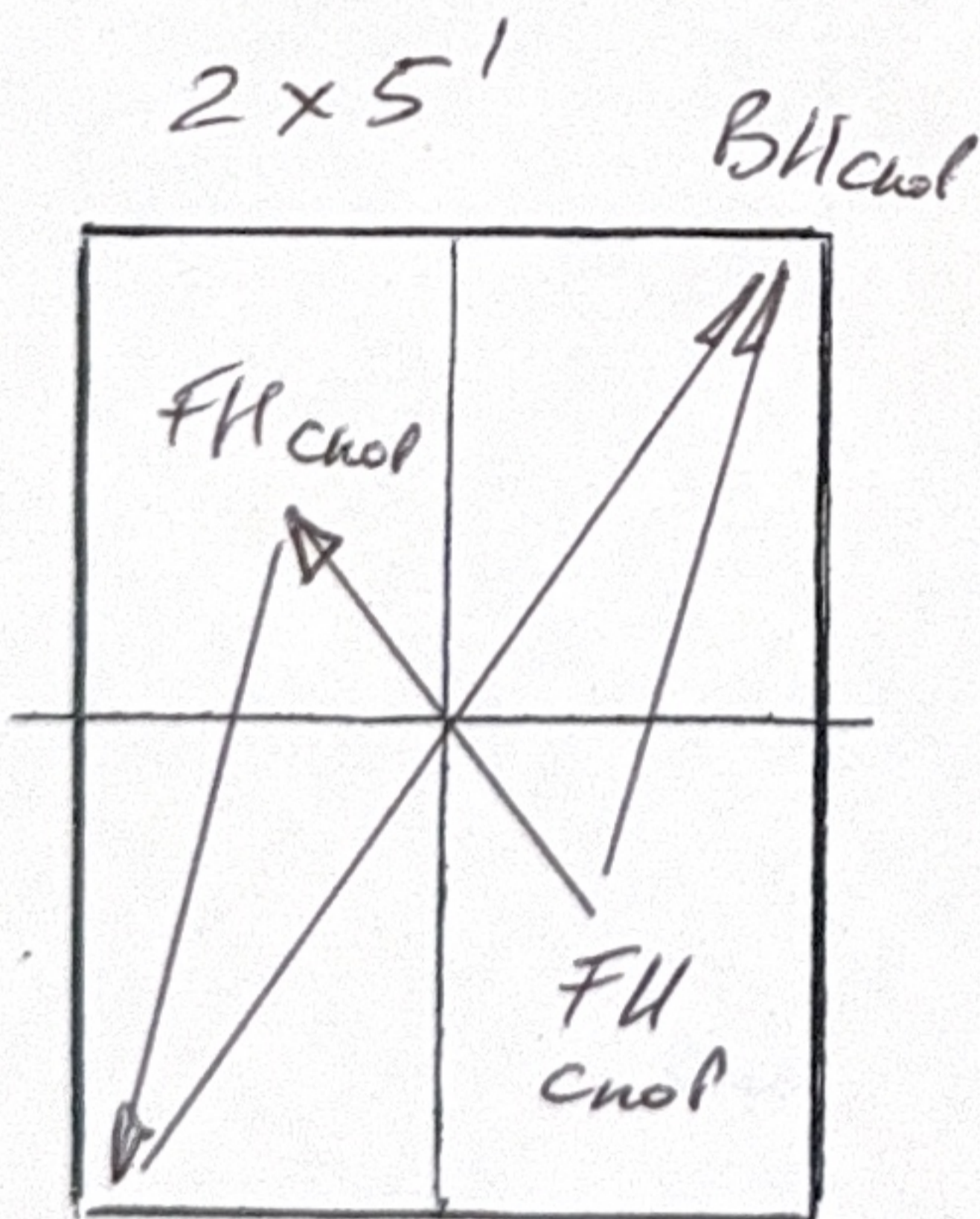
BH DOWN THE FU  
5' LINE 5' 5'



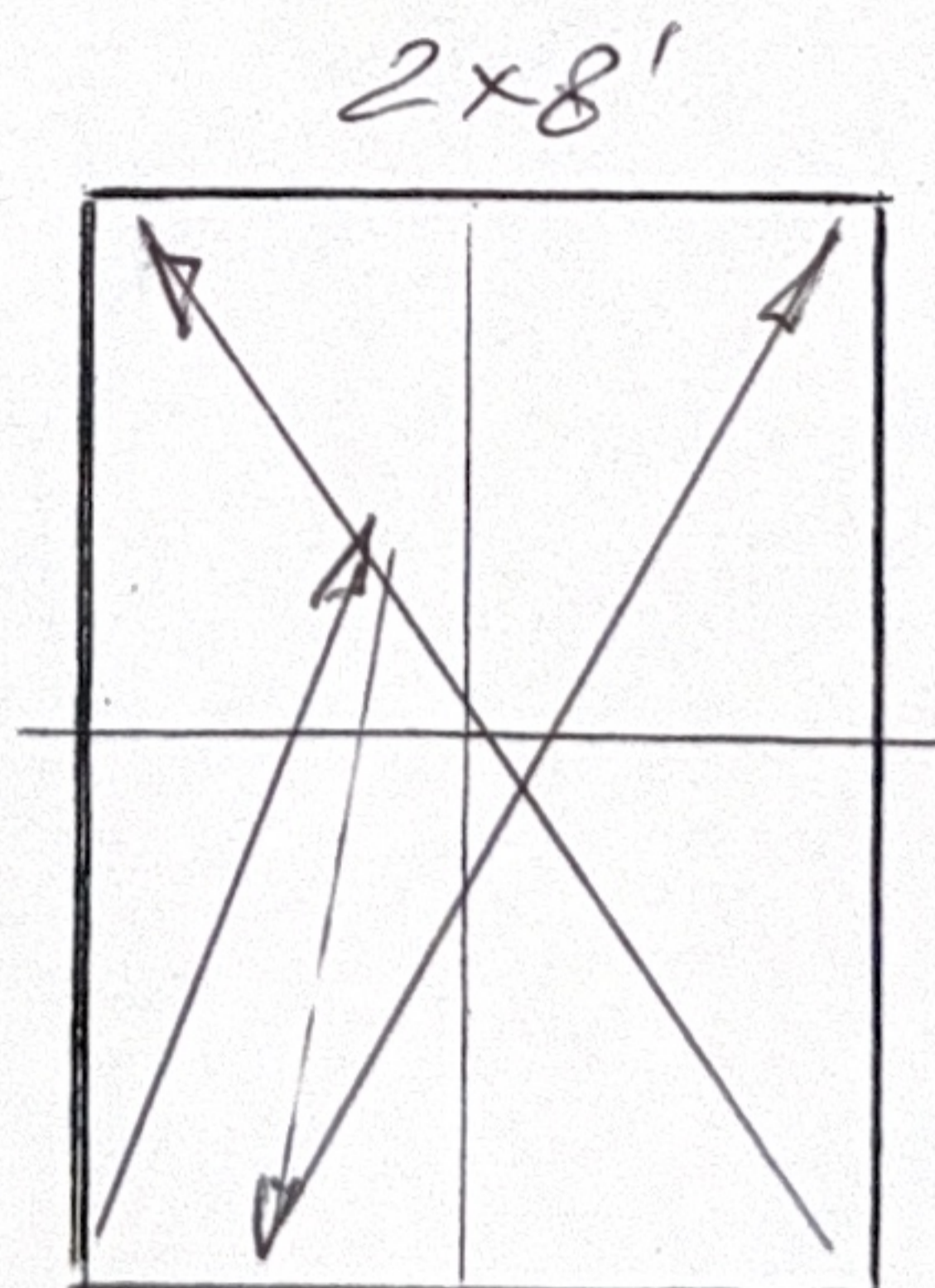
BH - FUS  
3 1,2



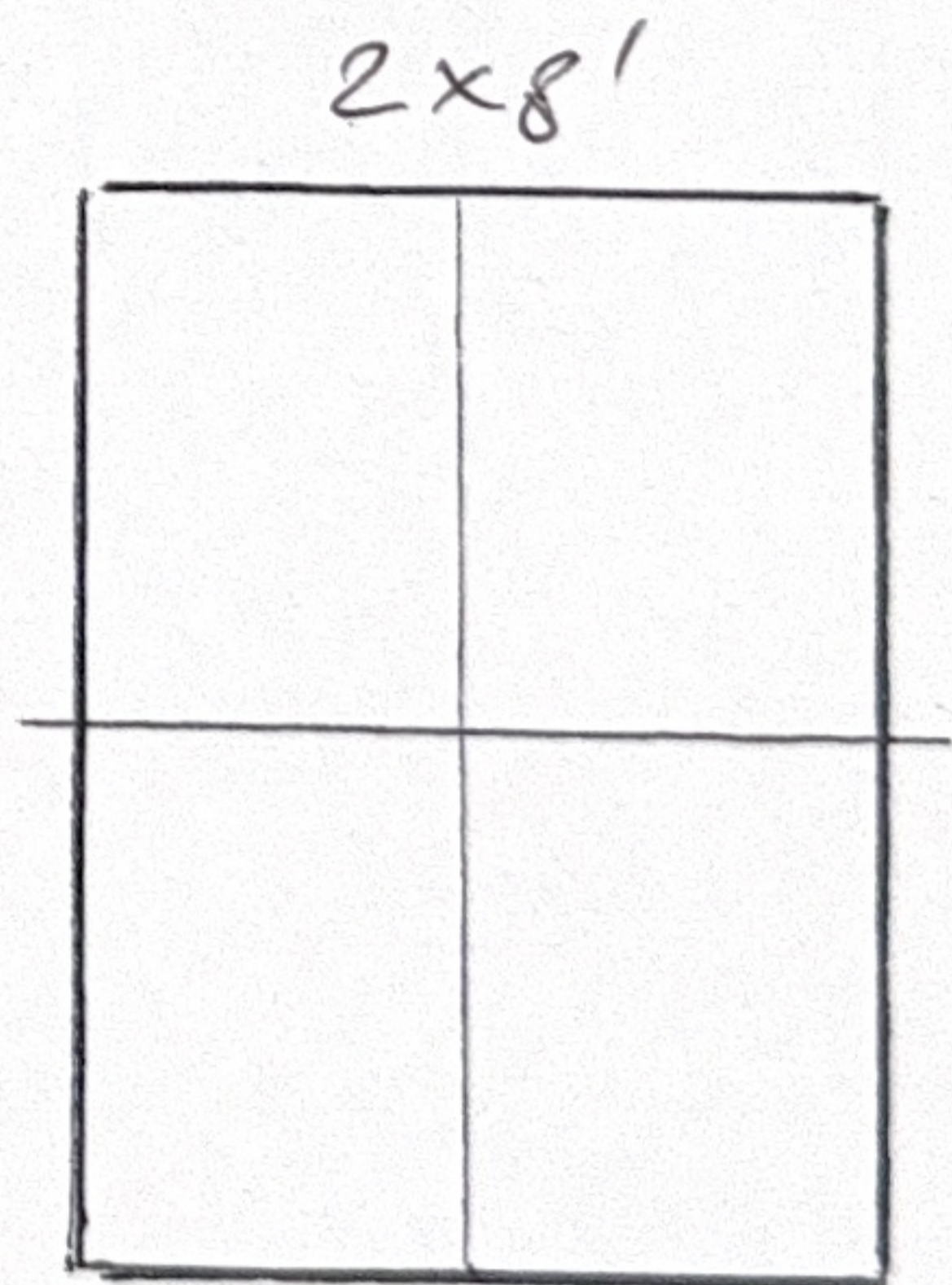
BH FUS  
1,2 3



BH  
chop



SERVICE FUS  
FUS 1 2



INDIVIDUAL  
FROM  
SERVICE