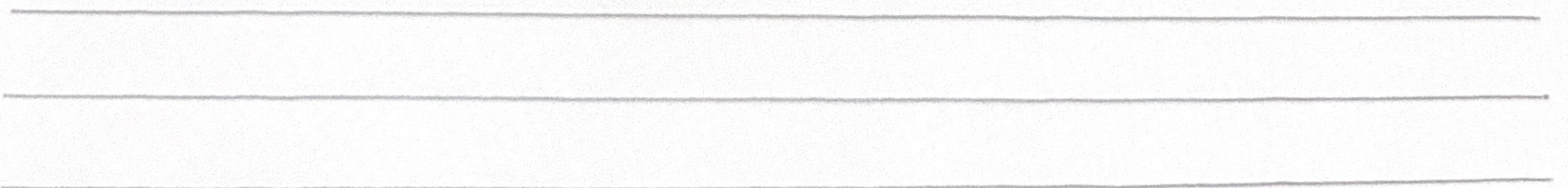
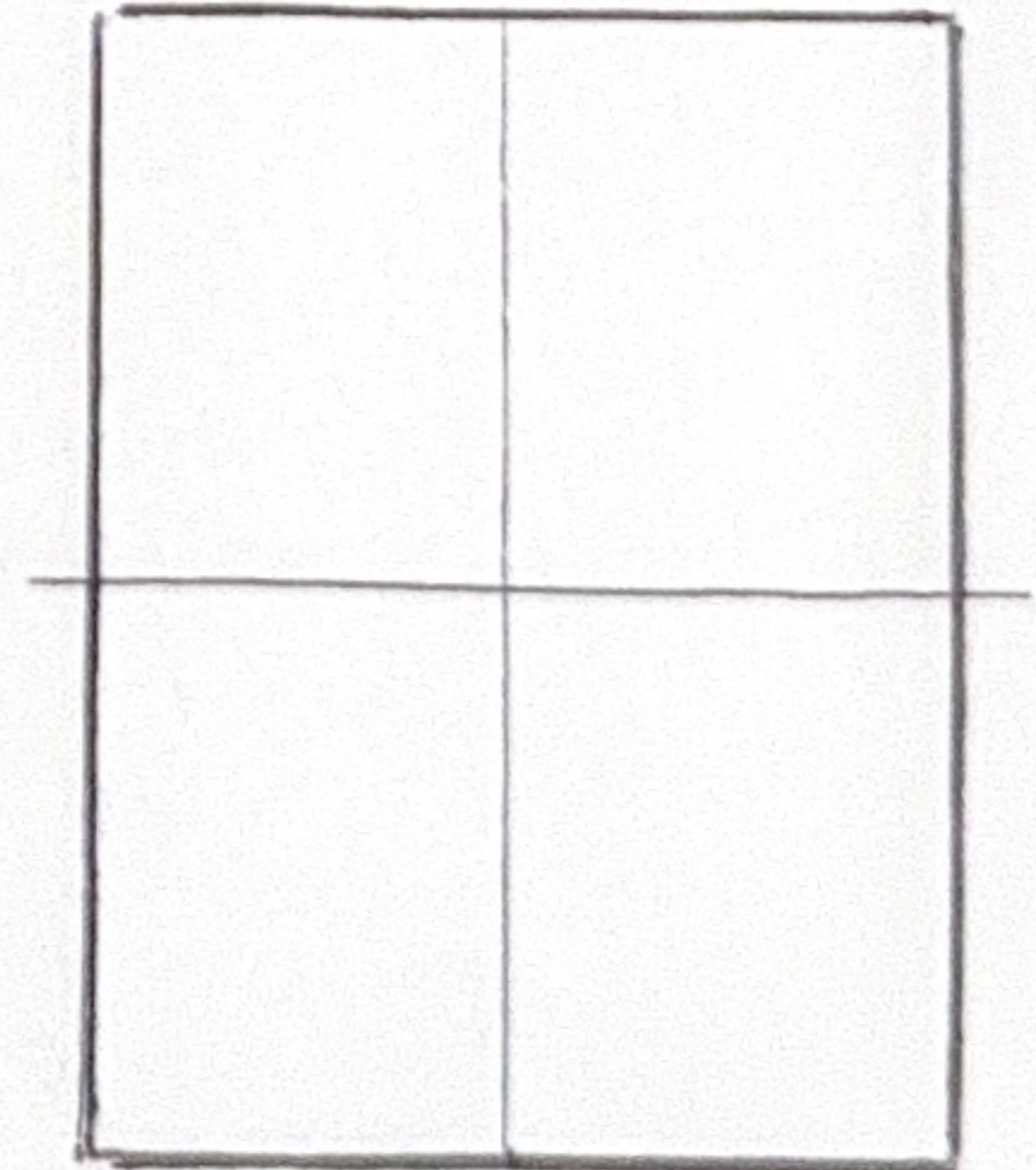
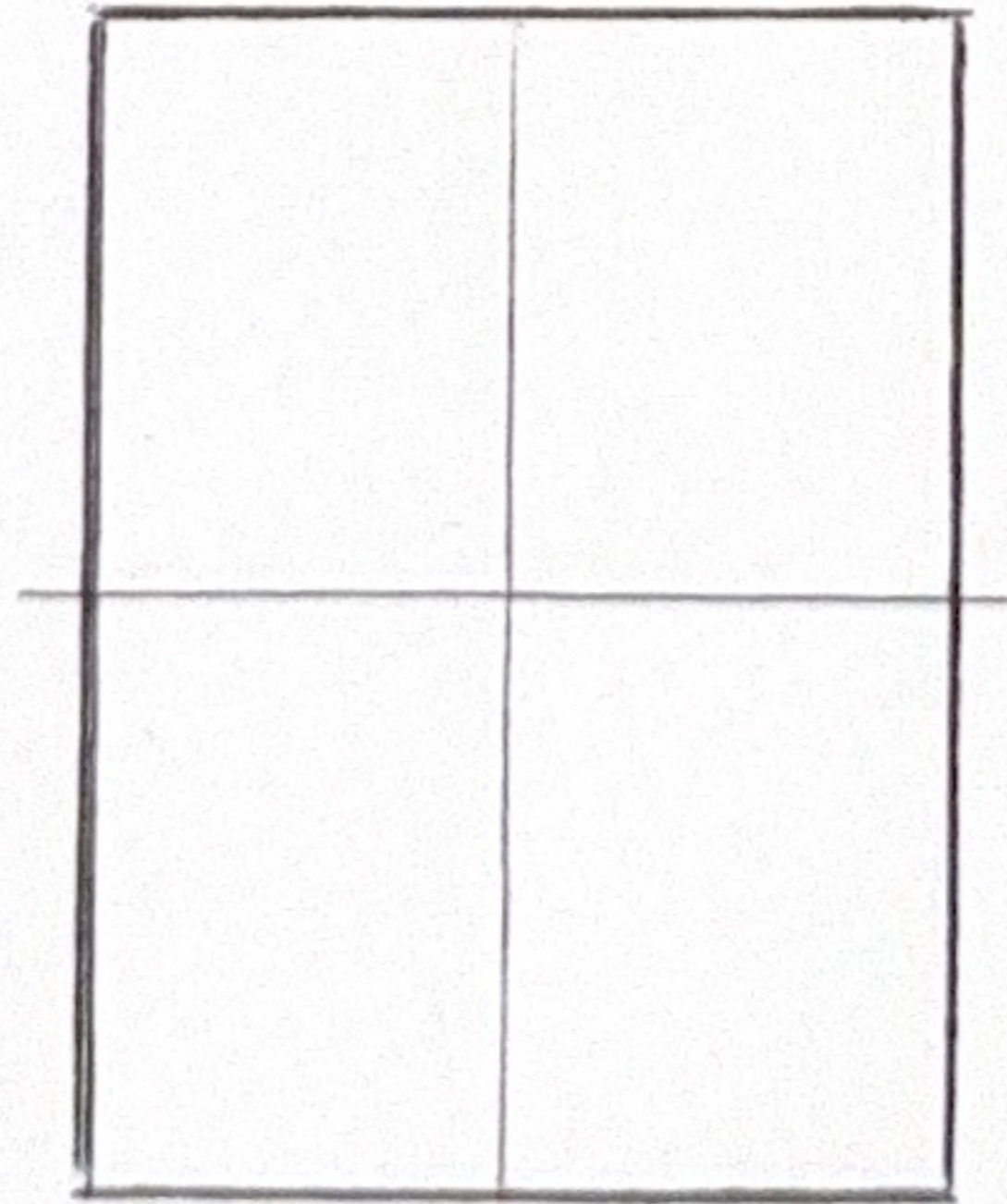
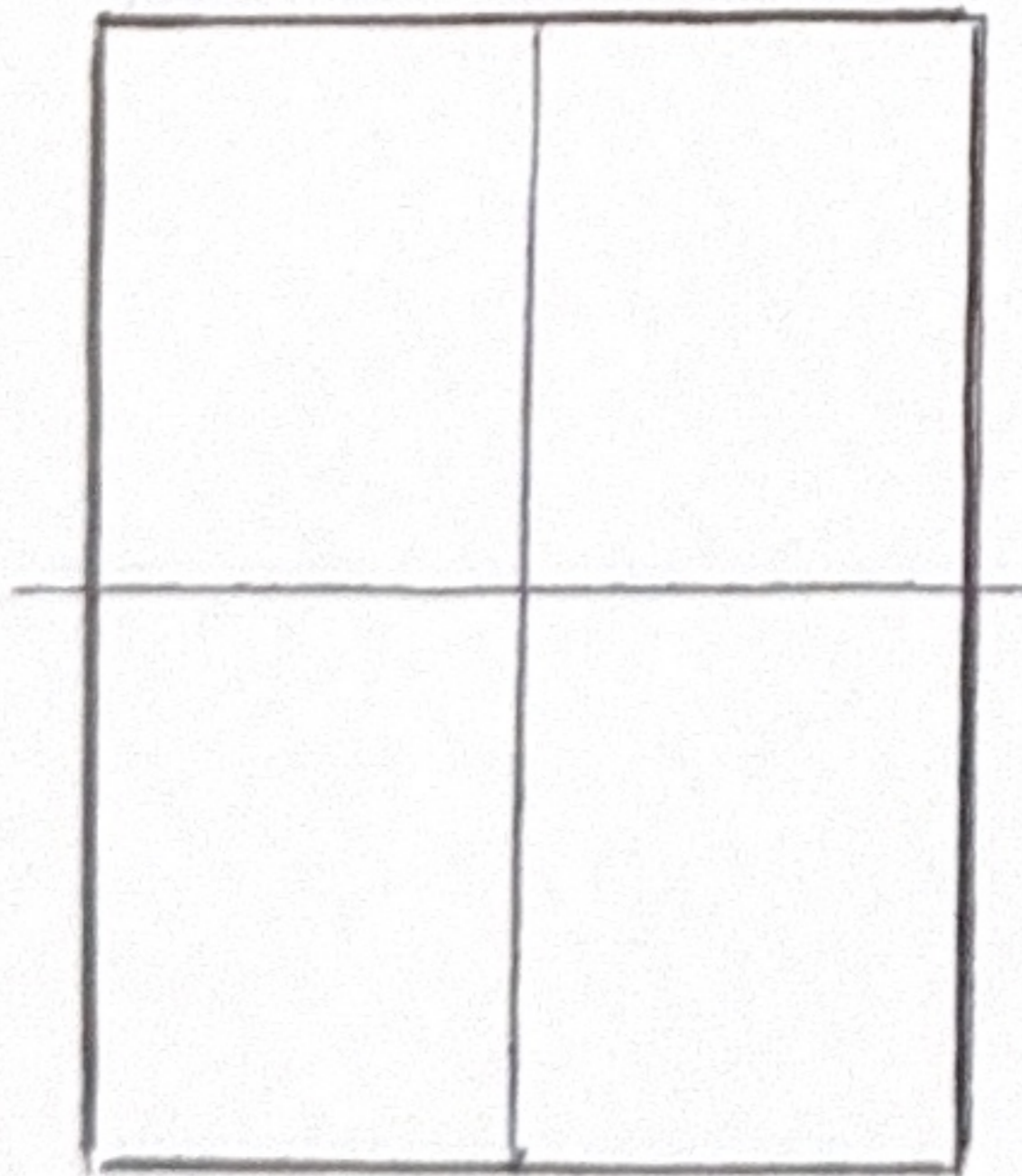
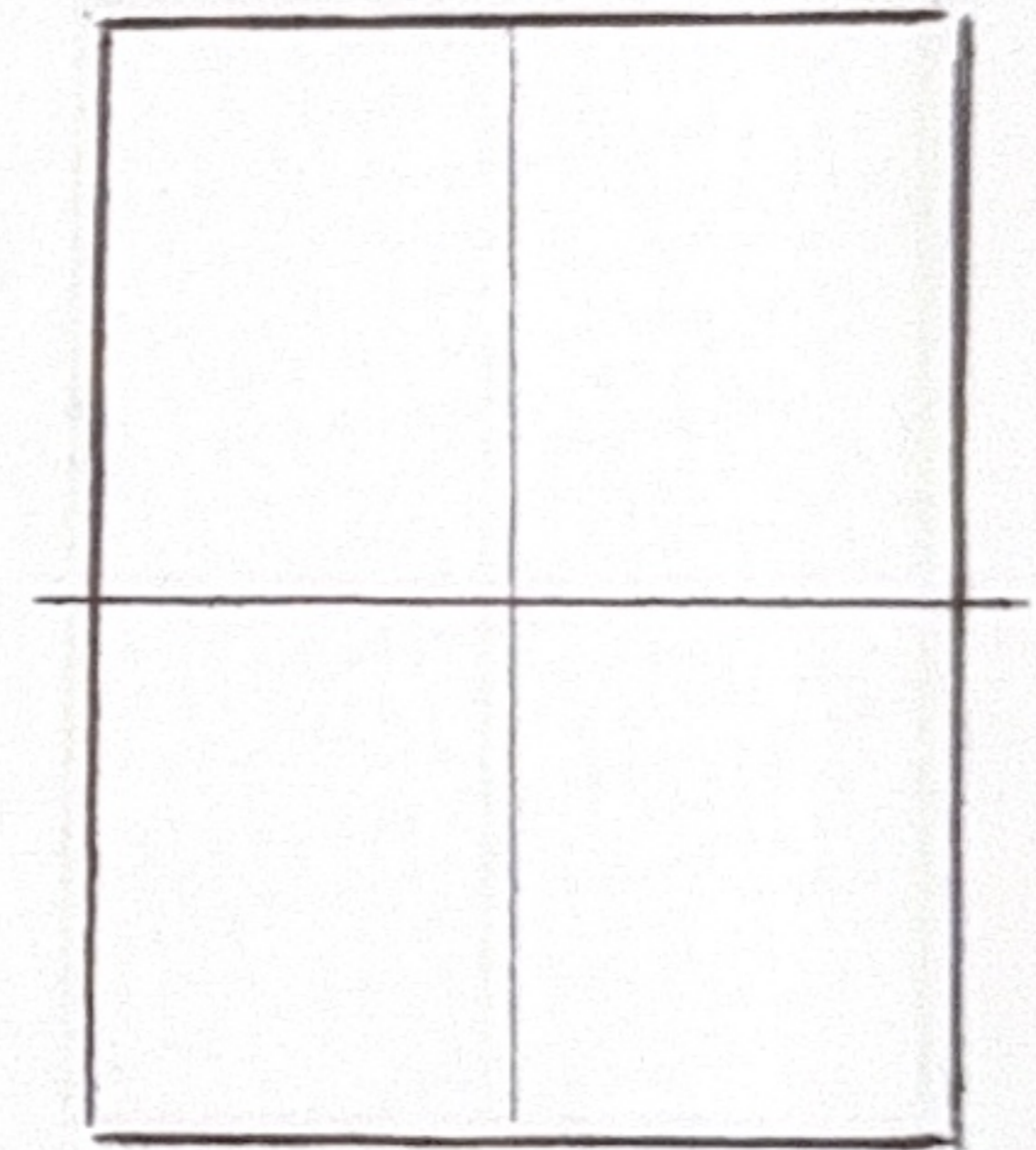
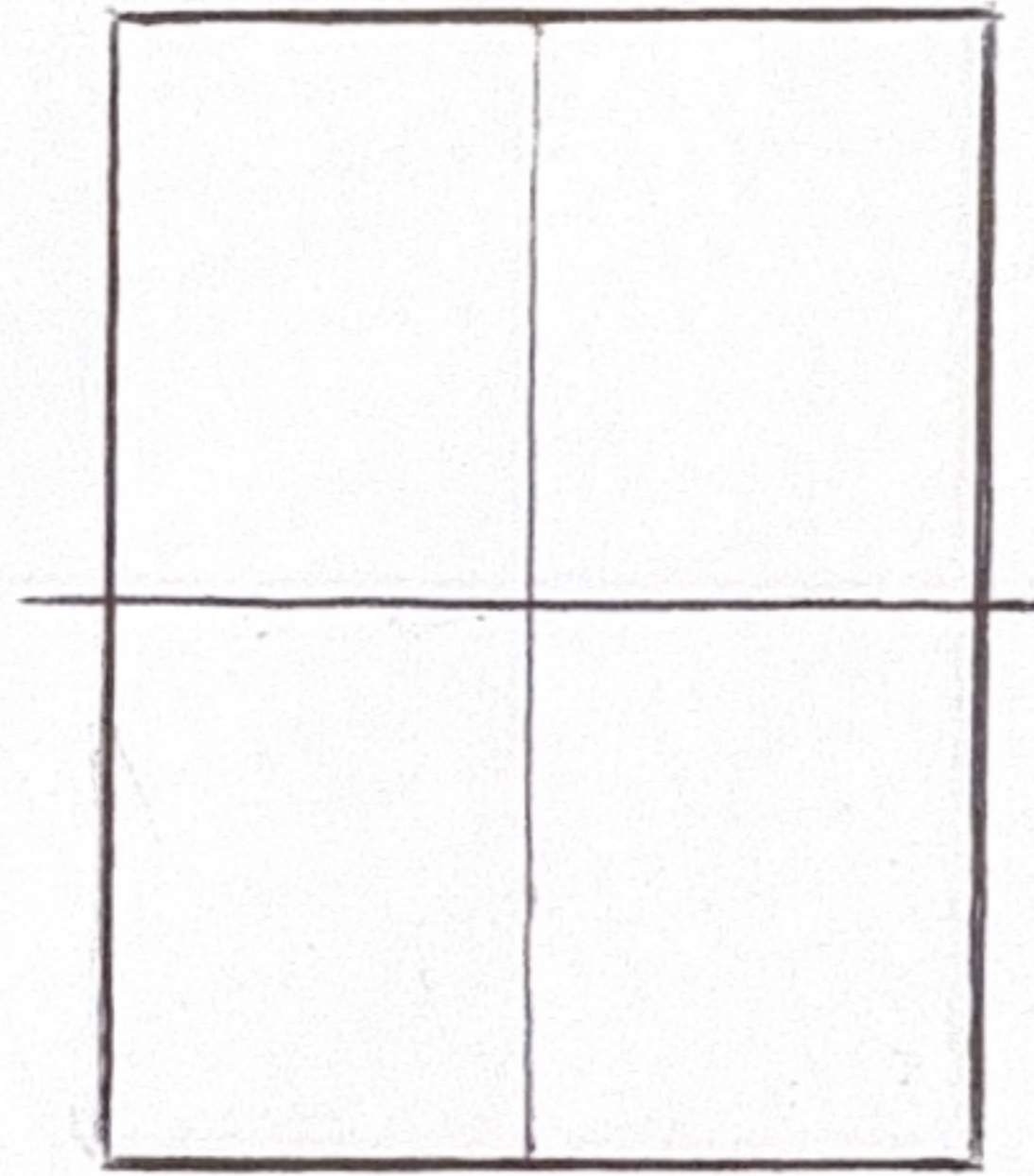
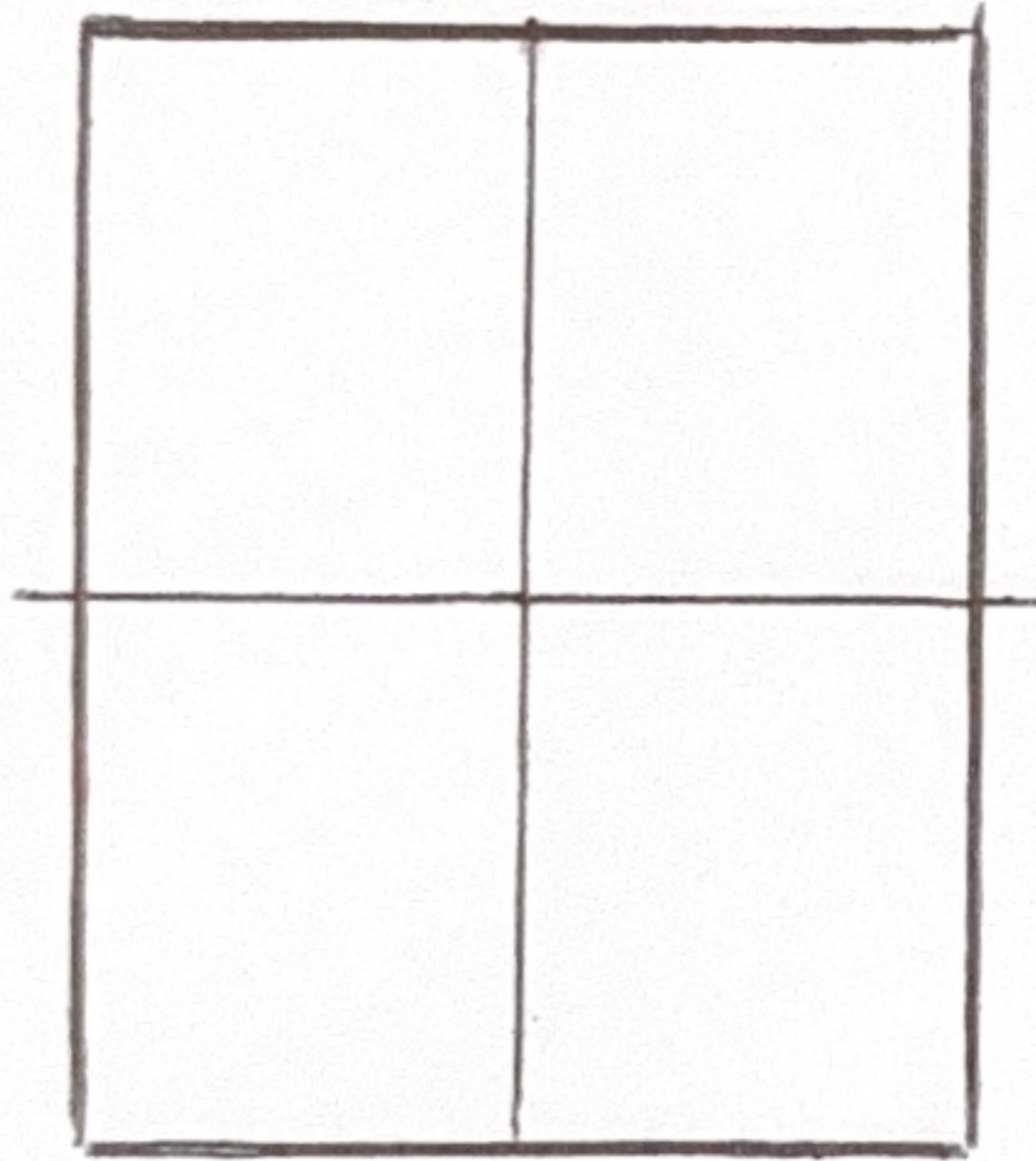


05.04.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

→ ELITE SQUAD

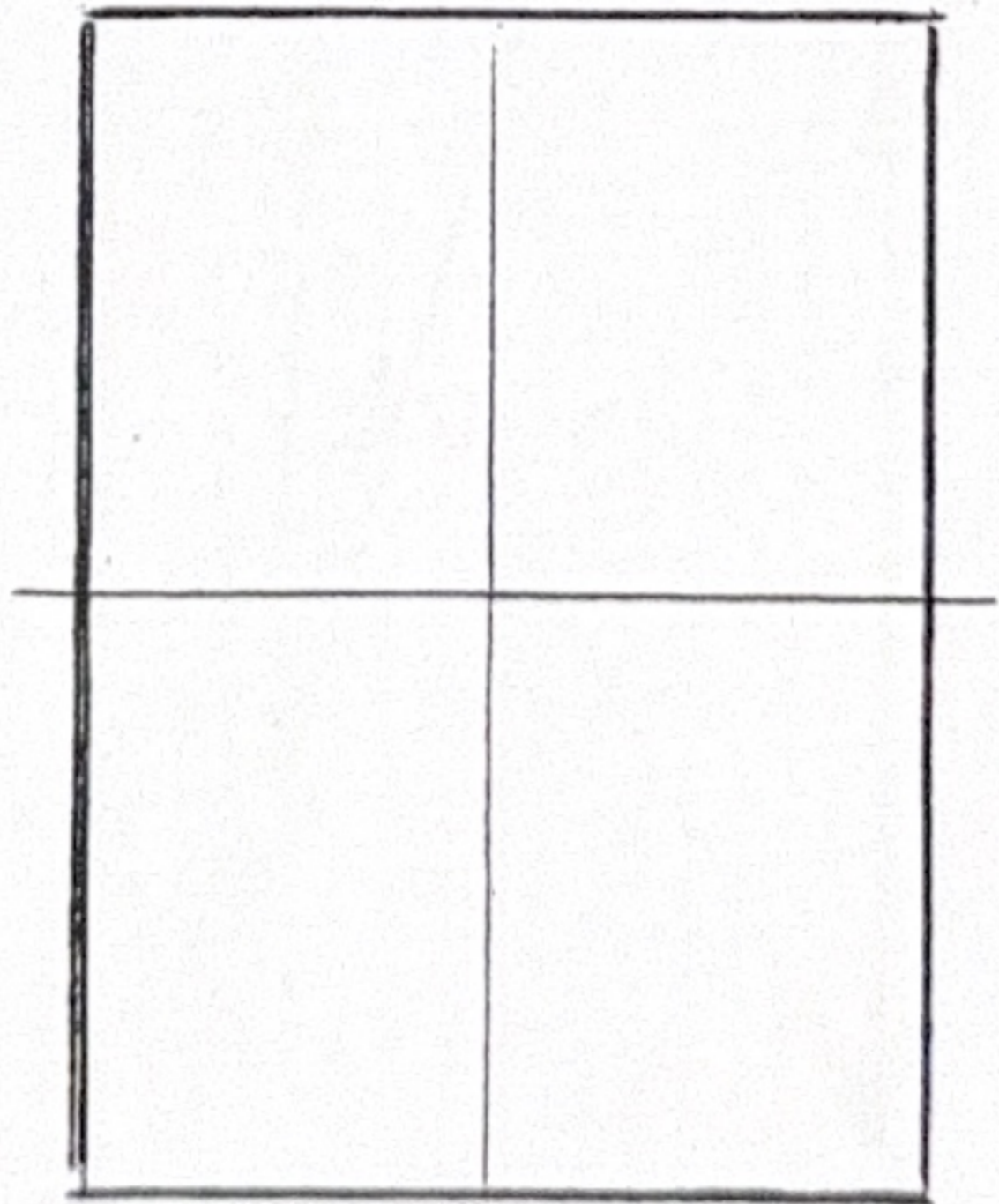
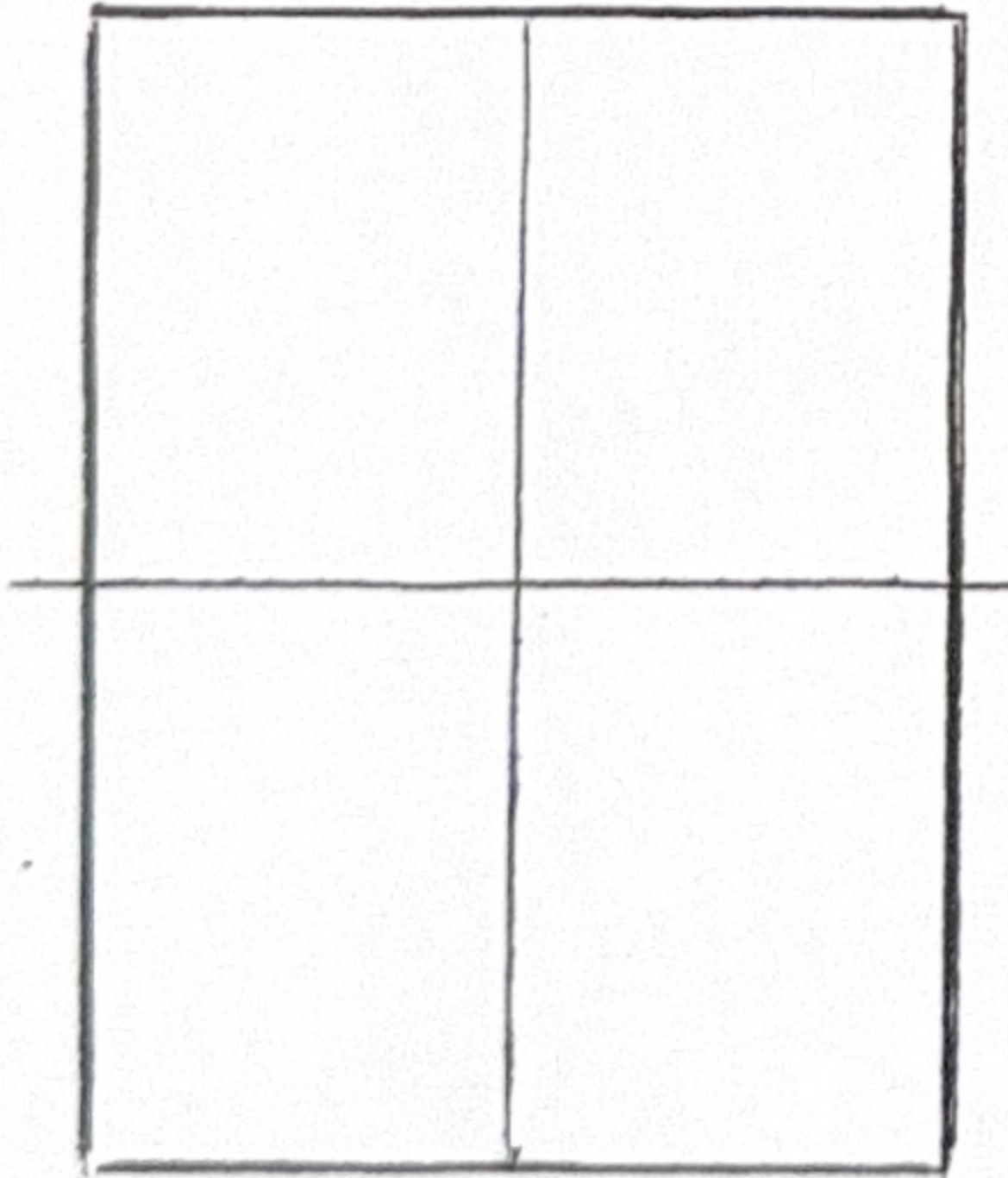
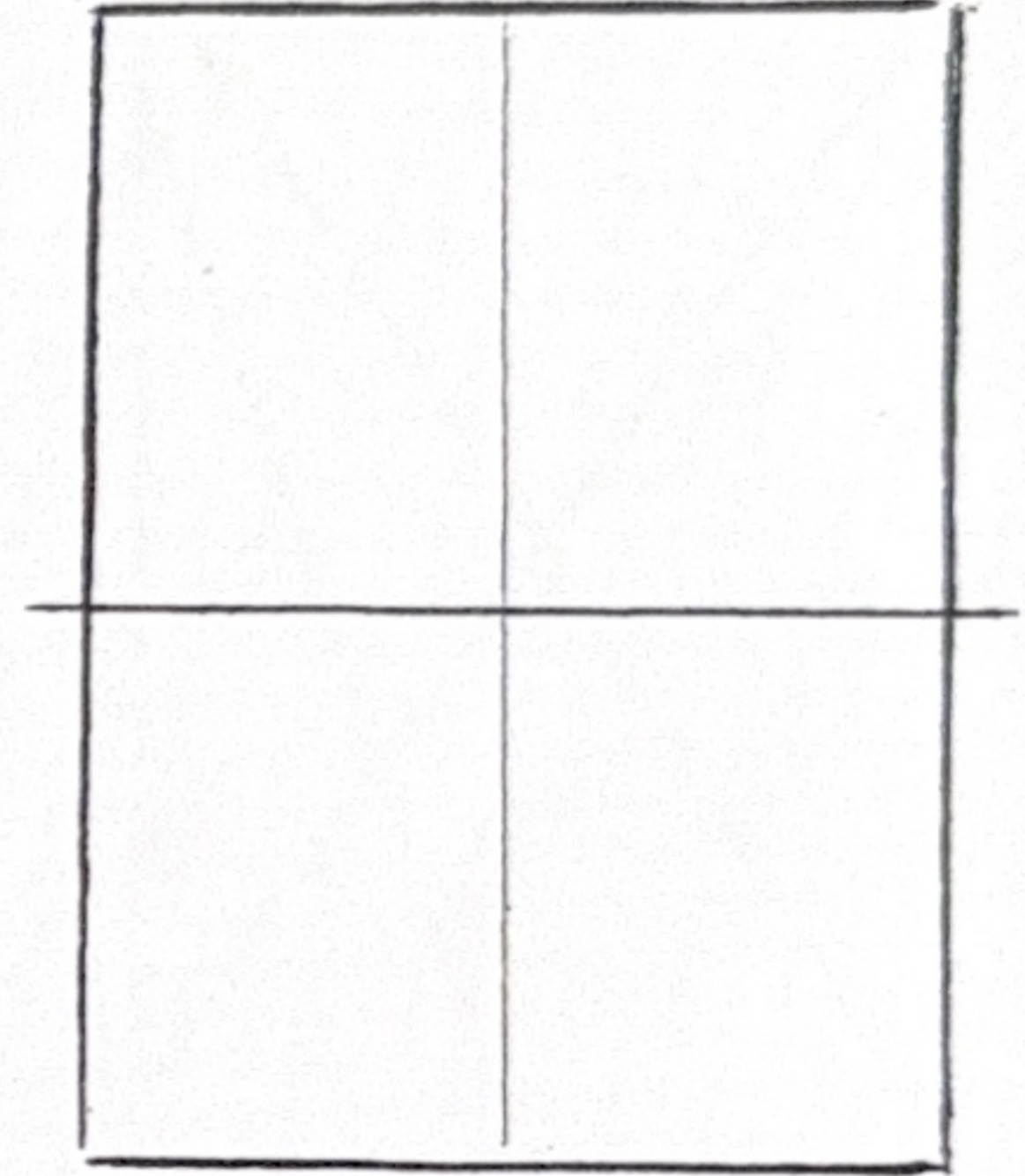
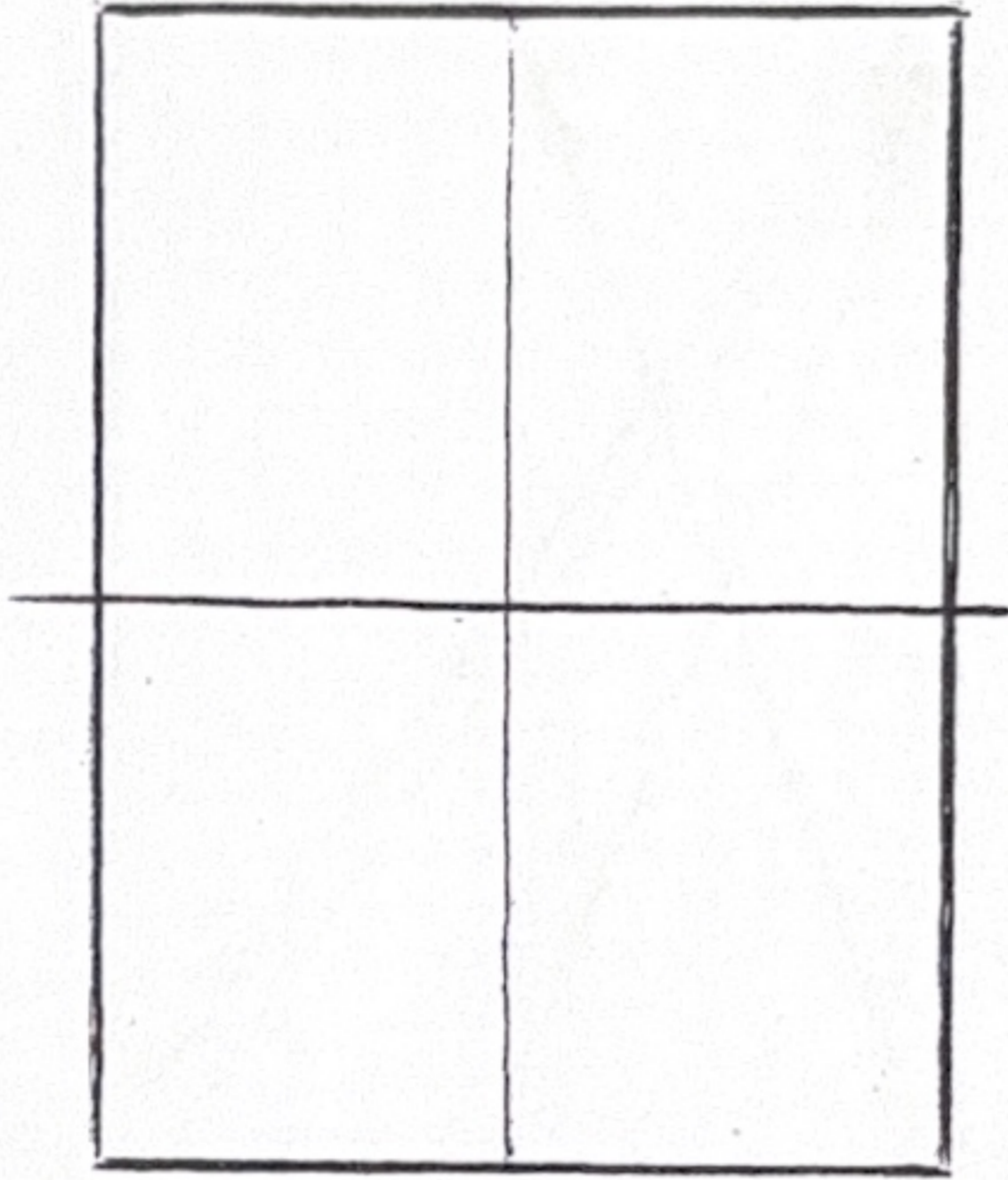
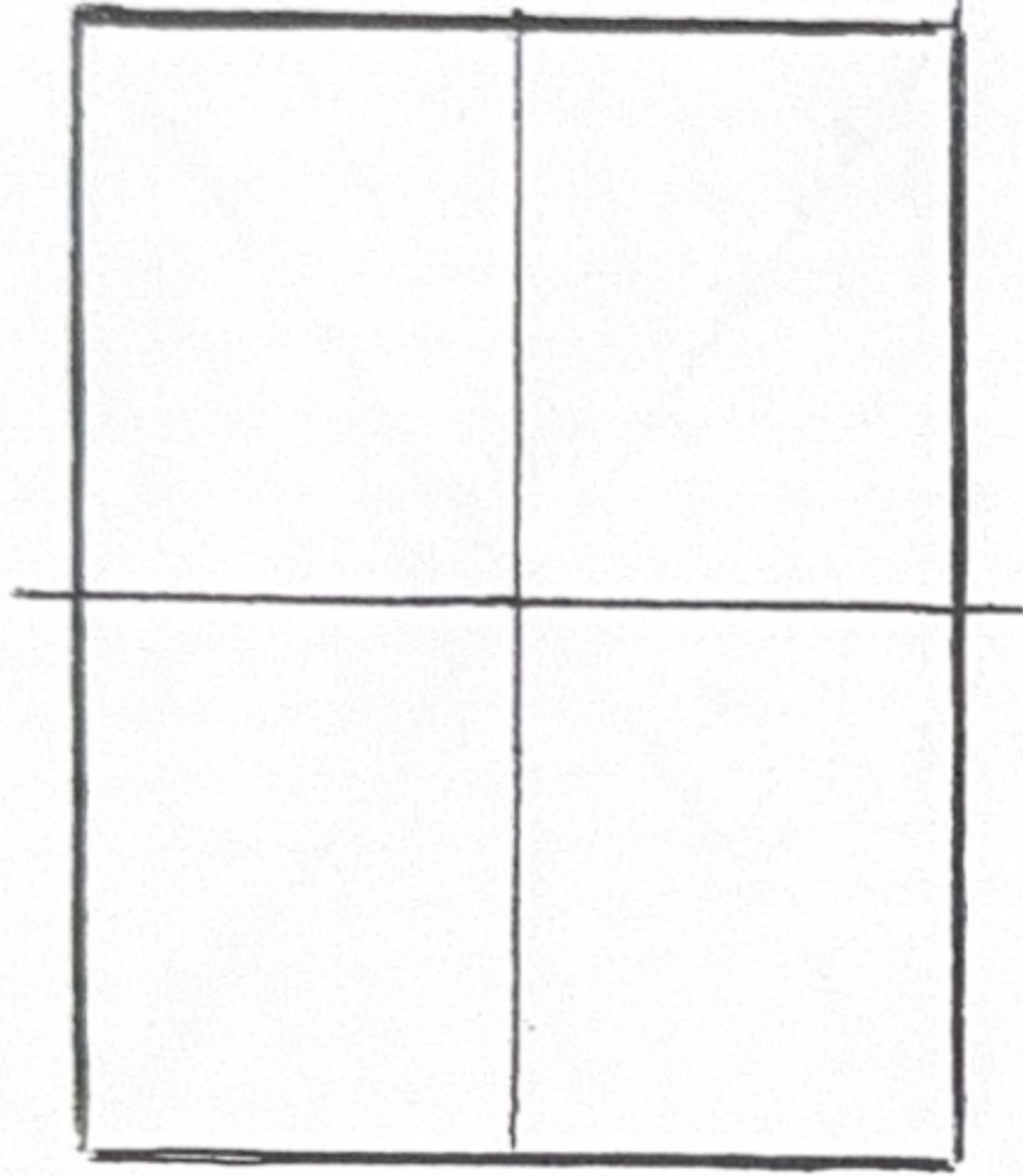
= EASTER BREAK =



6.04.2026 MONDAY = EASTER BREAK =

NEW ZEALAND VETERAN TABLE TENNIS

CHAMPIONSHIPS



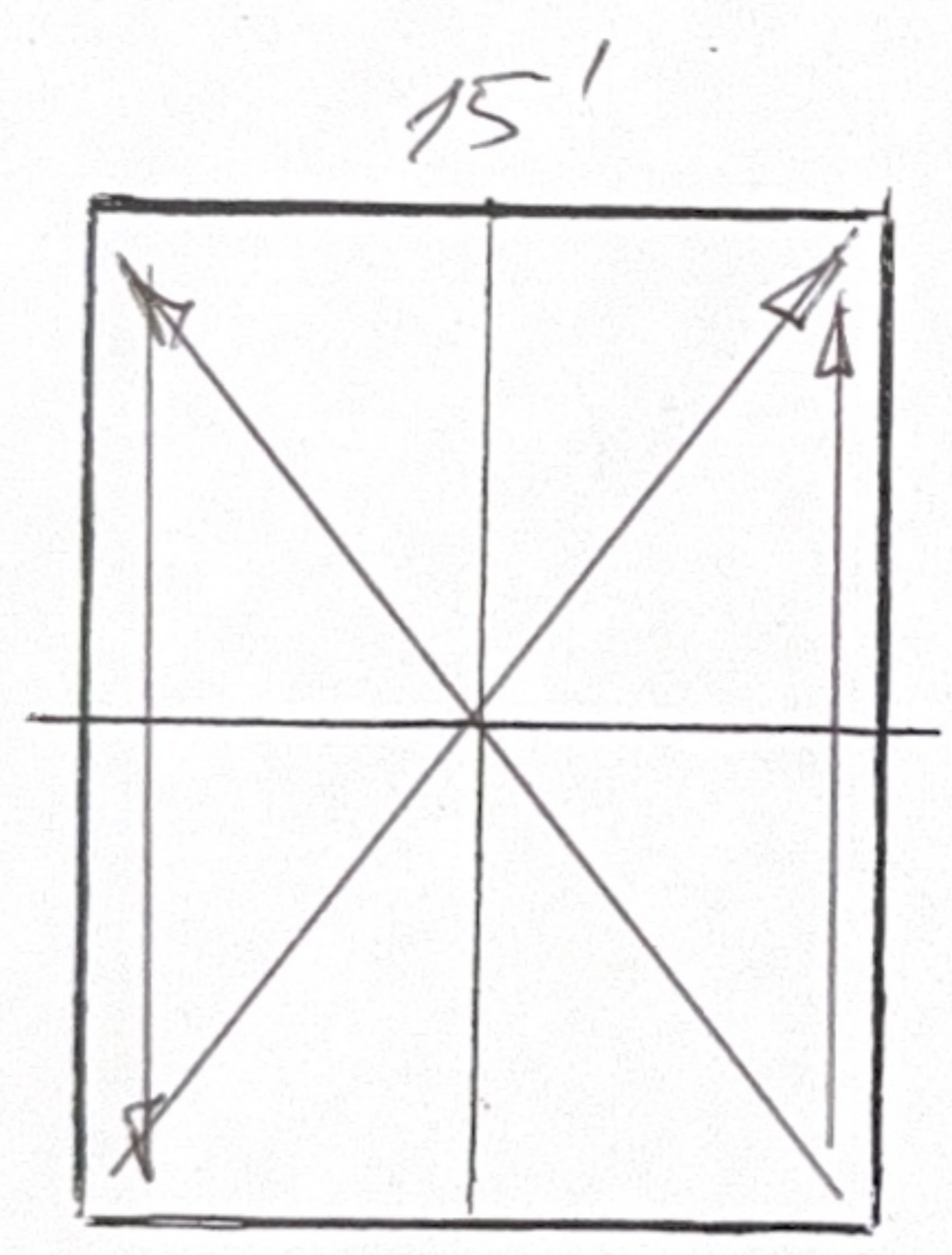
Three horizontal lines for additional notes or scores.

7.04.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

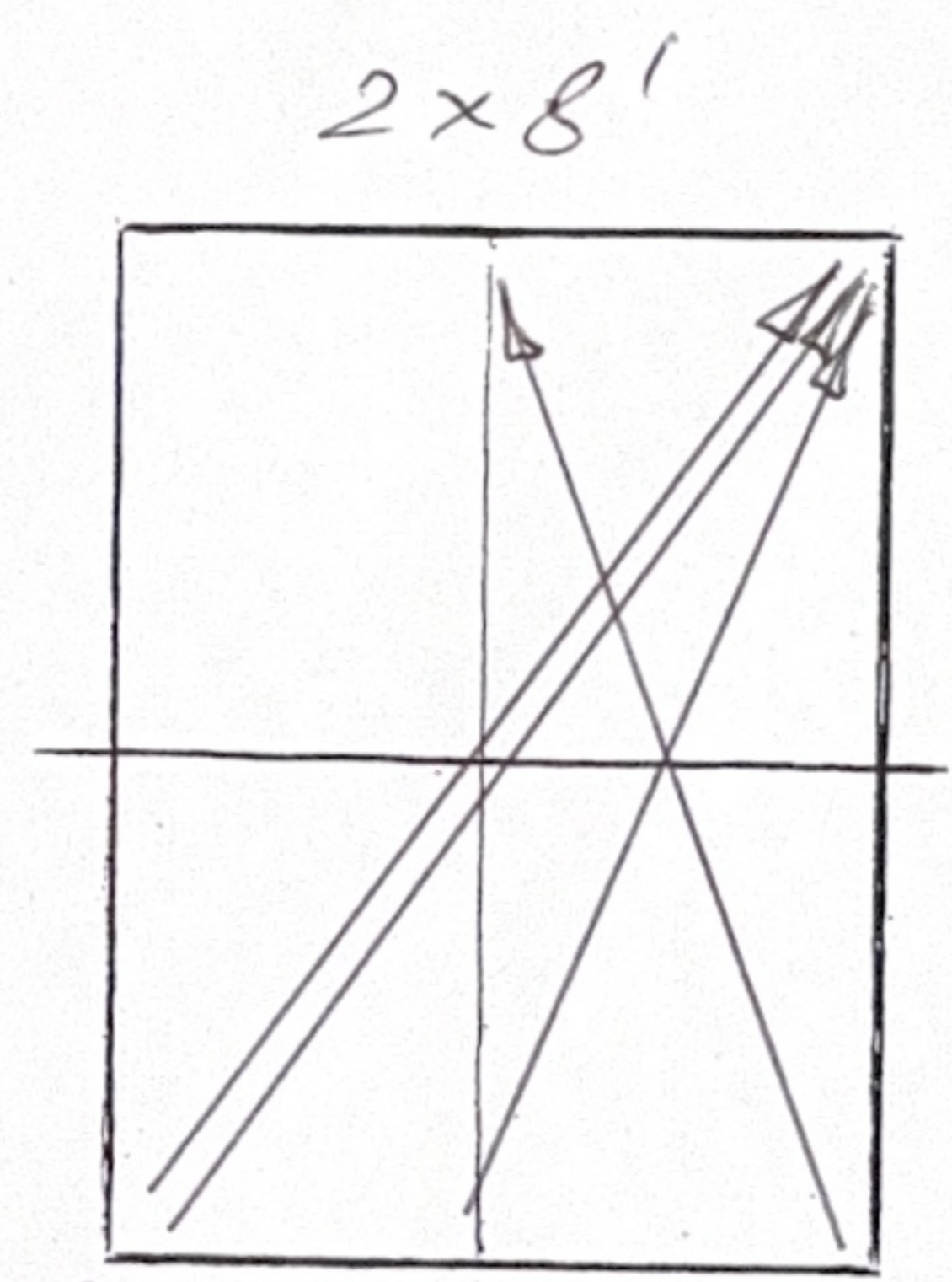
1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK - P. SIDESTEPS

→ CROSSOVER → PIVOT

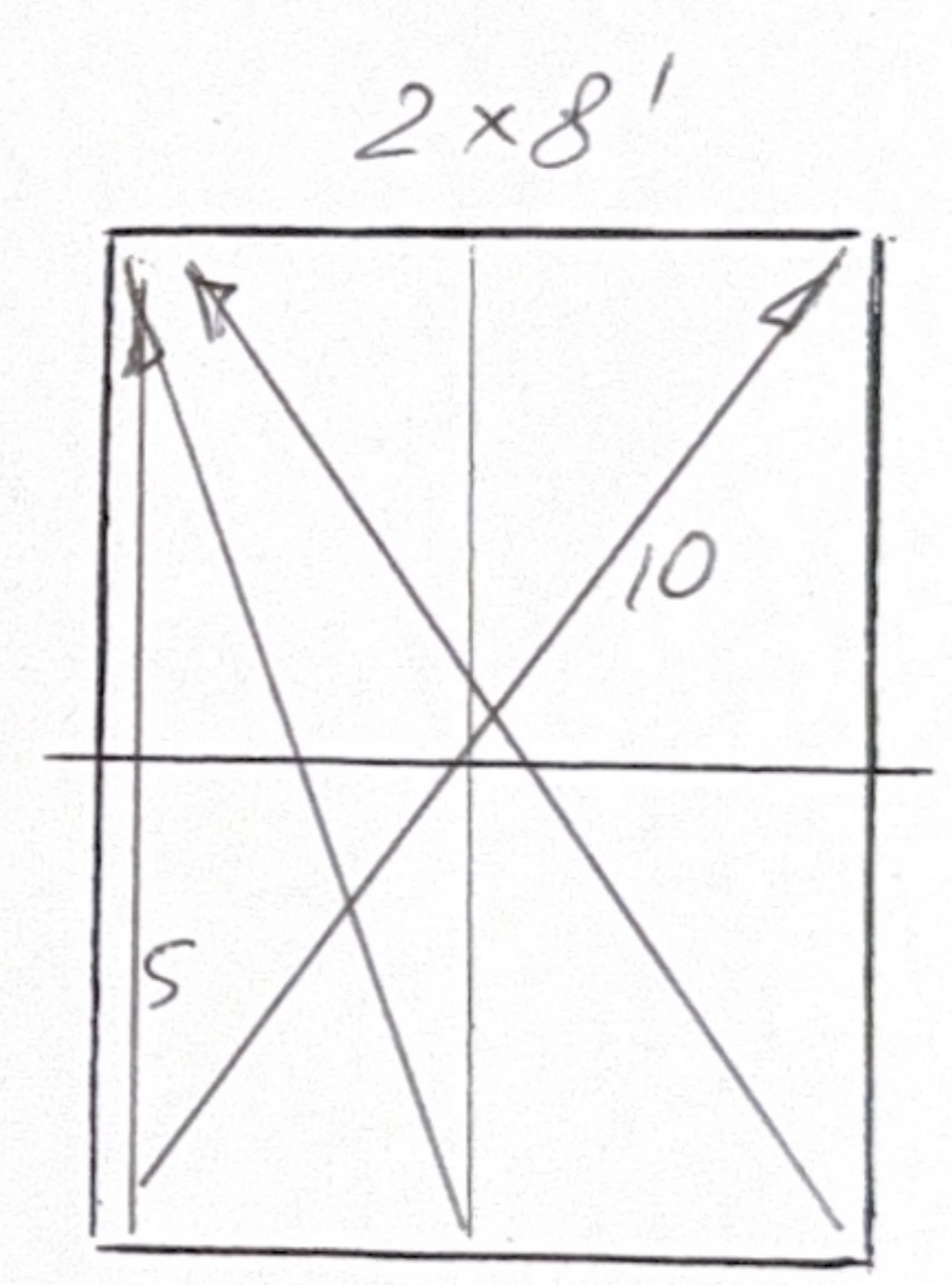
PHYSICAL: FOOTWORK BEFORE TRAINING - SPEED 5x20"x40"



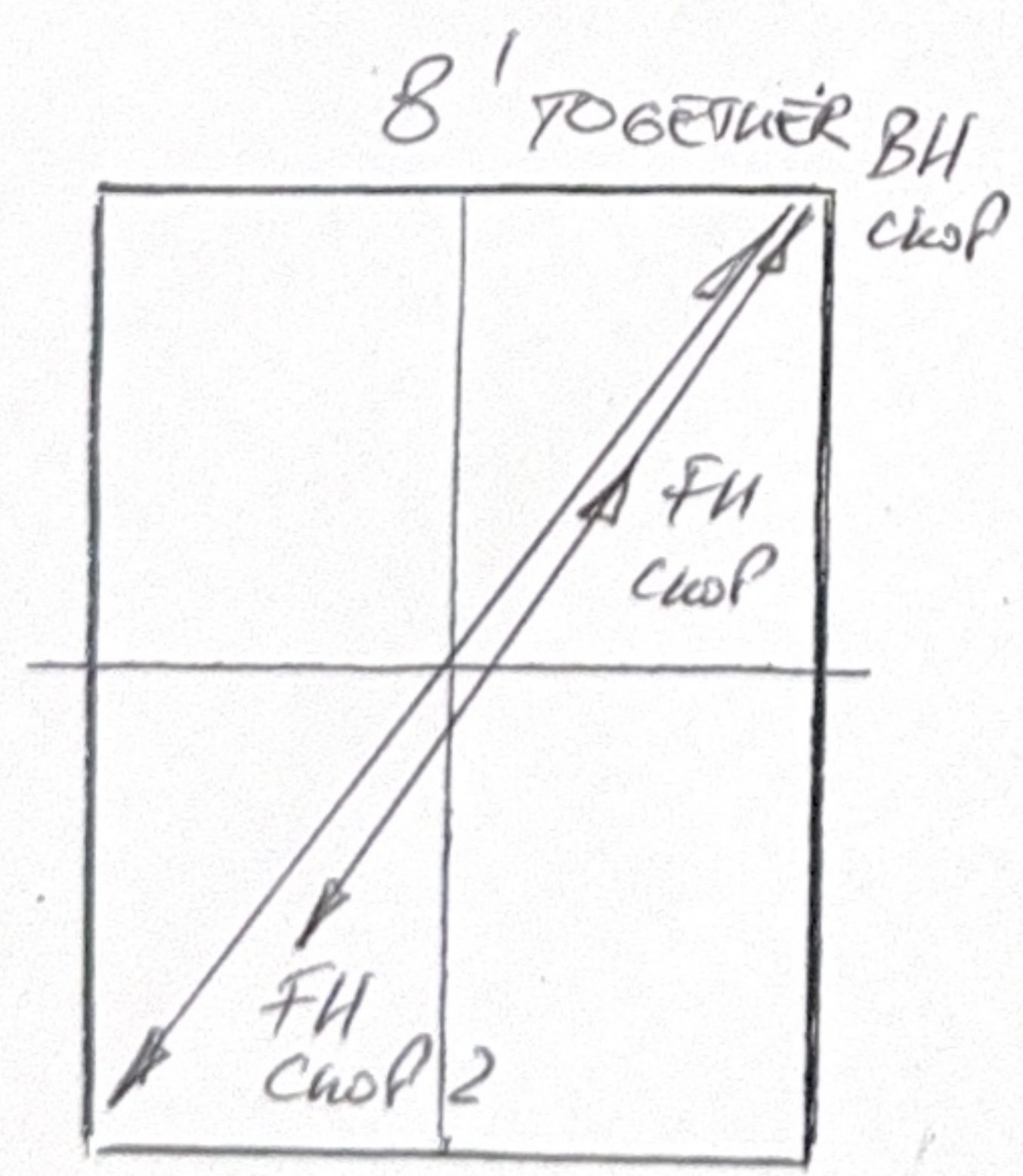
BH DOWN THE FH
5' LINE 5' 5'



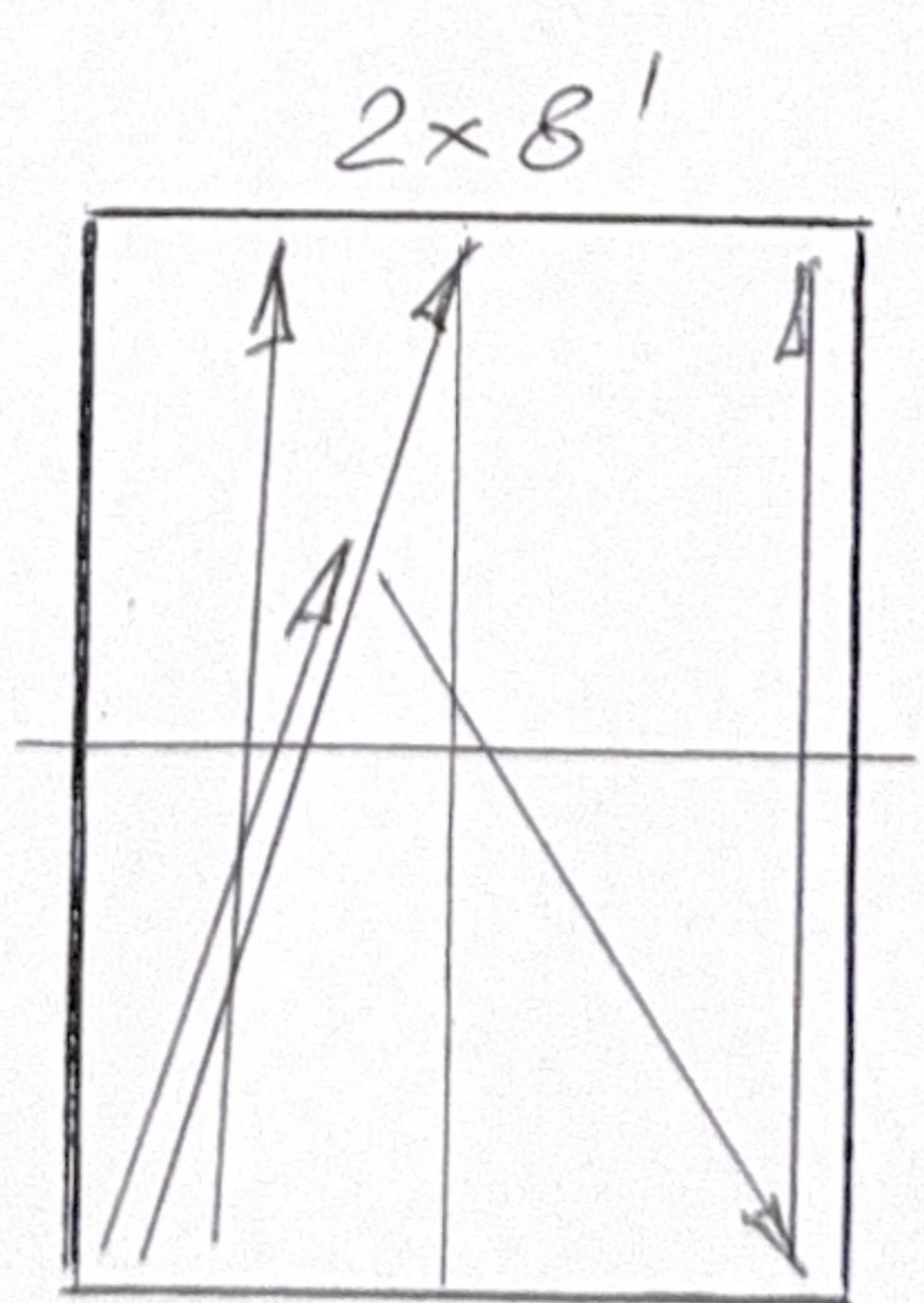
BH 1,4 FHS FHS
FHS 2,5 3 6
AFTER 2 ROUNDS
FREE ALL TABLE



BH FHS FHS
5,10 1,3 2,4
6,8 7,9
AFTER 10 BALLS
FREE BH TO BH



BH
1



SERVICE FHS
BH FHS 1
2 3 + FREE

