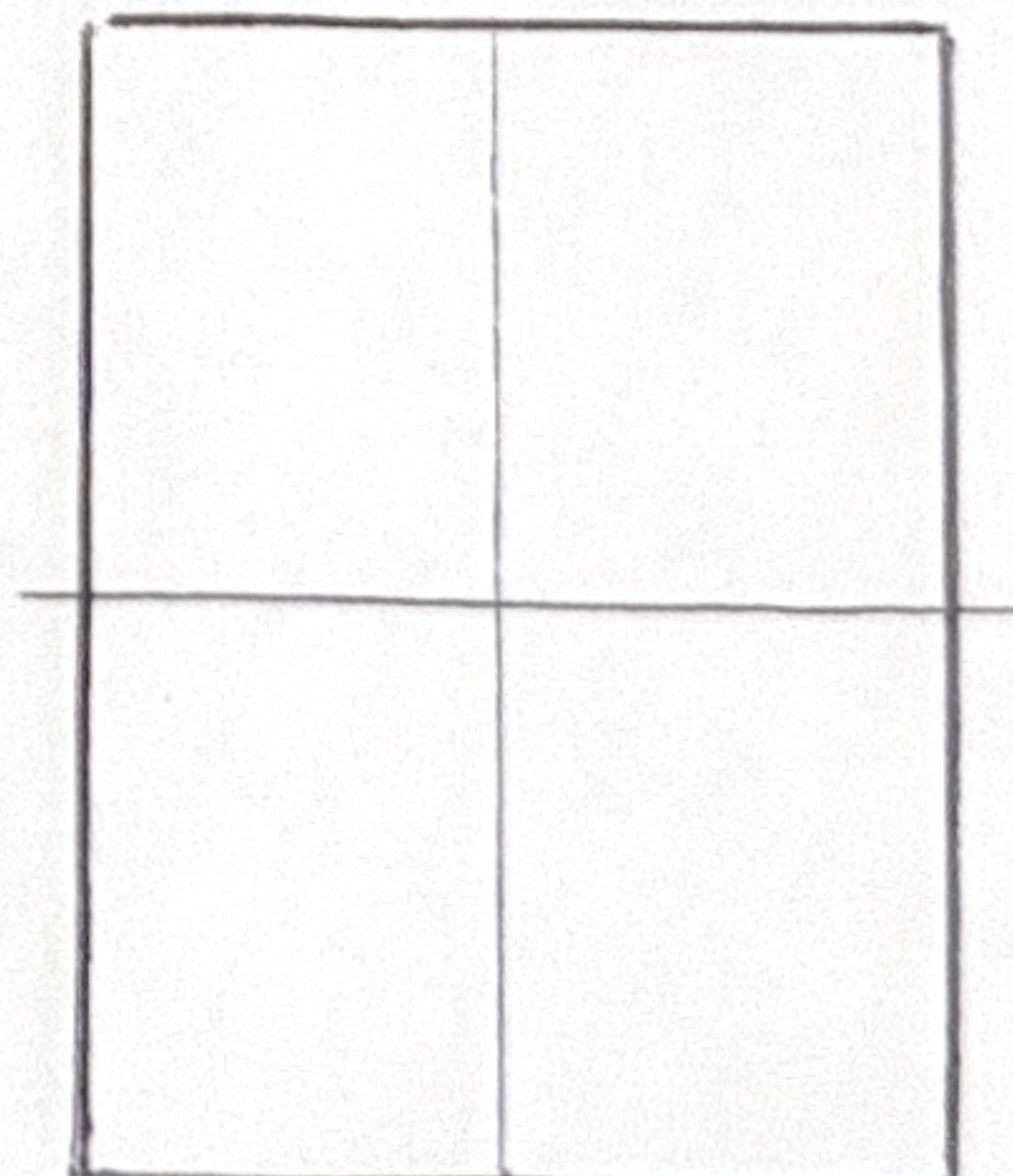
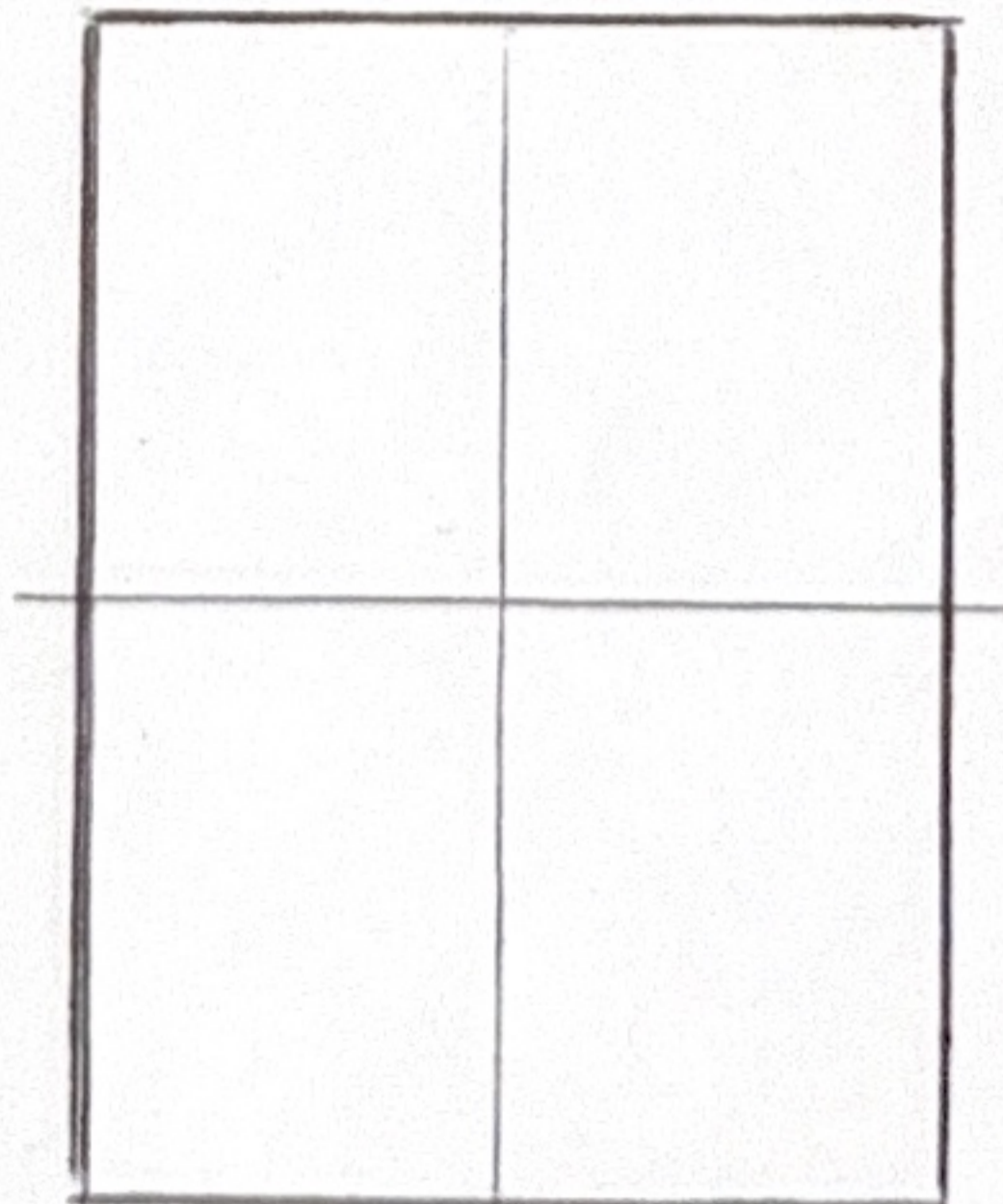
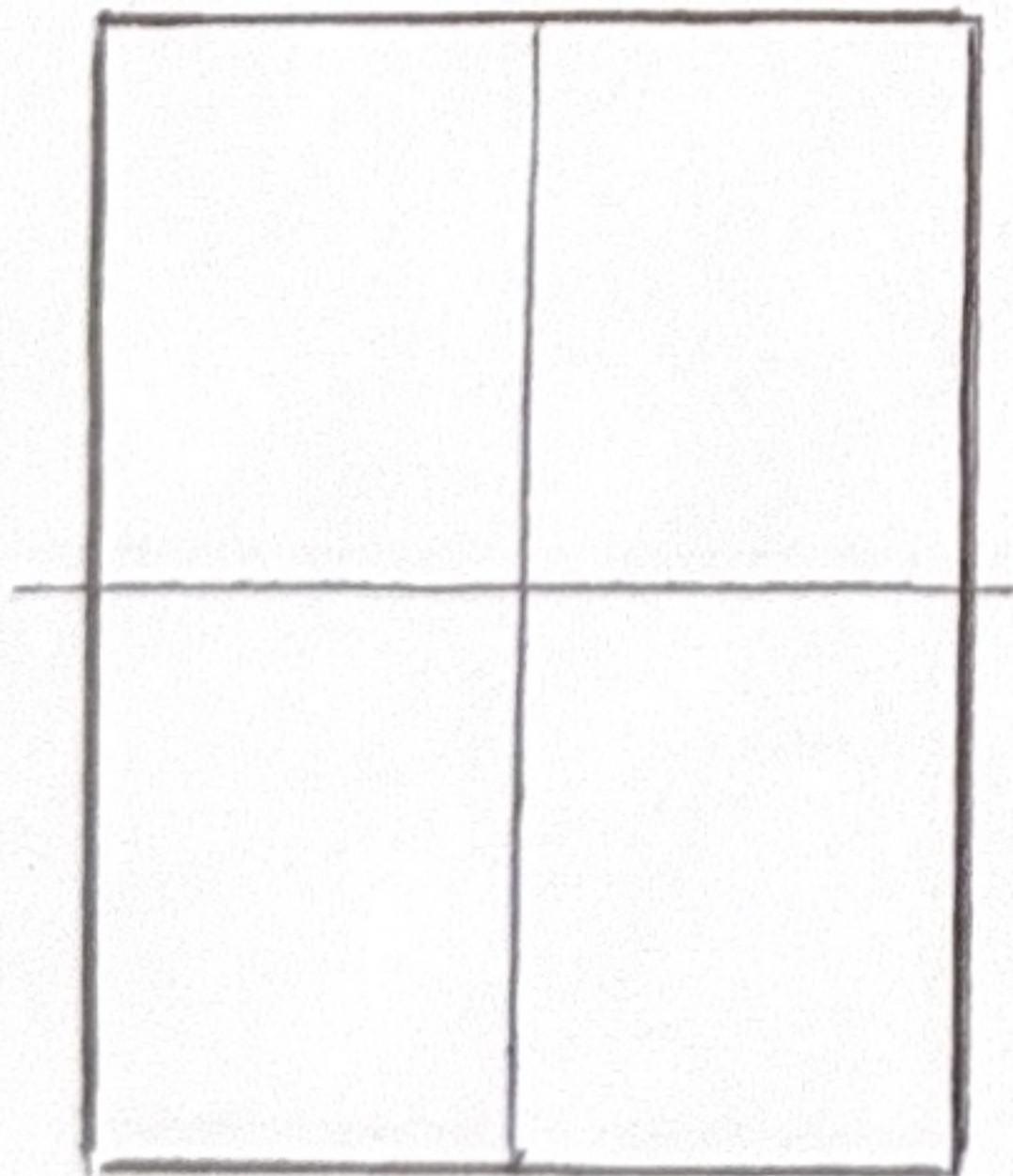
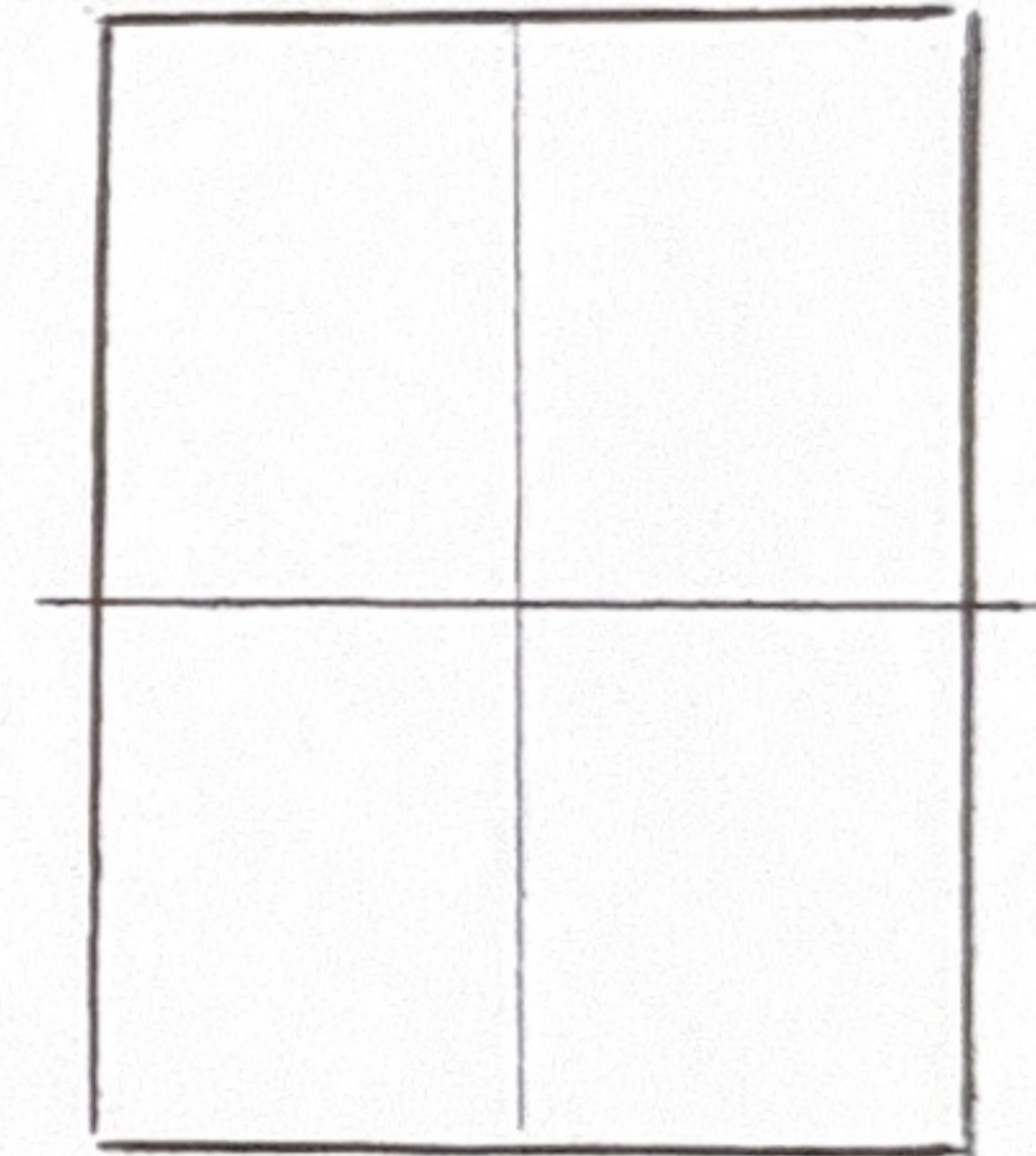
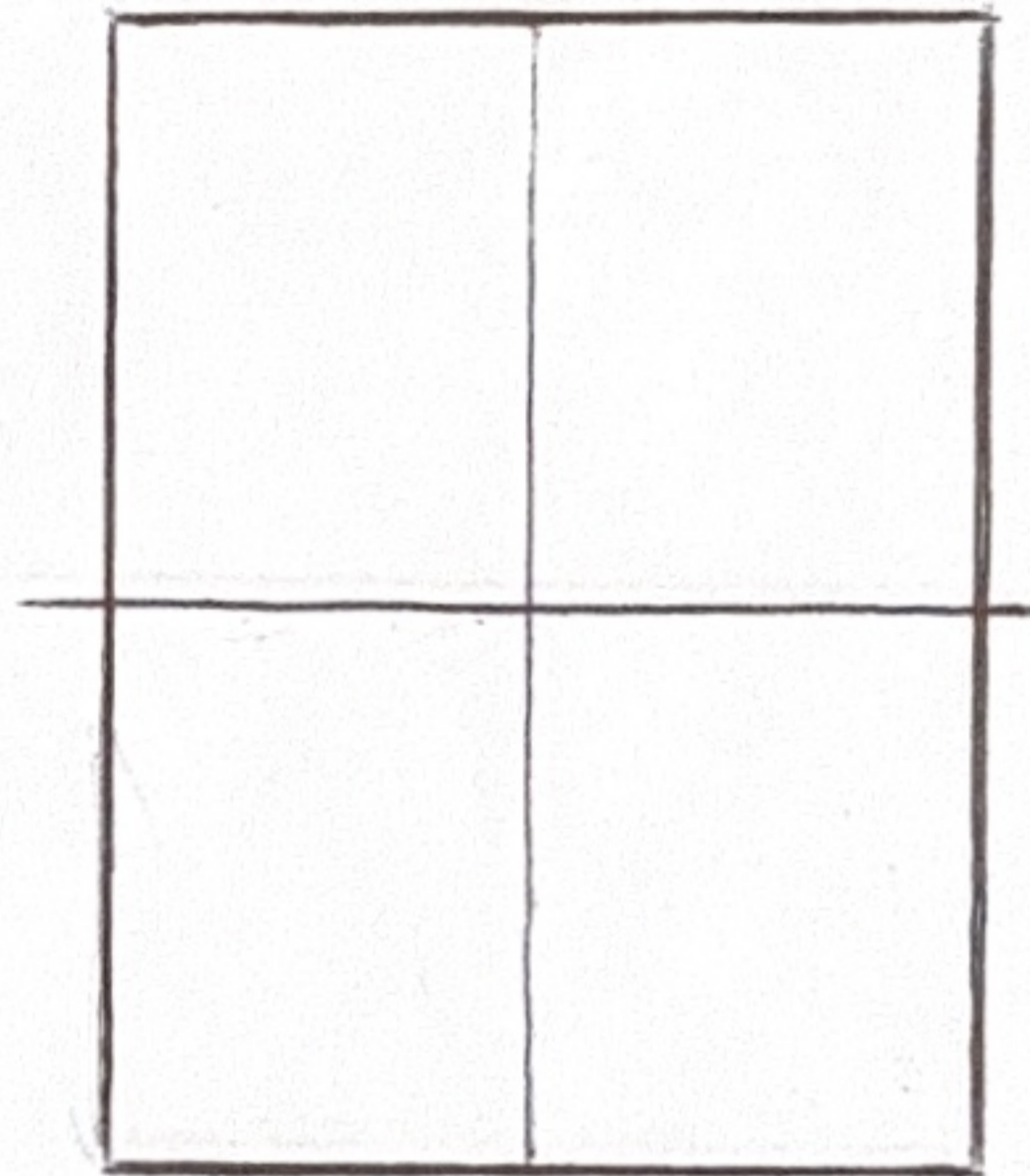
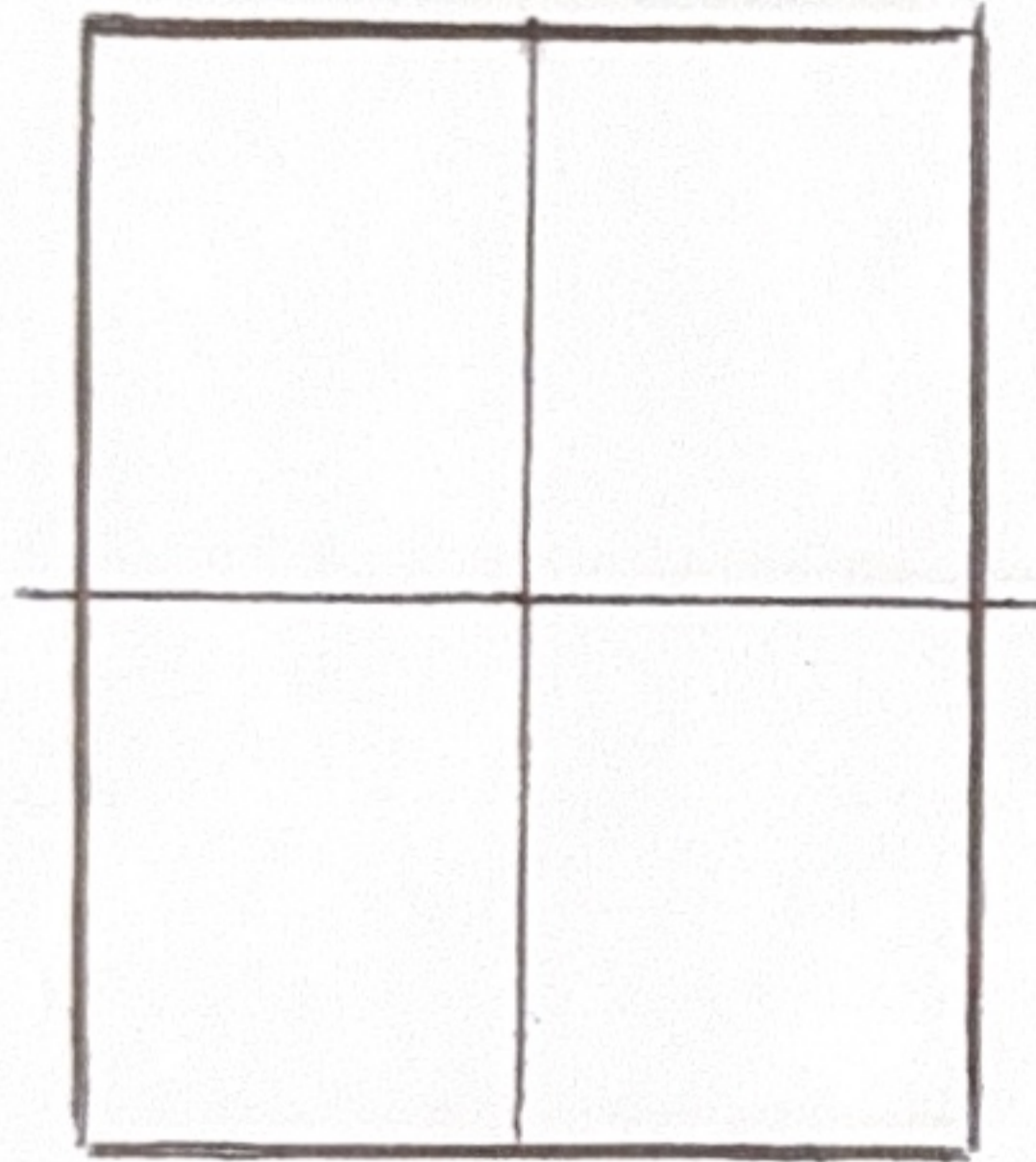


05.04.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

→ ELITE SQUAD

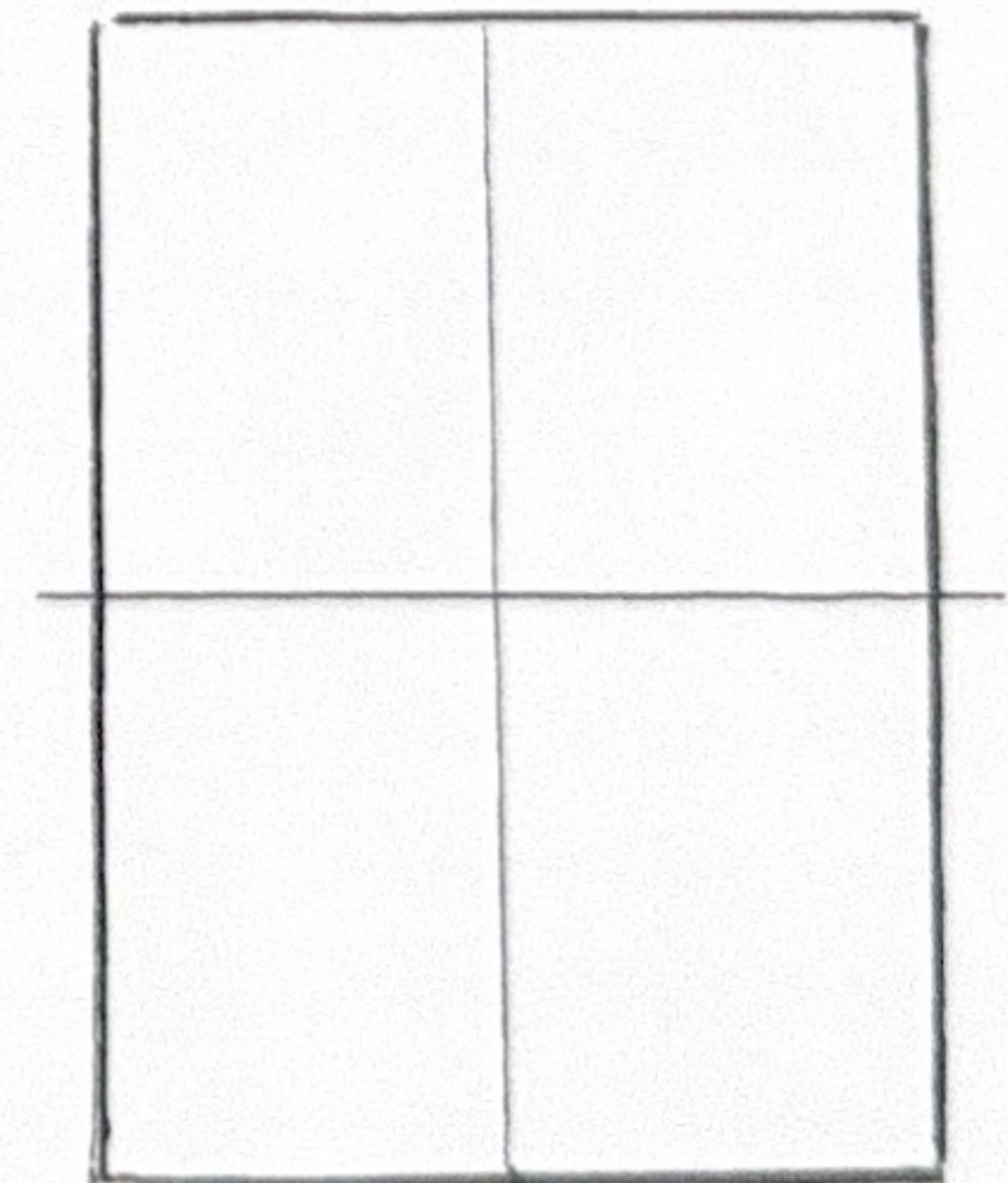
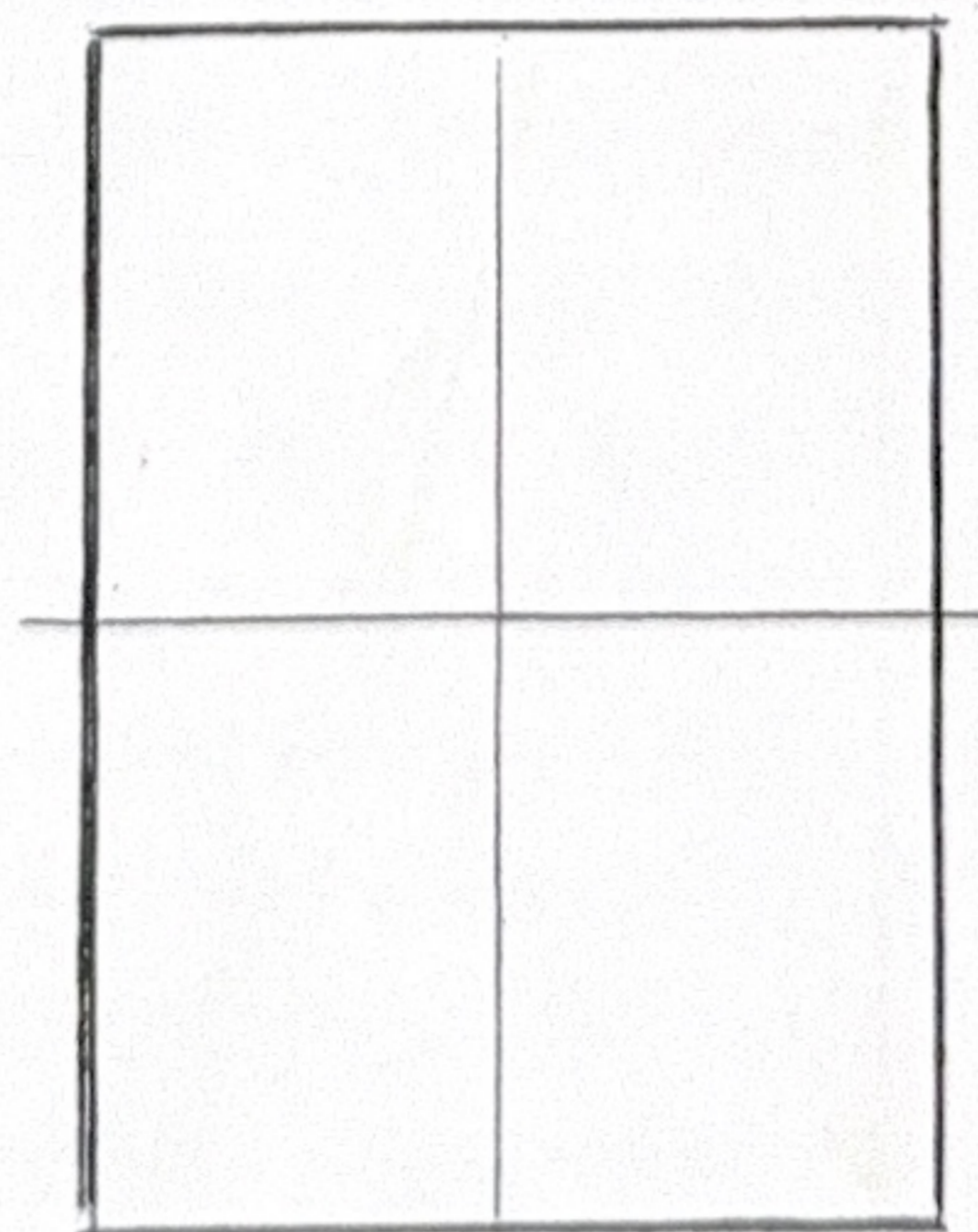
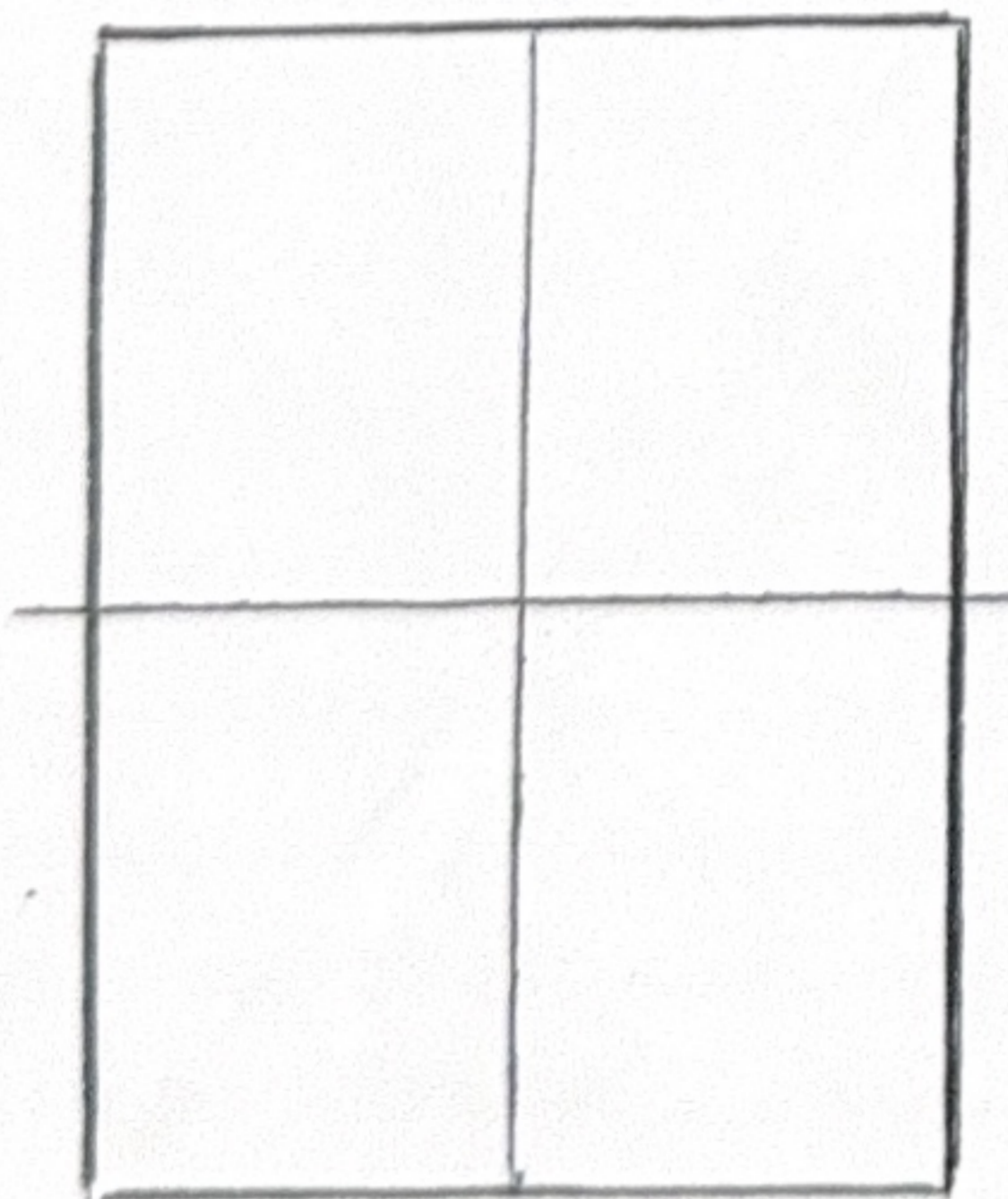
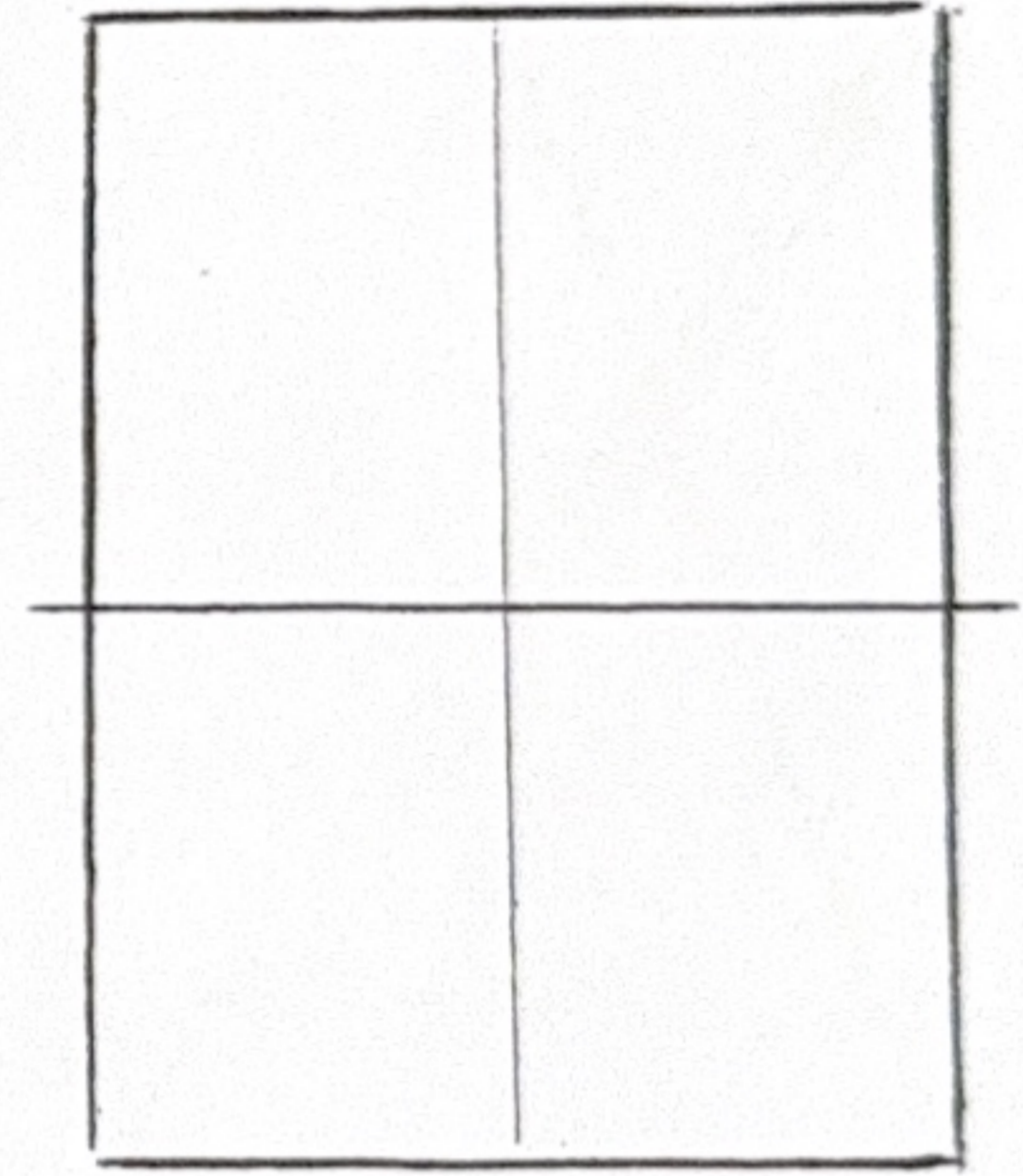
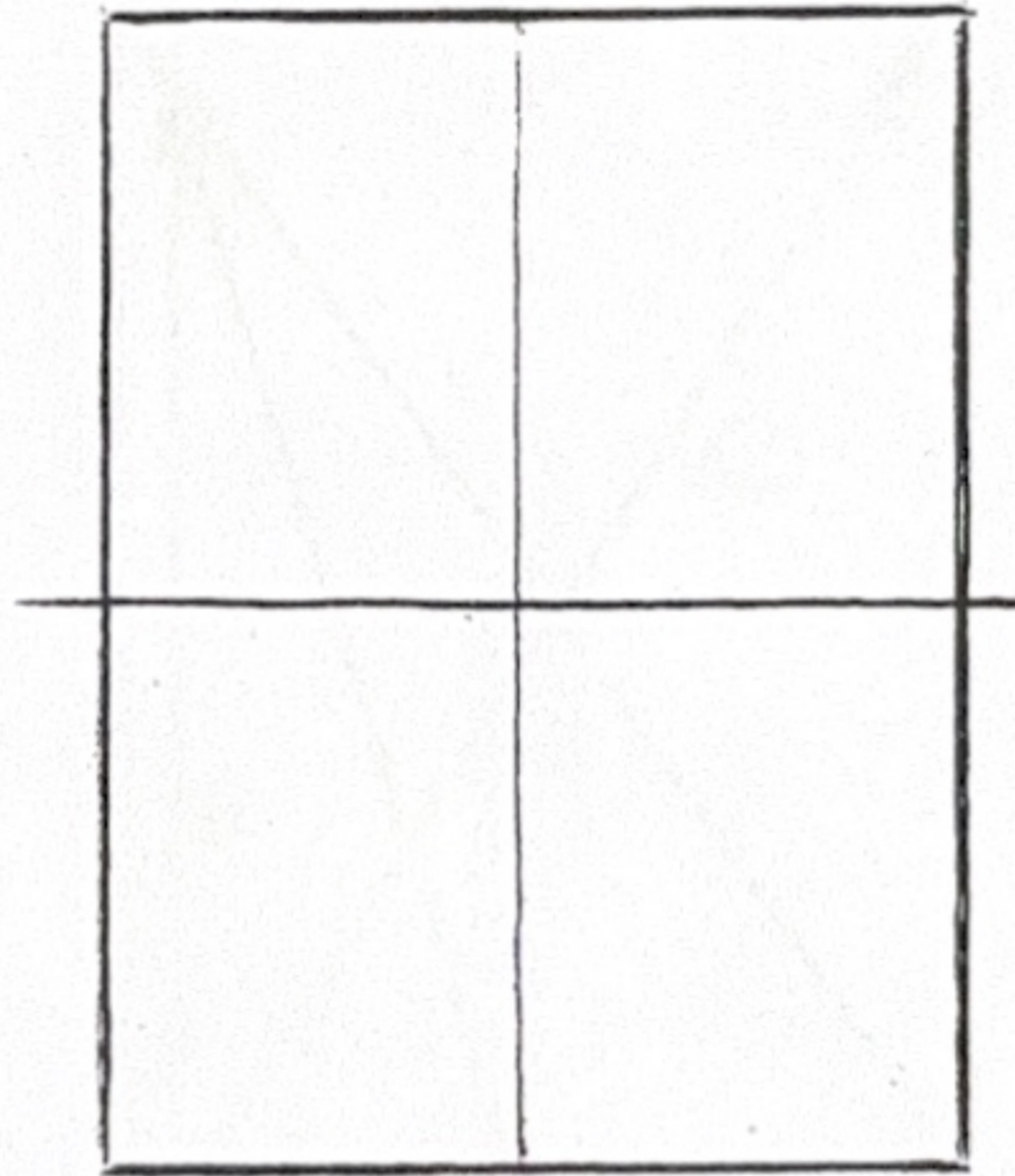
= EASTER BREAK =



6.04.2026 MONDAY = EASTER BREAK =

NEW ZEALAND VETERAN TABLE TENNIS

CHAMPIONSHIPS



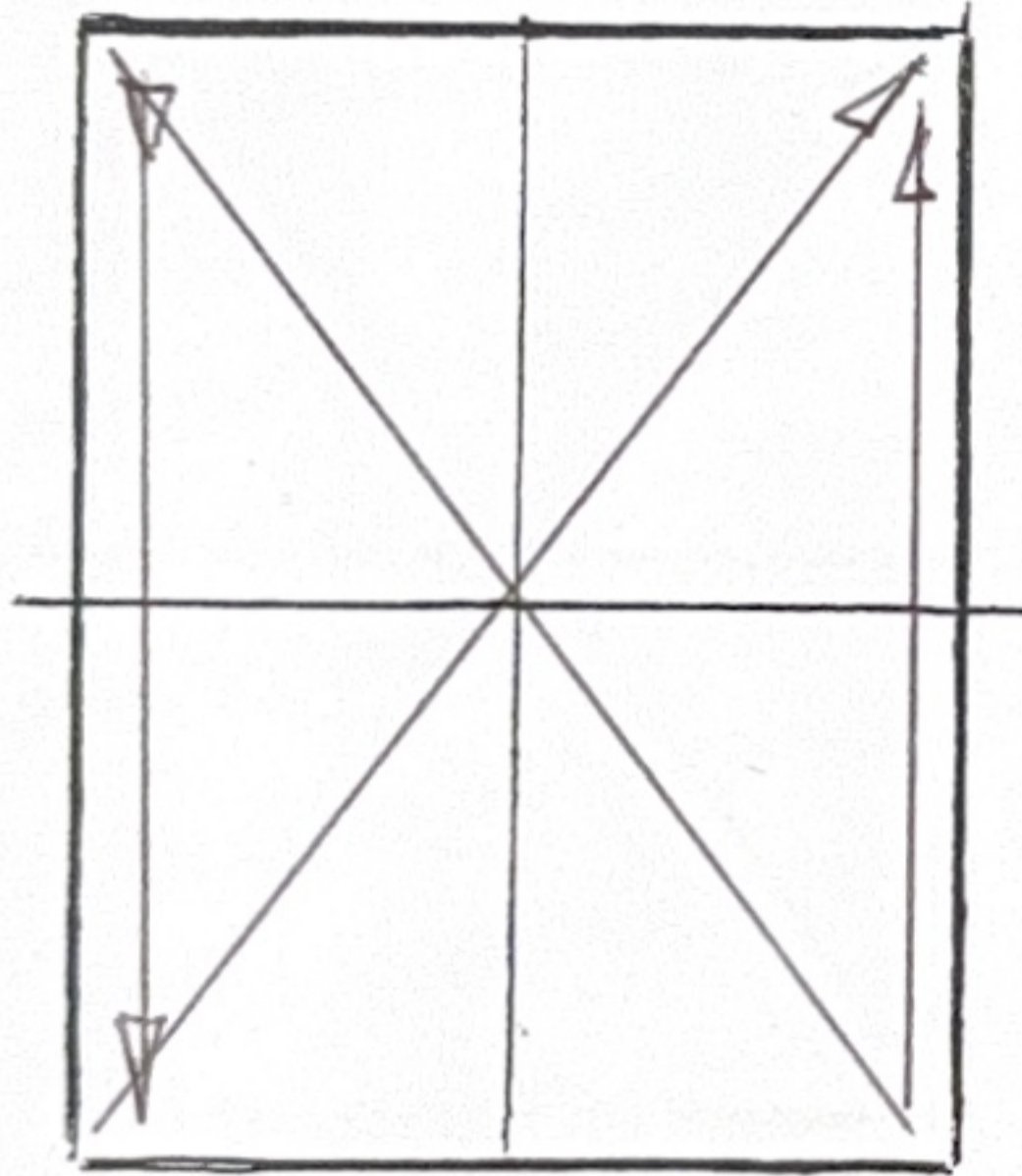
7.04.2026 TUESDAY 19.15-21.15 ELITE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDESTEPS

→ CROSSOVER → PIVOT WARMING UP - FLYER BANDS

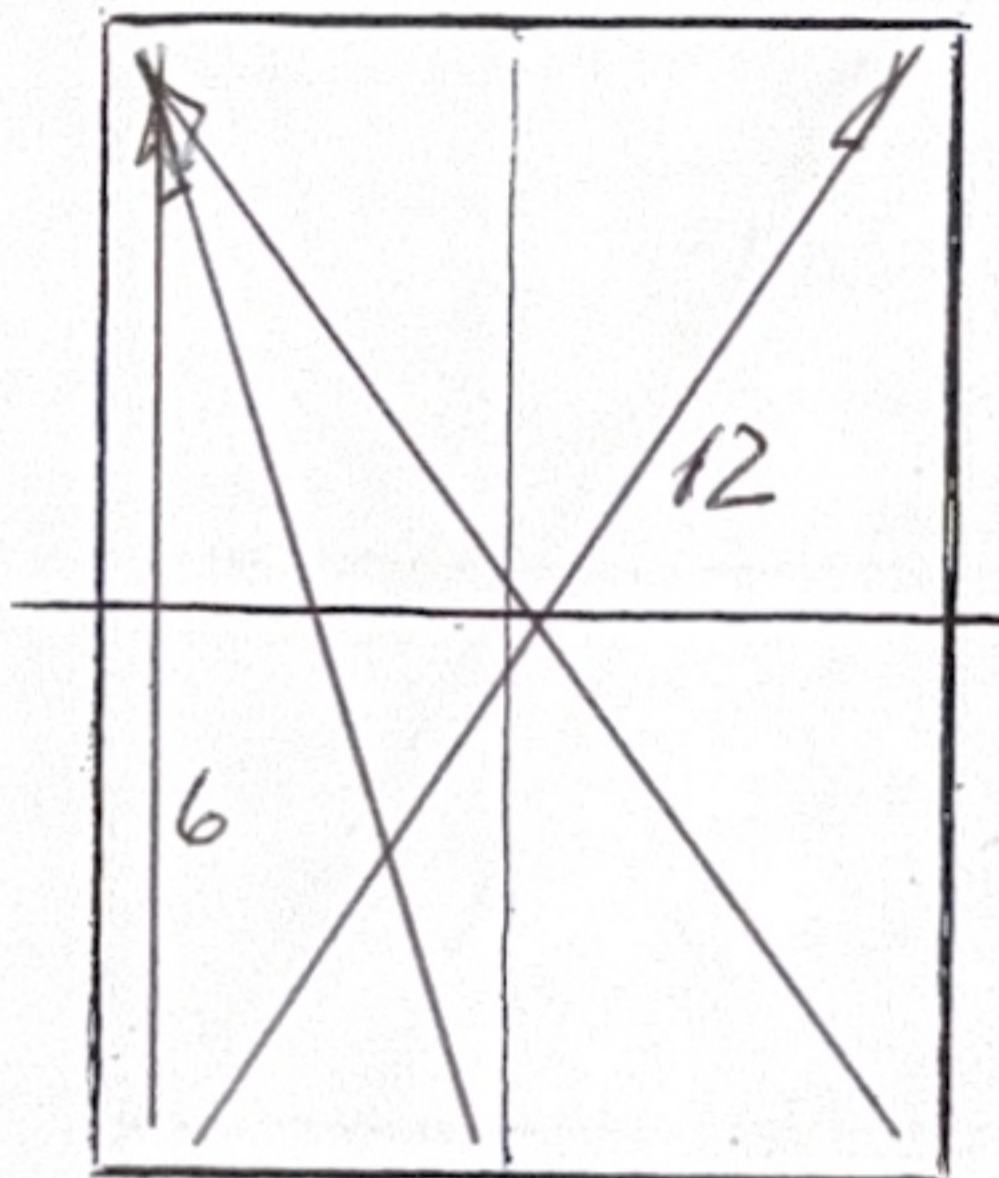
PHYSICAL: FOOTWORK WITH BODY TURN CLOSE TO THE TABLE
5x25" x 25"

15'



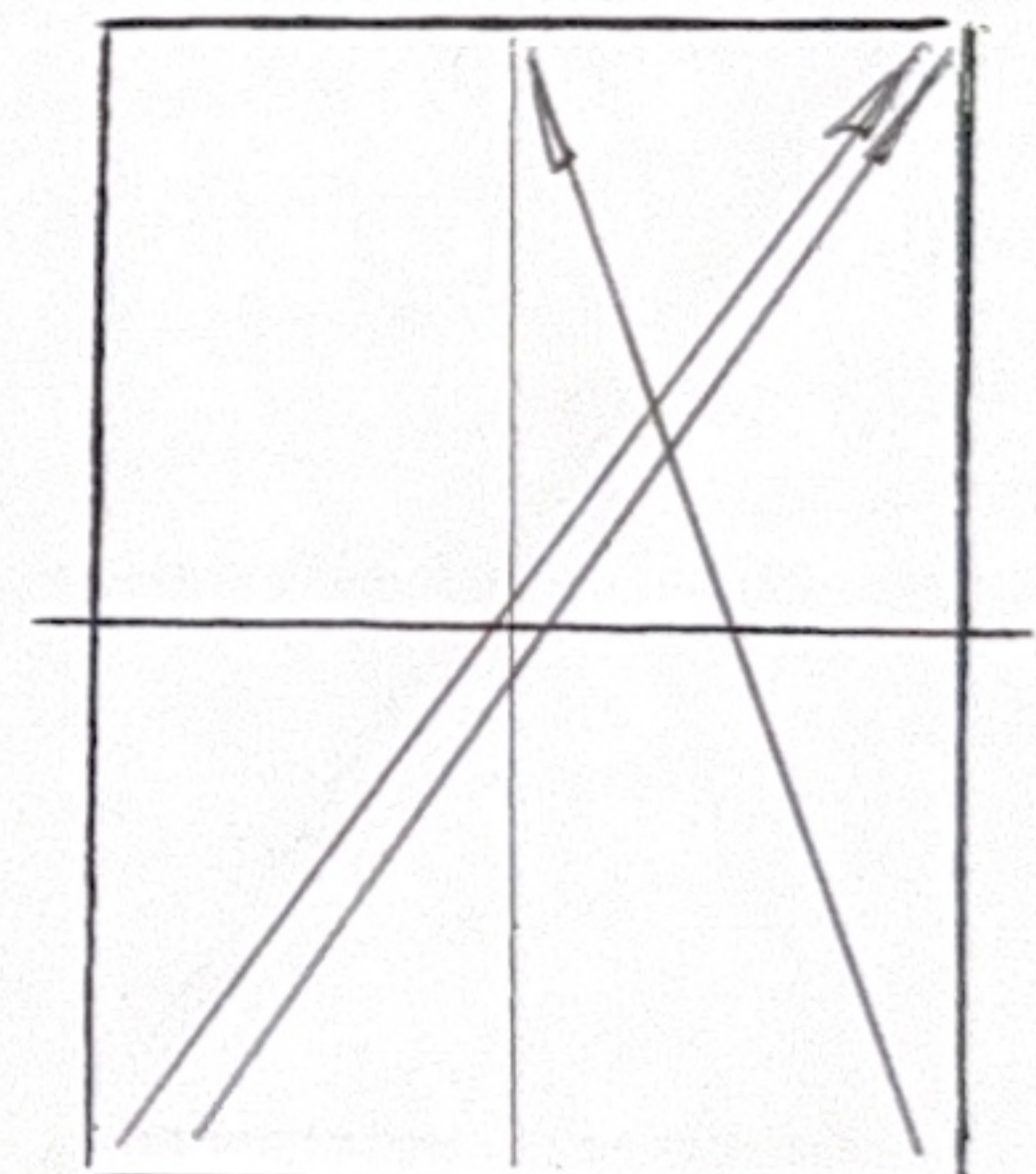
BH DOWN THE FH
51 LINE 51 51

2x8'



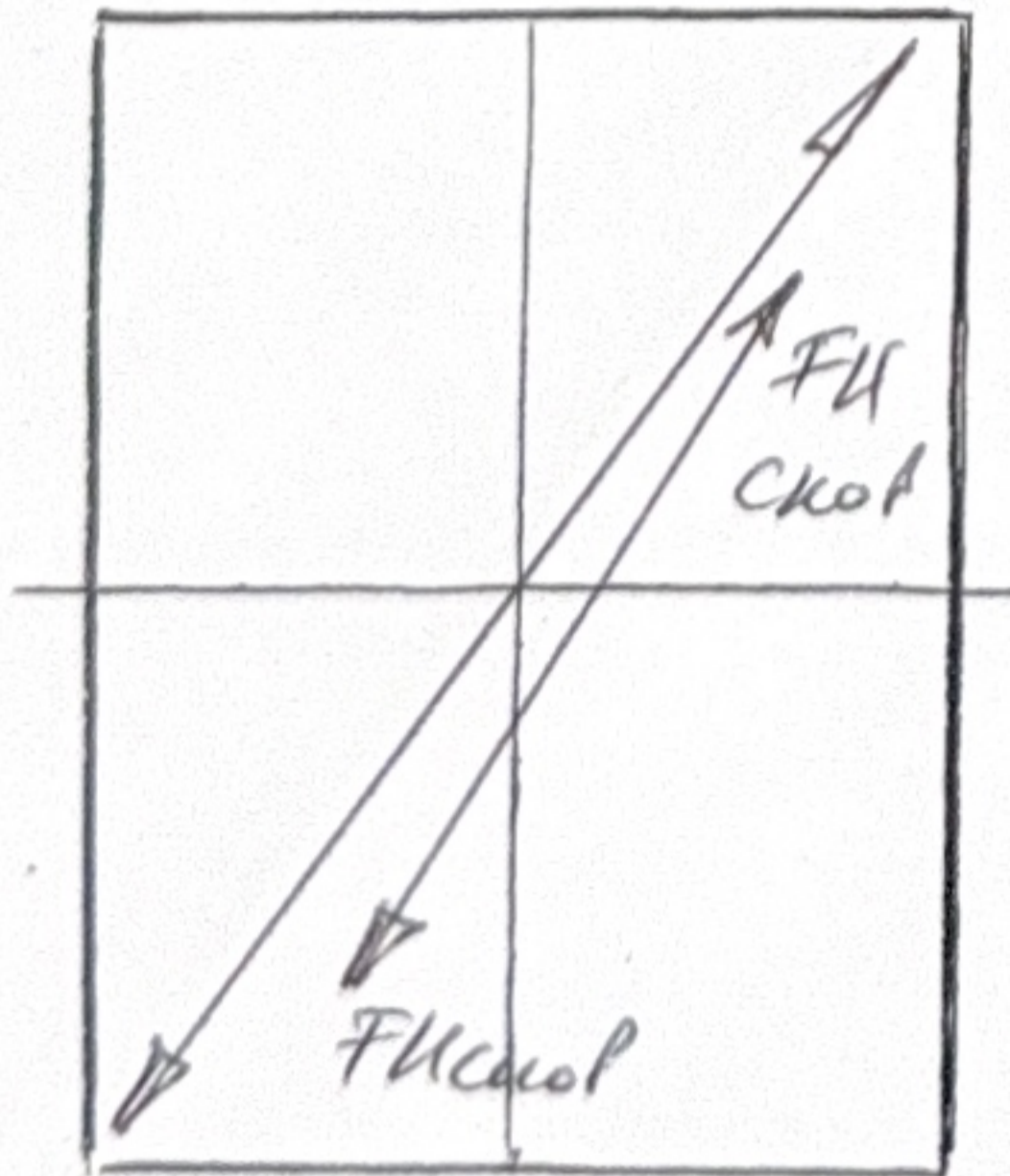
BH FHS FHS
6,12 2,4 1,3,5
8,10 7,8,11
AFTER 12 BALLS
BH TO BH

2x8'



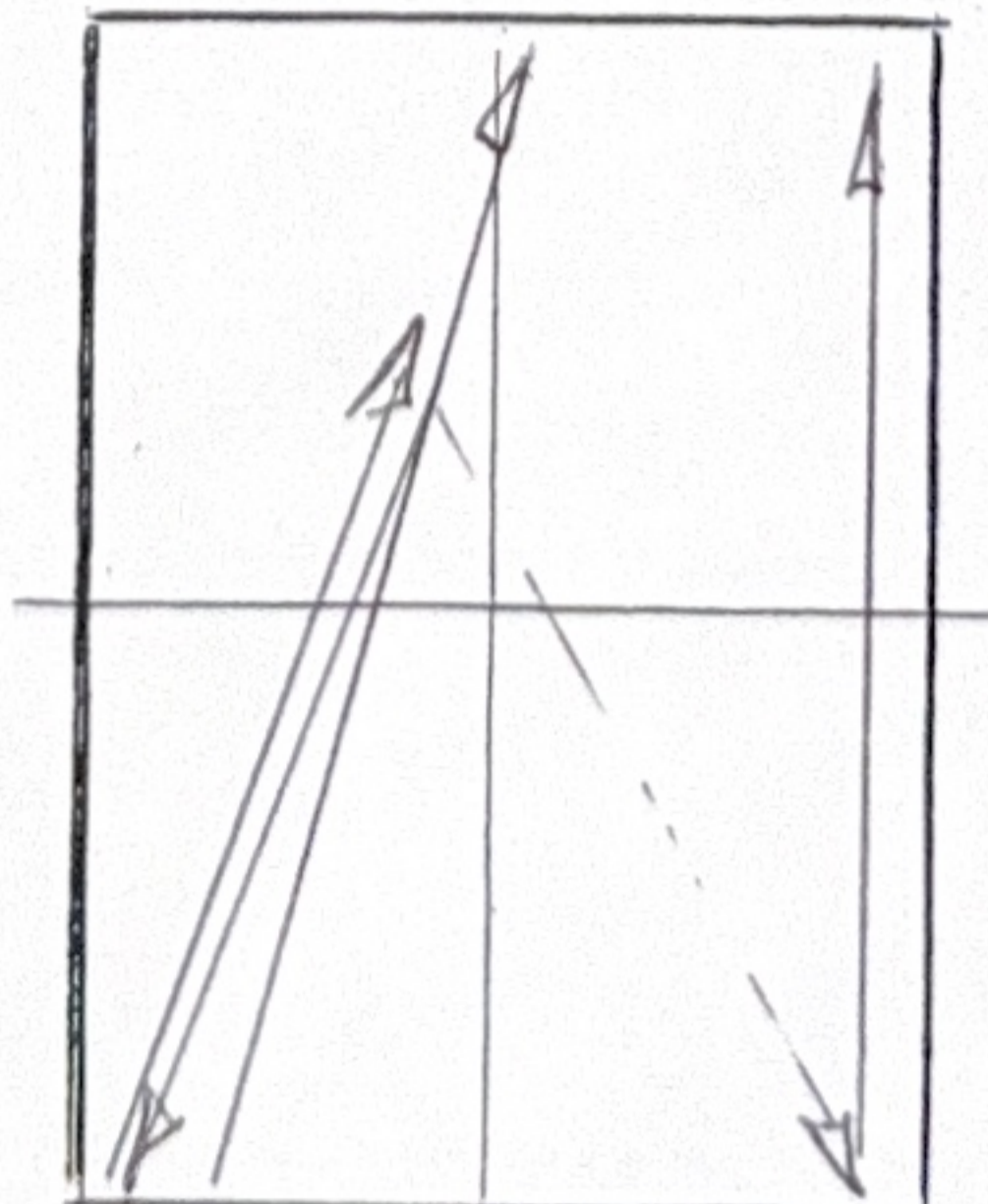
BH FHS
1 AFTER 3
FHS 3 ROUNDS
2 ALL TABLE FREE

8'-TOGETHER BH chop

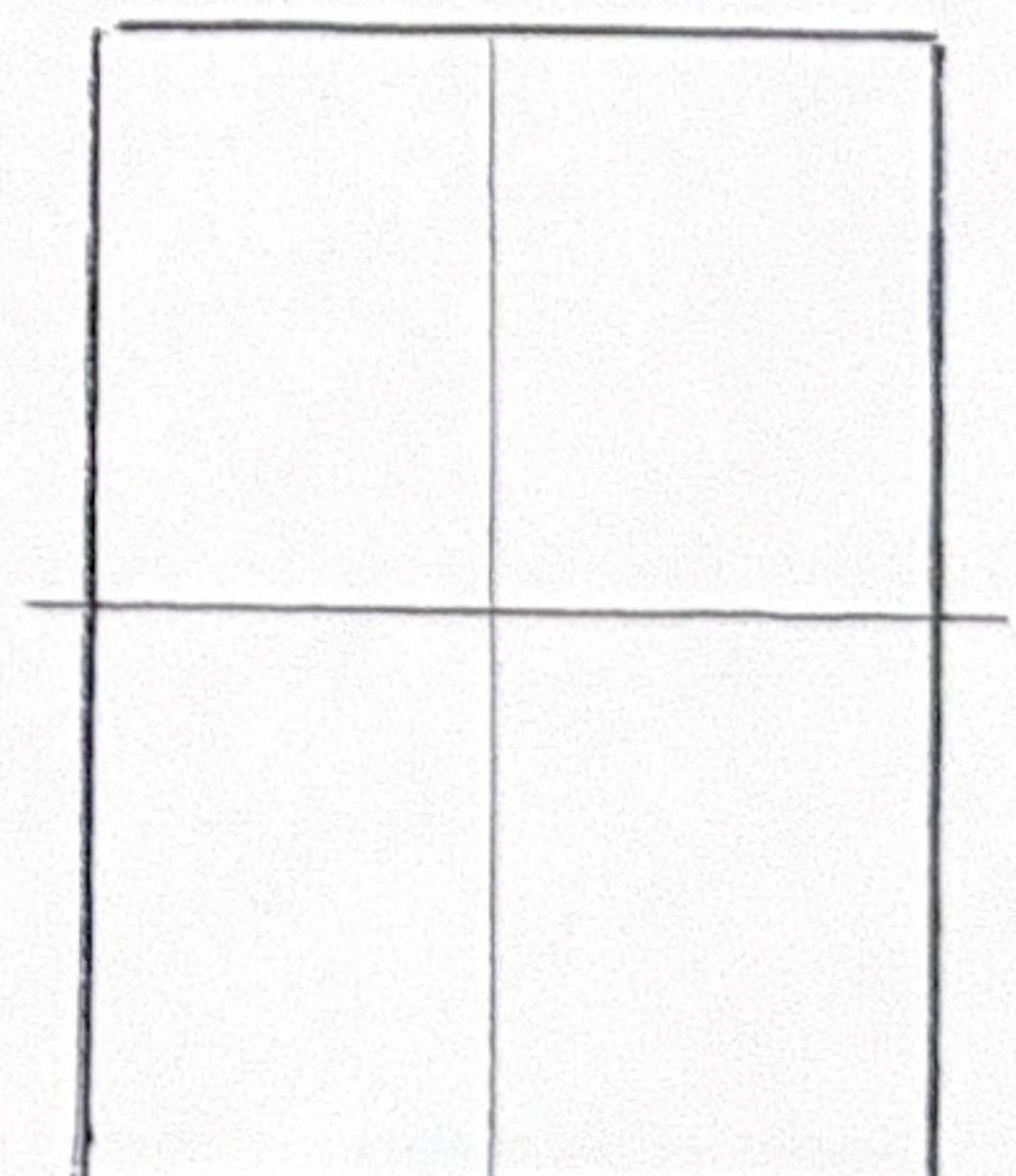


BH chop

2x8'



SERVICE FHS ? FHS
FHS 1 1



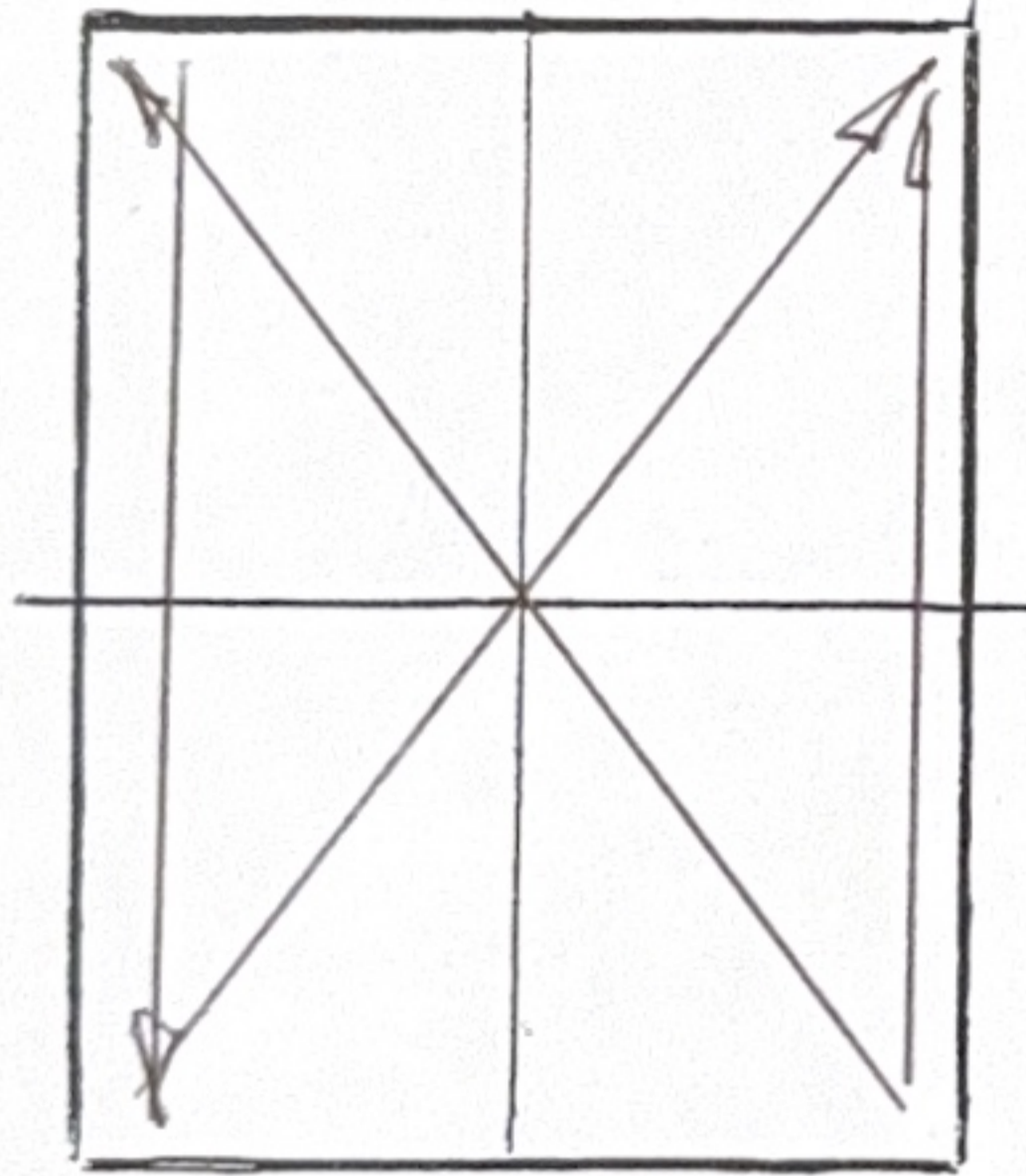
11.04.2026 SATURDAY 15.30-18.00 ELITE SQUAD

1. POWER 2. PLACEMENT 3. 3TH BALL → ATTACK - POWER

PHYSICAL: CIRCUIT TRAINING: 6 STATIONS → 4 M. FOOTWORK

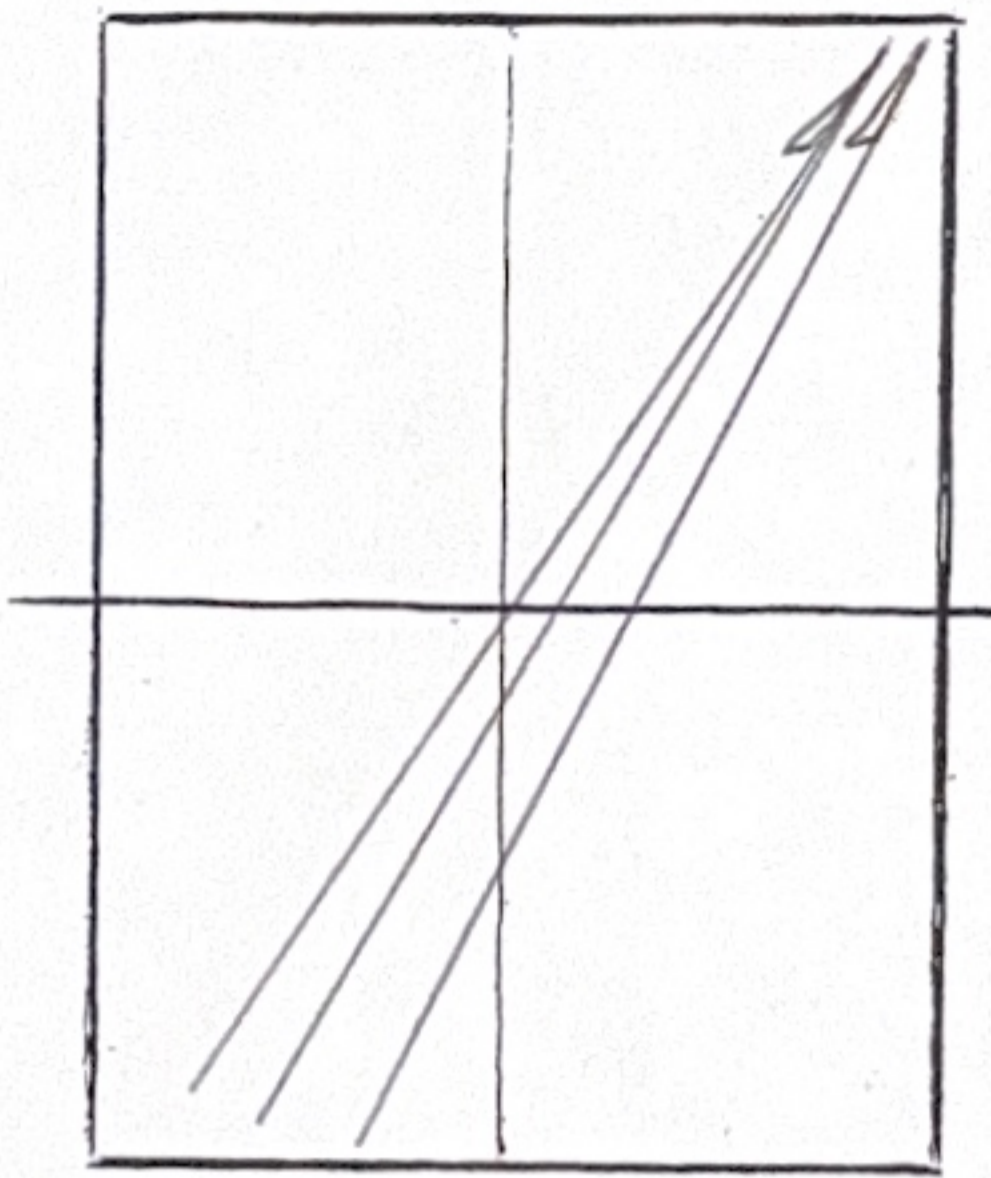
→ ABDOMINALS → PUSH-UPS → JUMPS SIDE TO SIDE → JUMPS WITH THERABANDS → TRICEPS

15'



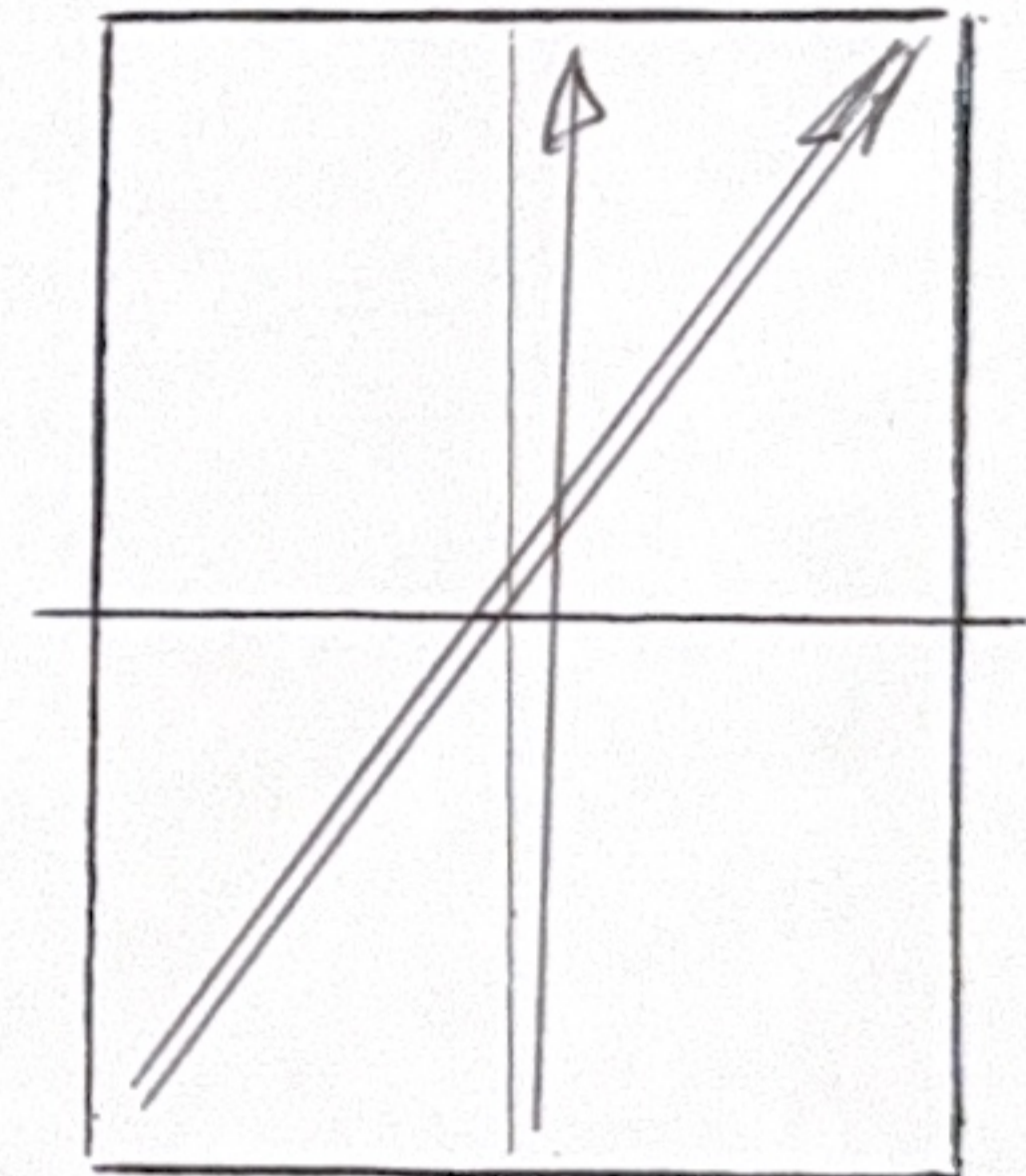
BH DOWN THE FH
SI LINE 5' 5

2x8'



FHS 1,2
FHS 3-POWER

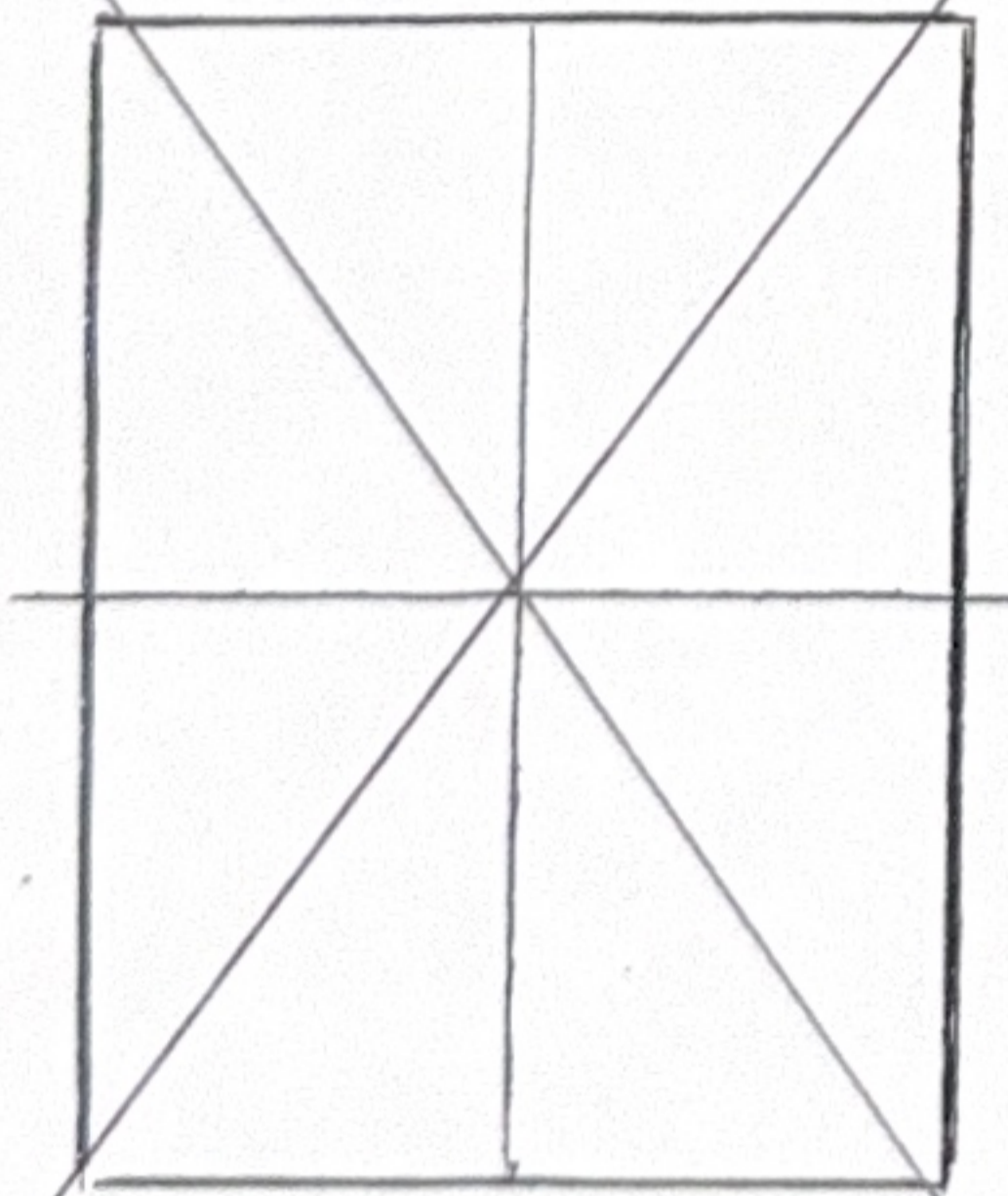
2x8'



BHS 1 FHS 3
BHS 2-POWER

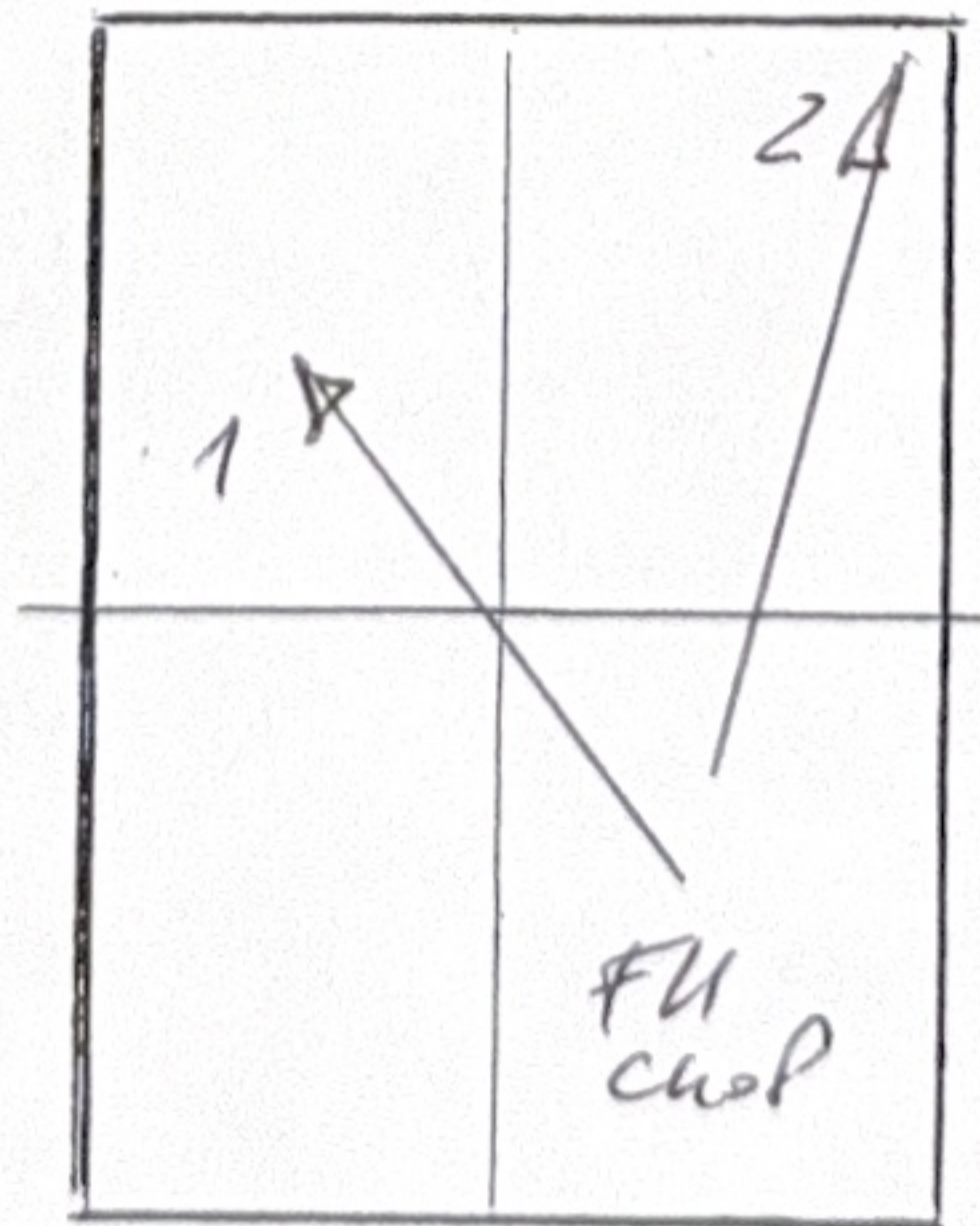
FHS

≈ 12'



ONE SET FH 10 FH
FHS ONE SET BH 10 BH
FHS 10 FHS

2x4'



FH
chop

SERVE
FHS-POWER
TO THE MIDDLE