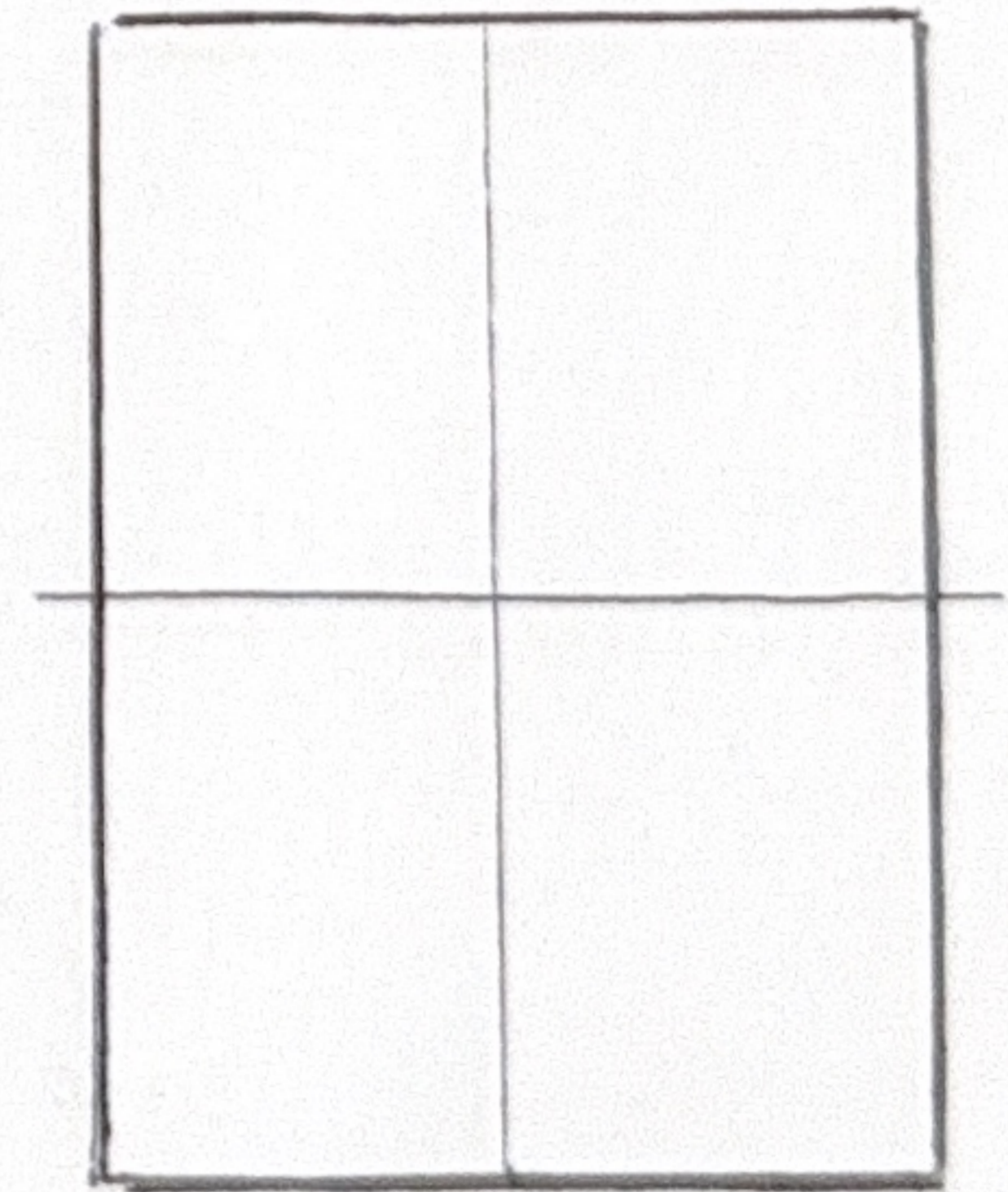
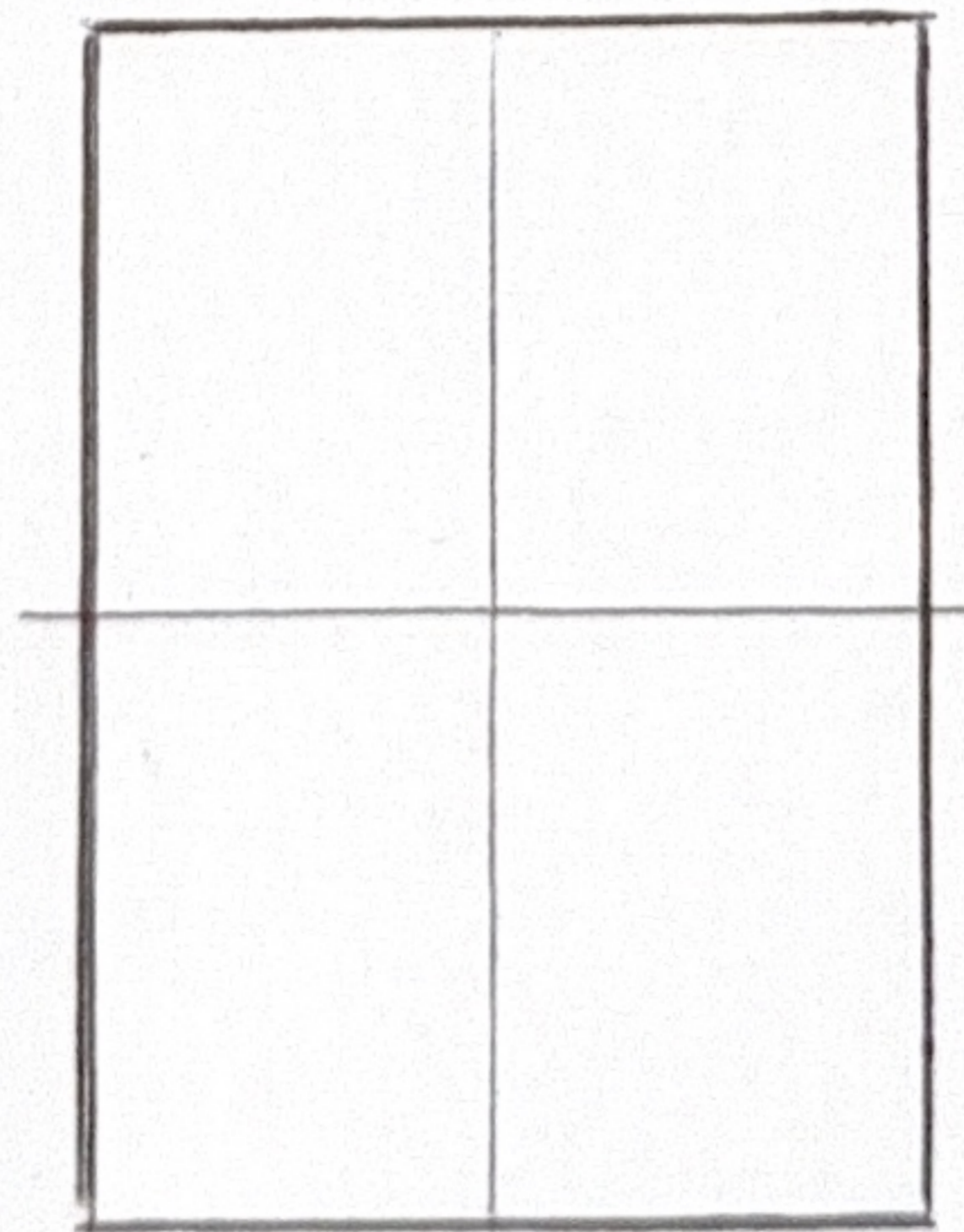
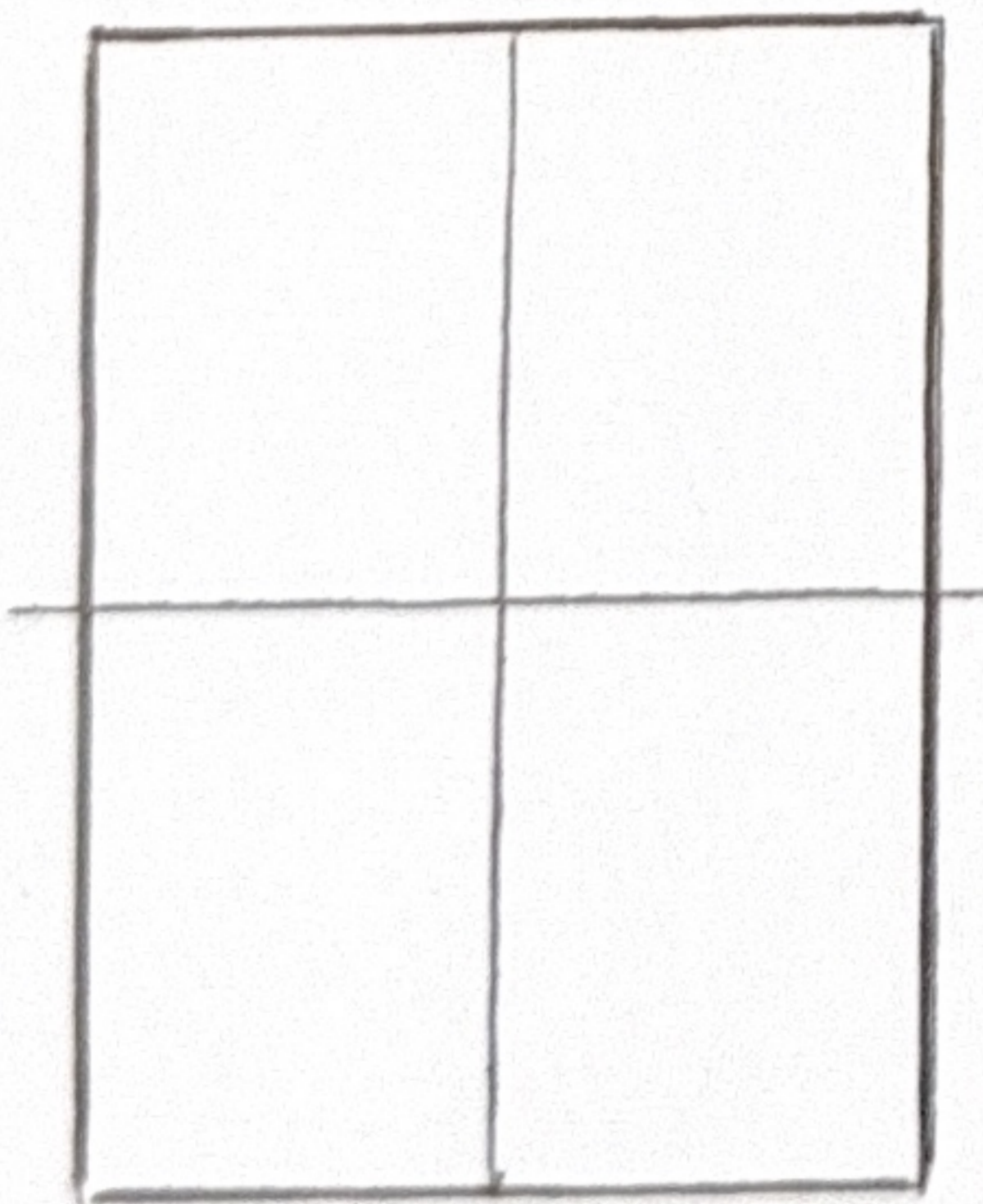
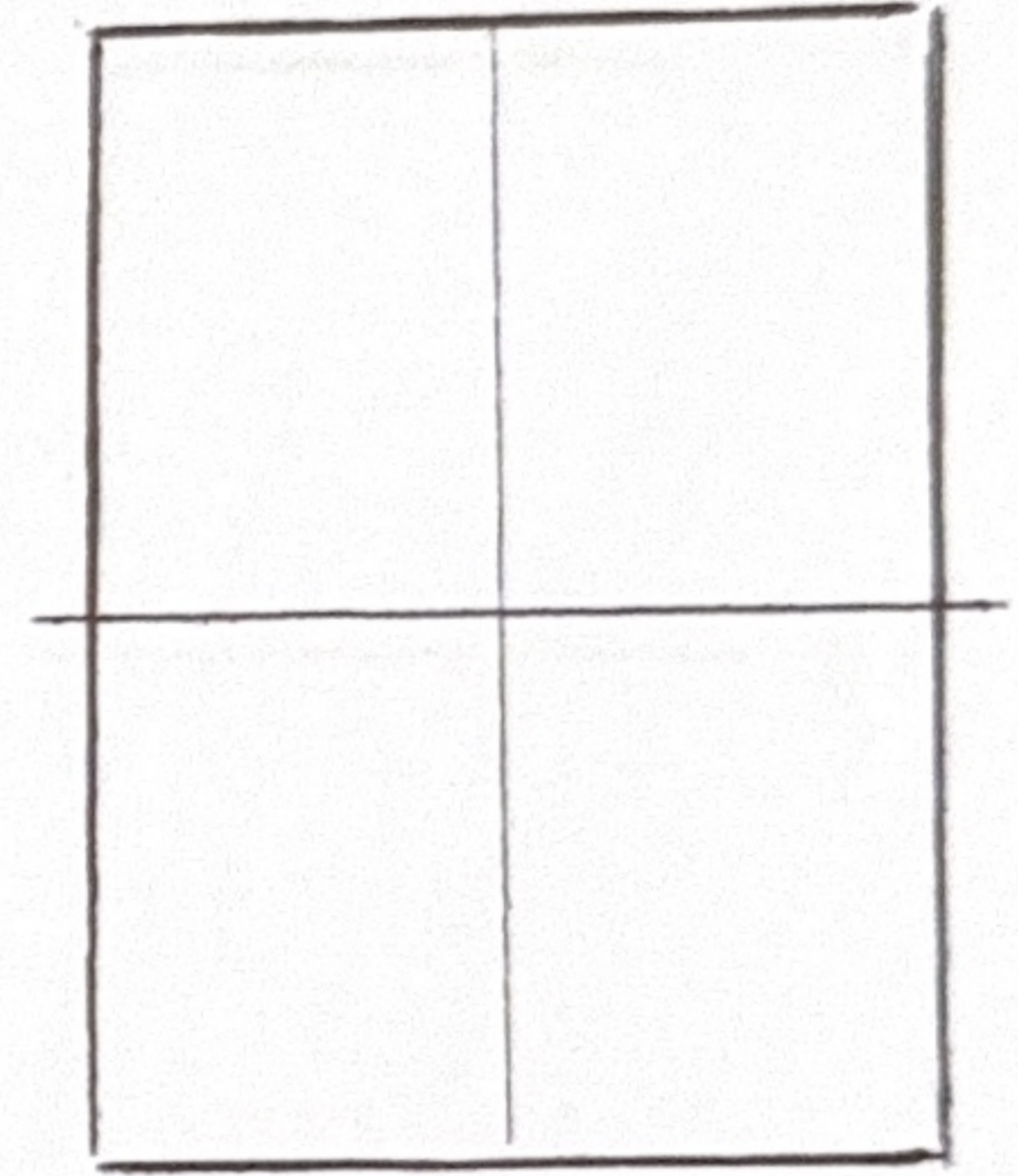
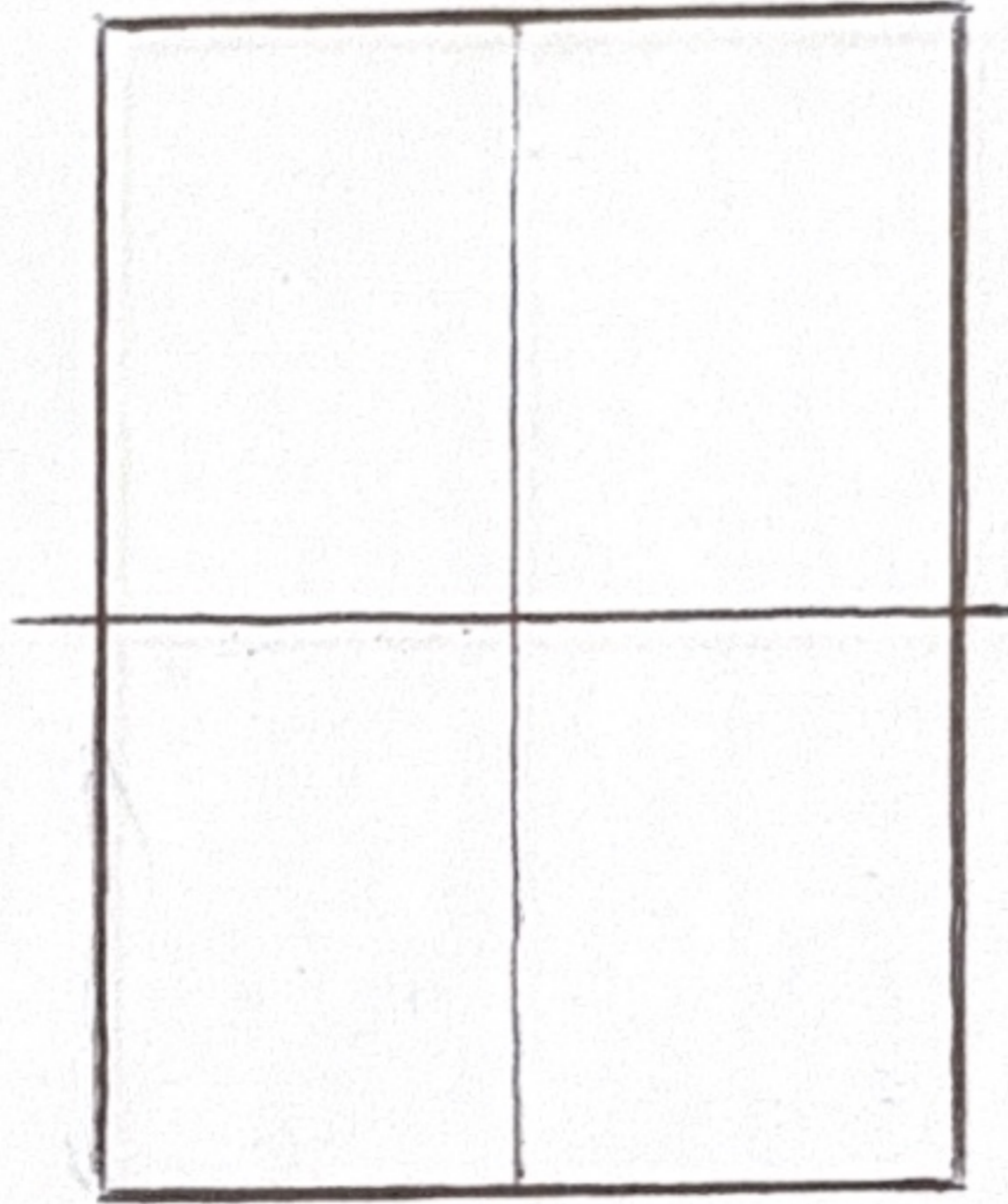
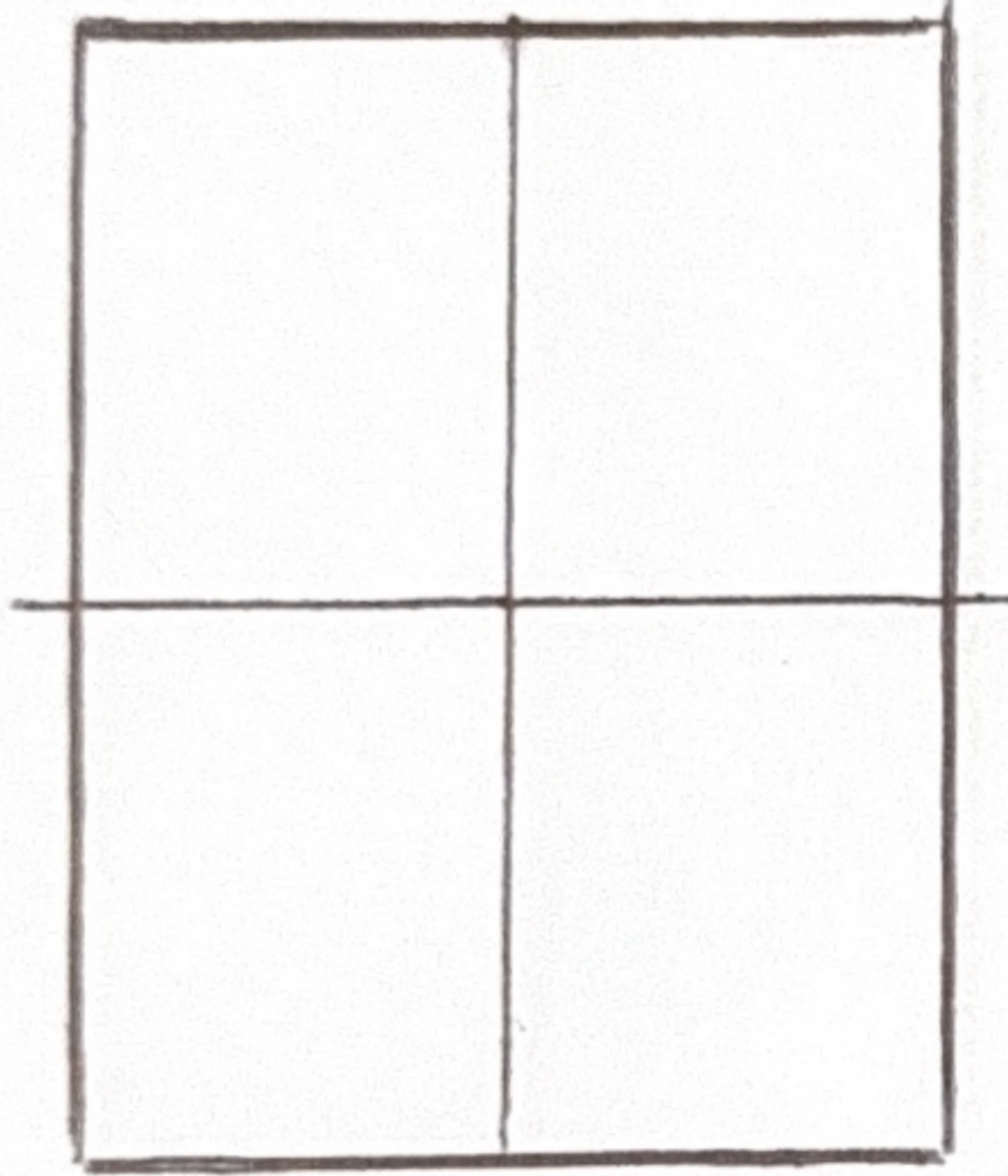


05.04.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

→ ELITE SQUAD

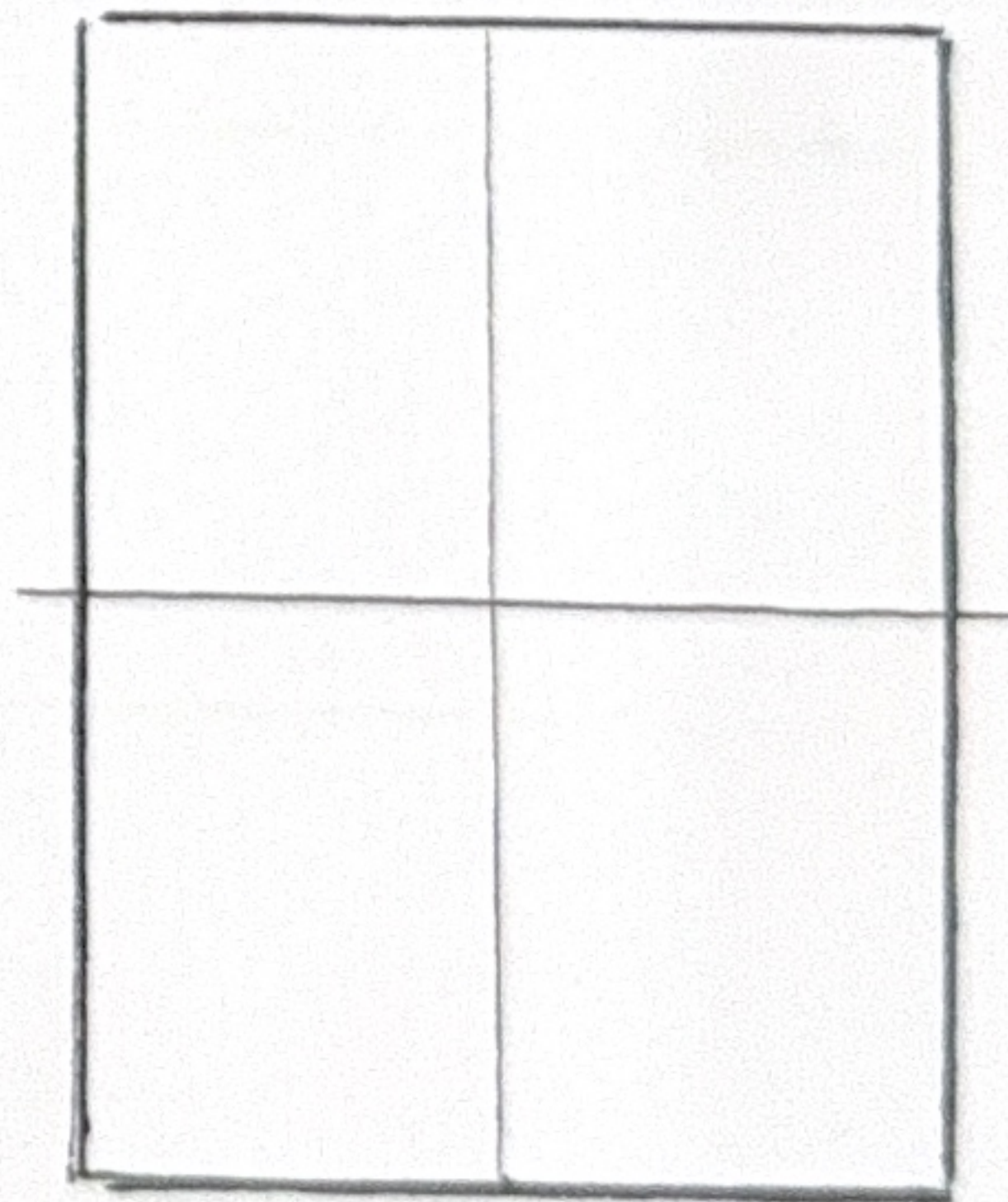
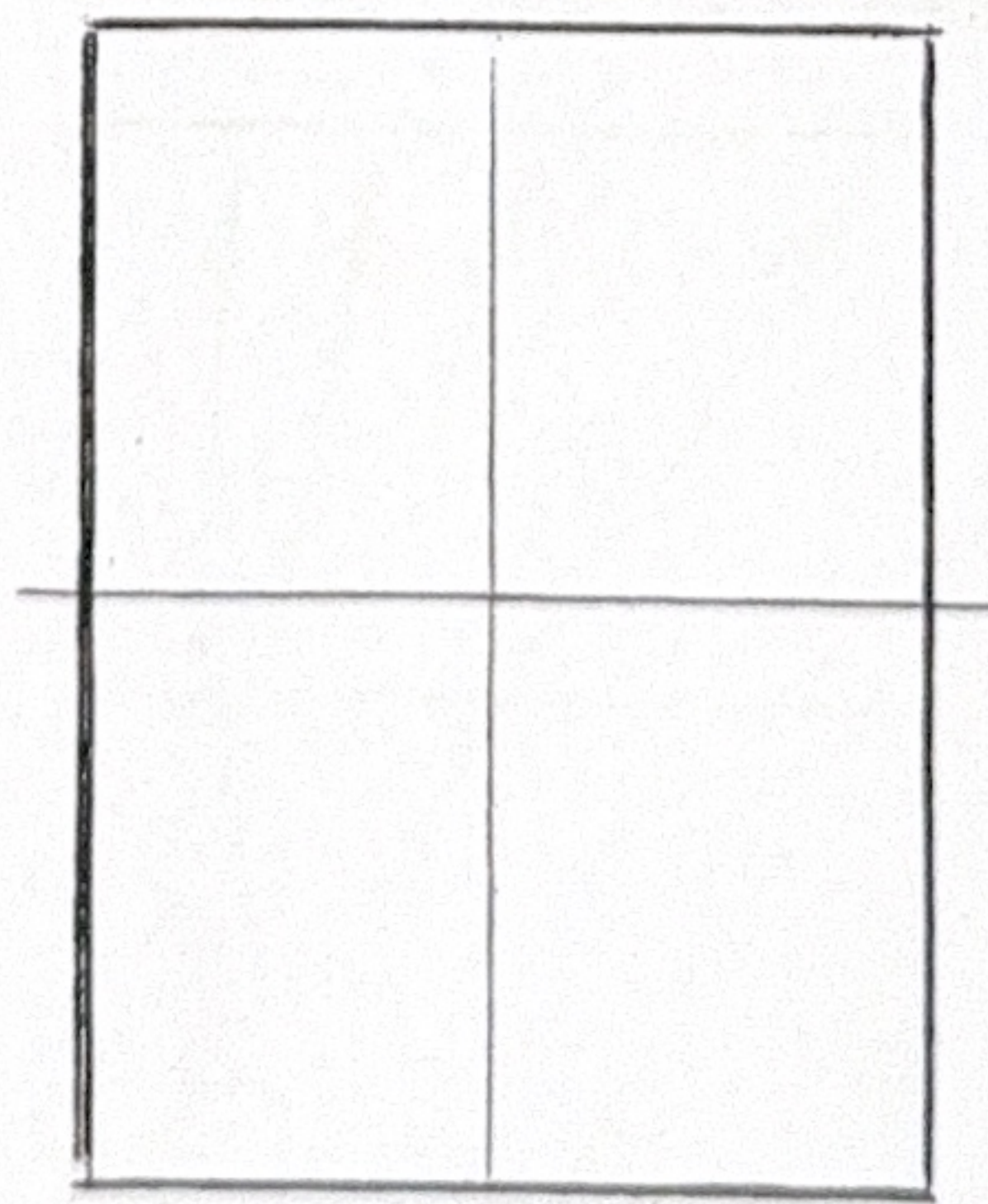
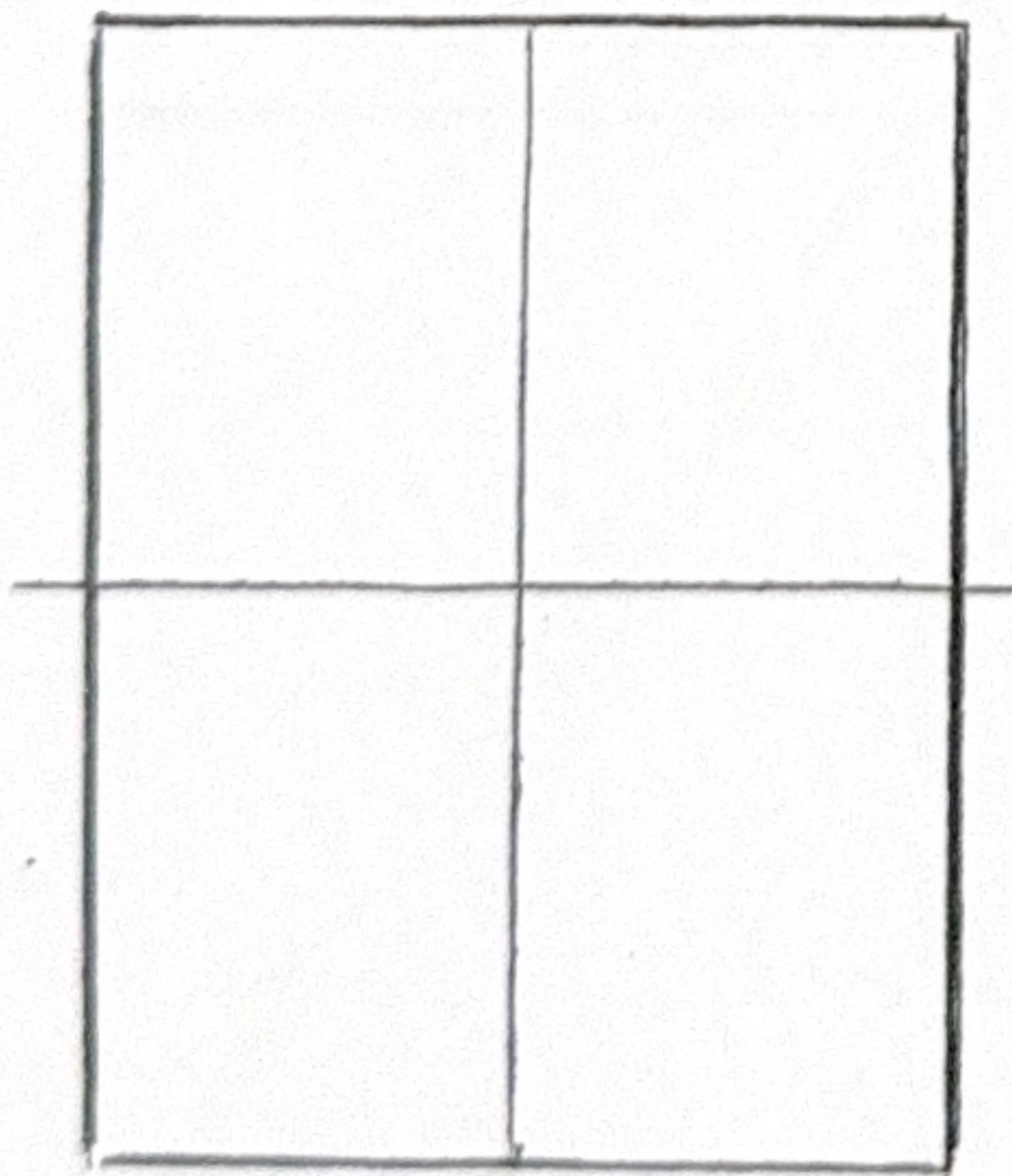
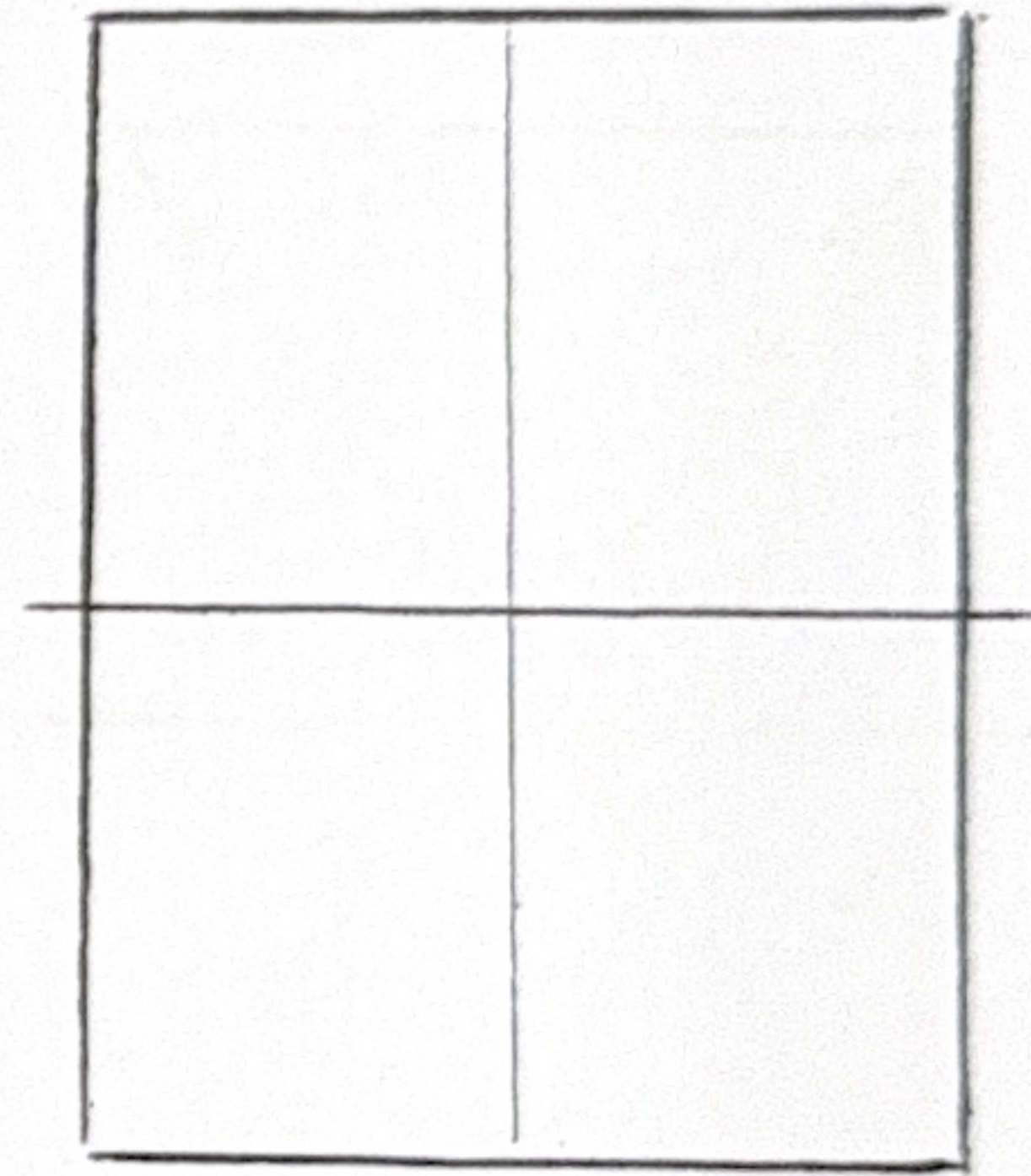
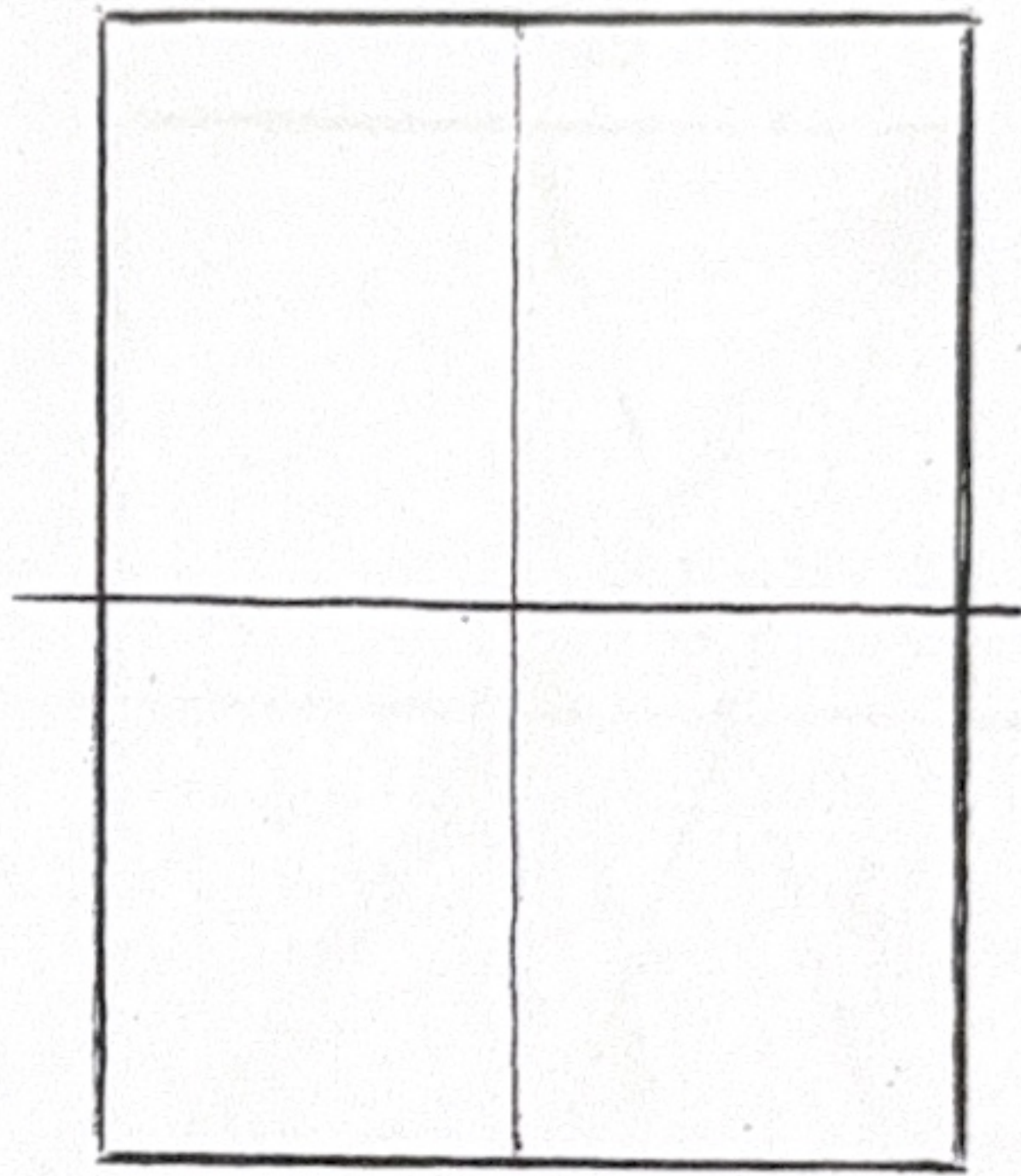
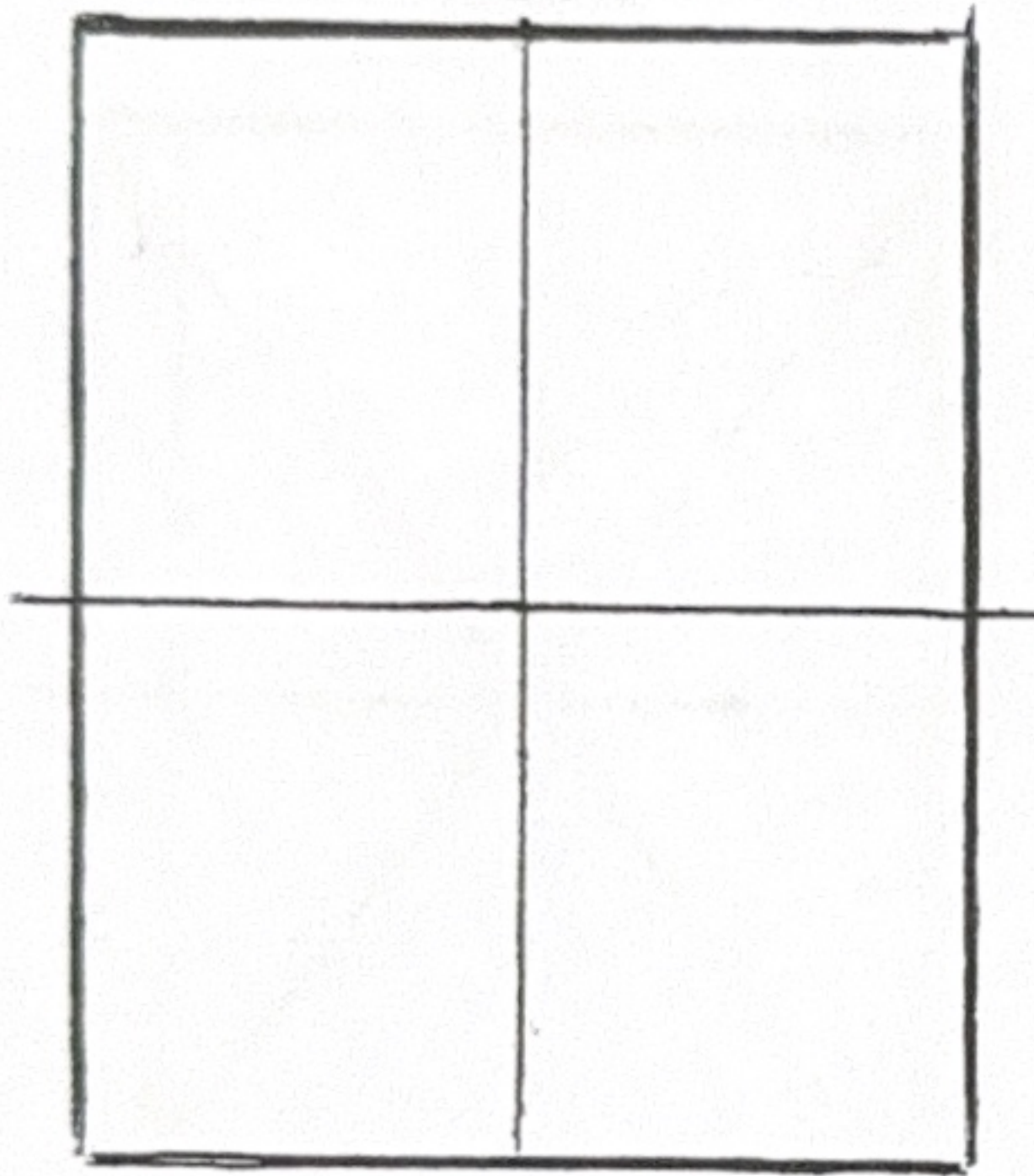
= EASTER BREAK =



6.04.2026 MONDAY = EASTER BREAK =

NEW ZEALAND VETERAN TABLE TENNIS

CHAMPIONSHIPS

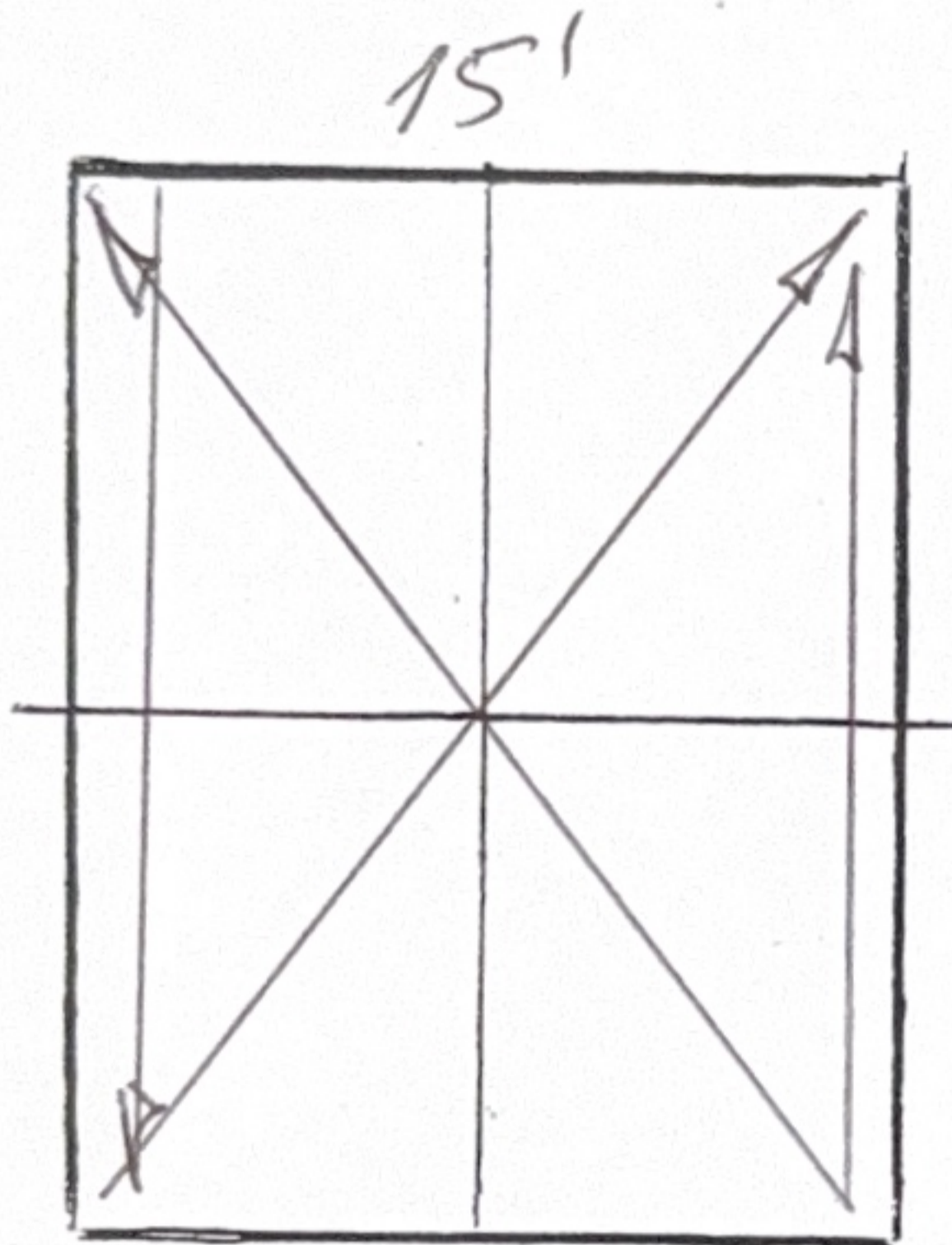


Three horizontal lines for writing.

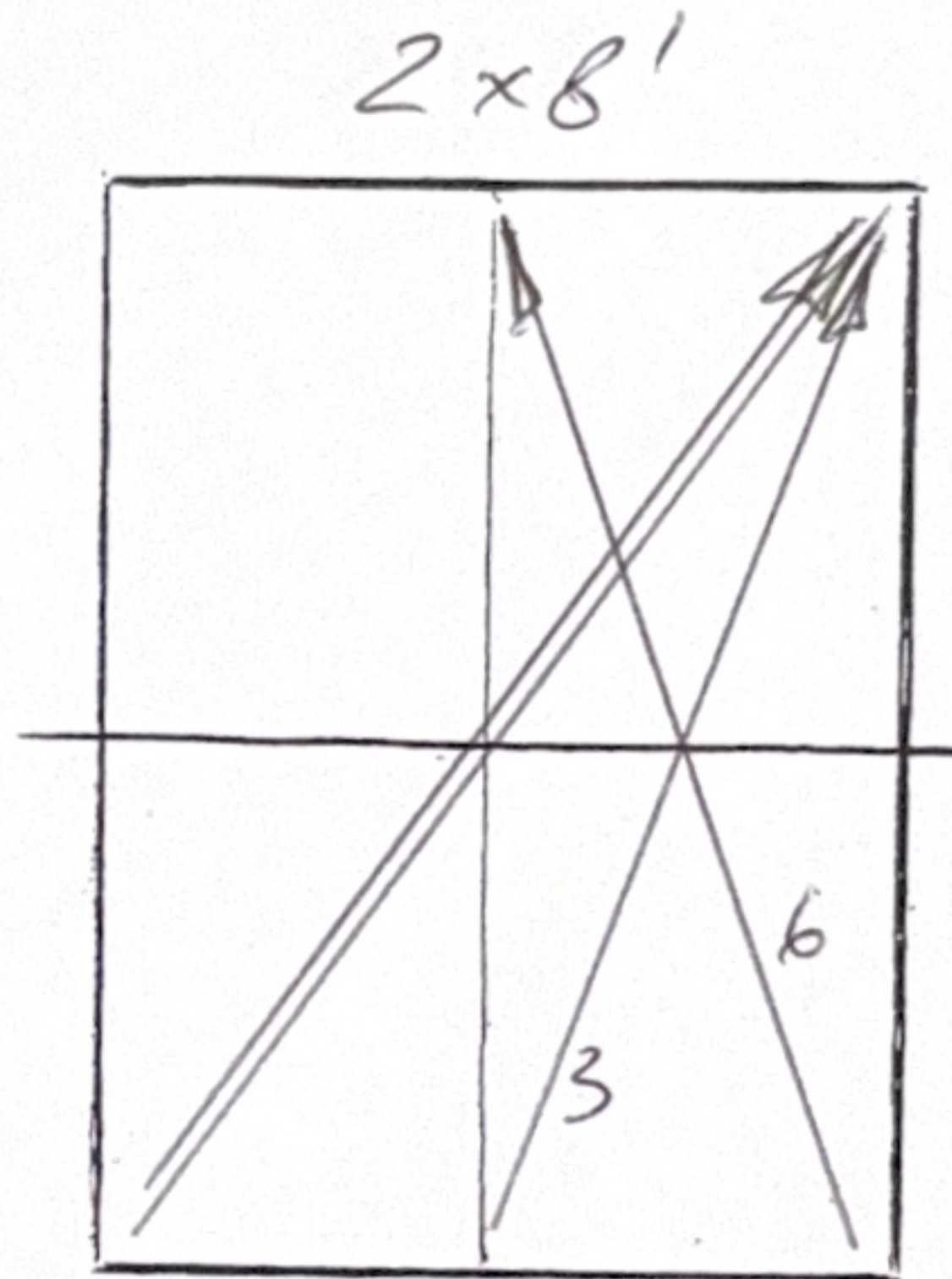
8.04.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK: SIDESTEPS

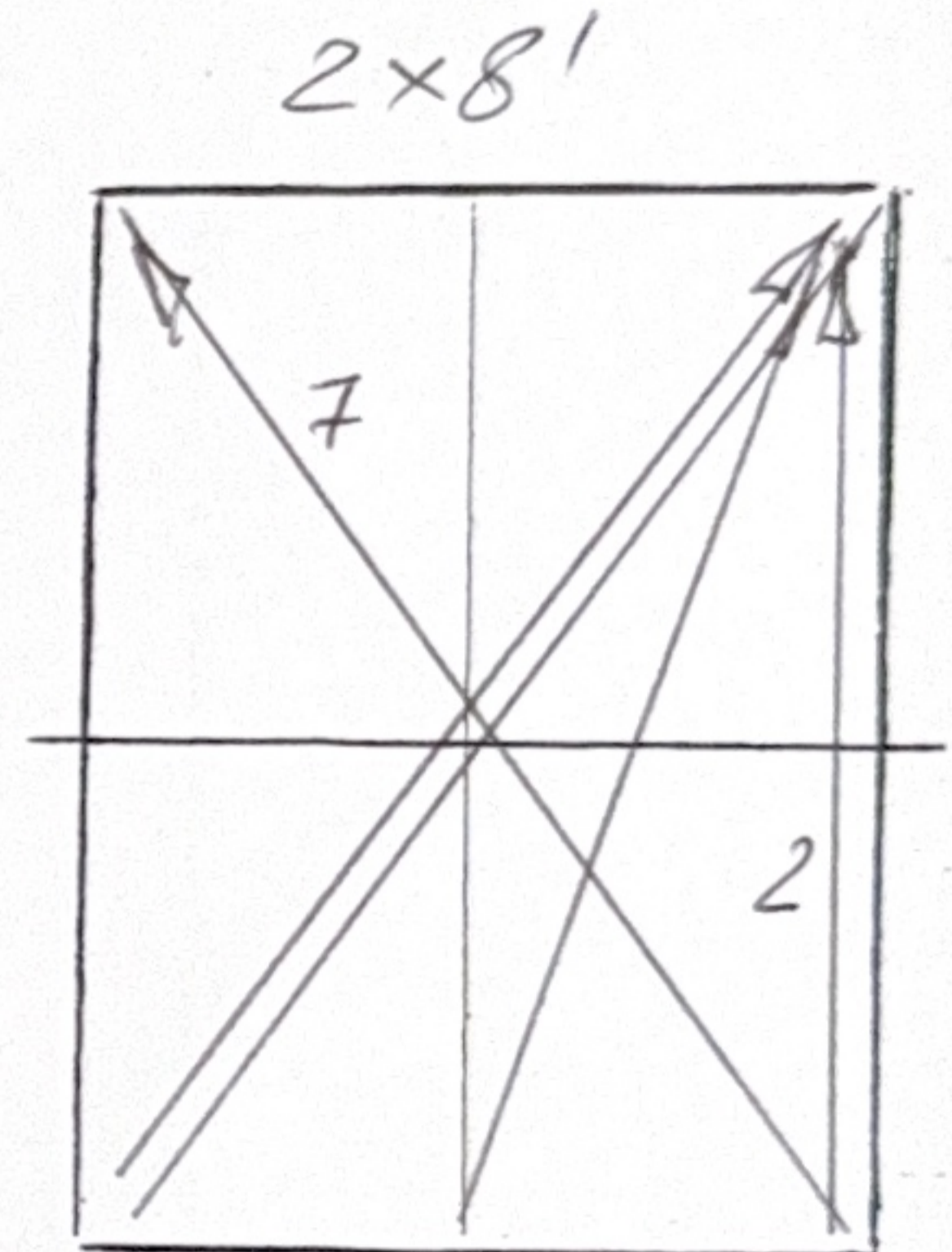
→ PIVOT → CROSSOVER 4. FROM LONG FAST SERVICE POINT FREE



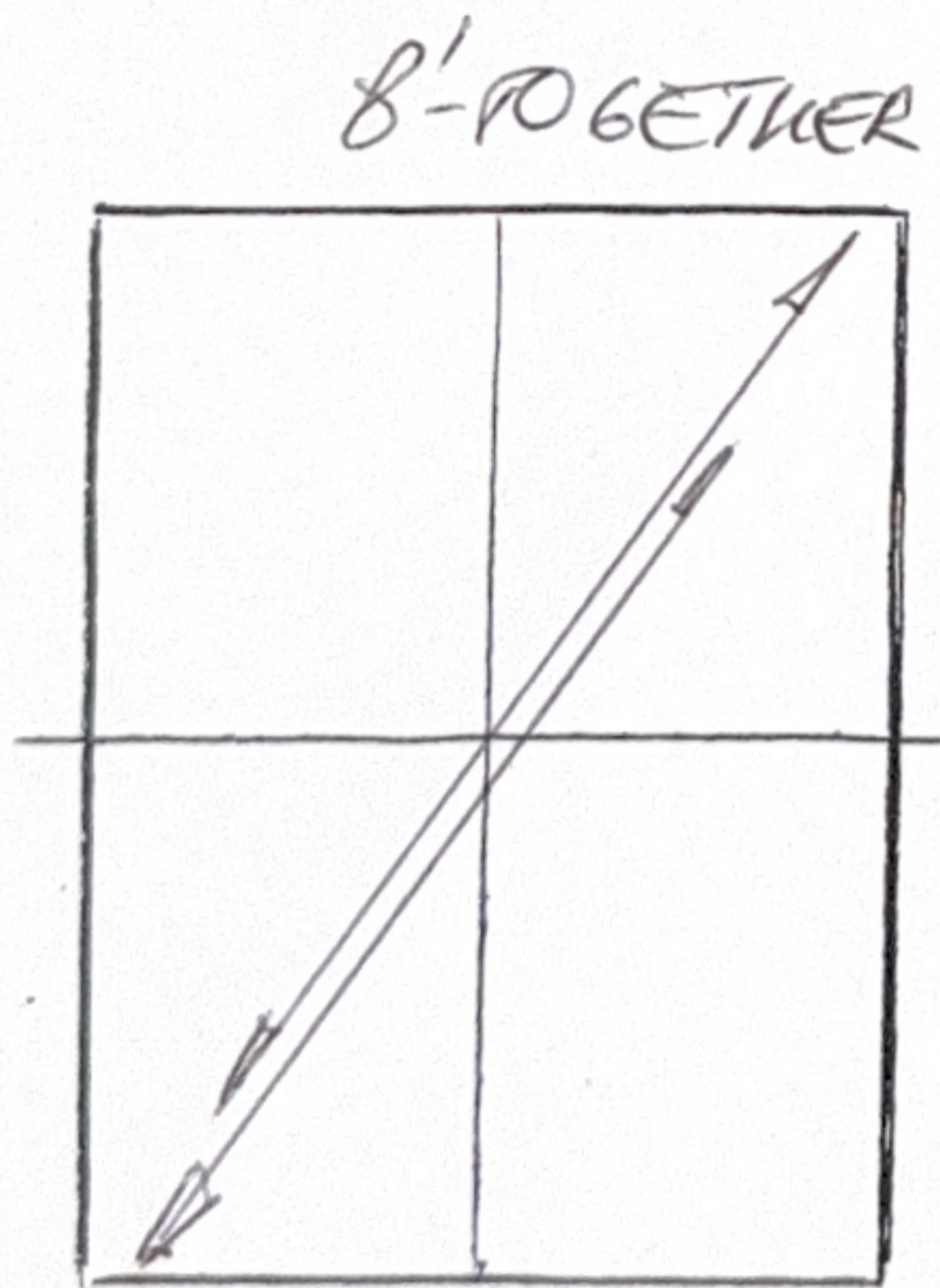
BH DOWN THE FH
5' LINE 5' 5'



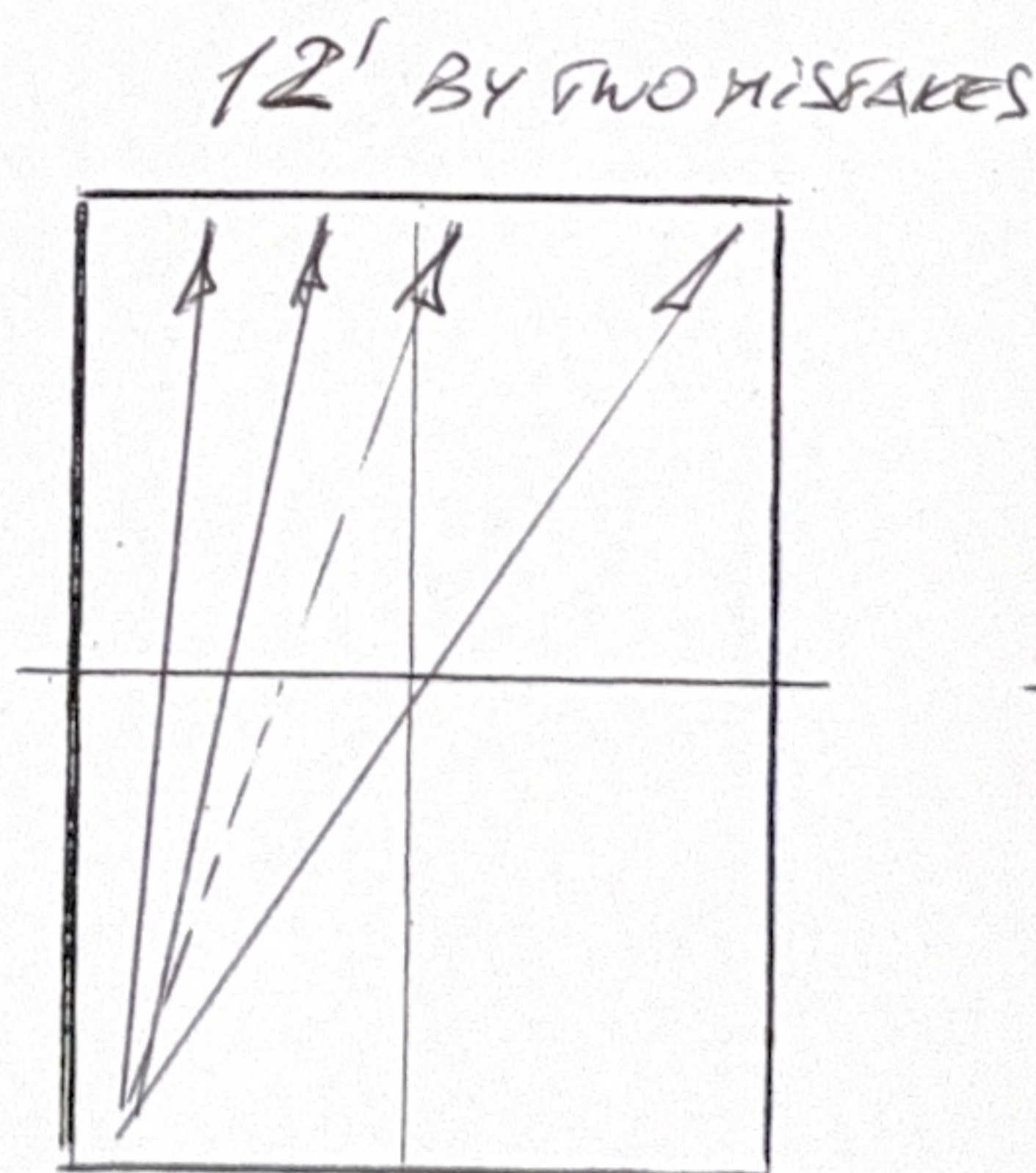
BH 1,4 FHS FHS
FHS 2,5 3 6



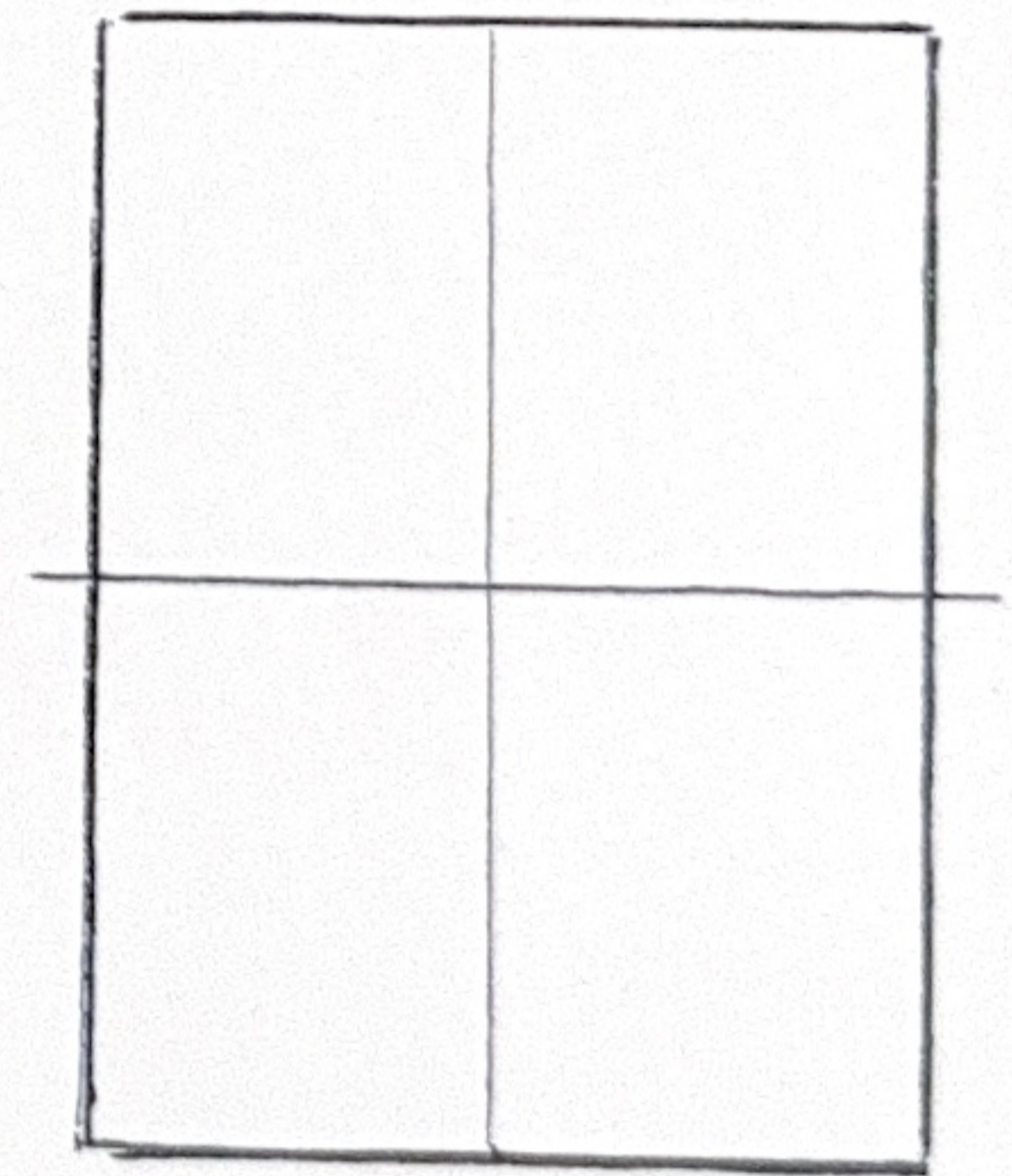
BH 1,3,5 FHS FHS
FHS 6 4 2,7



BH DOWN LONG
FH UP SHORT



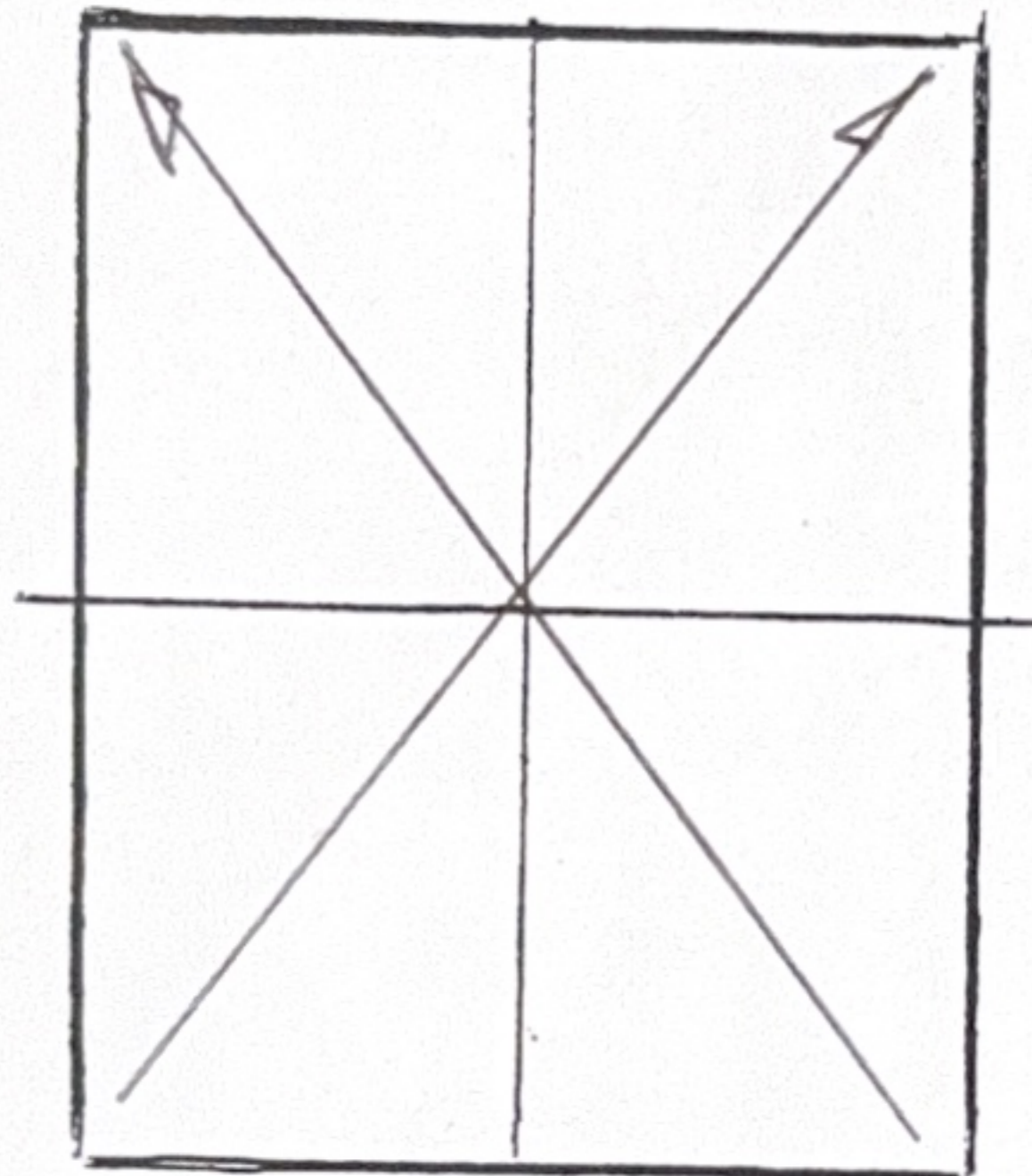
SERVICE LONG
BH OR FHS TO THE
MIDDLE



11.04.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TECHNIQUE 2. ANTICIPATION 3. REACTION

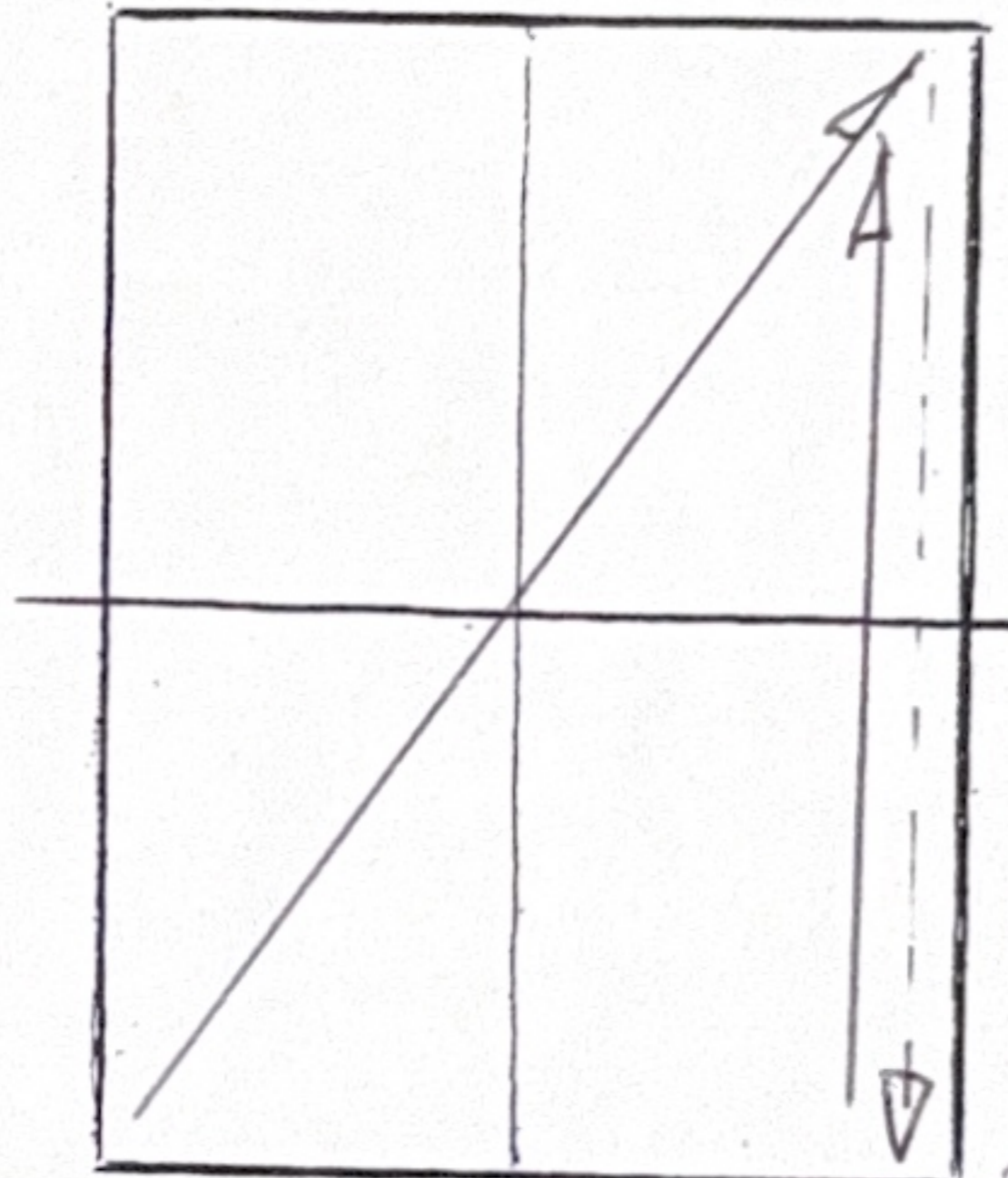
10'



BH
5'

FH
5'

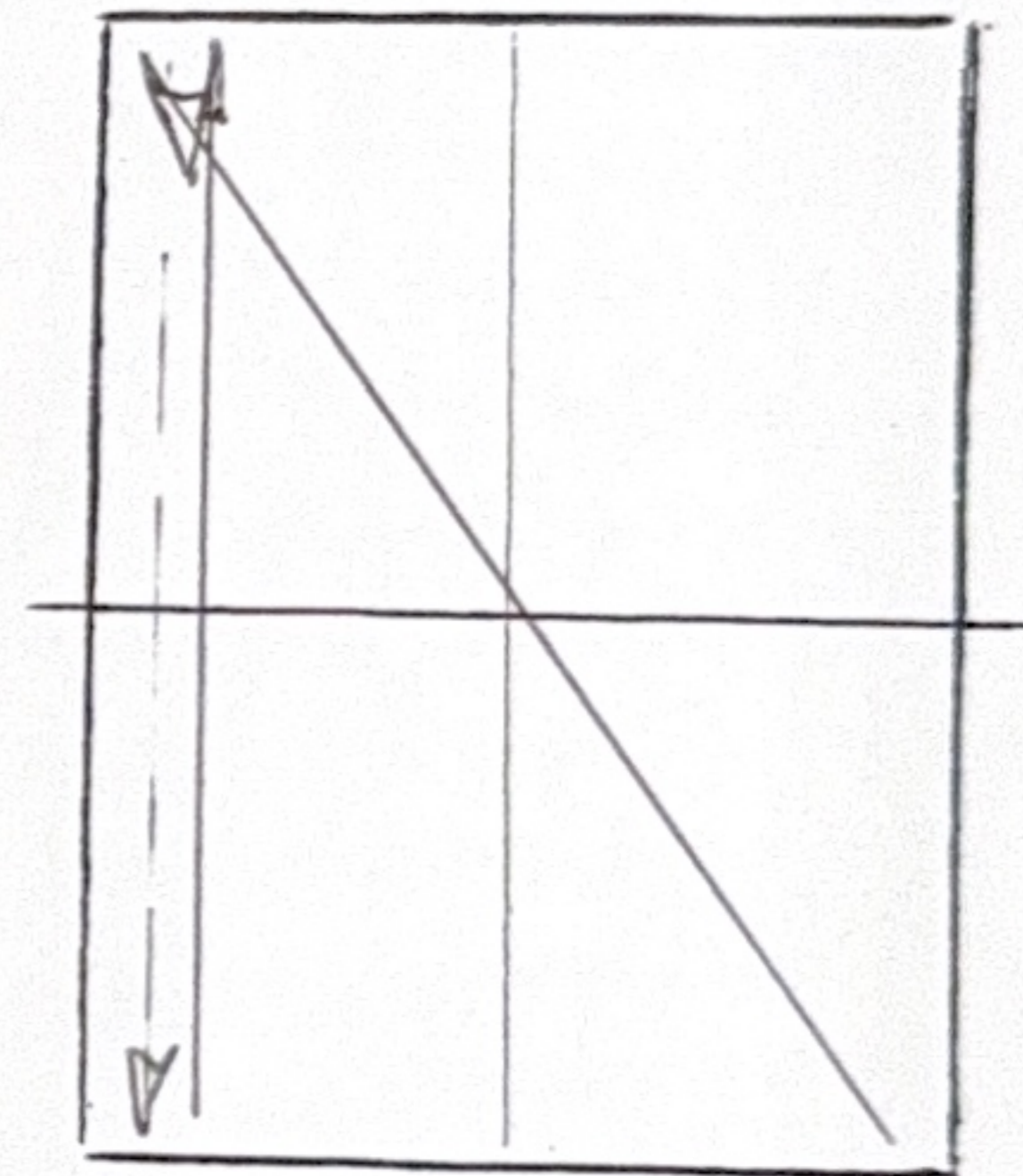
2x7'



BH TO BH + RANDOMLY
ONE BALL TO FH

FHS

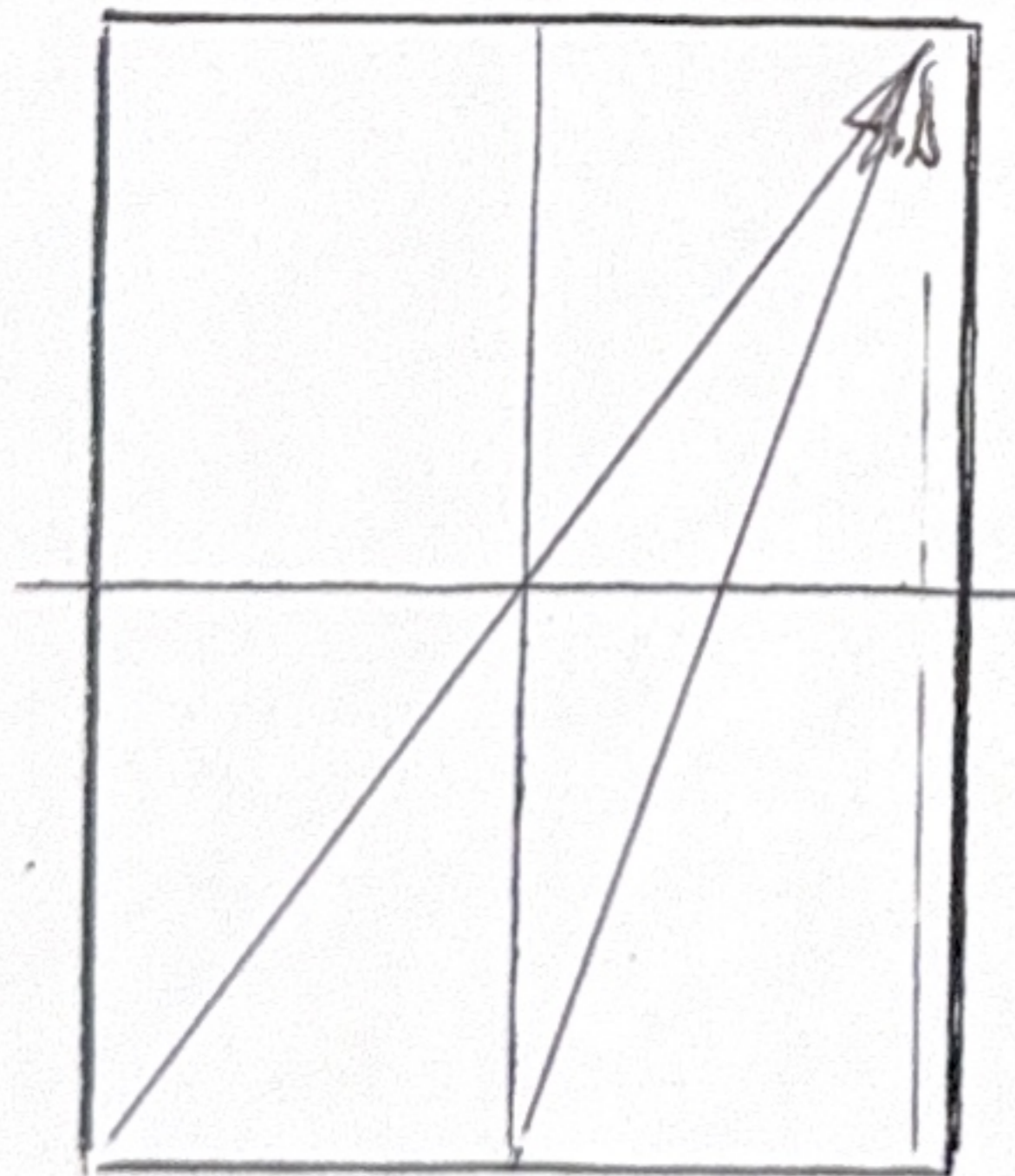
2x7'



FH TO FH
+ RANDOMLY ONE BALL
TO BH

FHS

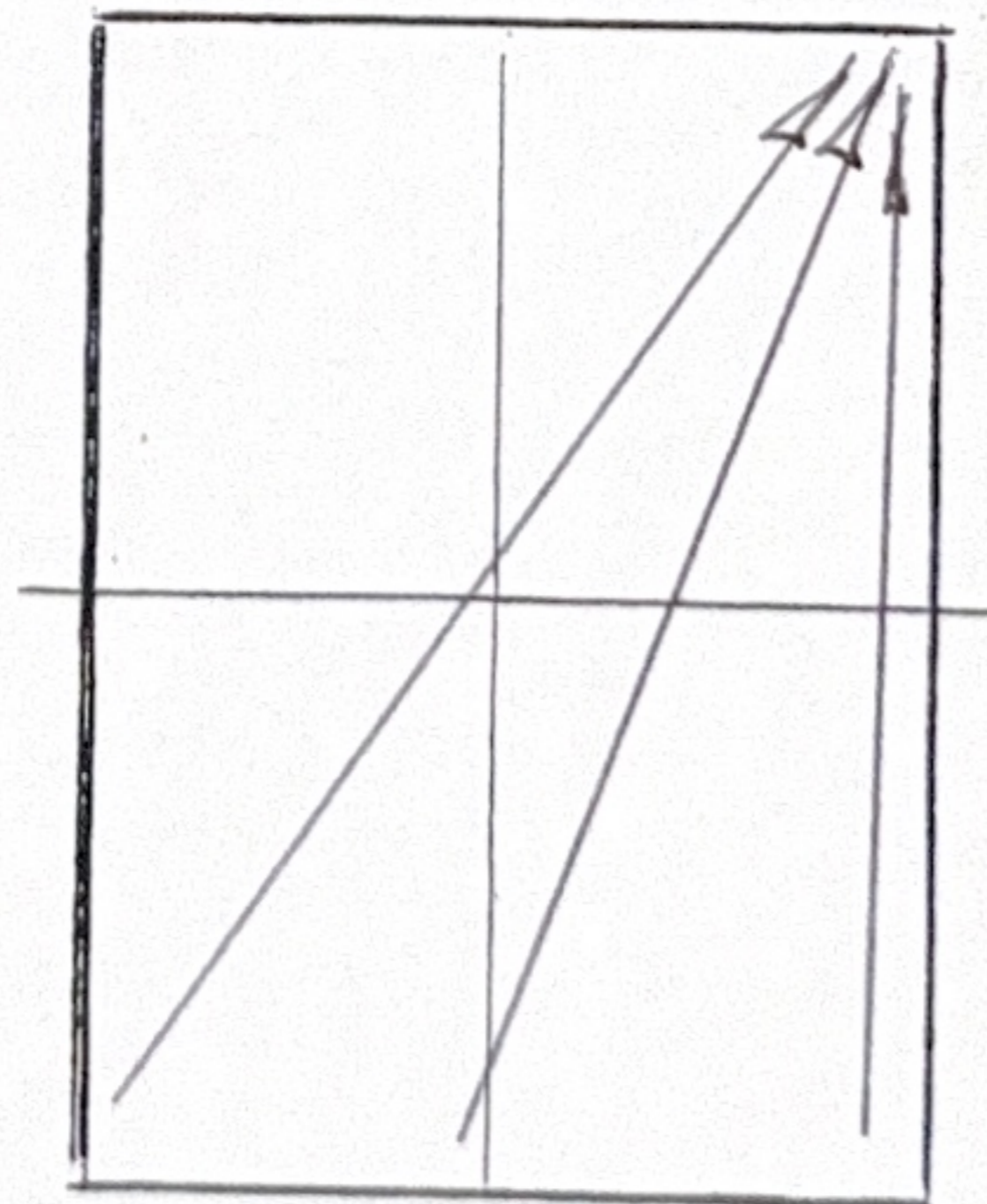
2x8'



BH FHS FHS
1 2 ? 2

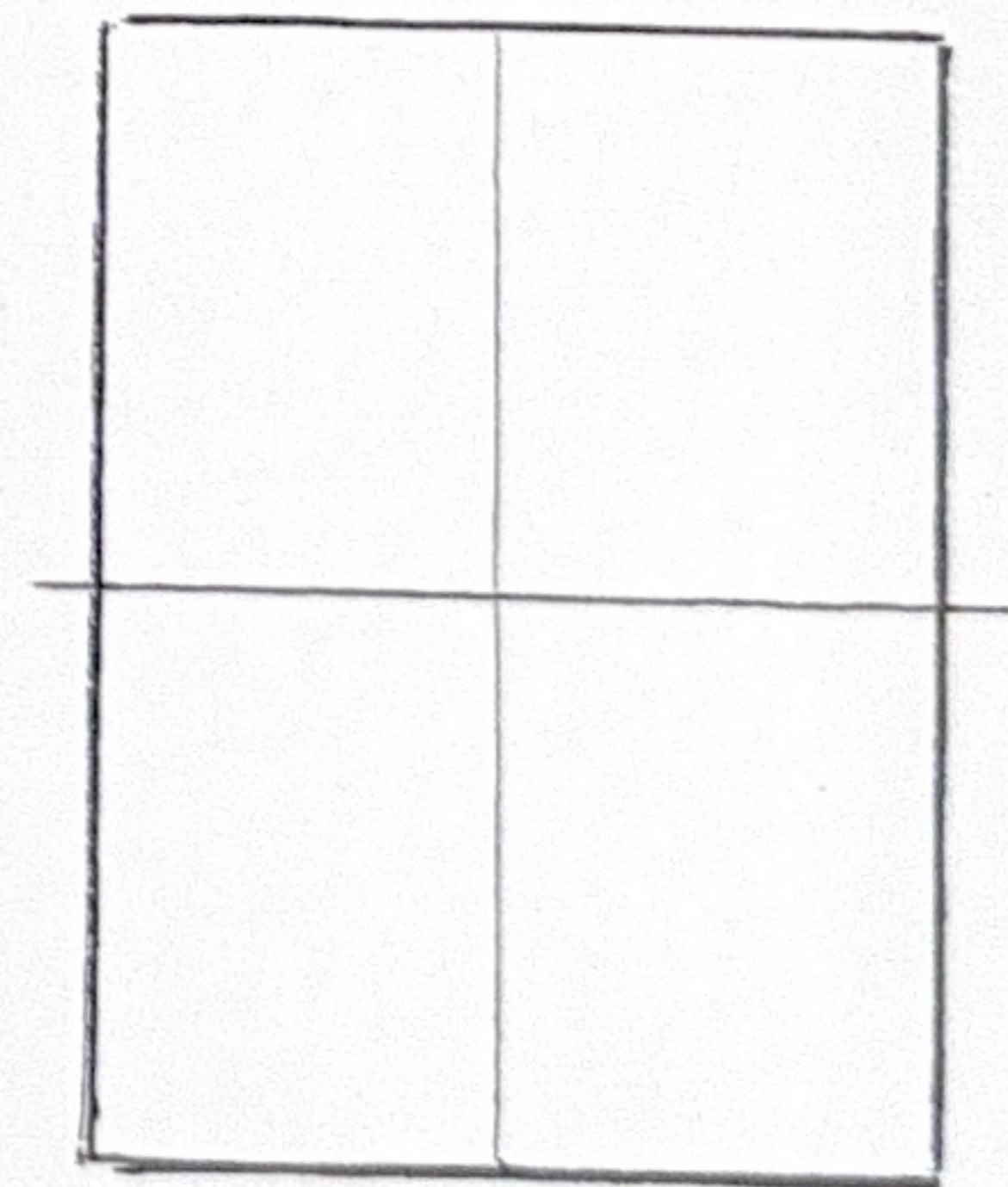
CONTINUE

2x8'



BH FHS FHS
2 ? 1 2

MIDDLE FREE



UP AND DOWN

20'-25'