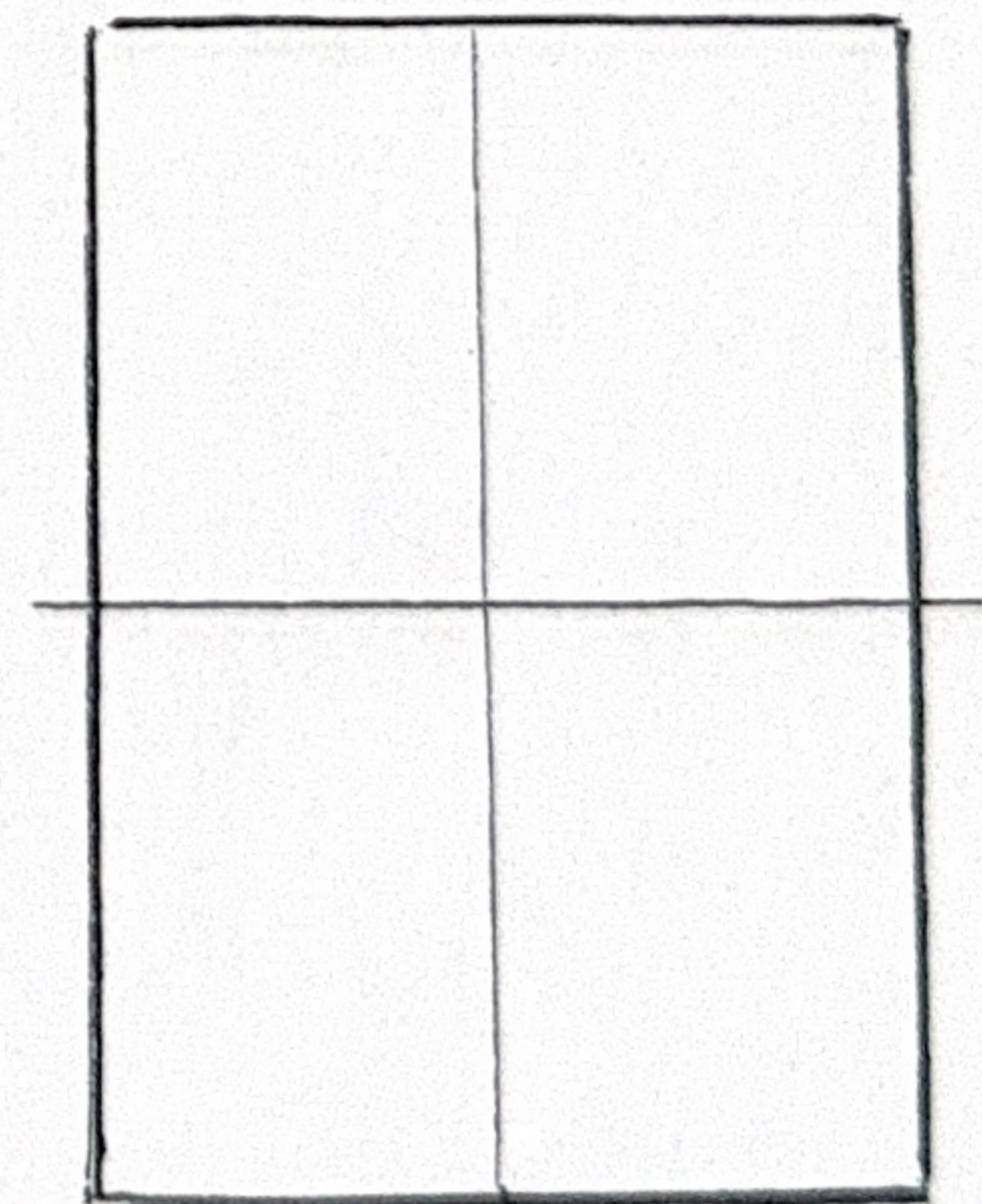
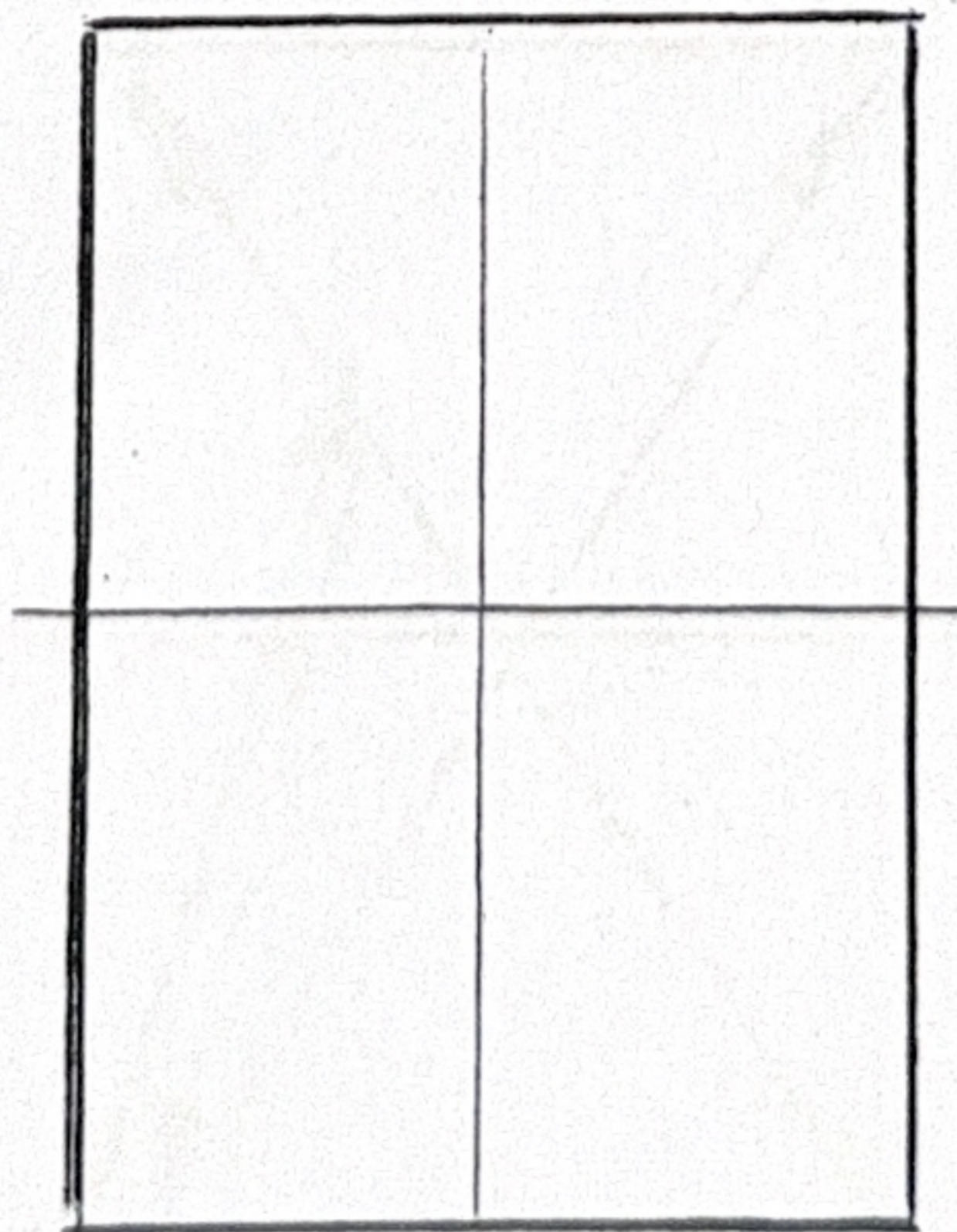
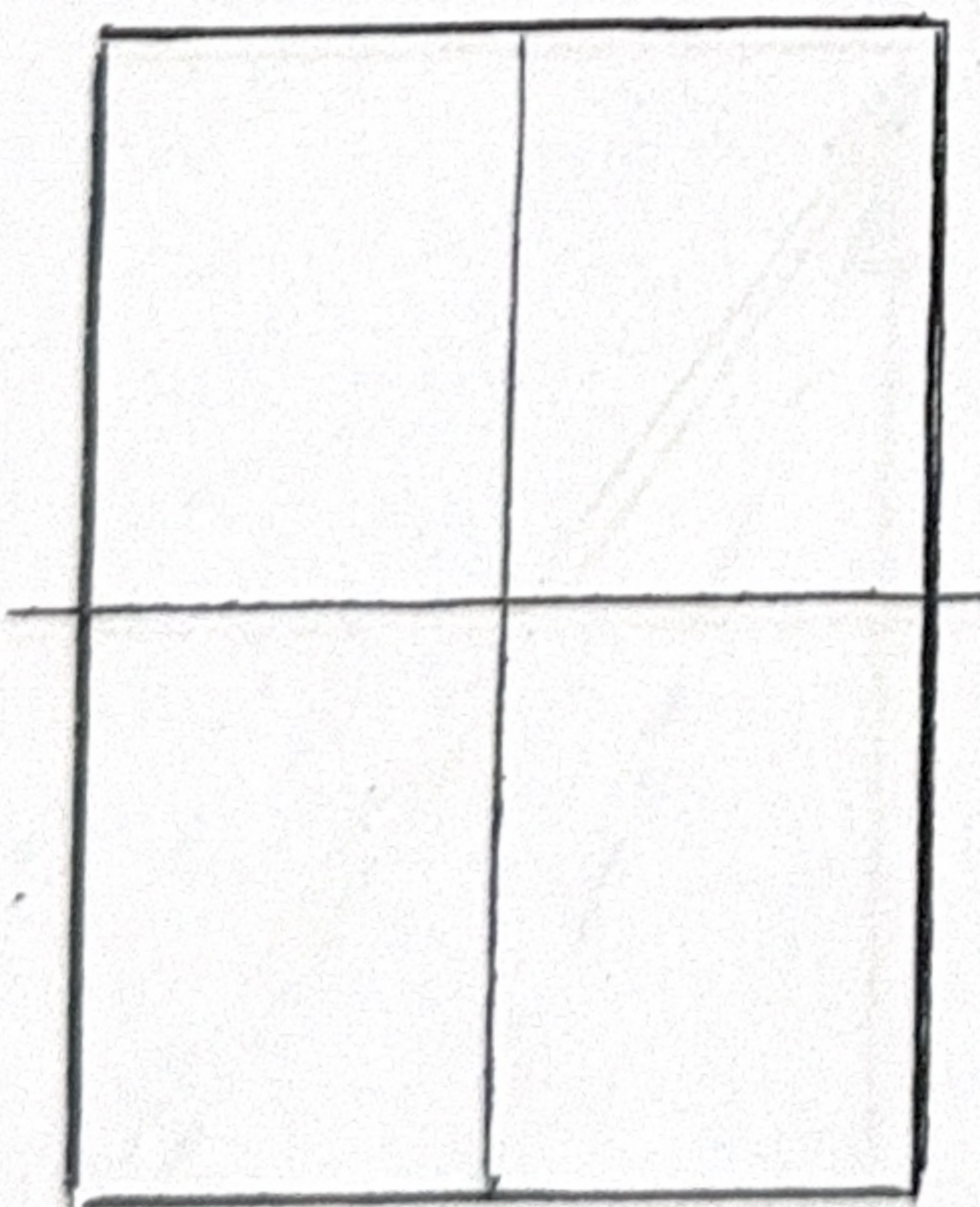
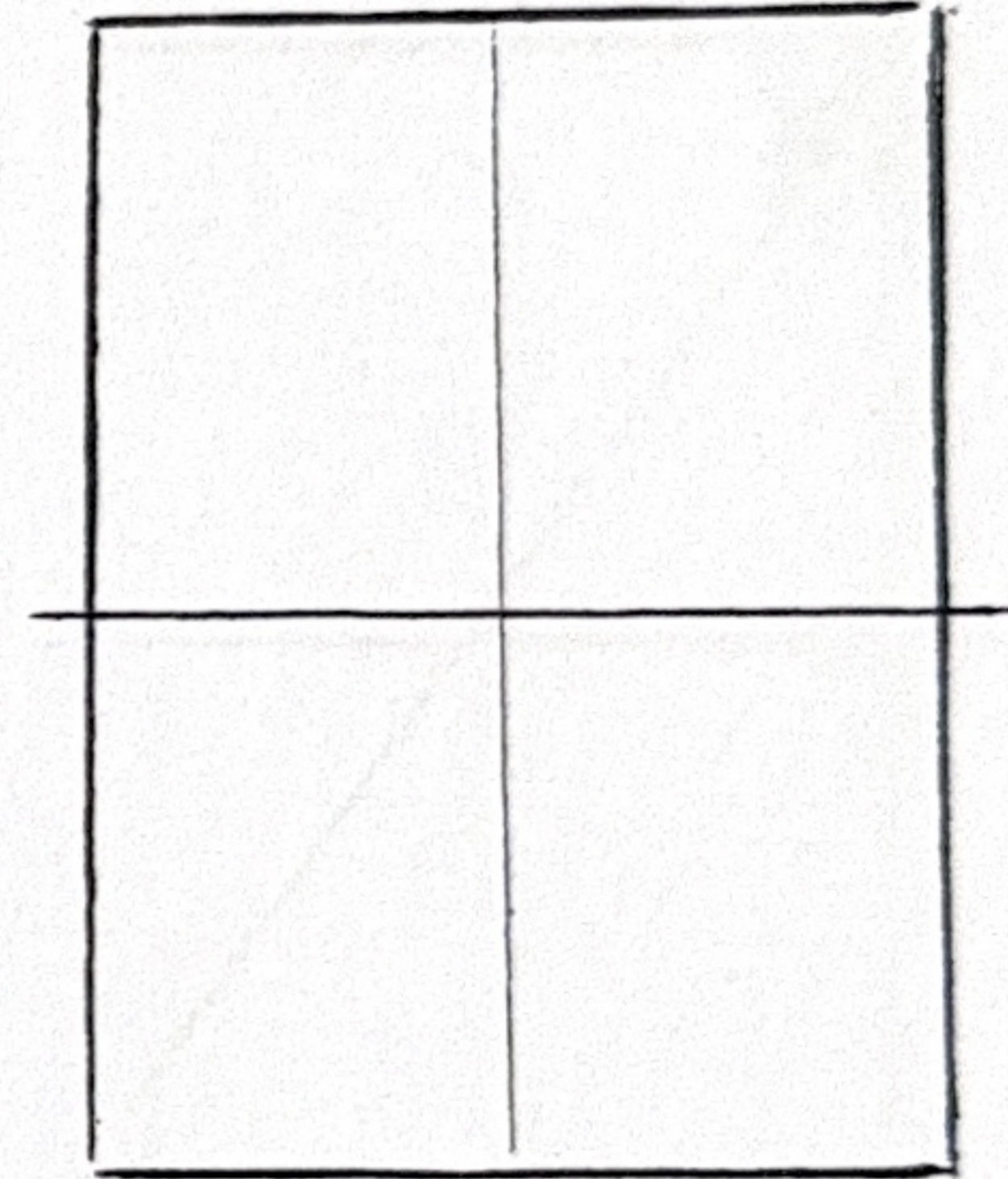
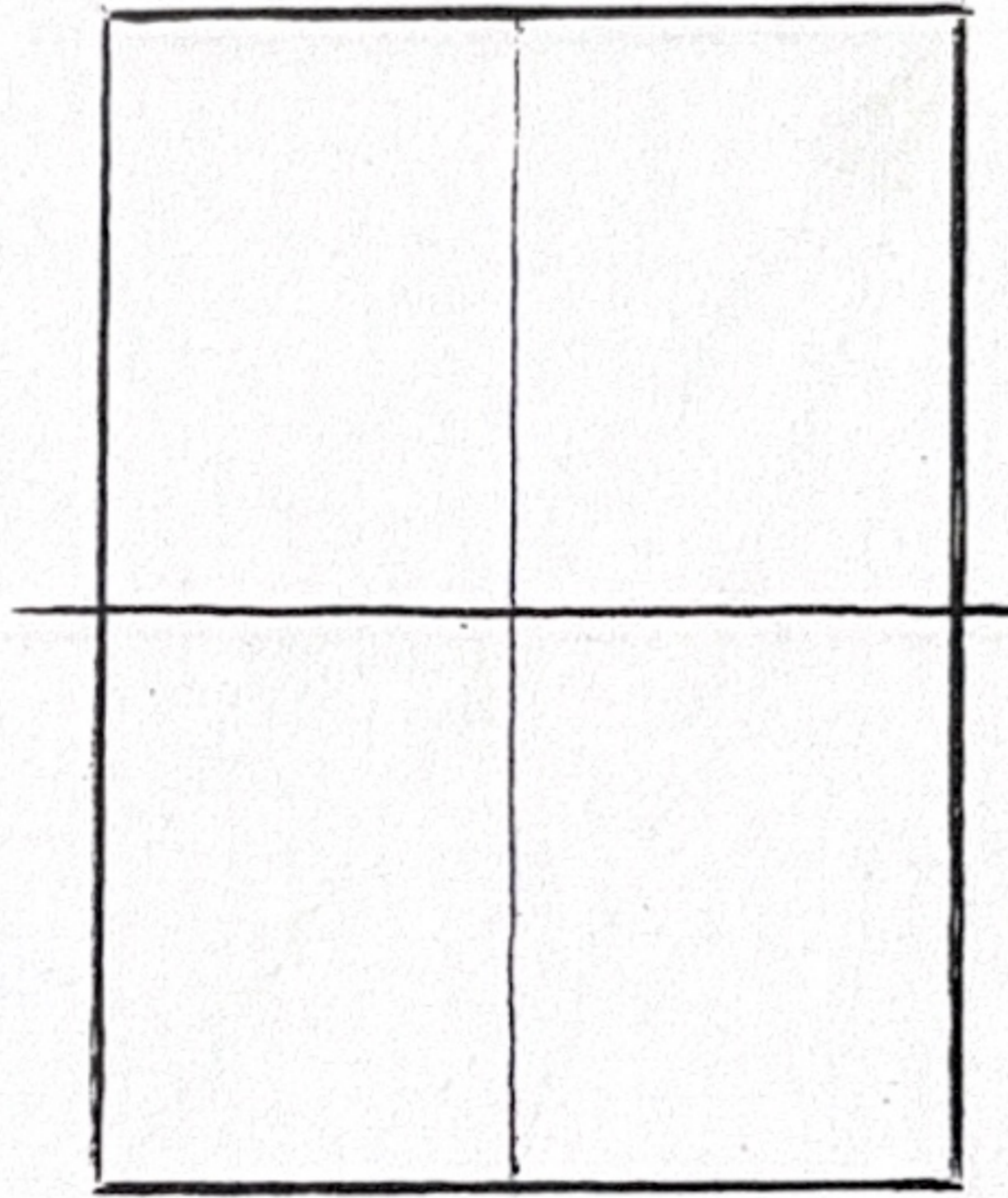
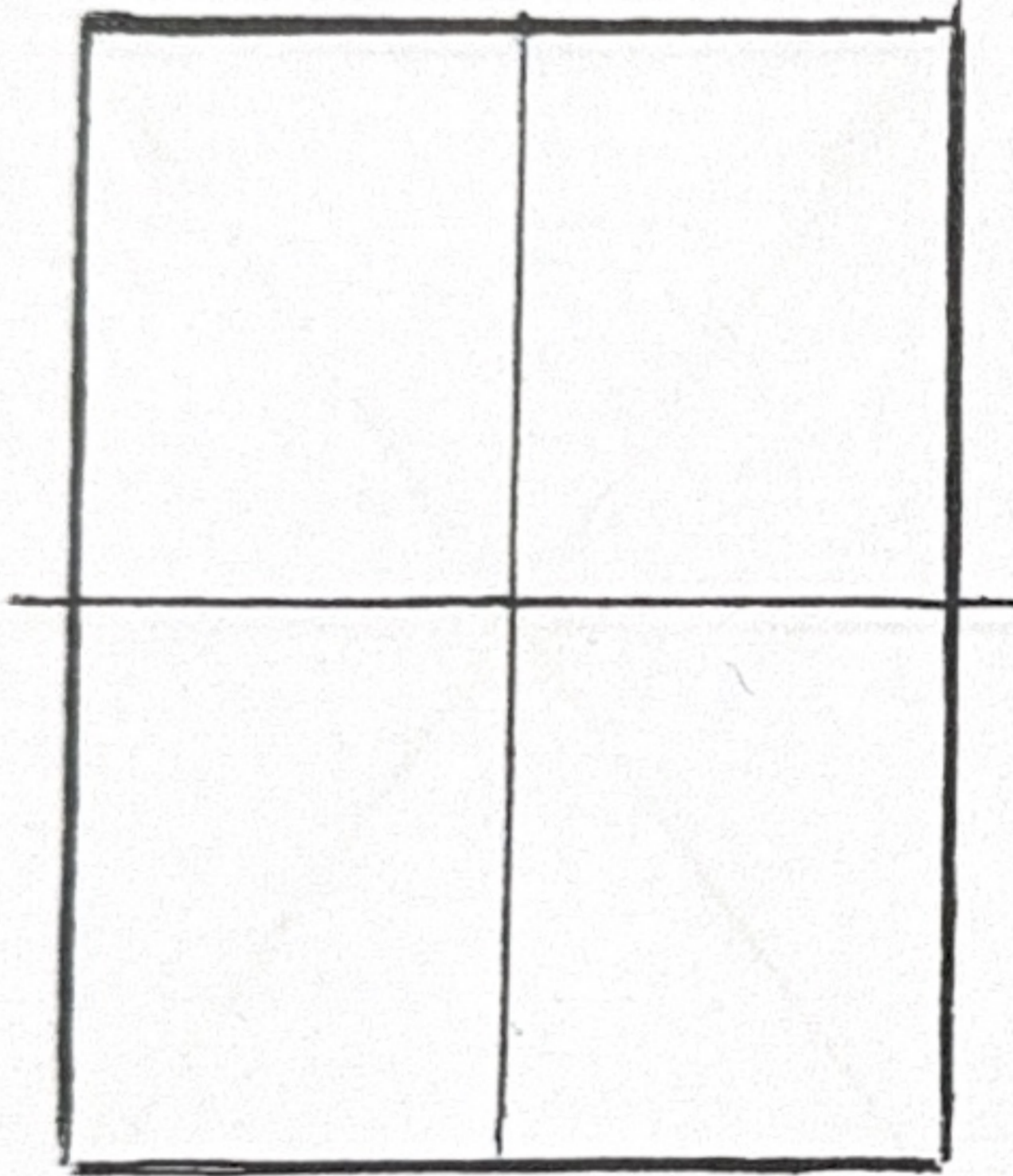


17.05.2026 SUNDAY

NORTHERN REGION TRAINING CAMP

9.00 - 12.00 , 13.30 - 16.30

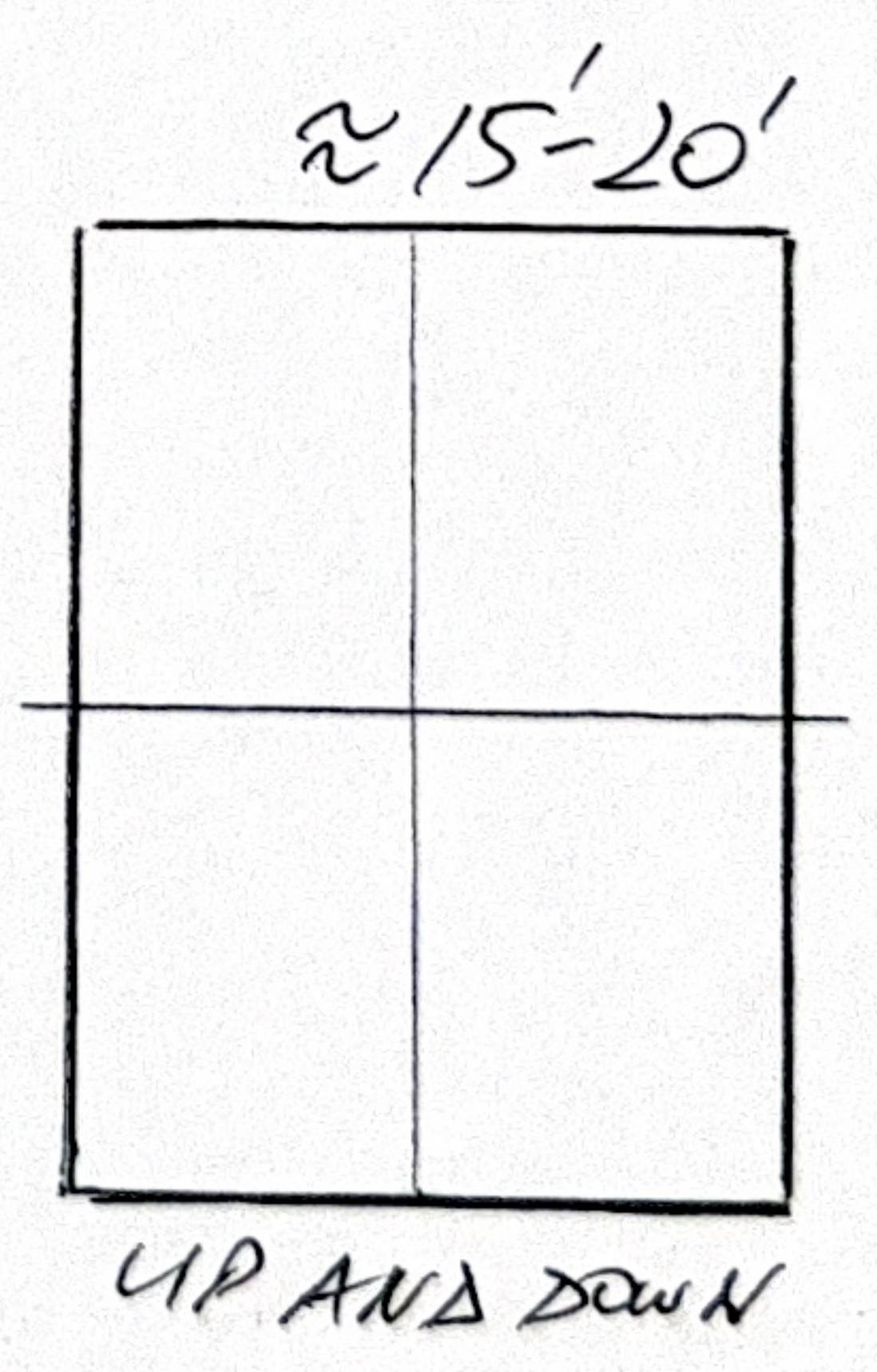
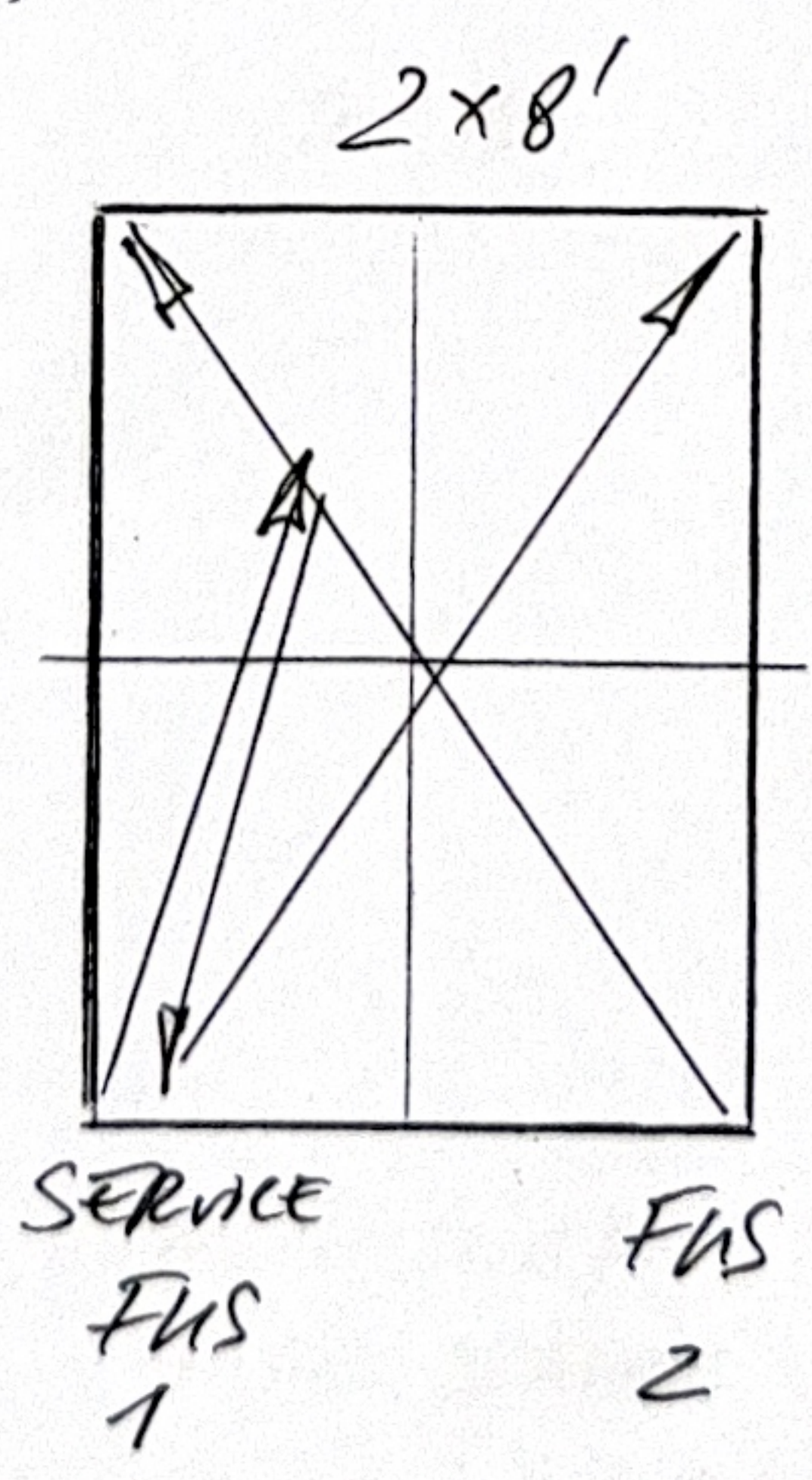
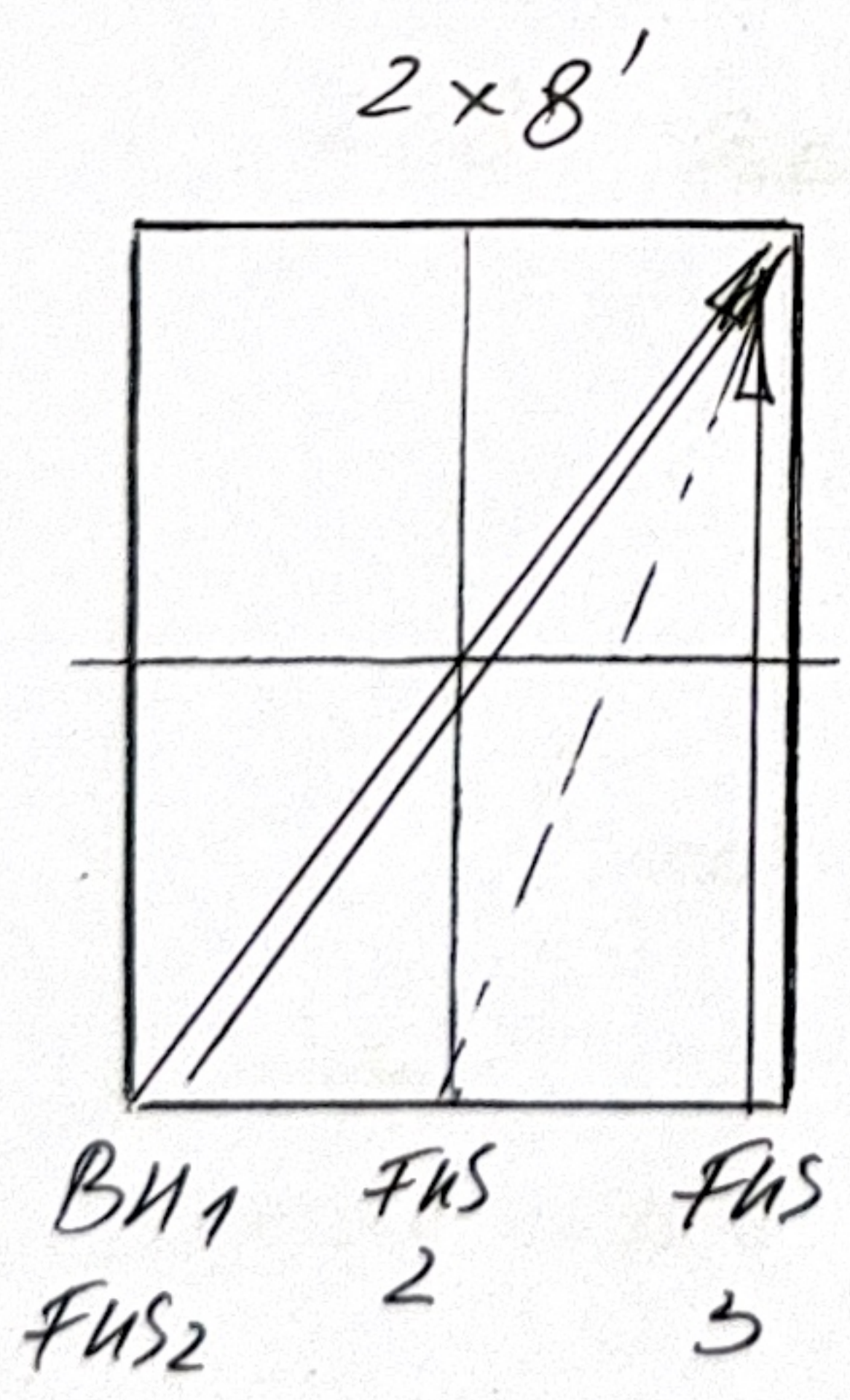
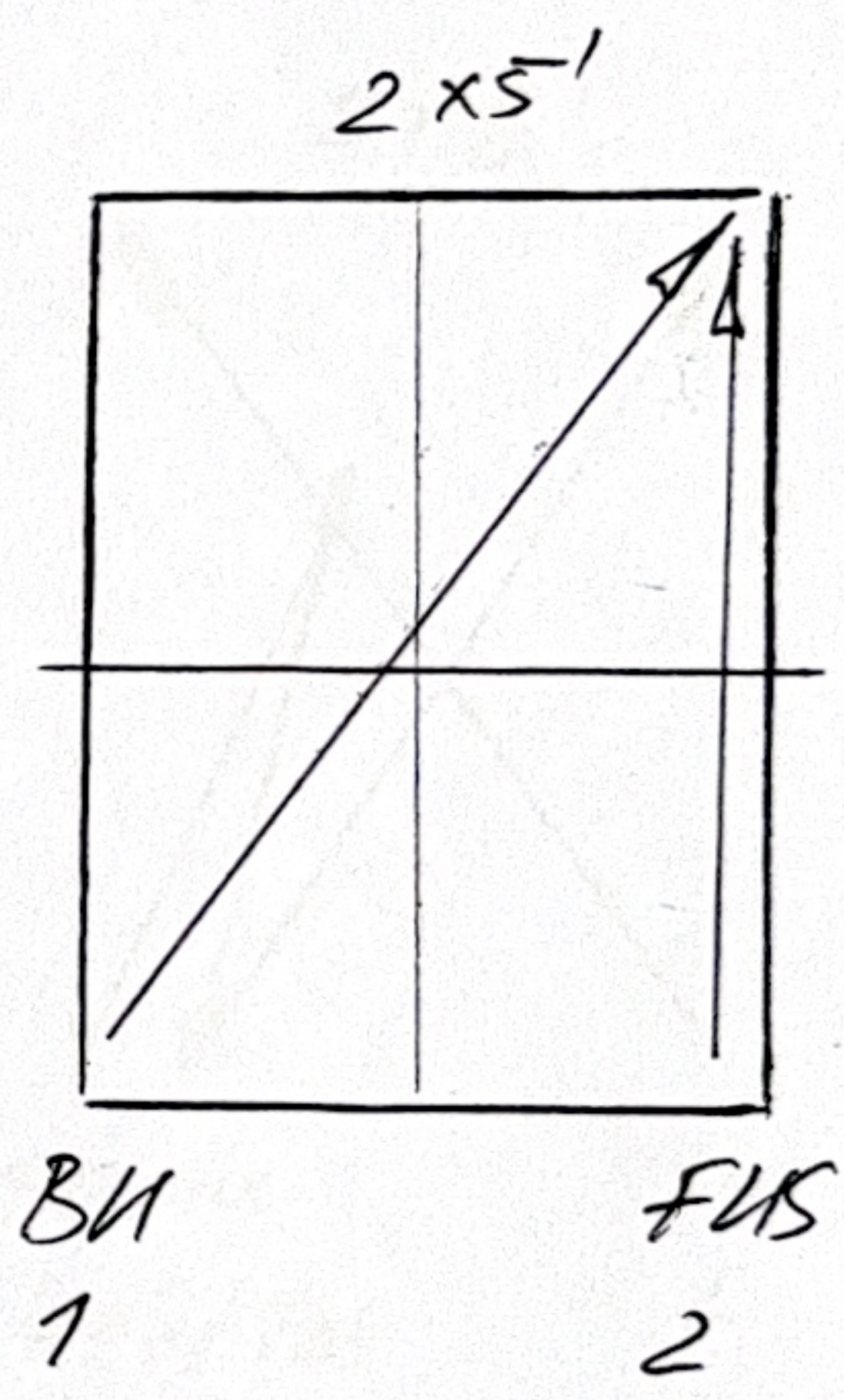
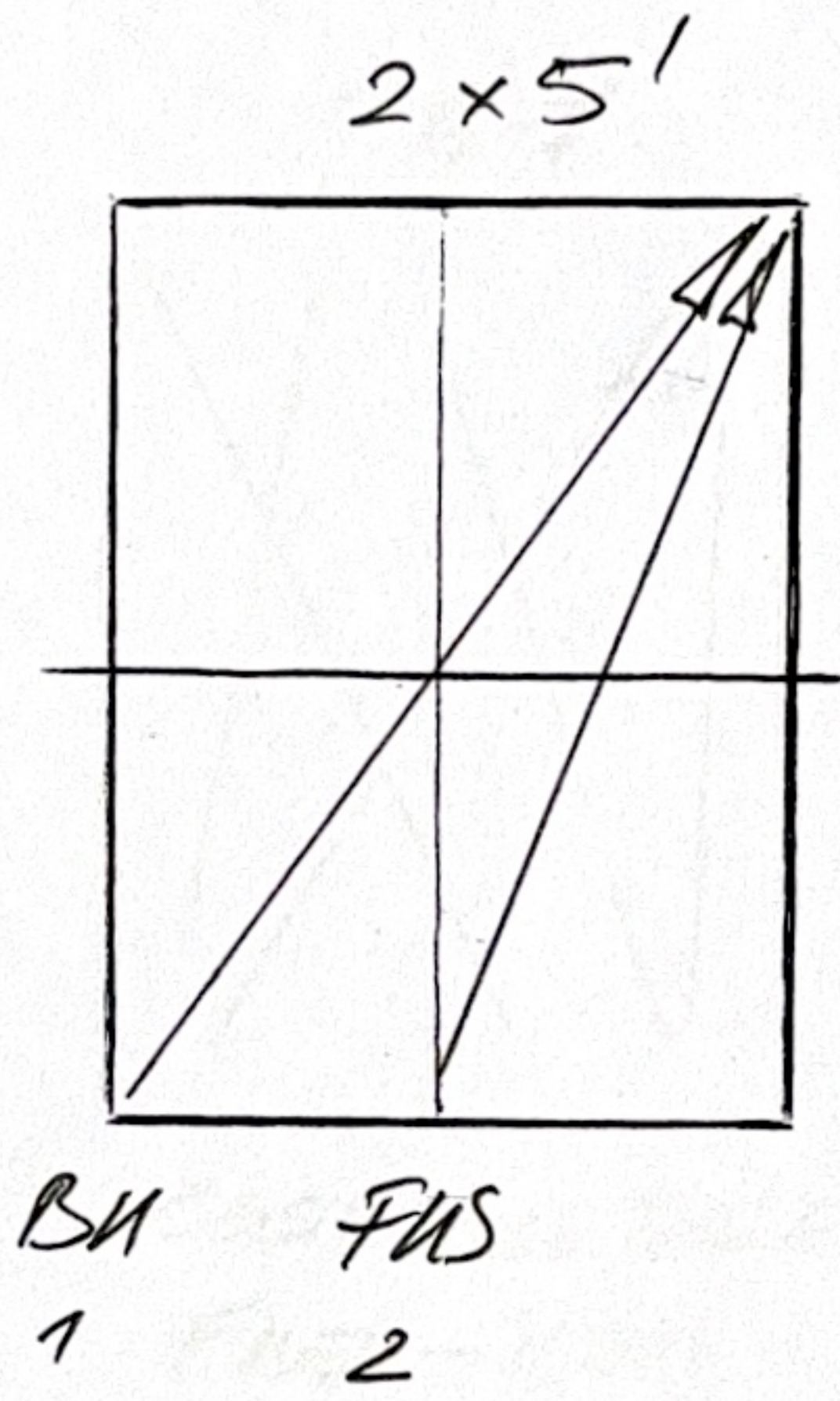
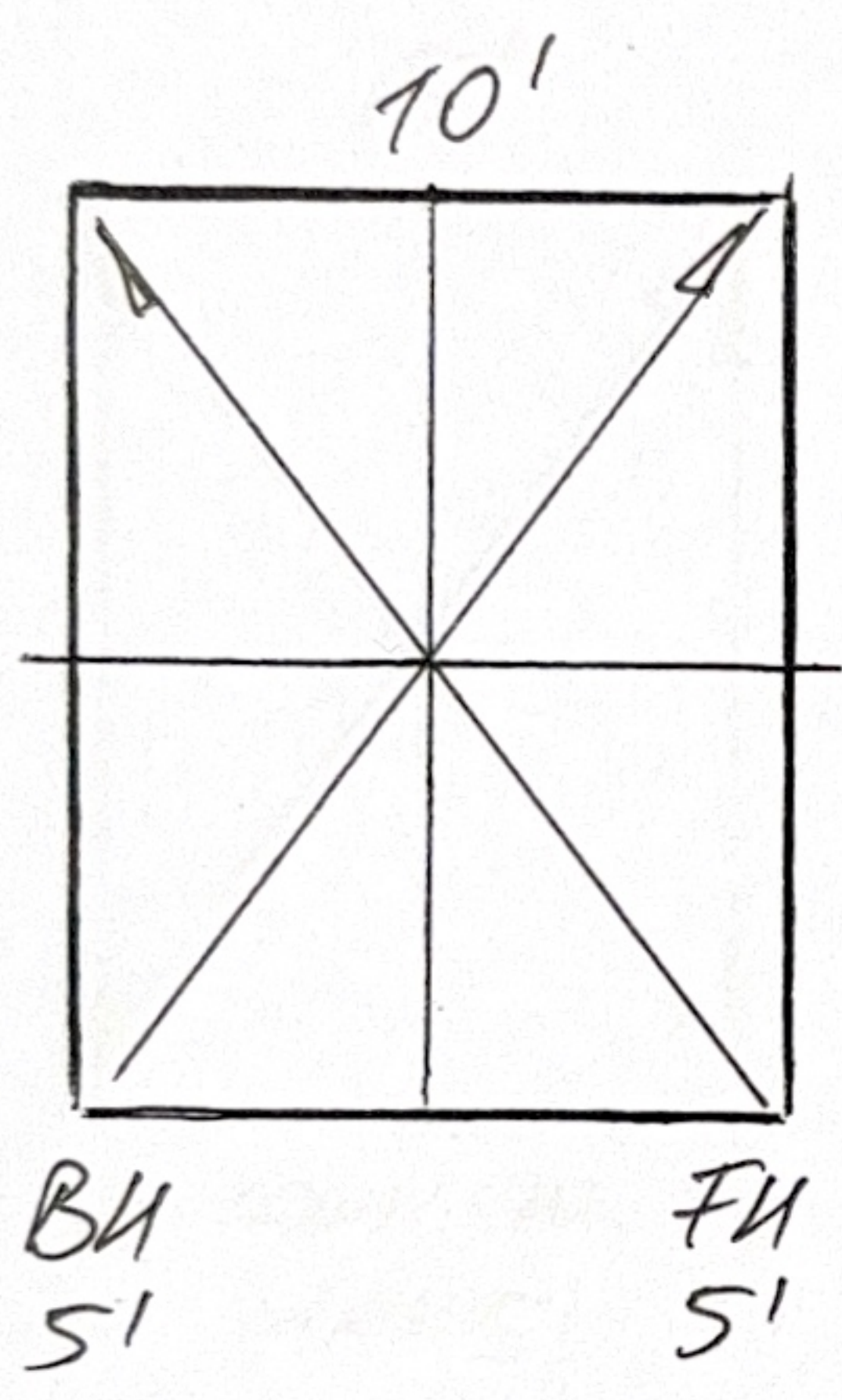


20.05.2026 WEDNESDAY 17.30-19.00 FUTURE SQUAD

1. TECHNIQUE 2. FOOTWORK: SIDE STEPS, CROSSOVER, PIVOT

3. 3rd BALL ATTACK.

PHYSICAL - BEFORE TRAINING SPEED FOOTWORK 6x20'x20'

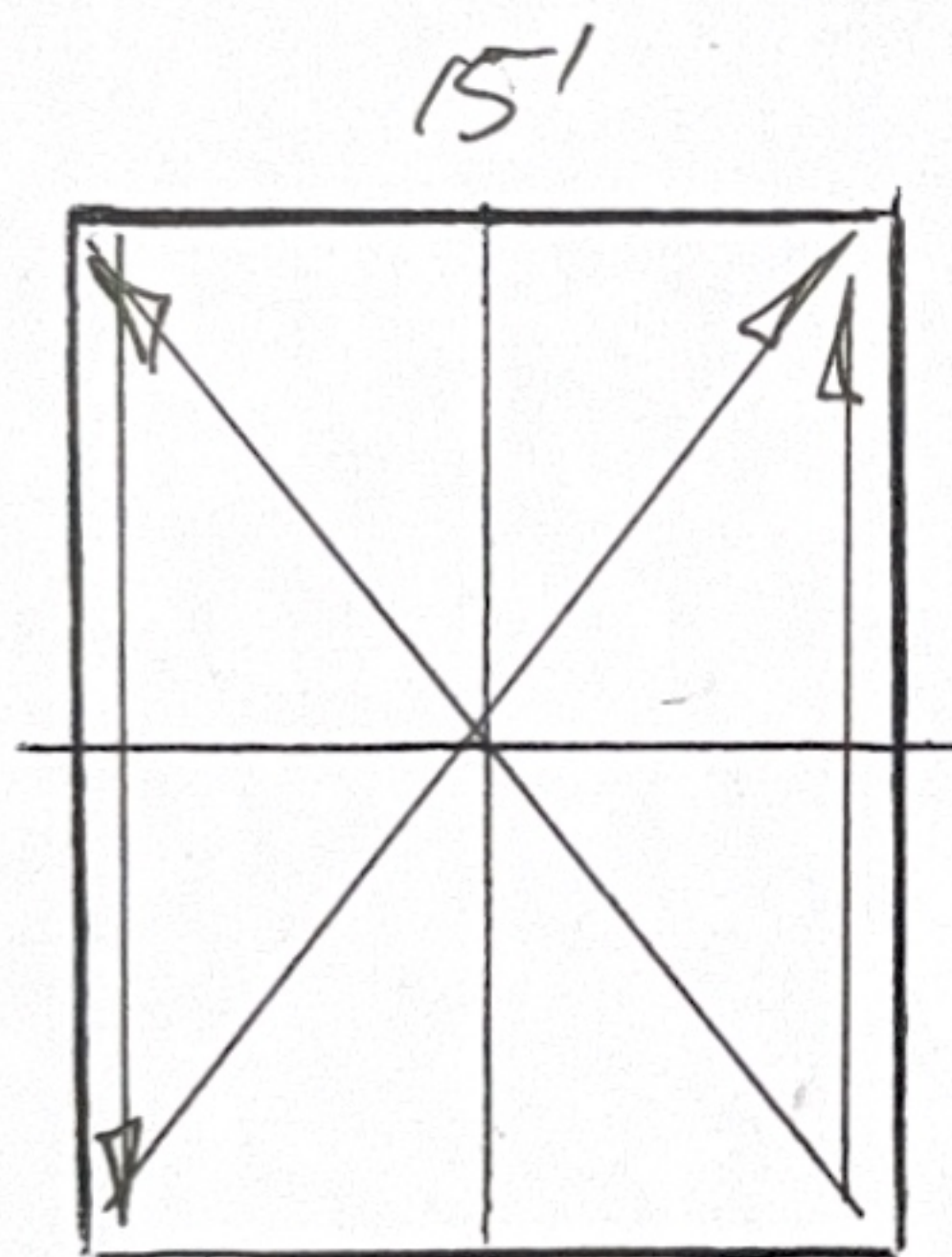


ONE TABLE -> MULTIBALLS

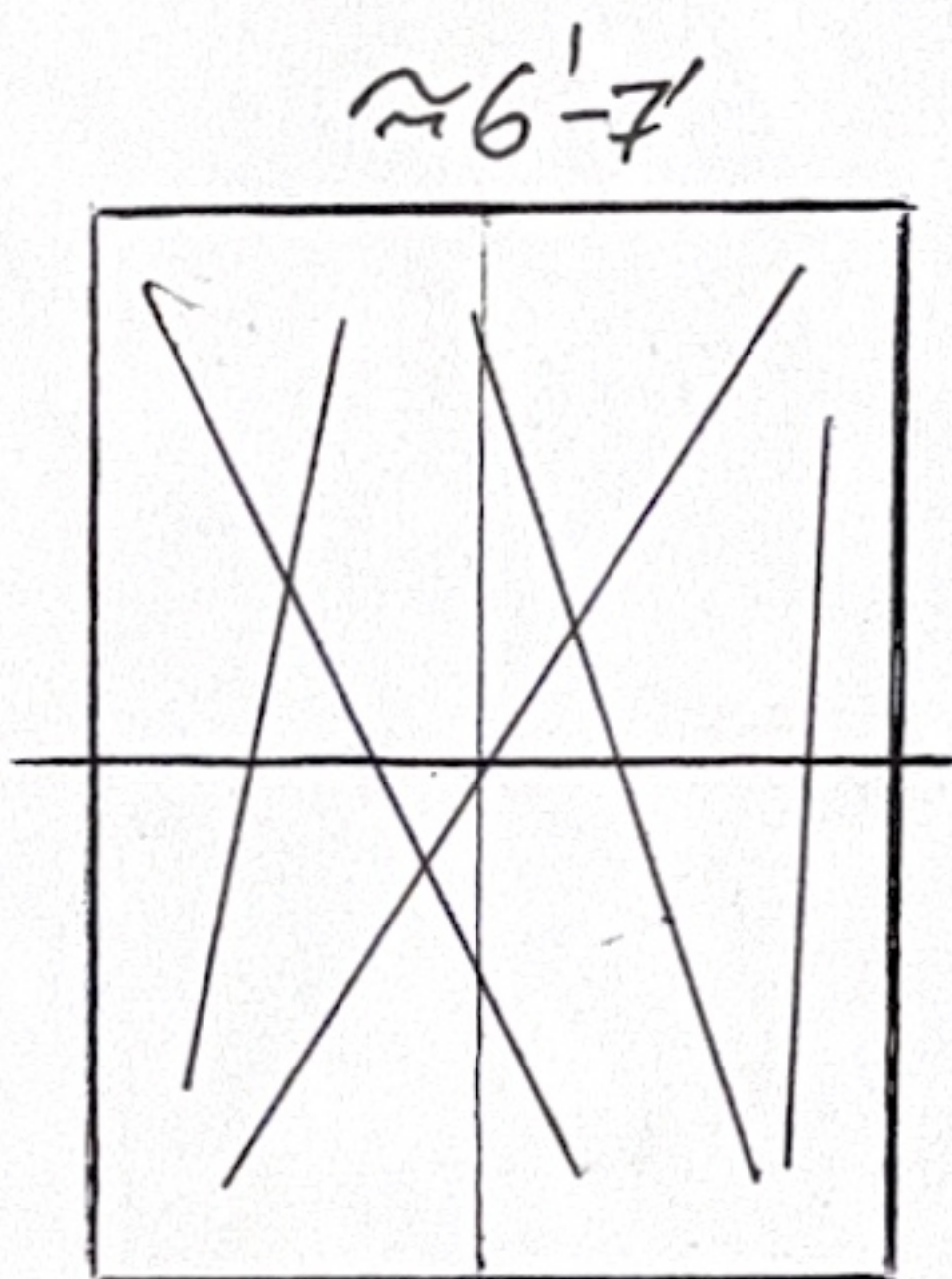
23.05.2026 SATURDAY 15.30-17.30 FUTURE SQUAD

1. TACTICAL FROM SERVICE (ADVANTAGES)

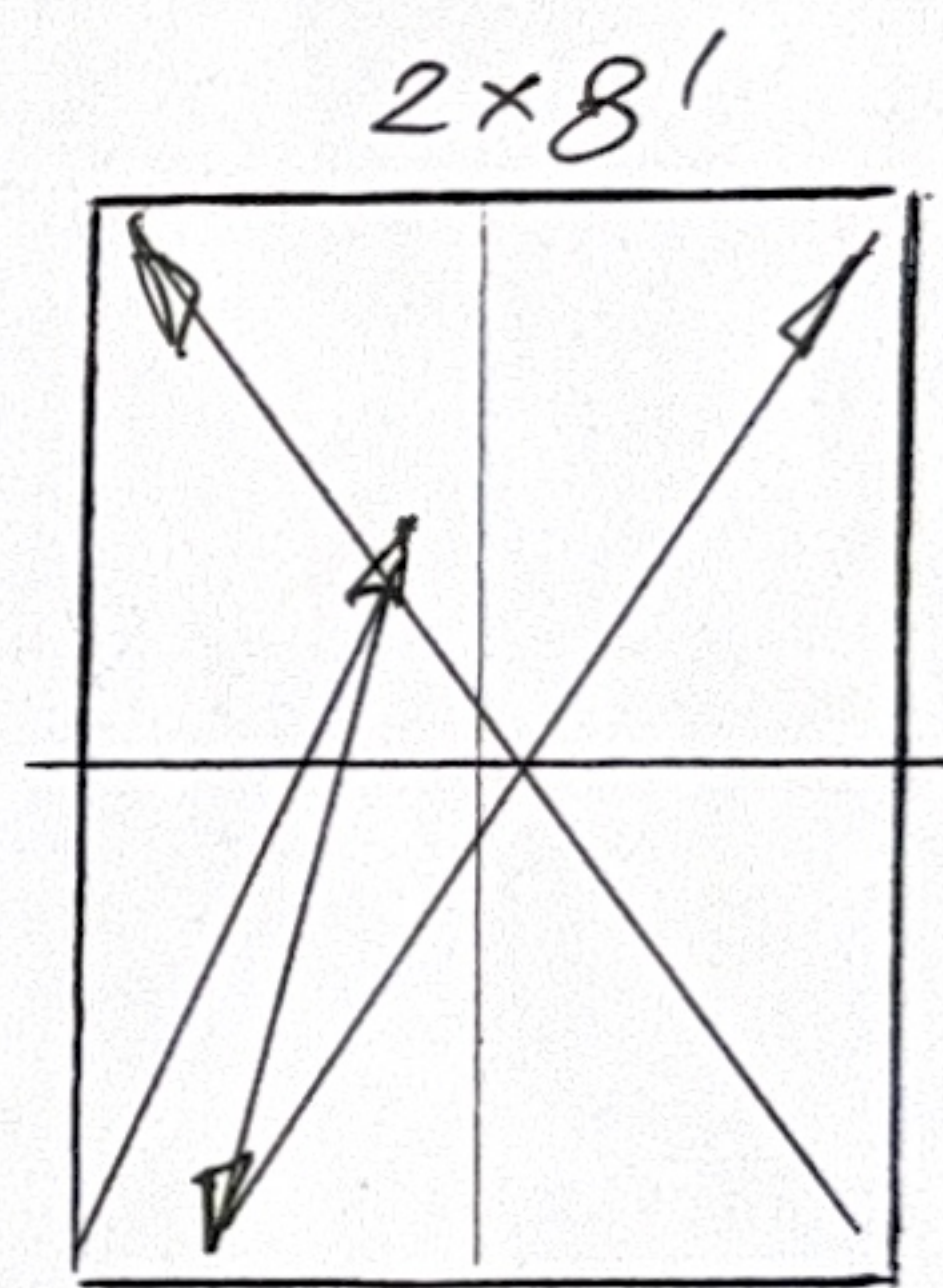
WARMING-UP → FOOTWORK 5x20"x20" (SPEED)



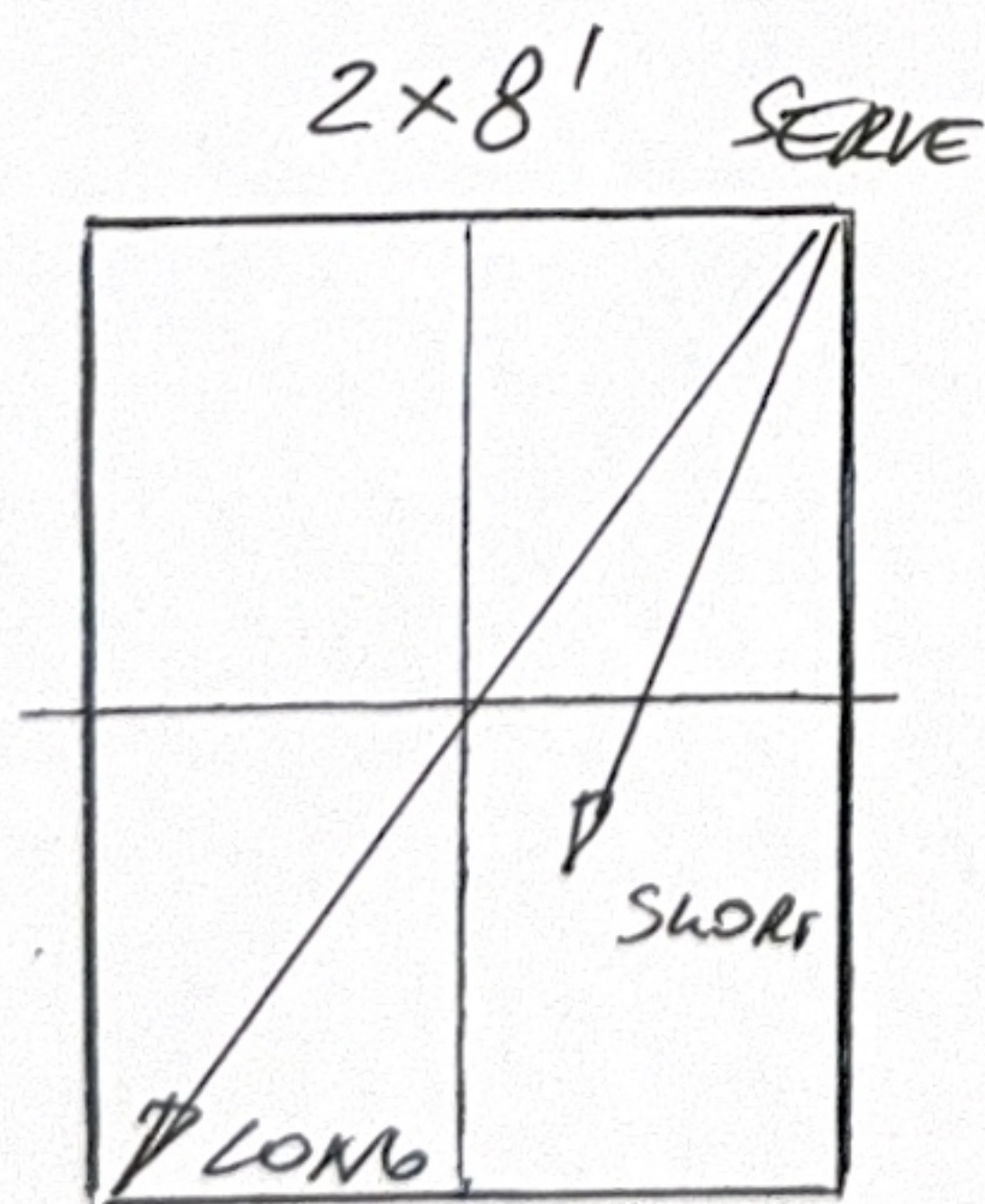
BN DOWN THE FH
5' LINE 5' 5'



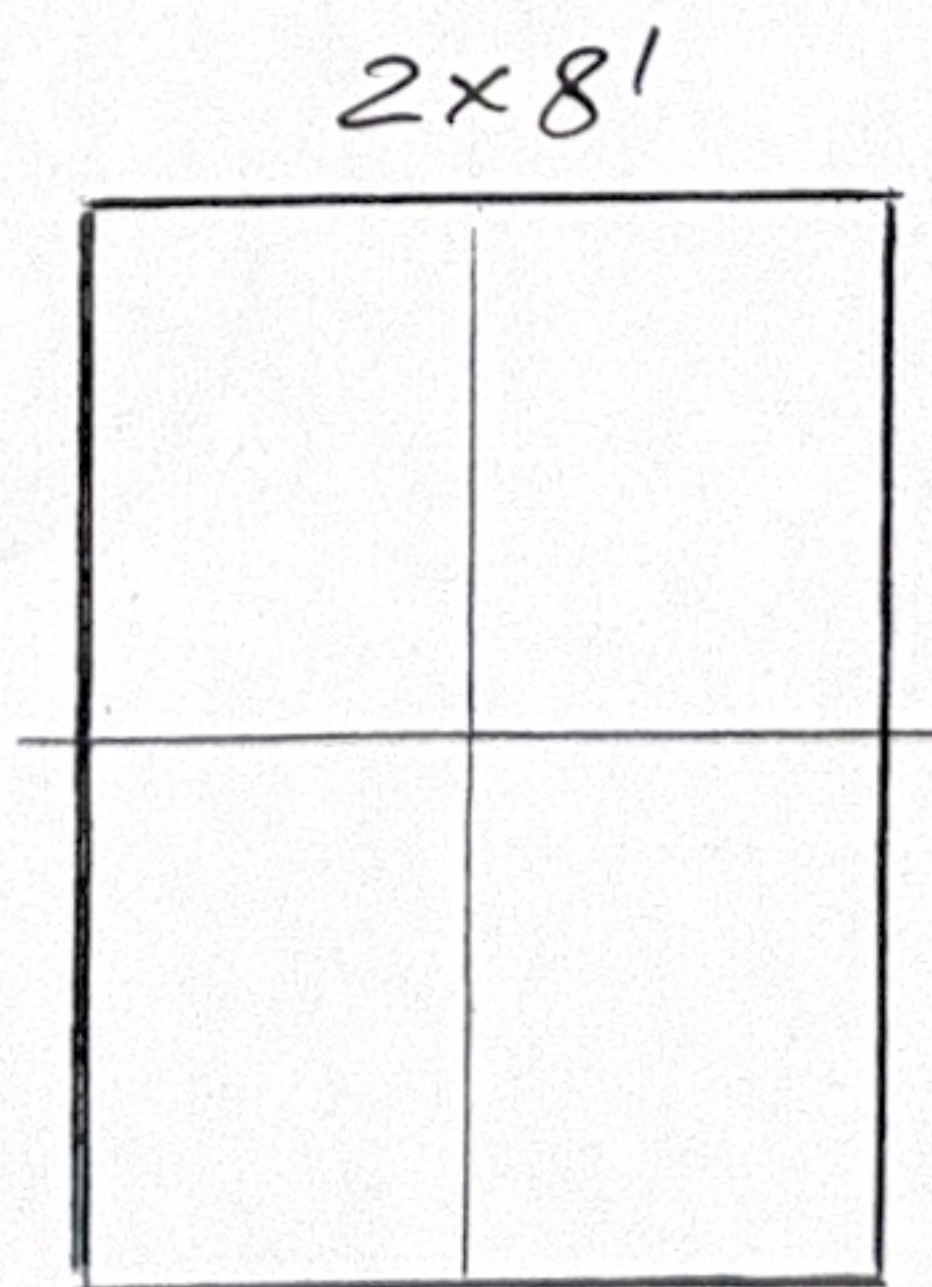
CHOP ALL TABLE
FREE-1 SEG



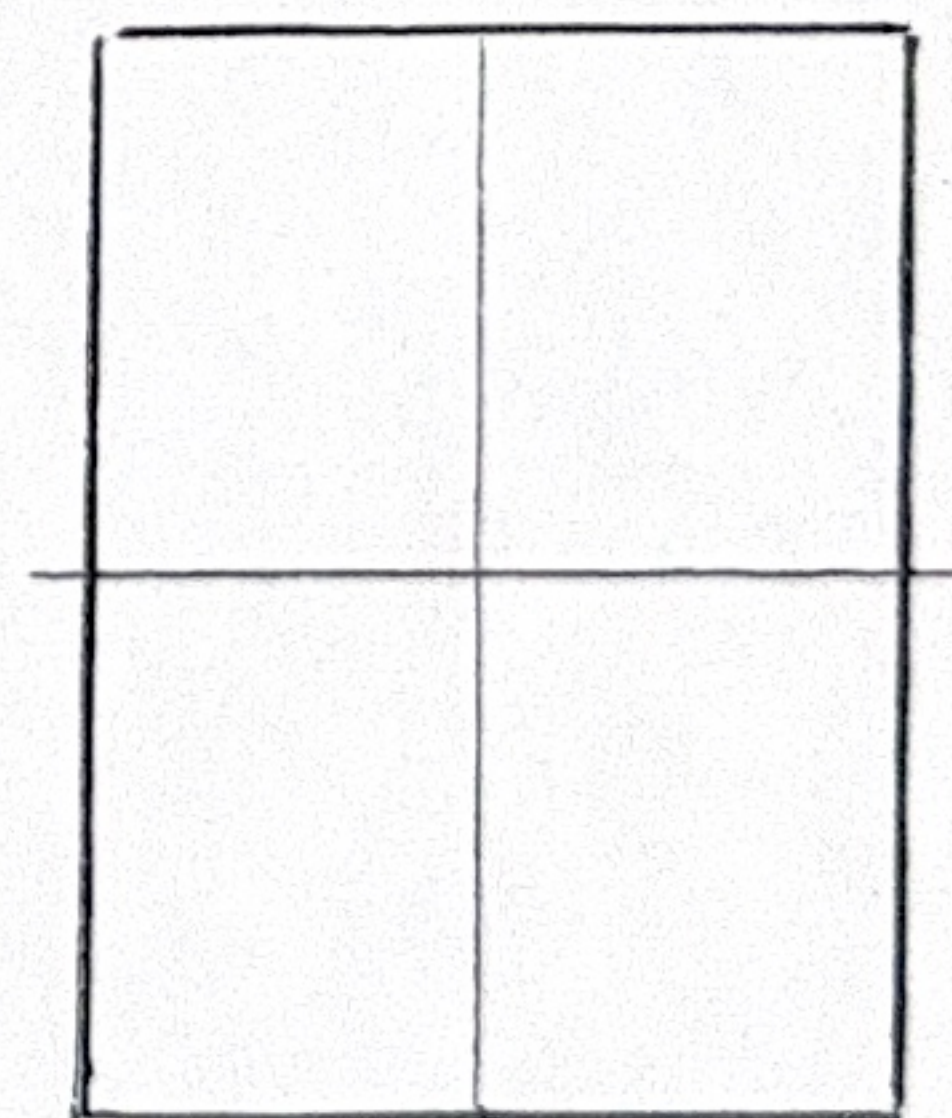
SERVICE FMS
BHS/FMS 2
1



RECEIVE + FREE



INDIVIDUAL
FROM SERVICE
(COACHES HELPS)



UP AND DOWN
1 SEG (≈20')

ONE TABLE → MULTIBALLS