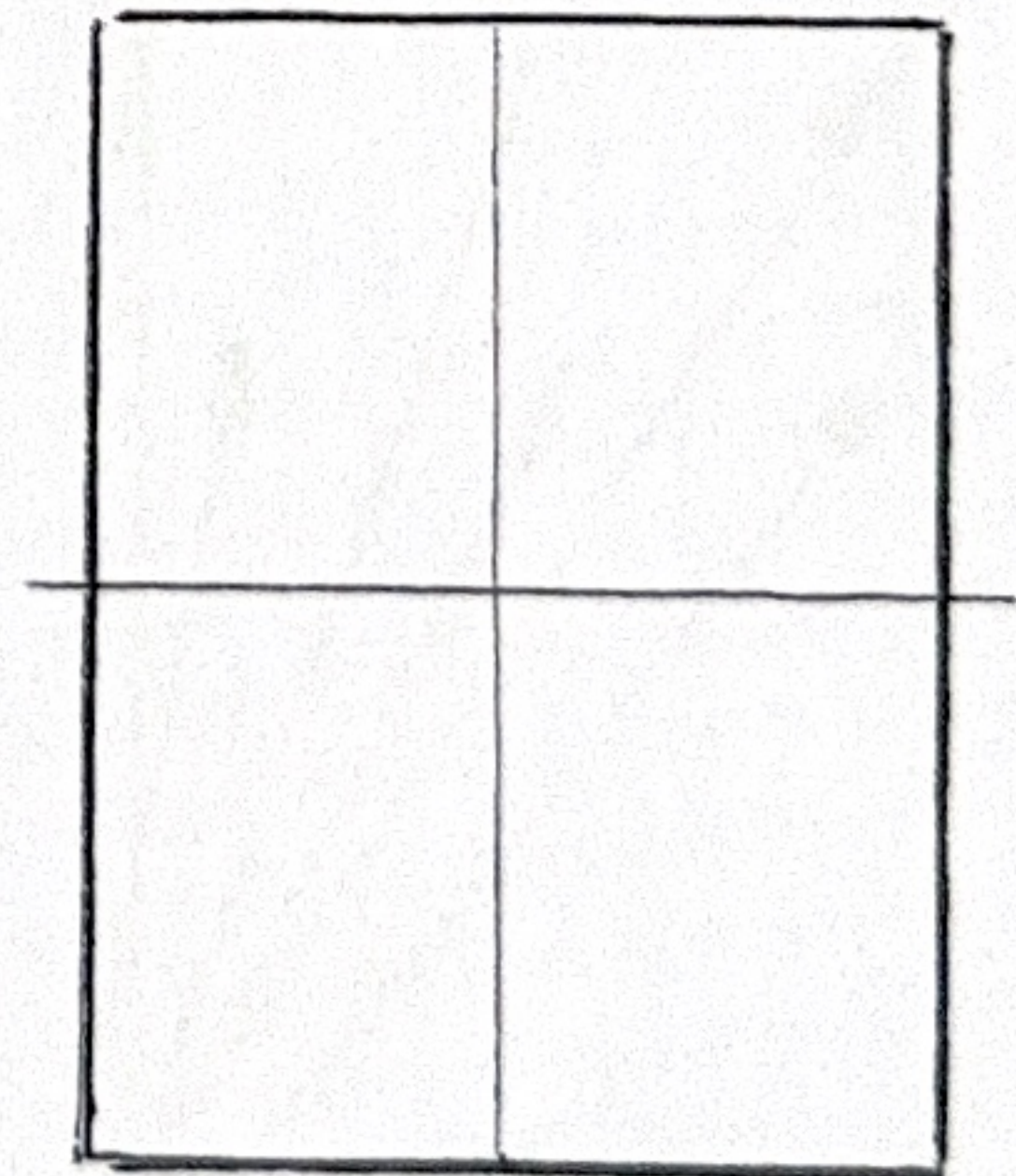
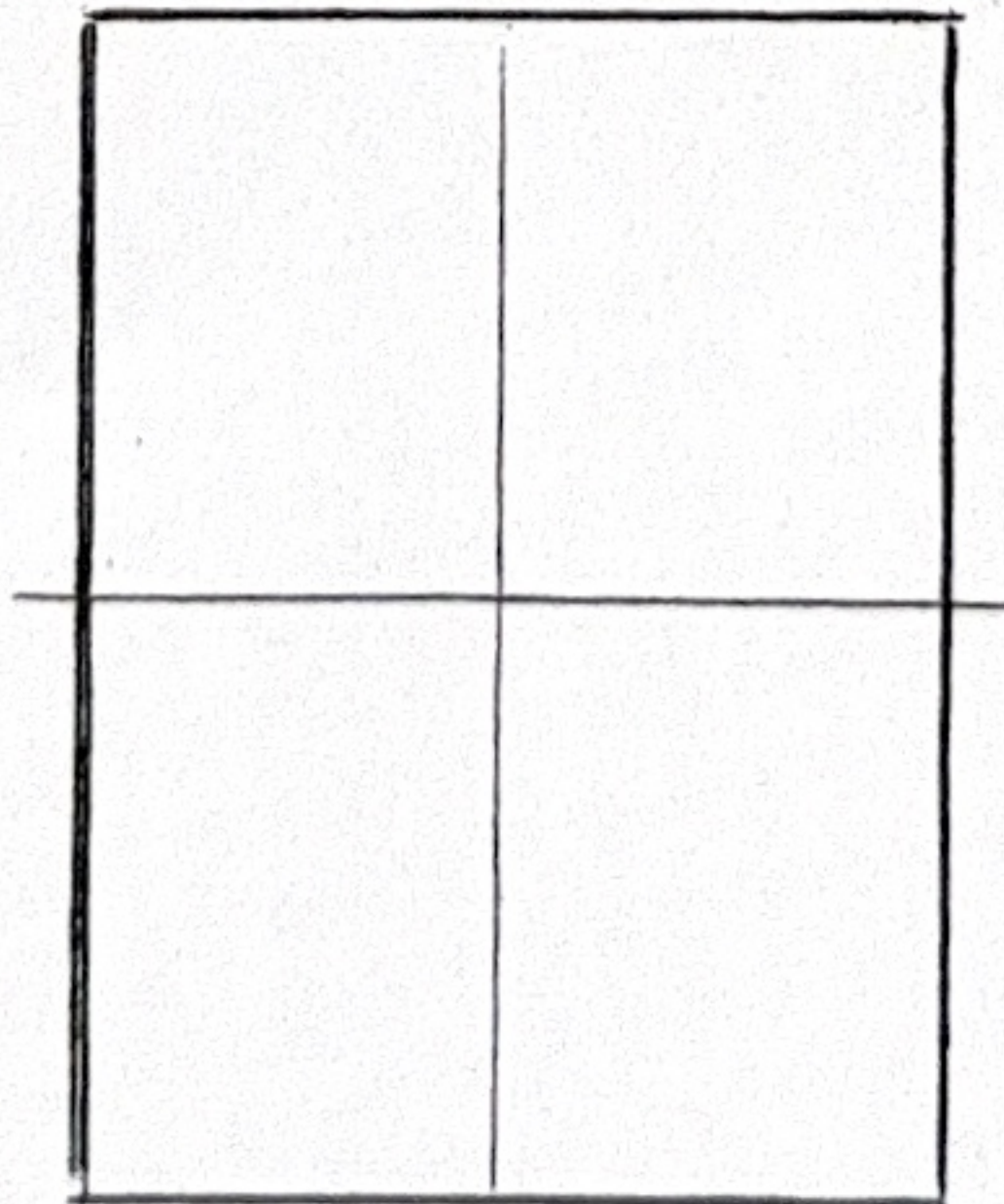
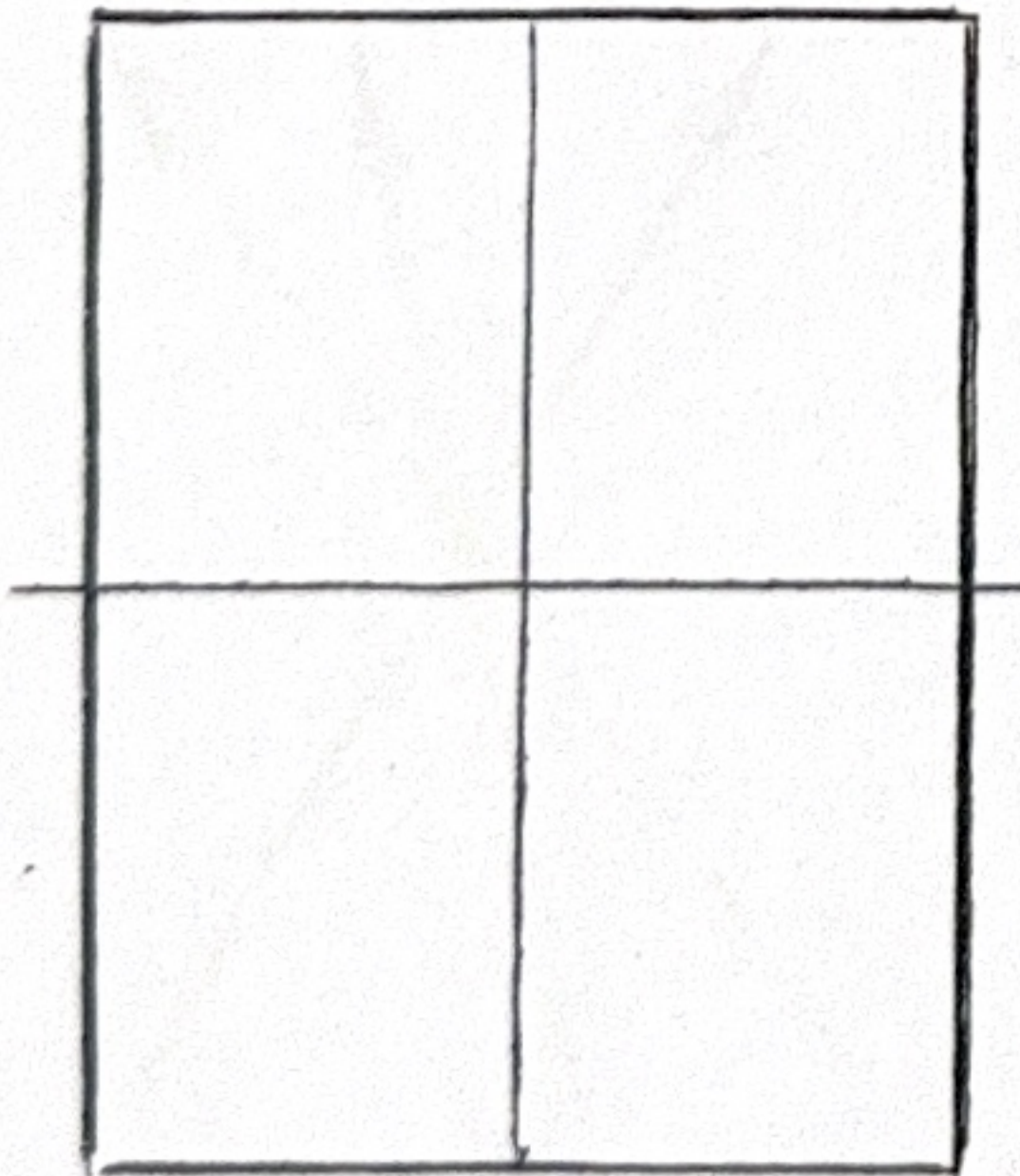
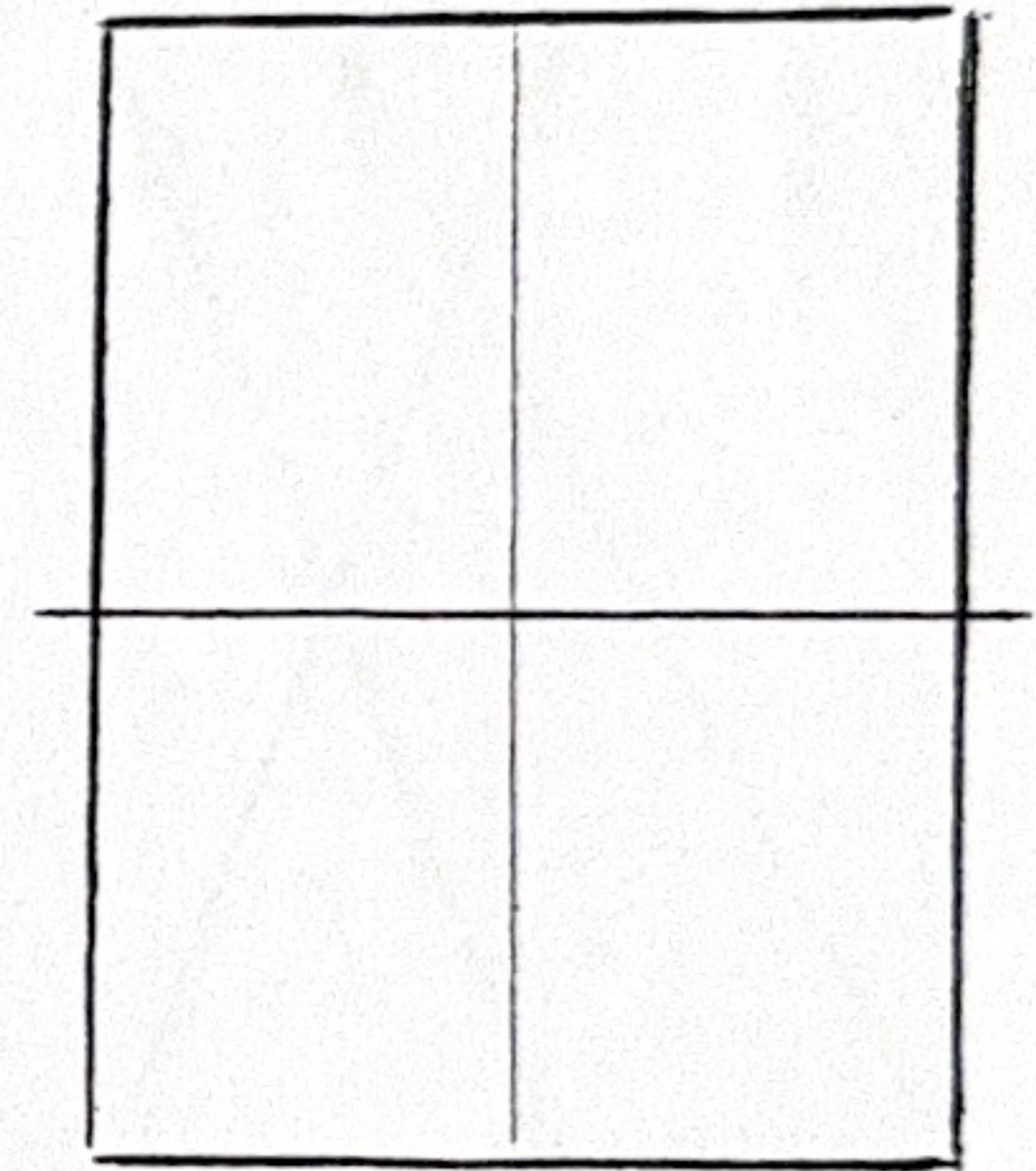
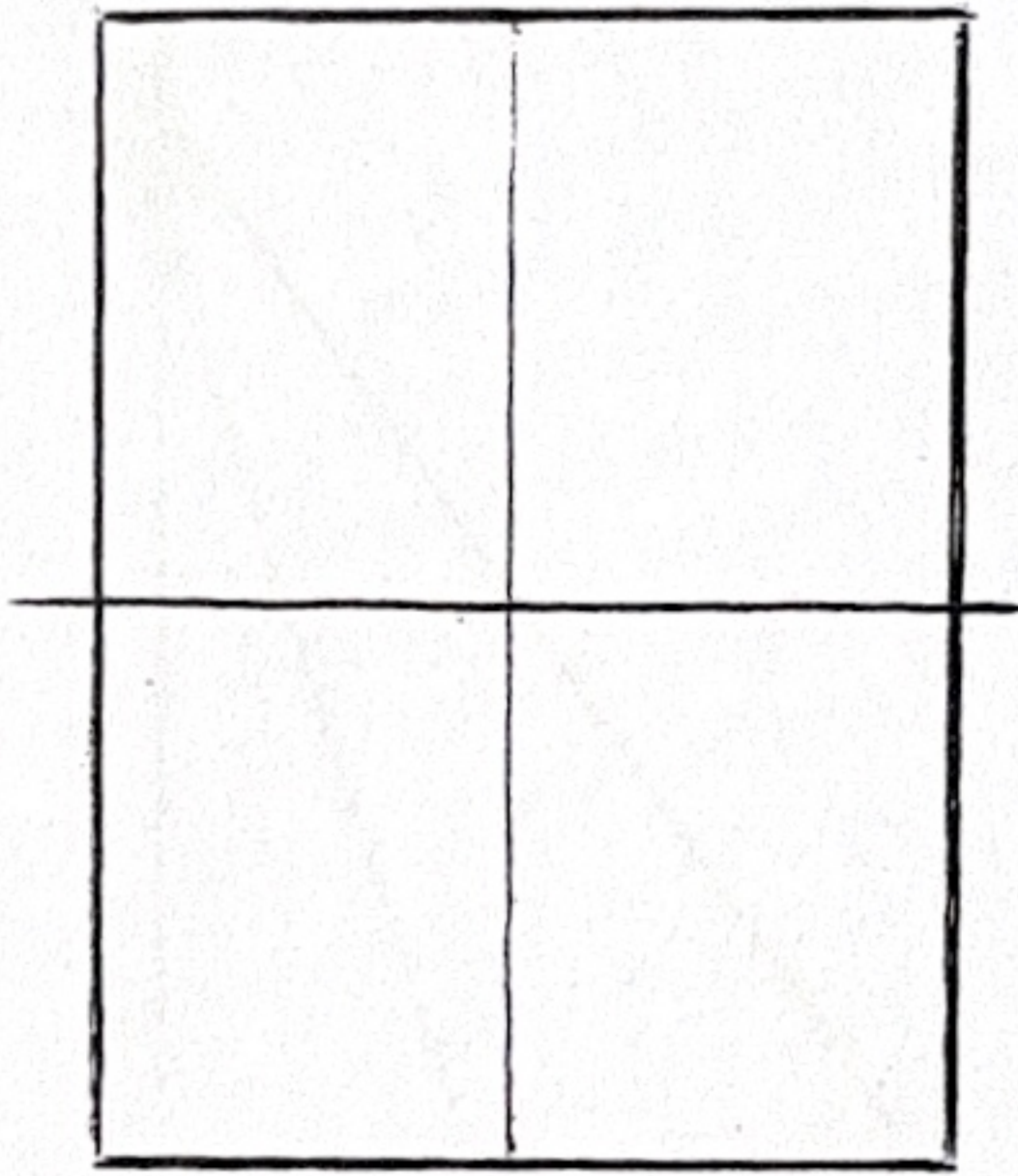
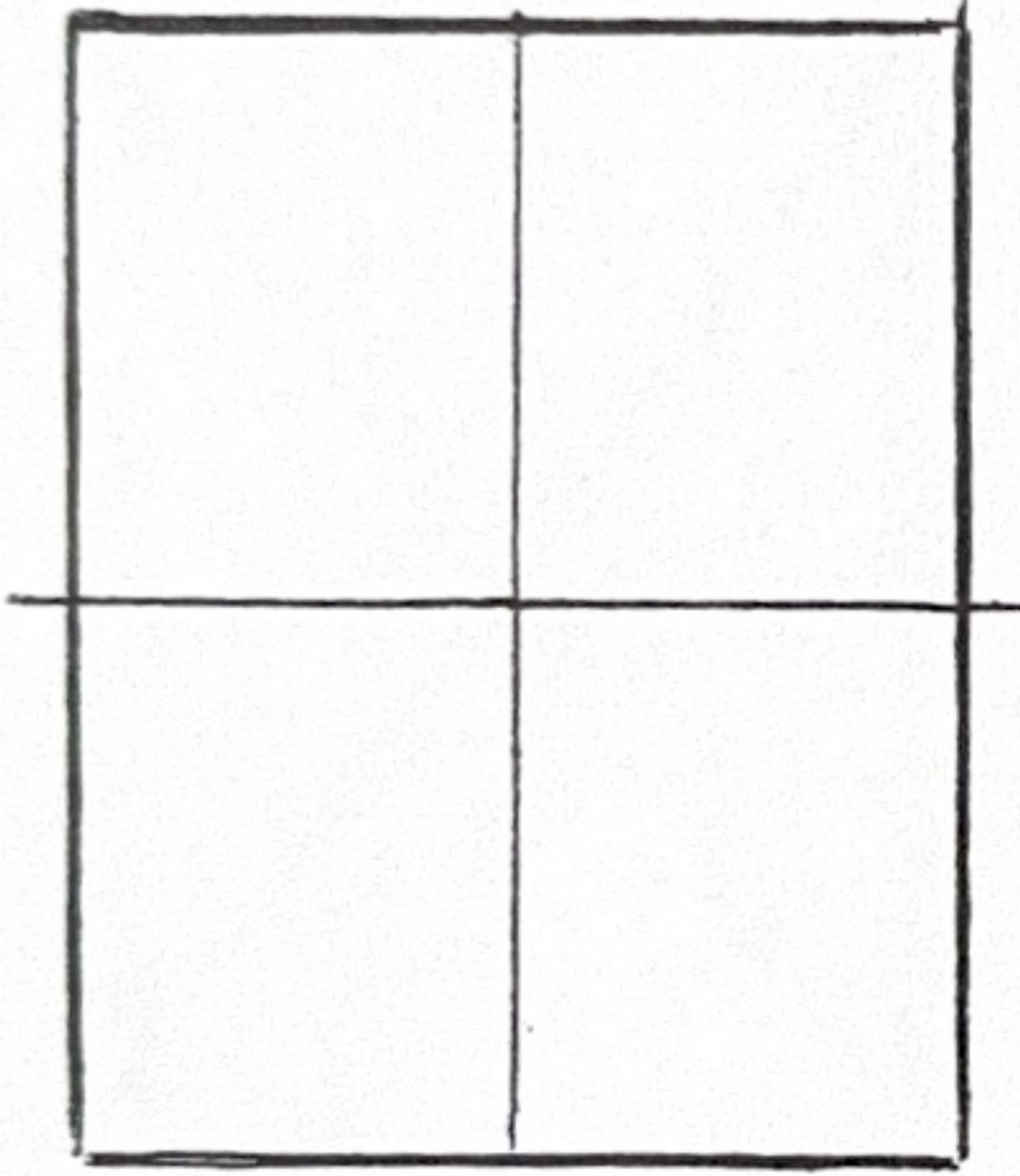


17.05.2026 SUNDAY

NORTHERN REGION TRAINING CAMP

9.00 - 12.00 , 13.30 - 16.30



Three horizontal lines for writing.

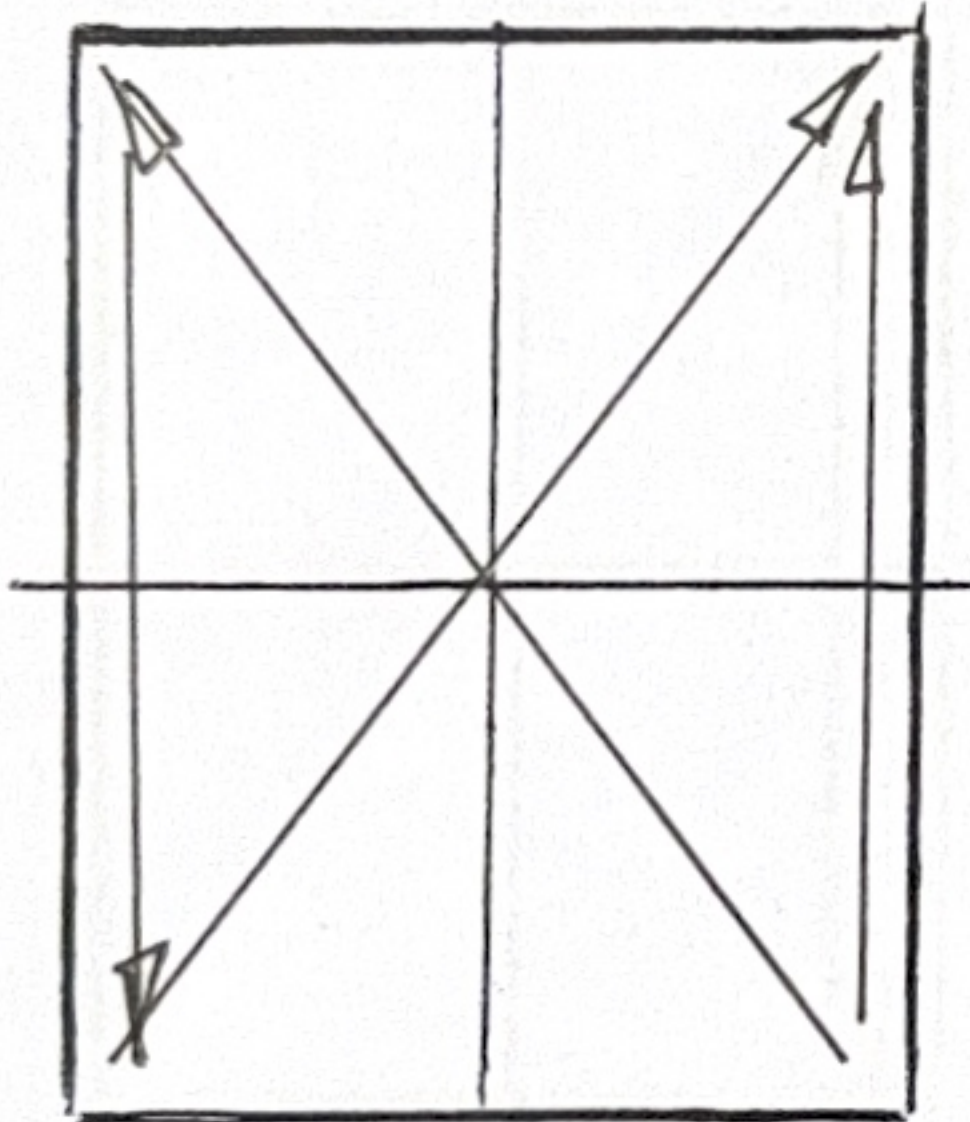
18.05.2026 MONDAY 16.30-19.00 INTERMEDIATE SQUAD

MULTIBALLS TRAINING, SERVICE + RECIEVE

WARMING-UP → THERABANDS PHYSICAL: BEFORE TRAINING

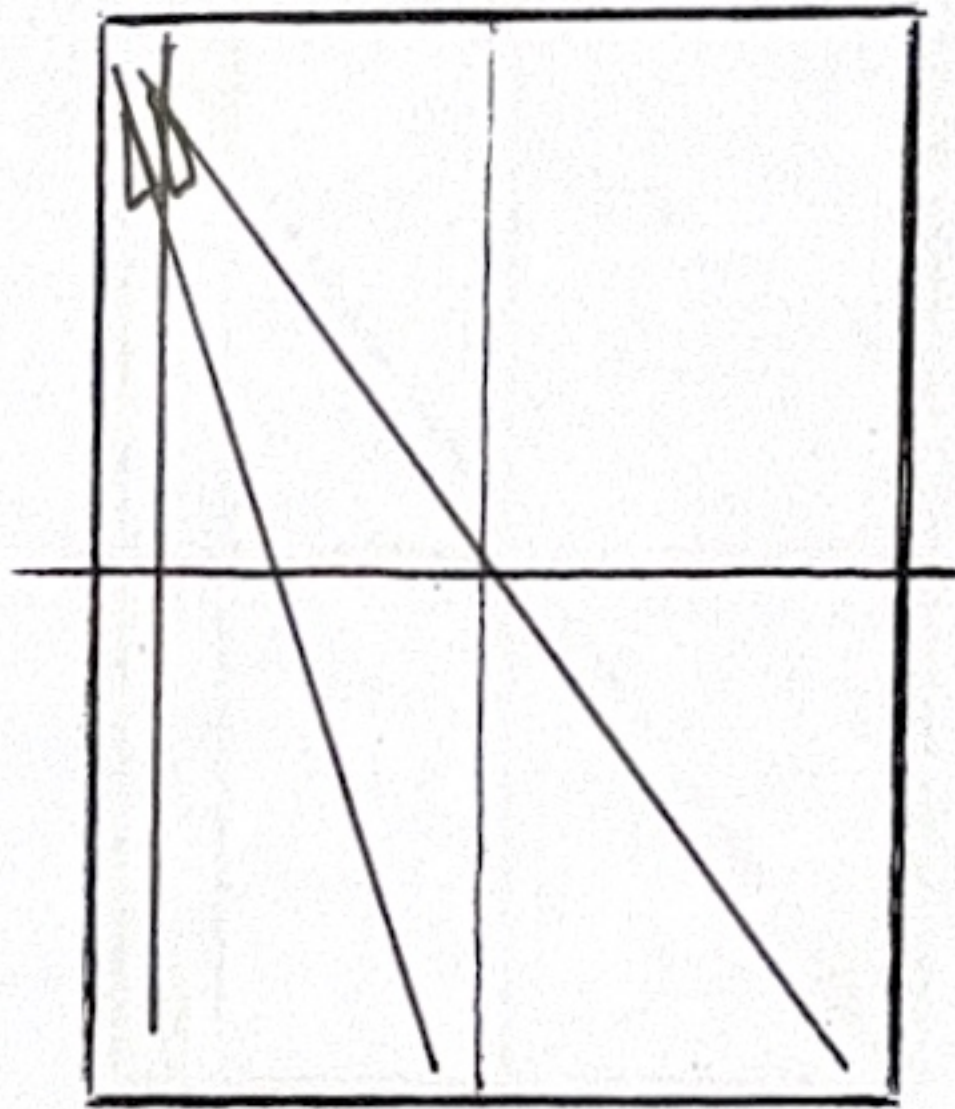
FOOTWORK SPEED 6x20"x20", AT THE END → SKIPPING 20

15'



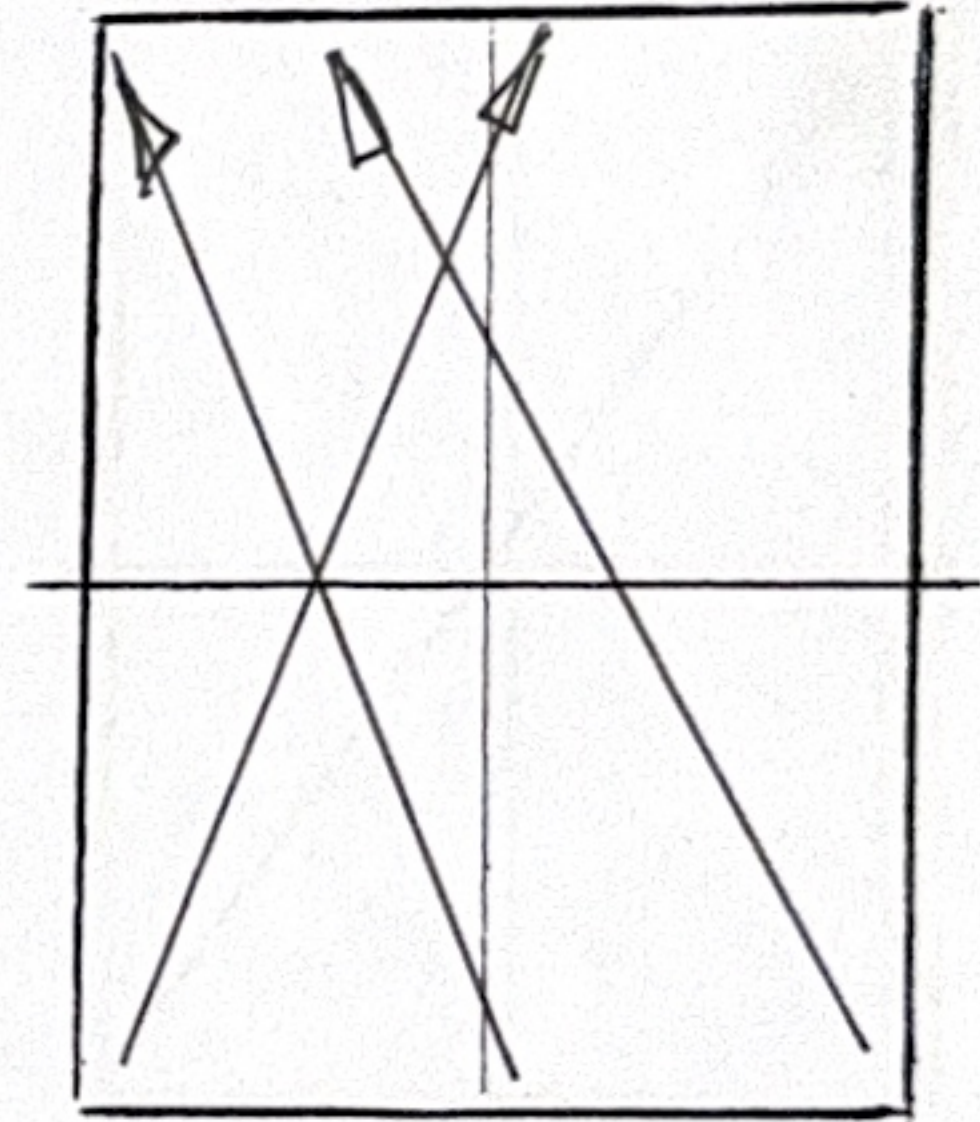
BH DOWN THE FH
SI LINE SI SI

10'



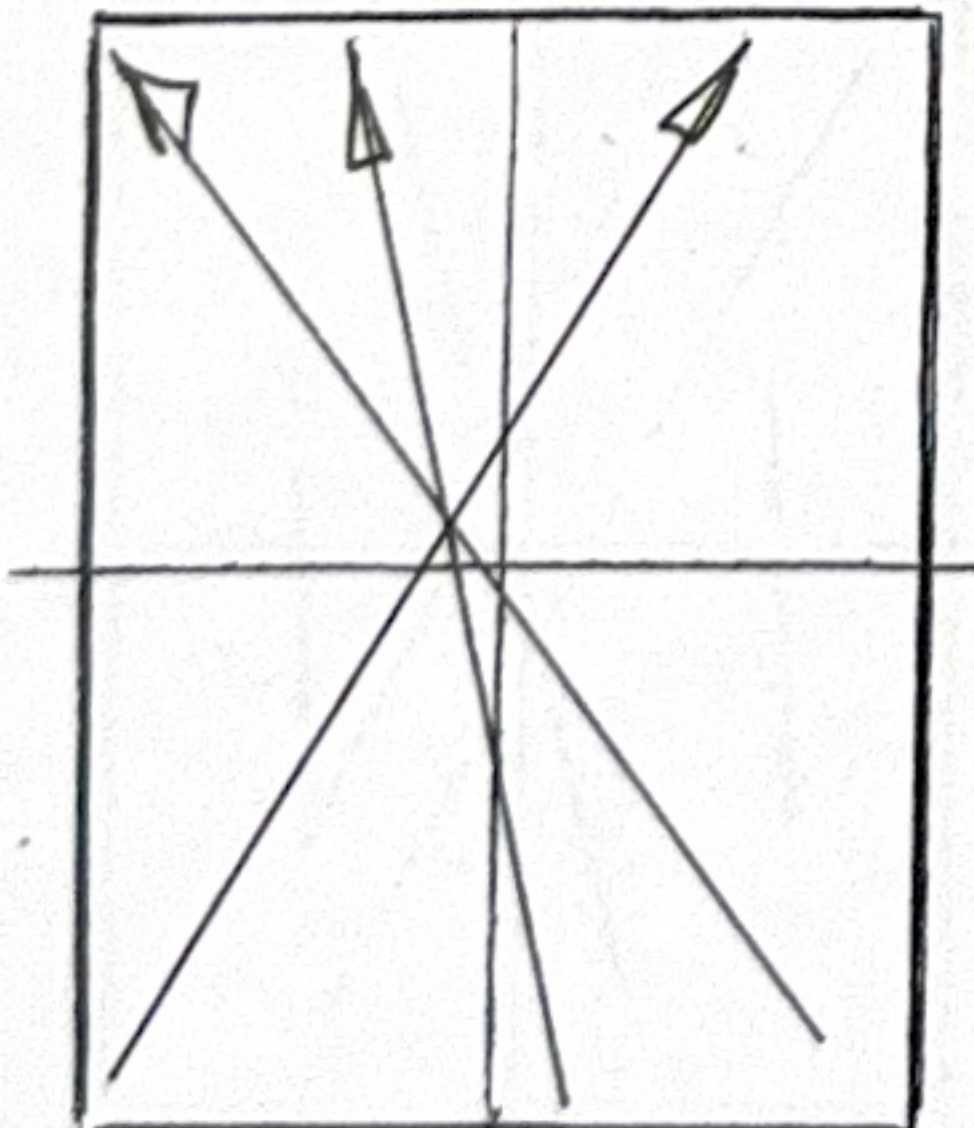
FH FH FH
(BH) 2 1
3 VS F/S.

10'



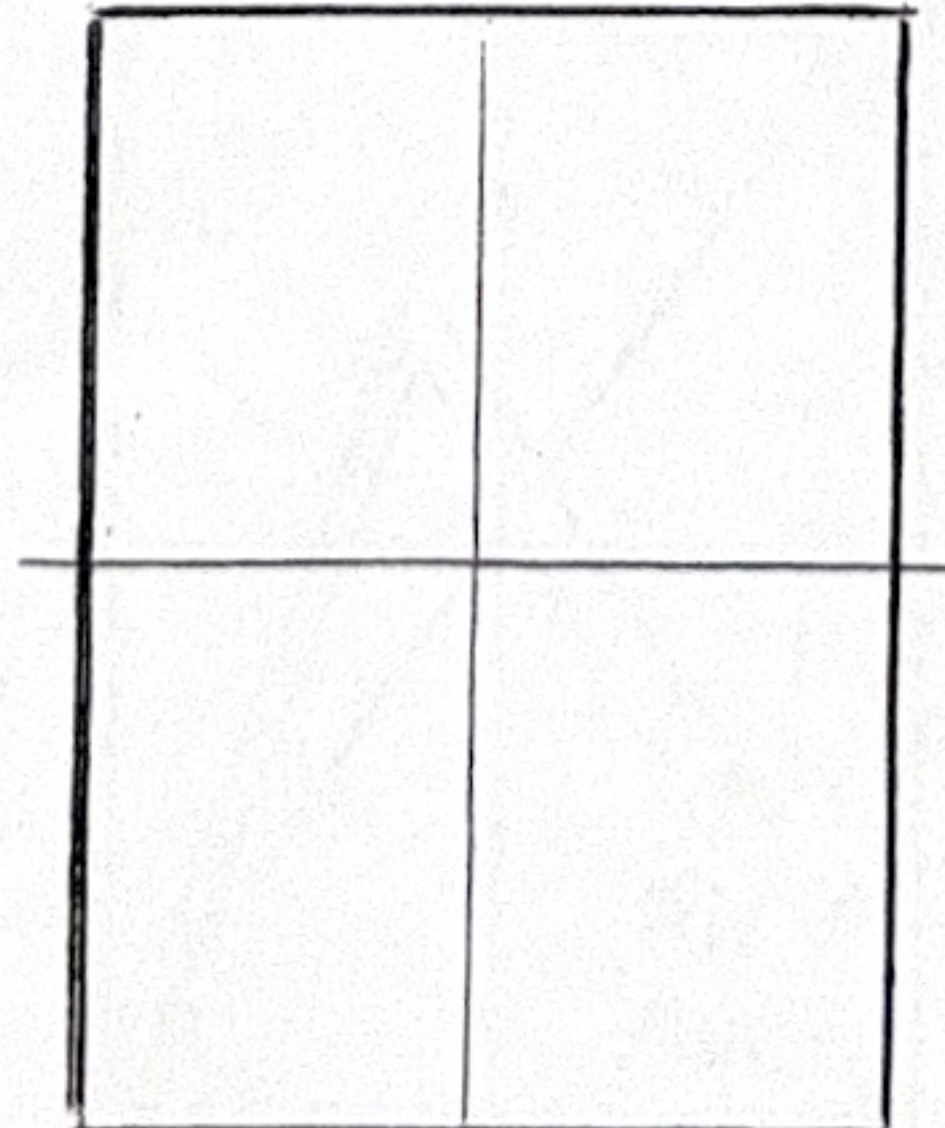
BH FHS FHS
3 1 2
VS B/S

10'



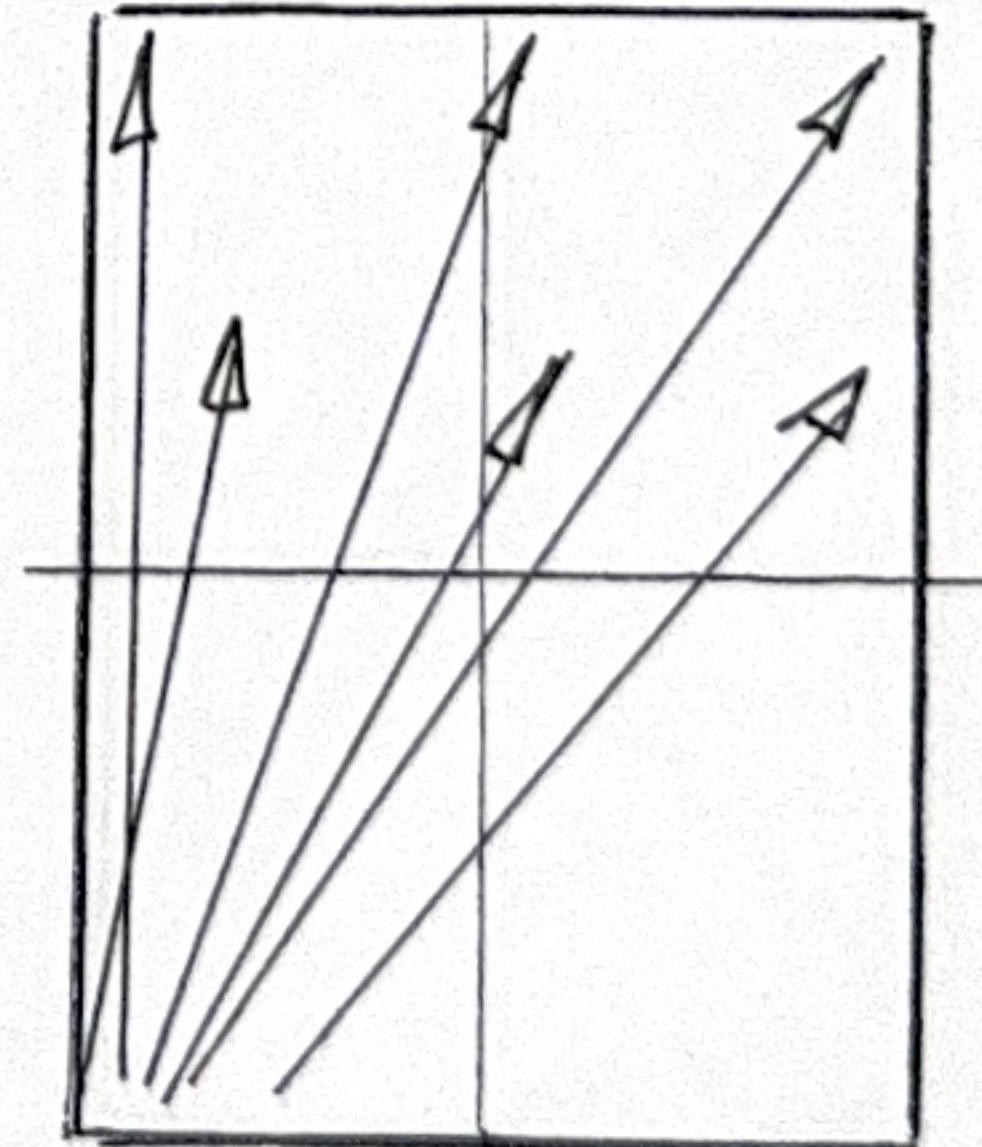
BHS 1 FHS FHS
(FHS) 3 2

10'



INDIVIDUAL

40'
RECIEVE



SERVICE
10' - SHORT
10' - LONG

19.05.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

1. REACTION 2. BALANCE, 3. STABILITY

PHYSICAL: BEFORE TRAINING: FOOTWORK → REACTION 6x20x20"

WARMING-UP → THERABANDS

