|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу**  **на 2017 – 2018 учебный год**  **Этап начальной подготовки 1 года обучения - 6 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | **6** | | **6** | **6** | **6** | **6** | | **6** | **6** |
| **276** | **27** | | | | | **27** | | | | | **27** | | | | | **27** | | | | | **27** | | | | | **24** | | | | | | | **27** | | | | **24** | | | | | | **27** | | | | | | **27** | | | | | **12** | | |
| **Теория и методика физической культуры** | **27** | **2,5** | | | | | **2,5** | | | | | **2,5** | | | | | **2,5** | | | | | **2,5** | | | | | **2,5** | | | | | | | **2,5** | | | | **2,5** | | | | | | **2,5** | | | | | | **2,5** | | | | | **2** | | |
| **ОФП** | **84** | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | | | **8** | | | | **8** | | | | | | **8** | | | | | | **8** | | | | | **4** | | |
| -*Задания силовой направленности* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *-задания на развитие быстроты* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие скоростно-сил. качеств* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- игры и игровые задания* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| *-кроссовая подготовка* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **41** | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | | | **4** | | | | **4** | | | | | | **4** | | | | | | **4** | | | | | **1** | | |
| *Упражнения для развития прыгучести* | *8* | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *0,5* | | | | |  | | |
| *Упражнения для развития движения* | *9* | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *0,5* | | | | | | *1* | | | | |  | | |
| *Развитие броска* | *8* | *1* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *0,5* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Игровая ловкость* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *Специальная выносливость* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **Основы баскетбола** | **124** | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **9,5** | | | | | | | **12,5** | | | | **9,5** | | | | | | **12,5** | | | | | | **12,5** | | | | | **5** | | |
| Освоение техники баскетбольных упр-й | *116* | *11,5* | | | | | *12,5* | | | | | *10,5* | | | | | *11,5* | | | | | *12,5* | | | | | *9,5* | | | | | | | *10,5* | | | | *9,5* | | | | | | *11,5* | | | | | | *11,5* | | | | | *5* | | |
| Контр. испытания и соревнования | *8* | *1* | | | | |  | | | | | *2* | | | | | *1* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *1* | | | | | | *1* | | | | |  | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** |
| **368** | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **32** | | | | | | | **36** | | | | **36** | | | | | | **32** | | | | | | **32** | | | | | **16** | | |
| **Теория и методика физической культуры** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **3** | | | | | | | **4** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **3** | | |
| **ОФП** | **92** | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **8** | | | | | **8** | | | | | | | **8** | | | | **9** | | | | | | **9** | | | | | | **8** | | | | | **6** | | |
| -*Задания силовой направленности* | *11,5* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на выносливость* | *11* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *13* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- игры и игровые задания* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *-кроссовая подготовка* | *12* | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| **СФП** | **55** | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **5** | | | | **5** | | | | | | **5** | | | | | | **5** | | | | | **5** | | |
| *Упражнения для развития прыгучести* | *12* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1,5* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | | *0,5* | | |
| *Упражнения для развития движения* | *12,5* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1,5* | | |
| *Развитие броска* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *Игровая ловкость* | *12,5* | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1,5* | | | | | | *1* | | | | | | *1* | | | | | *1,5* | | |
| *Специальная выносливость* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| **Основы баскетбола** | **184** | **18** | | | | | **18** | | | | | **19** | | | | | **19** | | | | | **19** | | | | | **16** | | | | | | | **19** | | | | **19** | | | | | | **15** | | | | | | **16** | | | | | **2** | | |
| Освоение техники баскетбольных упр-й | *170* | *17* | | | | | *18* | | | | | *17* | | | | | *17* | | | | | *19* | | | | | *16* | | | | | | | *17* | | | | *19* | | | | | | *14* | | | | | | *16* | | | | |  | | |
| Контр. испытания и соревнования | *14* | *1* | | | | |  | | | | | *2* | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *1* | | | | | |  | | | | | *2* | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

**учебно-тренировочных занятий по дополнительной предпрофессиональной программе**

**по баскетболу на 2017 – 2018 учебный год**

**Этап начальной подготовки 2 года обучения - 8 часов**

|  |  |
| --- | --- |
|  | **Дополнительная предпрофессиональная программа по баскетболу**  Календарно-тематический план  ГНП 3 г.о на 2017/2018 учебный год |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | **8** | | **8** | **8** | **8** | **8** | | **8** | **8** |
| **368** | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **36** | | | | | **32** | | | | | | | **36** | | | | **36** | | | | | | **32** | | | | | | **32** | | | | | **16** | | |
| **Теория и методика физической культуры** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **3** | | | | | | | **4** | | | | **3** | | | | | | **3** | | | | | | **3** | | | | | **3** | | |
| **ОФП** | **92** | **9** | | | | | **9** | | | | | **9** | | | | | **9** | | | | | **8** | | | | | **8** | | | | | | | **8** | | | | **9** | | | | | | **9** | | | | | | **8** | | | | | **6** | | |
| -*Задания силовой направленности* | *11,5* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на выносливость* | *11* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *13* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- игры и игровые задания* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *-кроссовая подготовка* | *12* | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| **СФП** | **55** | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **5** | | | | **5** | | | | | | **5** | | | | | | **5** | | | | | **5** | | |
| *Упражнения для развития прыгучести* | *12* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1,5* | | | | *1* | | | | | | *1* | | | | | | *1,5* | | | | | *0,5* | | |
| *Упражнения для развития движения* | *12,5* | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1,5* | | |
| *Развитие броска* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *Игровая ловкость* | *12,5* | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1,5* | | | | | | *1* | | | | | | *1* | | | | | *1,5* | | |
| *Специальная выносливость* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| **Основы баскетбола** | **184** | **18** | | | | | **18** | | | | | **19** | | | | | **19** | | | | | **19** | | | | | **16** | | | | | | | **19** | | | | **19** | | | | | | **15** | | | | | | **16** | | | | | **2** | | |
| Освоение техники баскетбольных упр-й | *170* | *17* | | | | | *18* | | | | | *17* | | | | | *17* | | | | | *19* | | | | | *16* | | | | | | | *17* | | | | *19* | | | | | | *14* | | | | | | *16* | | | | |  | | |
| Контр. испытания и соревнования | *14* | *1* | | | | |  | | | | | *2* | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *1* | | | | | |  | | | | | *2* | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу на 2017 – 2018 учебный год**  **Тренировочный этап 1 года обучения - 12 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | | **24** | | |
| **Теория и методика физической культуры** | **55** | **6** | | | | | **6** | | | | | **6** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **5** | | | | **5** | | | | | | **5** | | | | | | **4** | | | | | **3** | | |
| **ОФП** | **83** | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **7** | | | | | | | **8** | | | | **8** | | | | | | **8** | | | | | | **8** | | | | | **4** | | |
| -*Задания силовой направленности* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *0,5* | | |
| *-задания на развитие быстроты* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие скоростно-сил. качеств* | *11* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- игры и игровые задания* | *9,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *0,5* | | | | | | *1* | | | | |  | | |
| *-кроссовая подготовка* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *9* | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **110** | **12** | | | | | **11** | | | | | **12** | | | | | **11** | | | | | **10** | | | | | **9** | | | | | | | **11** | | | | **10** | | | | | | **9** | | | | | | **10** | | | | | **5** | | |
| *Упражнения для развития прыгучести* | *24* | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Упражнения для развития движения* | *24* | *3* | | | | | *2* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Развитие броска* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Игровая ловкость* | *25* | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Специальная выносливость* | *14* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| **Основы баскетбола** | **304** | **28** | | | | | **29** | | | | | **28** | | | | | **30** | | | | | **31** | | | | | **27** | | | | | | | **30** | | | | **31** | | | | | | **27** | | | | | | **32** | | | | | **12** | | |
| Освоение техники баскетбольных упр-й | *294* | *27* | | | | | *29* | | | | | *26* | | | | | *28* | | | | | *31* | | | | | *27* | | | | | | | *28* | | | | *31* | | | | | | *26* | | | | | | *32* | | | | | *10* | | |
| Контр. испытания и соревнования | *10* | *1* | | | | |  | | | | | *2* | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *1* | | | | | |  | | | | | *2* | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу на 2017 – 2018 учебный год**  **Тренировочный этап 2 года обучения - 12 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** | **1**  **2** | **1**  **2** | | **1**  **2** | **1**  **2** |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | | **24** | | |
| **Теория и методика физической культуры** | **55** | **6** | | | | | **6** | | | | | **6** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **5** | | | | **5** | | | | | | **5** | | | | | | **4** | | | | | **3** | | |
| **ОФП** | **83** | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **7** | | | | | | | **8** | | | | **8** | | | | | | **8** | | | | | | **8** | | | | | **4** | | |
| -*Задания силовой направленности* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1,5* | | | | | | *1* | | | | | *0,5* | | |
| *-задания на развитие быстроты* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие скоростно-сил. качеств* | *11* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- игры и игровые задания* | *9,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *0,5* | | | | | | *1* | | | | |  | | |
| *-кроссовая подготовка* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *9* | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **110** | **12** | | | | | **11** | | | | | **12** | | | | | **11** | | | | | **10** | | | | | **9** | | | | | | | **11** | | | | **10** | | | | | | **9** | | | | | | **10** | | | | | **5** | | |
| *Упражнения для развития прыгучести* | *24* | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Упражнения для развития движения* | *24* | *3* | | | | | *2* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Развитие броска* | *23* | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Игровая ловкость* | *25* | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *Специальная выносливость* | *14* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| **Основы баскетбола** | **304** | **28** | | | | | **29** | | | | | **28** | | | | | **30** | | | | | **31** | | | | | **27** | | | | | | | **30** | | | | **31** | | | | | | **27** | | | | | | **32** | | | | | **12** | | |
| Освоение техники баскетбольных упр-й | *294* | *27* | | | | | *29* | | | | | *26* | | | | | *28* | | | | | *31* | | | | | *27* | | | | | | | *28* | | | | *31* | | | | | | *26* | | | | | | *32* | | | | | *10* | | |
| Контр. испытания и соревнования | *10* | *1* | | | | |  | | | | | *2* | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *1* | | | | | |  | | | | | *2* | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу на 2017 – 2018 учебный год**  **Тренировочный этап 3 года обучения - 15 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** |
| **690** | **69** | | | | | **69** | | | | | **66** | | | | | **69** | | | | | **66** | | | | | **60** | | | | | | | **69** | | | | **66** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теория и методика физической культуры** | **69** | **9** | | | | | **9** | | | | | **6** | | | | | **7** | | | | | **6** | | | | | **4** | | | | | | | **5** | | | | **5** | | | | | | **6** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **103** | **10** | | | | | **10** | | | | | **9** | | | | | **10** | | | | | **10** | | | | | **9** | | | | | | | **10** | | | | **10** | | | | | | **9** | | | | | | **9** | | | | | **7** | | |
| -*Задания силовой направленности* | *16* | *1* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на выносливость* | *13,5* | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *14* | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *13* | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **172** | **17** | | | | | **17** | | | | | **16** | | | | | **16** | | | | | **15** | | | | | **17** | | | | | | | **16** | | | | **16** | | | | | | **17** | | | | | | **15** | | | | | **10** | | |
| *Упражнения для развития прыгучести* | *34* | *3* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Упражнения для развития движения* | *34* | *4* | | | | | *2* | | | | | *3* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Развитие броска* | *35* | *3* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *4* | | | | *3* | | | | | | *4* | | | | | | *3* | | | | | *2* | | |
| *Игровая ловкость* | *34* | *3* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Специальная выносливость* | *35* | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *4* | | | | | | *4* | | | | | | *3* | | | | | *2* | | |
| **Основы баскетбола** | **346** | **33** | | | | | **33** | | | | | **35** | | | | | **36** | | | | | **35** | | | | | **30** | | | | | | | **38** | | | | **35** | | | | | | **28** | | | | | | **35** | | | | | **8** | | |
| Освоение техники баскетбольных упр-й | *336* | *32* | | | | | *31* | | | | | *35* | | | | | *34* | | | | | *35* | | | | | *30* | | | | | | | *36* | | | | *35* | | | | | | *26* | | | | | | *35* | | | | | *7* | | |
| Контр. испытания и соревнования | *10* | *1* | | | | | *2* | | | | |  | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *2* | | | | | |  | | | | | *1* | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу на 2017 – 2018 учебный год**  **Тренировочный этап 4 года обучения - 15 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** | **1**  **5** | **1**  **5** | | **1**  **5** | **1**  **5** |
| **690** | **69** | | | | | **69** | | | | | **66** | | | | | **69** | | | | | **66** | | | | | **60** | | | | | | | **69** | | | | **66** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теория и методика физической культуры** | **69** | **9** | | | | | **9** | | | | | **6** | | | | | **7** | | | | | **6** | | | | | **4** | | | | | | | **5** | | | | **5** | | | | | | **6** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **103** | **10** | | | | | **10** | | | | | **9** | | | | | **10** | | | | | **10** | | | | | **9** | | | | | | | **10** | | | | **10** | | | | | | **9** | | | | | | **9** | | | | | **7** | | |
| -*Задания силовой направленности* | *16* | *1* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *11,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на выносливость* | *13,5* | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *14* | *1* | | | | | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *2* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *13* | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **172** | **17** | | | | | **17** | | | | | **16** | | | | | **16** | | | | | **15** | | | | | **17** | | | | | | | **16** | | | | **16** | | | | | | **17** | | | | | | **15** | | | | | **10** | | |
| *Упражнения для развития прыгучести* | *34* | *3* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Упражнения для развития движения* | *34* | *4* | | | | | *2* | | | | | *3* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Развитие броска* | *35* | *3* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *4* | | | | *3* | | | | | | *4* | | | | | | *3* | | | | | *2* | | |
| *Игровая ловкость* | *34* | *3* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *Специальная выносливость* | *35* | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *4* | | | | | | *4* | | | | | | *3* | | | | | *2* | | |
| **Основы баскетбола** | **346** | **33** | | | | | **33** | | | | | **35** | | | | | **36** | | | | | **35** | | | | | **30** | | | | | | | **38** | | | | **35** | | | | | | **28** | | | | | | **35** | | | | | **8** | | |
| Освоение техники баскетбольных упр-й | *336* | *32* | | | | | *31* | | | | | *35* | | | | | *34* | | | | | *35* | | | | | *30* | | | | | | | *36* | | | | *35* | | | | | | *26* | | | | | | *35* | | | | | *7* | | |
| Контр. испытания и соревнования | *10* | *1* | | | | | *2* | | | | |  | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *2* | | | | | |  | | | | | *1* | | |

|  |  |
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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по баскетболу на 2017 – 2018 учебный год**  **Тренировочный этап 5 года обучения - 18 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** | **1**  **8** | **1**  **8** | | **1**  **8** | **1**  **8** |
| **828** | **81** | | | | | **81** | | | | | **81** | | | | | **81** | | | | | **78** | | | | | **72** | | | | | | | **81** | | | | **81** | | | | | | **78** | | | | | | **78** | | | | | **36** | | |
| **Теория и методика физической культуры** | **83** | **9** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **8** | | | | | **7** | | | | | | | **7** | | | | **8** | | | | | | **8** | | | | | | **7** | | | | | **5** | | |
| **ОФП** | **83** | **9** | | | | | **7** | | | | | **8** | | | | | **9** | | | | | **7** | | | | | **8** | | | | | | | **7** | | | | **7** | | | | | | **8** | | | | | | **7** | | | | | **6** | | |
| -*Задания силовой направленности* | *9,5* | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | | | *1* | | | | *0,5* | | | | | | *1* | | | | | | *0,5* | | | | | *0,5* | | |
| *-задания на развитие быстроты* | *10* | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *0,5* | | | | | *0,5* | | |
| *- задания на выносливость* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1,5* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие гибкости и ловкости* | *11* | *1* | | | | | *0,5* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | | | *1,5* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- задания на развитие скоростно-сил. качеств* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | | | *0,5* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *0,5* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *-кроссовая подготовка* | *10* | *1* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *0,5* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *0,5* | | | | *0,5* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **206** | **20** | | | | | **20** | | | | | **20** | | | | | **20** | | | | | **20** | | | | | **18** | | | | | | | **20** | | | | **20** | | | | | | **18** | | | | | | **17** | | | | | **13** | | |
| *Упражнения для развития прыгучести* | *40,5* | *3* | | | | | *4* | | | | | *4* | | | | | *5* | | | | | *4,5* | | | | | *3* | | | | | | | *4* | | | | *3* | | | | | | *4* | | | | | | *3* | | | | | *3* | | |
| *Упражнения для развития движения* | *37* | *4* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *4* | | | | | | *2* | | | | | | *3* | | | | | *2* | | |
| *Развитие броска* | *44,5* | *5* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4,5* | | | | | *4* | | | | | | | *5* | | | | *4* | | | | | | *4* | | | | | | *3* | | | | | *3* | | |
| *Игровая ловкость* | *45* | *4* | | | | | *5* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *5* | | | | | | *4* | | | | | | *5* | | | | | *3* | | |
| *Специальная выносливость* | *39* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *3* | | | | | *2* | | |
| **Основы баскетбола** | **456** | **43** | | | | | **46** | | | | | **45** | | | | | **44** | | | | | **43** | | | | | **39** | | | | | | | **47** | | | | **46** | | | | | | **44** | | | | | | **47** | | | | | **12** | | |
| Освоение техники баскетбольных упр-й | *446* | *42* | | | | | *44* | | | | | *45* | | | | | *42* | | | | | *43* | | | | | *39* | | | | | | | *45* | | | | *46* | | | | | | *42* | | | | | | *46* | | | | | *12* | | |
| Контр. испытания и соревнования | *10* | *1* | | | | | *2* | | | | |  | | | | | *2* | | | | |  | | | | |  | | | | | | | *2* | | | |  | | | | | | *2* | | | | | | *1* | | | | |  | | |