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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе**  **по баскетболу «Оранжевый мяч»**  **на 2017 – 2018 учебный год**  **Спортивно-оздоровительный этап до 2-х лет обучения (1-ый год)** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **18** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **16** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **16** | | | | | **8** | | |
| -*Задания силовой направленности* | *24* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-задания на развитие быстроты* | *23* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *3* | | | | | | *2* | | | | | *1* | | |
| *- задания на выносливость* | *23* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие гибкости и ловкости* | *22* | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *22* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- игры и игровые задания* | *23* | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *20* | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- полоса препятствий* | *20* | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| **СФП** | **26** | **2,5** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | | | **3** | | | | **3** | | | | | | **1,5** | | | | | | **1,5** | | | | | **1** | | |
| *Упражнения для развития прыгучести* | *4,5* | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *-* | | | | | | *-* | | | | | *-* | | |
| *Упражнения для развития движения* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *1* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Развитие броска* | *5,5* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *-* | | |
| *Игровая ловкость* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Специальная выносливость* | *4* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *-* | | | | | | *-* | | | | | *-* | | |
| **Основы баскетбола** | **67** | **5,5** | | | | | **7** | | | | | **6,5** | | | | | **7** | | | | | **6,5** | | | | | **5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **8** | | | | | | **9** | | | | | **2,5** | | |
| *Тех. подготовка* | 20 | 2,5 | | | | | 3 | | | | | 2,5 | | | | | 1 | | | | | 2 | | | | | 1 | | | | | | | 2 | | | | 0,5 | | | | | | 2 | | | | | | 3 | | | | | 0,5 | | |
| *Тактика нападения* | 21 | 1,5 | | | | | 1 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 1,5 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| *Тактика защиты* | 24 | 1,5 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2,5 | | | | | 2 | | | | | | | 2,5 | | | | 1,5 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| Контр. испытания и соревнования | 2 |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | |  | | | |  | | | | | | 2 | | | | | |  | | | | |  | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе**  **по баскетболу «Оранжевый мяч»**  **на 2017 – 2018 учебный год**  **Спортивно-оздоровительный этап до 2-х лет обучения (2-ой год)** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **6** | **1** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | **0,5** | | | | | | | **0,5** | | | | **0,5** | | | | | | **0,5** | | | | | | **0,5** | | | | | **0,5** | | |
| **ОФП** | **177** | **18** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **16** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **16** | | | | | **8** | | |
| -*Задания силовой направленности* | *24* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-задания на развитие быстроты* | *23* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *3* | | | | | | *2* | | | | | *1* | | |
| *- задания на выносливость* | *23* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие гибкости и ловкости* | *22* | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *22* | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- игры и игровые задания* | *23* | *3* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *20* | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- полоса препятствий* | *20* | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| **СФП** | **26** | **2,5** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | **3** | | | | | **2,5** | | | | | | | **3** | | | | **3** | | | | | | **1,5** | | | | | | **1,5** | | | | | **1** | | |
| *Упражнения для развития прыгучести* | *4,5* | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *-* | | | | | | *-* | | | | | *-* | | |
| *Упражнения для развития движения* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *1* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Развитие броска* | *5,5* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *-* | | |
| *Игровая ловкость* | *6* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Специальная выносливость* | *4* | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *-* | | | | | | *-* | | | | | *-* | | |
| **Основы баскетбола** | **67** | **5,5** | | | | | **7** | | | | | **6,5** | | | | | **7** | | | | | **6,5** | | | | | **5** | | | | | | | **6,5** | | | | **3,5** | | | | | | **8** | | | | | | **9** | | | | | **2,5** | | |
| *Тех. подготовка* | 19 | 2,5 | | | | | 2 | | | | | 2,5 | | | | | 1 | | | | | 2 | | | | | 1 | | | | | | | 2 | | | | 0,5 | | | | | | 2 | | | | | | 3 | | | | | 0,5 | | |
| *Тактика нападения* | 21 | 1,5 | | | | | 1 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 1,5 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| *Тактика защиты* | 23 | 1,5 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2,5 | | | | | 2 | | | | | | | 1,5 | | | | 1,5 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| Контр. испытания и соревнования | 4 |  | | | | | **1** | | | | |  | | | | |  | | | | |  | | | | |  | | | | | | | **1** | | | |  | | | | | | 2 | | | | | |  | | | | |  | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе**  **по баскетболу «Оранжевый мяч»**  **на 2017 – 2018 учебный год**  **Спортивно-оздоровительный этап свыше 2-х лет обучения (1-ый год)** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **1** | | | | |  | | |
| **ОФП** | **140** | **14** | | | | | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **14** | | | | **14** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| -*Задания силовой направленности* | *20* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *18* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на выносливость* | *20* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие гибкости и ловкости* | *18* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *19* | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *- игры и игровые задания* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **36** | **4,5** | | | | | **4** | | | | | **3** | | | | | **3,5** | | | | | **3** | | | | | **3,5** | | | | | | | **3,5** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |
| *Упражнения для развития прыгучести* | *7* | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *0,5* | | | | | | *-* | | | | | *-* | | |
| *Упражнения для развития движения* | *7,5* | *1* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Развитие броска* | *7,5* | *1* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Игровая ловкость* | *7,5* | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | | | *1* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Специальная выносливость* | *6,5* | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *1* | | | | | | *0,5* | | | | | *0,5* | | |
| **Основы баскетбола** | **90** | **7,5** | | | | | **8** | | | | | **10** | | | | | **8,5** | | | | | **10** | | | | | **7,5** | | | | | | | **8,5** | | | | **5** | | | | | | **11** | | | | | | **12** | | | | | **2** | | |
| *Тех. подготовка* | 27 | 2 | | | | | 2 | | | | | 3,5 | | | | | 2,5 | | | | | 3,5 | | | | | 2,5 | | | | | | | 2,5 | | | | 1 | | | | | | 3 | | | | | | 4 | | | | | 0,5 | | |
| *Тактика нападения* | 28,5 | 2,5 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 3,5 | | | | | 2,5 | | | | | | | 2,5 | | | | 2 | | | | | | 3 | | | | | | 4 | | | | | 0,5 | | |
| *Тактика защиты* | 28,5 | 2 | | | | | 3 | | | | | 3,5 | | | | | 2 | | | | | 3 | | | | | 2,5 | | | | | | | 2,5 | | | | 2 | | | | | | 3 | | | | | | 4 | | | | | 1 | | |
| Контр. испытания и соревнования | 6 | 1 | | | | |  | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | | | 1 | | | |  | | | | | | 2 | | | | | |  | | | | |  | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной общеразвивающей программе**  **по баскетболу «Оранжевый мяч»**  **на 2017 – 2018 учебный год**  **Спортивно-оздоровительный этап свыше 2-х лет обучения (2-ой год)** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | **10** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **1** | | | | **1** | | | | | | **1** | | | | | | **1** | | | | |  | | |
| **ОФП** | **140** | **14** | | | | | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **14** | | | | **14** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| -*Задания силовой направленности* | *20* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *-задания на развитие быстроты* | *18* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- задания на выносливость* | *20* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- задания на развитие гибкости и ловкости* | *18* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *- задания на развитие скоростно-сил. качеств* | *19* | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *- игры и игровые задания* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- полоса препятствий* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **36** | **4,5** | | | | | **4** | | | | | **3** | | | | | **3,5** | | | | | **3** | | | | | **3,5** | | | | | | | **3,5** | | | | **4** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |
| *Упражнения для развития прыгучести* | *7* | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | | | *1* | | | | *1* | | | | | | *0,5* | | | | | | *-* | | | | | *-* | | |
| *Упражнения для развития движения* | *7,5* | *1* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *0,5* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Развитие броска* | *7,5* | *1* | | | | | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *1* | | | | | | | *0,5* | | | | *1* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Игровая ловкость* | *7,5* | *0,5* | | | | | *0,5* | | | | | *1* | | | | | *1* | | | | | *0,5* | | | | | *1* | | | | | | | *1* | | | | *0,5* | | | | | | *0,5* | | | | | | *0,5* | | | | | *0,5* | | |
| *Специальная выносливость* | *6,5* | *1* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | *0,5* | | | | | | | *0,5* | | | | *0,5* | | | | | | *1* | | | | | | *0,5* | | | | | *0,5* | | |
| **Основы баскетбола** | **90** | **7,5** | | | | | **8** | | | | | **10** | | | | | **8,5** | | | | | **10** | | | | | **7,5** | | | | | | | **8,5** | | | | **5** | | | | | | **11** | | | | | | **12** | | | | | **2** | | |
| *Тех. подготовка* | 27 | 2 | | | | | 2 | | | | | 3,5 | | | | | 2,5 | | | | | 3,5 | | | | | 2,5 | | | | | | | 2,5 | | | | 1 | | | | | | 3 | | | | | | 4 | | | | | 0,5 | | |
| *Тактика нападения* | 28,5 | 2,5 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 3,5 | | | | | 2,5 | | | | | | | 2,5 | | | | 2 | | | | | | 3 | | | | | | 4 | | | | | 0,5 | | |
| *Тактика защиты* | 28,5 | 2 | | | | | 3 | | | | | 3,5 | | | | | 2 | | | | | 3 | | | | | 2,5 | | | | | | | 2,5 | | | | 2 | | | | | | 3 | | | | | | 4 | | | | | 1 | | |
| Контр. испытания и соревнования | 6 | 1 | | | | |  | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | | | 1 | | | |  | | | | | | 2 | | | | | |  | | | | |  | | |