|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по тайскому боксу**  **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** | | |
| **Теоретическая**  **подготовка** | **27** | **3** | | | | | **3** | | | | | **3** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **3** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |
| **ОФП** | **97** | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | **9** | | | | | **9** | | | | | | | **9** | | | | **9** | | | | | | **9** | | | | | | **9** | | | | | **3** | | |
| -*Задания силовой направленности* | *14* | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *14* | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *14* | *1* | | | | | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *3* | | | | | | *2* | | | | |  | | |
| *- задания на координацию и гибк.* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| *- элементы гимнастики и акробатики* | *10* |  | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- игры и игровые задания* | *14* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *21* | *3* | | | | | *1* | | | | | *2* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *2* | | | | | |  | | | | | |  | | | | |  | | |
| **Основы тайского бокса** | **104** | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | | | **10** | | | | **10** | | | | | | **10** | | | | | | **10** | | | | | **4** | | |
| **Технико-тактическая и психологическая подготовка** | **25** | **2** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | **3** | | | | | **1** | | | | | | | **3** | | | | **1** | | | | | | **3** | | | | | | **3** | | | | | **3** | | |
| **Другие виды спорта** | **23** | **2** | | | | | **2** | | | | | **2** | | | | | **3** | | | | | **3** | | | | | **2** | | | | | | | **3** | | | | **1** | | | | | | **2** | | | | | | **3** | | | | |  | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по тайскому боксу**  **на 2017 – 2018 учебный год**  **Этап начальной подготовки 2 года обучения - 8 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | | | | | | **36** | | | | | **16** | | |
| **Теоретическая**  **подготовка** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **4** | | | | | | **3** | | | | | **2** | | |
| **ОФП и СФП** | **157** | **15** | | | | | 14 | | | | | 15 | | | | | 14 | | | | | 15 | | | | | 11 | | | | | | | 14 | | | | 15 | | | | | | 14 | | | | | | 16 | | | | | **10** | | |
| -*Задания силовой направленности* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *22* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- задания на выносливость* | *37* | *4* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *2* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *3* | | |
| *- игры и игровые задания* | *36* | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *2* | | | | | | *8* | | | | | *6* | | |
| **Другие виды спорта** | **13** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | | **2** | | | | | **1** | | |
| **Тайский бокс** | **126** | **13** | | | | | **13** | | | | | **14** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **13** | | | | **14** | | | | | | **10** | | | | | | **9** | | | | | **1** | | |
| **Технико-тактическая и психологическая подготовка** | **35** | **3** | | | | | **4** | | | | | **3** | | | | | **4** | | | | | **3** | | | | | **4** | | | | | | | **4** | | | | **3** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по тайскому боксу**  **на 2017 – 2018 учебный год**  **Этап начальной подготовки 3 года обучения - 8 часов** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** | | | | | | **36** | | | | | **16** | | |
| **Теоретическая**  **подготовка** | **37** | **4** | | | | | **4** | | | | | **3** | | | | | **3** | | | | | **4** | | | | | **4** | | | | | | | **3** | | | | **3** | | | | | | **4** | | | | | | **3** | | | | | **2** | | |
| **ОФП и СФП** | **157** | **15** | | | | | 14 | | | | | 15 | | | | | 14 | | | | | 15 | | | | | 11 | | | | | | | 14 | | | | 15 | | | | | | 14 | | | | | | 16 | | | | | **10** | | |
| -*Задания силовой направленности* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *-задания на развитие быстроты* | *22* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | |  | | |
| *- задания на выносливость* | *37* | *4* | | | | | *4* | | | | | *3* | | | | | *4* | | | | | *2* | | | | | *3* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *41* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *2* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | | *3* | | |
| *- игры и игровые задания* | *36* | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | | | *2* | | | | *3* | | | | | | *2* | | | | | | *8* | | | | | *6* | | |
| **Другие виды спорта** | **13** | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | **1** | | | | | | | **2** | | | | **1** | | | | | | **1** | | | | | | **2** | | | | | **1** | | |
| **Тайский бокс** | **126** | **13** | | | | | **13** | | | | | **14** | | | | | **14** | | | | | **13** | | | | | **12** | | | | | | | **13** | | | | **14** | | | | | | **10** | | | | | | **9** | | | | | **1** | | |
| **Технико-тактическая и психологическая подготовка** | **35** | **3** | | | | | **4** | | | | | **3** | | | | | **4** | | | | | **3** | | | | | **4** | | | | | | | **4** | | | | **3** | | | | | | **3** | | | | | | **2** | | | | | **2** | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

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

**по тайскому боксу**

**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** | | | | |
| 46 недель | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | |
| **Теоретическая**  **подготовка** | **55** | **6** | | | | | **6** | | | | | **8** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **5** | | | | | | **3** | | | | |
| **ОФП и СФП** | **178** | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **17** | | | | |
| -*Задания силовой направленности* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | |
| *-задания на развитие быстроты* | *40* | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *4* | | | | |
| *- задания на выносливость* | *40* | *5* | | | | | *5* | | | | | *5* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *4* | | | | |
| *- задания на координацию и гибк.* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | |
| *- игры и игровые задания* | *18* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *3* | | | | |
| **Другие виды спорта** | **23** | **2** | | | | | **2** | | | | | **5** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **2** | | | | | | **2** | | | | | | **2** | | | | |
| **Тайский бокс** | **226** | **23** | | | | | **21** | | | | | **18** | | | | | **22** | | | | | **24** | | | | | **16** | | | | | | | **23** | | | | **25** | | | | | | **18** | | | | | | **28** | | | | |
| **Технико-тактическая и психологическая подготовка** | **70** | **6** | | | | | **8** | | | | | **6** | | | | | **8** | | | | | **6** | | | | | **8** | | | | | | | **8** | | | | **6** | | | | | | **6** | | | | | | **4** | | | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

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

**по тайскому боксу**

**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** | | | | |
| 46 недель | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | **12** | | **12** | **12** | **12** | **12** | |
| **552** | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **54** | | | | | **48** | | | | | | | **54** | | | | **54** | | | | | | **48** | | | | | | **54** | | | | |
| **Теоретическая**  **подготовка** | **55** | **6** | | | | | **6** | | | | | **8** | | | | | **5** | | | | | **5** | | | | | **5** | | | | | | | **4** | | | | **4** | | | | | | **5** | | | | | | **3** | | | | |
| **ОФП и СФП** | **178** | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | **17** | | | | | | | **17** | | | | **17** | | | | | | **17** | | | | | | **17** | | | | |
| -*Задания силовой направленности* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | |
| *-задания на развитие быстроты* | *40* | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *5* | | | | *5* | | | | | | *5* | | | | | | *4* | | | | |
| *- задания на выносливость* | *40* | *5* | | | | | *5* | | | | | *5* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *4* | | | | |
| *- задания на координацию и гибк.* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *2* | | | | |
| *- игры и игровые задания* | *18* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *3* | | | | |
| **Другие виды спорта** | **23** | **2** | | | | | **2** | | | | | **5** | | | | | **2** | | | | | **2** | | | | | **2** | | | | | | | **2** | | | | **2** | | | | | | **2** | | | | | | **2** | | | | |
| **Тайский бокс** | **226** | **23** | | | | | **21** | | | | | **18** | | | | | **22** | | | | | **24** | | | | | **16** | | | | | | | **23** | | | | **25** | | | | | | **18** | | | | | | **28** | | | | |
| **Технико-тактическая и психологическая подготовка** | **70** | **6** | | | | | **8** | | | | | **6** | | | | | **8** | | | | | **6** | | | | | **8** | | | | | | | **8** | | | | **6** | | | | | | **6** | | | | | | **4** | | | | |

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

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

**по тайскому боксу**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 |
| **690** | **68** | | | | | **68** | | | | | **68** | | | | | **68** | | | | | **66** | | | | | **60** | | | | | | | **68** | | | | **68** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теоретическая**  **подготовка** | **69** | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **6** | | | | | | | **7** | | | | **7** | | | | | | **6** | | | | | | **5** | | | | | **3** | | |
| **ОФП и СФП** | **230** | **23** | | | | | **26** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | | | **20** | | | | **20** | | | | | | **16** | | | | | | **23** | | | | | **10** | | |
| -*Задания силовой направленности* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *-задания на развитие быстроты* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- задания на выносливость* | *34* | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *3* | | |
| *- задания на координацию и гибк.* | *34* | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *- элементы гимнастики и акробатики* | *26* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | | | *3* | | | | *3* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| *- игры и игровые задания* | *26* | *1* | | | | | *9* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | | | *1* | | | | *1* | | | | | |  | | | | | | *3* | | | | | *1* | | |
| *-кроссовая подготовка* | *30* | *3* | | | | | *5* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *2* | | | | *2* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| **Другие виды спорта** | **41** | **10** | | | | | **1** | | | | | **6** | | | | | **3** | | | | | **2** | | | | | **2** | | | | | | | **4** | | | | **4** | | | | | | **9** | | | | | | **8** | | | | |  | | |
| **Основы тайского бокса** | **250** | **23** | | | | | **24** | | | | | **22** | | | | | **25** | | | | | **24** | | | | | **19** | | | | | | | **27** | | | | **27** | | | | | | **19** | | | | | | **25** | | | | | **15** | | |
| **Технико-тактическая и психологическая подготовка** | **100** | **5** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | **10** | | | | | | | **10** | | | | **10** | | | | | | **10** | | | | | | **5** | | | | | **2** | | |

**на 2017 – 2018 учебный год**

**Тренировочный этап 3 года обучения - 15 часов**

**УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**

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

**по тайскому боксу**

**на 2017 – 2018 учебный год**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Учебные разделы | Всего | **Сентябрь** | | | | | **Октябрь** | | | | | **Ноябрь** | | | | | **Декабрь** | | | | | **Январь** | | | | | **Февраль** | | | | | | | **март** | | | | **апрель** | | | | | | **май** | | | | | | **июнь** | | | | | **июль** | | |
| 46 недель | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | 15 | | 15 | 15 | 15 | 15 | | 15 | 15 |
| **690** | **68** | | | | | **68** | | | | | **68** | | | | | **68** | | | | | **66** | | | | | **60** | | | | | | | **68** | | | | **68** | | | | | | **60** | | | | | | **66** | | | | | **30** | | |
| **Теоретическая**  **подготовка** | **69** | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **7** | | | | | **6** | | | | | | | **7** | | | | **7** | | | | | | **6** | | | | | | **5** | | | | | **3** | | |
| **ОФП и СФП** | **230** | **23** | | | | | **26** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | | | **20** | | | | **20** | | | | | | **16** | | | | | | **23** | | | | | **10** | | |
| -*Задания силовой направленности* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *-задания на развитие быстроты* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- задания на выносливость* | *34* | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *3* | | |
| *- задания на координацию и гибк.* | *34* | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *- элементы гимнастики и акробатики* | *26* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | | | *3* | | | | *3* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| *- игры и игровые задания* | *26* | *1* | | | | | *9* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | | | *1* | | | | *1* | | | | | |  | | | | | | *3* | | | | | *1* | | |
| *-кроссовая подготовка* | *30* | *3* | | | | | *5* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *2* | | | | *2* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| **Другие виды спорта** | **41** | **10** | | | | | **1** | | | | | **6** | | | | | **3** | | | | | **2** | | | | | **2** | | | | | | | **4** | | | | **4** | | | | | | **9** | | | | | | **8** | | | | |  | | |
| **Основы тайского бокса** | **250** | **23** | | | | | **24** | | | | | **22** | | | | | **25** | | | | | **24** | | | | | **19** | | | | | | | **27** | | | | **27** | | | | | | **19** | | | | | | **25** | | | | | **15** | | |
| **Технико-тактическая и психологическая подготовка** | ***100*** | *5* | | | | | *10* | | | | | *10* | | | | | *10* | | | | | *10* | | | | | *10* | | | | | | | *10* | | | | *10* | | | | | | *10* | | | | | | *5* | | | | | *2* | | |

**Тренировочный этап 4 года обучения - 15 часов**

|  |  |
| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по тайскому боксу**  **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 | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | 18 | | 18 | 18 | 18 | 18 | | 18 | 18 |
| **828** | **81** | | | | | **81** | | | | | **81** | | | | | **81** | | | | | **78** | | | | | **72** | | | | | | | **81** | | | | **81** | | | | | | **78** | | | | | | **78** | | | | | **36** | | |
| **Теоретическая**  **подготовка** | **83** | **8** | | | | | **8** | | | | | **8** | | | | | **9** | | | | | **7** | | | | | **7** | | | | | | | **8** | | | | **8** | | | | | | **8** | | | | | | **7** | | | | | **5** | | |
| **ОФП и СФП** | **230** | **23** | | | | | **26** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | **23** | | | | | | | **20** | | | | **20** | | | | | | **16** | | | | | | **23** | | | | | **10** | | |
| -*Задания силовой направленности* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *-задания на развитие быстроты* | *40* | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | *4* | | | | | | | *4* | | | | *4* | | | | | | *4* | | | | | | *4* | | | | |  | | |
| *- задания на выносливость* | *34* | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *3* | | |
| *- задания на координацию и гибк.* | *34* | *4* | | | | | *4* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *3* | | | | *3* | | | | | | *3* | | | | | | *3* | | | | | *2* | | |
| *- элементы гимнастики и акробатики* | *26* | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *2* | | | | | | | *3* | | | | *3* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| *- игры и игровые задания* | *26* | *1* | | | | | *9* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *4* | | | | | | | *1* | | | | *1* | | | | | |  | | | | | | *3* | | | | | *1* | | |
| *-кроссовая подготовка* | *30* | *3* | | | | | *5* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | *3* | | | | | | | *2* | | | | *2* | | | | | | *1* | | | | | | *3* | | | | | *2* | | |
| **Другие виды спорта** | **45** | **7** | | | | | **5** | | | | | **5** | | | | | **4** | | | | | **3** | | | | |  | | | | | | | **2** | | | | **5** | | | | | | **2** | | | | | | **4** | | | | | **8** | | |
| **Основы тайского бокса** | **350** | **32** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | **34** | | | | | | | **34** | | | | **34** | | | | | | **34** | | | | | | **34** | | | | | **12** | | |
| **Технико-тактическая и психологическая подготовка** | **120** | **11** | | | | | **8** | | | | | **11** | | | | | **11** | | | | | **11** | | | | | **8** | | | | | | | **17** | | | | **14** | | | | | | **18** | | | | | | **10** | | | | | **1** | | |