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| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по волейболу**  **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 координацию и гибк.* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *10* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | |  | | |
| **СФП** | **41** | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | **4** | | | | | | | **4** | | | | **4** | | | | | | **4** | | | | | | **4** | | | | | **1** | | |
| *- стойки и перемещения* | 8 | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 0,5 | | | | |  | | |
| *- верхняя передача* | 9 | 1 | | | | | 1 | | | | | 1 | | | | | 0,5 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 0,5 | | | | | | 1 | | | | |  | | |
| *- прием снизу* | 8 | 1 | | | | | 0,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 0,5 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| *- подача* | 10 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 0,5 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 0,5 | | |
| *- ТТП* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 1 | | | | | | 1 | | | | |  | | |
| **Основы волейбола** | **124** | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **12,5** | | | | | **9,5** | | | | | | | **12,5** | | | | **9,5** | | | | | | **12,5** | | | | | | **12,5** | | | | | **5** | | |
| Освоение техники волейбольных 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 | | | | |  | | |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по волейболу**  **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** | | | | | | **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 координацию и гибк.* | *13* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *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** | | |
| *- стойки и перемещения* | 12 | 1 | | | | | 1 | | | | | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1,5 | | | | 1 | | | | | | 1 | | | | | | 1,5 | | | | | 0,5 | | |
| *- верхняя передача* | 12,5 | 1 | | | | | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1,5 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 1,5 | | |
| *- прием снизу* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1,5 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 1,5 | | | | | | 1 | | | | | 1 | | |
| *- подача* | 12,5 | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 1,5 | | | | | | 1 | | | | | | 1 | | | | | 1,5 | | |
| *- ТТП* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| **Основы волейбола** | **184** | **18** | | | | | **18** | | | | | **19** | | | | | **19** | | | | | **19** | | | | | **16** | | | | | | | **19** | | | | **19** | | | | | | **15** | | | | | | **16** | | | | | **2** | | |
| Освоение техники волейбольных 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 волейболу**  **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** | | | | | | **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 координацию и гибк.* | *13* | *1* | | | | | *1* | | | | | *1,5* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1,5* | | | | | | *1* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *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** | | |
| *- стойки и перемещения* | 12 | 1 | | | | | 1 | | | | | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1,5 | | | | 1 | | | | | | 1 | | | | | | 1,5 | | | | | 0,5 | | |
| *- верхняя передача* | 12,5 | 1 | | | | | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1,5 | | | | | | | 1 | | | | 1 | | | | | | 1 | | | | | | 1 | | | | | 1,5 | | |
| *- прием снизу* | 12 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1,5 | | | | | 1 | | | | | | | 1 | | | | 1 | | | | | | 1,5 | | | | | | 1 | | | | | 1 | | |
| *- подача* | 12,5 | 1,5 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | | | 1 | | | | 1,5 | | | | | | 1 | | | | | | 1 | | | | | 1,5 | | |
| *- ТТП* | 6 | 0,5 | | | | | 0,5 | | | | | 0,5 | | | | | 1 | | | | | 0,5 | | | | | 0,5 | | | | | | | 0,5 | | | | 0,5 | | | | | | 0,5 | | | | | | 0,5 | | | | | 0,5 | | |
| **Основы волейбола** | **184** | **18** | | | | | **18** | | | | | **19** | | | | | **19** | | | | | **19** | | | | | **16** | | | | | | | **19** | | | | **19** | | | | | | **15** | | | | | | **16** | | | | | **2** | | |
| Освоение техники волейбольных 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 волейболу**  **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 координацию и гибк.* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *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** | | |
| *- стойки и перемещения* | 24 | 3 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- верхняя передача* | 24 | 3 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- прием снизу* | 23 | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- подача* | 25 | 3 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- ТТП* | 14 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| **Основы волейбола** | **304** | **28** | | | | | **29** | | | | | **28** | | | | | **30** | | | | | **31** | | | | | **27** | | | | | | | **30** | | | | **31** | | | | | | **27** | | | | | | **32** | | | | | **12** | | |
| Освоение техники волейбольных 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 | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 координацию и гибк.* | *10,5* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *0,5* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *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** | | |
| *- стойки и перемещения* | 24 | 3 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- верхняя передача* | 24 | 3 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 2 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- прием снизу* | 23 | 2 | | | | | 2 | | | | | 2 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- подача* | 25 | 3 | | | | | 3 | | | | | 3 | | | | | 2 | | | | | 2 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 2 | | | | | 1 | | |
| *- ТТП* | 14 | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | 1 | | | | | | | 1 | | | | 2 | | | | | | 1 | | | | | | 2 | | | | | 1 | | |
| **Основы волейбола** | **304** | **28** | | | | | **29** | | | | | **28** | | | | | **30** | | | | | **31** | | | | | **27** | | | | | | | **30** | | | | **31** | | | | | | **27** | | | | | | **32** | | | | | **12** | | |
| Освоение техники волейбольных 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 волейболу**  **на 2017 – 2018 учебный год**  **Тренировочный этап 2 года обучения - 12 часов** |

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| --- | --- |
|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по волейболу**  **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 координацию и гибк.* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **138** | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | | | **13** | | | | **13** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| *- стойки и перемещения* | 29 | 3 | | | | | 4 | | | | | 3 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | | | 2 | | | | 3 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- верхняя передача* | 30 | 3 | | | | | 2 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | 3 | | | | | | | 3 | | | | 3 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| *- прием снизу* | 31 | 3 | | | | | 3 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 3 | | | | | | 3 | | | | | 2 | | |
| *- подача* | 33 | 3 | | | | | 3 | | | | | 4 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | | | 3 | | | | 4 | | | | | | 3 | | | | | | 3 | | | | | 2 | | |
| *- ТТП* | 15 | 2 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | | | 2 | | | | 1 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| **Основы волейбола** | **380** | **36** | | | | | **37** | | | | | **37** | | | | | **39** | | | | | **37** | | | | | **34** | | | | | | | **41** | | | | **38** | | | | | | **33** | | | | | | **38** | | | | | **10** | | |
| Освоение техники волейбольных упр-й | 370 | 35 | | | | | 35 | | | | | 37 | | | | | 37 | | | | | 37 | | | | | 34 | | | | | | | 39 | | | | 38 | | | | | | 31 | | | | | | 38 | | | | | 9 | | |
| Контр. испытания и соревнования | 10 | 1 | | | | | 2 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | | | 2 | | | |  | | | | | | 2 | | | | | |  | | | | | 1 | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 координацию и гибк.* | *12* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *2* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *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* | | |
| *- элементы др.видов спорта* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **138** | **14** | | | | | **13** | | | | | **14** | | | | | **13** | | | | | **13** | | | | | **13** | | | | | | | **13** | | | | **13** | | | | | | **12** | | | | | | **12** | | | | | **8** | | |
| *- стойки и перемещения* | 29 | 3 | | | | | 4 | | | | | 3 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | | | 2 | | | | 3 | | | | | | 2 | | | | | | 2 | | | | | 2 | | |
| *- верхняя передача* | 30 | 3 | | | | | 2 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | 3 | | | | | | | 3 | | | | 3 | | | | | | 2 | | | | | | 3 | | | | | 1 | | |
| *- прием снизу* | 31 | 3 | | | | | 3 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 3 | | | | | | 3 | | | | | 2 | | |
| *- подача* | 33 | 3 | | | | | 3 | | | | | 4 | | | | | 2 | | | | | 3 | | | | | 3 | | | | | | | 3 | | | | 4 | | | | | | 3 | | | | | | 3 | | | | | 2 | | |
| *- ТТП* | 15 | 2 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 1 | | | | | 2 | | | | | | | 2 | | | | 1 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| **Основы волейбола** | **380** | **36** | | | | | **37** | | | | | **37** | | | | | **39** | | | | | **37** | | | | | **34** | | | | | | | **41** | | | | **38** | | | | | | **33** | | | | | | **38** | | | | | **10** | | |
| Освоение техники волейбольных упр-й | 370 | 35 | | | | | 35 | | | | | 37 | | | | | 37 | | | | | 37 | | | | | 34 | | | | | | | 39 | | | | 38 | | | | | | 31 | | | | | | 38 | | | | | 9 | | |
| 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 волейболу**  **на 2017 – 2018 учебный год**  **Тренировочный этап 4 года обучения - 15 часов** |

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|  | **УЧЕБНО-ТЕМАТИЧЕСКИЙ ПЛАН**  **учебно-тренировочных занятий по дополнительной предпрофессиональной программе**  **по волейболу**  **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** | **150** | **15** | | | | | **15** | | | | | **15** | | | | | **15** | | | | | **13** | | | | | **12** | | | | | | | **14** | | | | **15** | | | | | | **15** | | | | | | **13** | | | | | **8** | | |
| -*Задания силовой направленности* | *20* | *2* | | | | | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *-задания на развитие быстроты* | *19* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- задания на выносливость* | *19* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *1* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *1* | | | | | *1* | | |
| *- задания на координацию и гибк.* | *22* | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- элементы гимнастики и акробатики* | *21* | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *2* | | | | *2* | | | | | | *2* | | | | | | *2* | | | | | *1* | | |
| *- игры и игровые задания* | *24* | *2* | | | | | *2* | | | | | *3* | | | | | *2* | | | | | *2* | | | | | *2* | | | | | | | *3* | | | | *2* | | | | | | *3* | | | | | | *2* | | | | | *1* | | |
| *-кроссовая подготовка* | *14* | *2* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *2* | | | | | | *1* | | | | | | *2* | | | | | *1* | | |
| *- элементы др.видов спорта* | *11* | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | *1* | | | | | | | *1* | | | | *1* | | | | | | *1* | | | | | | *1* | | | | | *1* | | |
| **СФП** | **165** | **16** | | | | | **16** | | | | | **16** | | | | | **15** | | | | | **16** | | | | | **16** | | | | | | | **15** | | | | **15** | | | | | | **16** | | | | | | **15** | | | | | **9** | | |
| *- стойки и перемещения* | 36 | 3 | | | | | 4 | | | | | 3 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | | | 3 | | | | 4 | | | | | | 4 | | | | | | 3 | | | | | 2 | | |
| *- верхняя передача* | 38 | 4 | | | | | 4 | | | | | 4 | | | | | 3 | | | | | 4 | | | | | 4 | | | | | | | 3 | | | | 3 | | | | | | 3 | | | | | | 4 | | | | | 2 | | |
| *- прием снизу* | 36 | 4 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | 4 | | | | | 3 | | | | | | | 3 | | | | 3 | | | | | | 3 | | | | | | 4 | | | | | 2 | | |
| *- подача* | 36 | 3 | | | | | 4 | | | | | 4 | | | | | 3 | | | | | 3 | | | | | 4 | | | | | | | 3 | | | | 3 | | | | | | 4 | | | | | | 3 | | | | | 2 | | |
| *- ТТП* | 19 | 2 | | | | | 1 | | | | | 1 | | | | | 3 | | | | | 1 | | | | | 2 | | | | | | | 3 | | | | 2 | | | | | | 2 | | | | | | 1 | | | | | 1 | | |
| **Основы волейбола** | **430** | **41** | | | | | **42** | | | | | **42** | | | | | **43** | | | | | **41** | | | | | **37** | | | | | | | **45** | | | | **43** | | | | | | **39** | | | | | | **43** | | | | | **14** | | |
| Освоение техники волейбольных упр-й | 420 | 40 | | | | | 40 | | | | | 42 | | | | | 41 | | | | | 41 | | | | | 37 | | | | | | | 43 | | | | 43 | | | | | | 37 | | | | | | 42 | | | | | 14 | | |
| Контр. испытания и соревнования | 10 | 1 | | | | | 2 | | | | |  | | | | | 2 | | | | |  | | | | |  | | | | | | | 2 | | | |  | | | | | | 2 | | | | | | 1 | | | | |  | | |