**Программа дистанционного обучения по Волейболу**

(Тренер-преподаватель Ильинской ДЮСШ Зарифулин Андрей Гумарович)

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| № | Дата | № | Название темы | Ссылка в интернете |  |
|  |  | Группы |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  2.06.2020г. | 1 | 1. Подводящие упражнения к | 1. https://youtu.be/xr15Knh4MOE |  |
|  |  |  | верхней передачи мяча. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 | 2.Упражнение с мячом в паре. | 2. https://www.youtube.com/watch?v=LdOJqEzY-cQ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 3.Упражнения в парах с двумя | 3. https://www.youtube.com/watch?v=5lVrFWv\_8tI |  |
|  |  |  | мячами. 4. Сдача норм Г.Т.О |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  4.06.2020г. | 1 | 1.Разминка. | 1. https://www.youtube.com/watch?v=wT\_b5Ki1V9Y |  |
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|  |  | 3 | 2.Нижняя прямая подача. | 2. https://www.youtube.com/watch?v=RiG4HsT8WCQ |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 3.Верхняя передача. | 3. https://www.youtube.com/watch?v=1DpZEkas8AI |  |
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| 3 |  5.06.2020г. | 1 | 1.Разминка без мячей. | 1. https://www.youtube.com/watch?v=cIUCfBYbUzg |  |
|  |  |  | Разминка с мячами. 2. Сдача норм Г.Т.О |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 4 |  9.06.2020г. | 1 | 1.Упражнения для приема | 1. https://www.youtube.com/watch?v=5V7FKMPjLFw |  |
|  |  |  | мяча. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 | 2.Верхняя и нижняя передача.3. сдача норм г.т.о | 2. https://www.youtube.com/watch?v=KQZKiZLqIt4 |  |
|  |  |  |  |  |  |  |  |  |
| 5 | 11.06.2020г. | 1 | 1.Беговые упражнения. |  |  | 1. https://www.youtube.com/watch?v=FPPVQW7OdyE |  |
|  |  |  | 2.Упражнения с мячом в парах. | 2. | https://www.youtube.com/watch?v=r6VoR0jMrCY |  |  |  |
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|  |  |  | 3.Упражнения. Подачи. |  3. | <https://www.youtube.com/watch?v=PB7fWCbXJ50> |  |
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|  |  |  | 4. Сдача норм Г.Т.О  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| 6 | 12.06.2020г. | 1 | 1.Упражнения с набивными | 1. https://www.youtube.com/watch?v=lSbBEYNBYTI |  |  |
|  |  |  | мячами. |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 | 2.Нападающий удар. | 2. https://www.youtube.com/watch?v=mwx4iZ1Sljc |  |  |
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| 7 | 16.06.2020г. | 1 | 1.Разминка на месте. | 1. https://www.youtube.com/watch?v=xit7yDZguYY |  |  |
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|  |  | 3 | 2.Упражнение верхней и | 2. https://www.youtube.com/watch?v=oUu\_SpBtG34 |  |  |
|  |  |  | нижней передачи. 3. Сдача норм Г.Т.О |  |  |  |  |  |  |  |  |  |  |  |  |
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| 8 |  | 1 | 1.Разминка. Разбежки. | 1.https://www.youtube.com/watch?v=GF17KgfZybc |  |  |
|  | 18.06.2020г. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 | 2. Упражнение с набивным | 2. https://www.youtube.com/watch?v=rA6h\_Gw1EY8 |  |  |
|  |  |  | мячом. |  |  |  |  |  |  |  |  |  |  |  |  |
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| 9 | 19.06.2020г. | 1 | 1.СБУ. | 1.https://www.youtube.com/watch?v=6oNfRuP15-I |  |  |
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|  |  | 3 | 2.Разминка на полу. | 2. https://www.youtube.com/watch?v=v-iWruuGn-w |  |  |
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| 10 | 23.06.2020г. | 1 | 1.Упражнения с набивными | 1. https://www.youtube.com/watch?v=lSbBEYNBYTI |  |
|  |  |  | мячами. |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 | 2.Нападающий удар.3. Сдача норм Г.Т.О | 2. https://www.youtube.com/watch?v=mwx4iZ1Sljc |  |
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| 7 | 25.06.2020г. | 1 | 1.Разминка на месте. | 1. https://www.youtube.com/watch?v=xit7yDZguYY |  |
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|  |  | 3 | 2.Упражнение верхней и | 2. https://www.youtube.com/watch?v=oUu\_SpBtG34 |  |
|  |  |  | нижней передачи. 3. Сдача норм Г.Т.О |  |  |  |  |  |  |  |  |  |  |  |
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| 8 |  | 1 | 1.Разминка. Разбежки. | 1.https://www.youtube.com/watch?v=GF17KgfZybc |  |
|  | 26.06.2020г. |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 3 | 2. Упражнение с набивным | 2. https://www.youtube.com/watch?v=rA6h\_Gw1EY8 |  |
|  |  |  | мячом. 3. Сдача норм Г.Т.О |  |  |  |  |  |  |  |  |  |  |  |
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| 9 | 30.06.2020г. | 1 | 1.СБУ. | 1.https://www.youtube.com/watch?v=6oNfRuP15-I |  |
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|  |  | 3 | 2.Разминка на полу. | 2. https://www.youtube.com/watch?v=v-iWruuGn-w |  |
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