**Программа дистанционного обучения по Волейболу**

                                            (Тренер-преподаватель Ильинской ДЮСШ  Зарифулин Андрей Гумарович)

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| № | Дата | № | Название темы | Ссылка в интернете | | | | | |  |
|  |  | Группы |  |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
| 1 | 06.10.2020г. | 1 | 1. Подводящие упражнения к | 1. <https://youtu.be/xr15Knh4MOE> | | | | | | |  |
|  |  |  | верхней передачи мяча. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
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|  |  |  | 2.Упражнение с мячом в паре. | 2. <https://www.youtube.com/watch?v=LdOJqEzY-cQ> | | | | | | |  |
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|  |  |  | 3.Упражнения в парах с двумя | 3. <https://www.youtube.com/watch?v=5lVrFWv_8tI> | | | | | | |  |
|  |  |  | мячами. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
| 2 | 08.10.2020г. | 1 | 1.Разминка. | 1. <https://www.youtube.com/watch?v=wT_b5Ki1V9Y> | | | | | | |  |
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|  |  |  | 2.Нижняя прямая подача. | 2. <https://www.youtube.com/watch?v=RiG4HsT8WCQ> | | | | | | |  |
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|  |  |  | 3.Верхняя передача. | 3. <https://www.youtube.com/watch?v=1DpZEkas8AI> | | | | | | |  |
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| 3 | 09.10.2020г. | 1 | 1.Разминка без мячей. | 1. <https://www.youtube.com/watch?v=cIUCfBYbUzg> | | | | | | |  |
|  |  |  | Разминка с мячами. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
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| 4 | 13.10.2020г. | 1 | 1.Упражнения для приема | 1. <https://www.youtube.com/watch?v=5V7FKMPjLFw> | | | | | | |  |
|  |  |  | мяча. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
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|  |  |  | 2.Верхняя и нижняя передача. | 2. <https://www.youtube.com/watch?v=KQZKiZLqIt4> | | | | | | |  |
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| 5 | 15.10.2020г. | 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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| 6 | 16.10.2020г. | 1 | 1.Упражнения с набивными | 1. <https://www.youtube.com/watch?v=lSbBEYNBYTI> | | | | | | | | | |  |  |
|  |  |  | мячами. |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 2.Нападающий удар. | 2. <https://www.youtube.com/watch?v=mwx4iZ1Sljc> | | | | | | | | | |  |  |
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| 7 | 20.10.2020г. | 1 | 1.Разминка на месте. | 1. <https://www.youtube.com/watch?v=xit7yDZguYY> | | | | | | | | | |  |  |
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|  |  |  | 2.Упражнение верхней и | 2. <https://www.youtube.com/watch?v=oUu_SpBtG34> | | | | | | | | | |  |  |
|  |  |  | нижней передачи. |  |  |  |  |  |  |  |  |  |  |  |  |
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| 8 |  | 1 | 1.Разминка. Разбежки. | 1.<https://www.youtube.com/watch?v=GF17KgfZybc> | | | | | | | | | |  |  |
|  | 22.10.2020г. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 4 | 2. Упражнение с набивным | 2. <https://www.youtube.com/watch?v=rA6h_Gw1EY8> | | | | | | | | | |  |  |
|  |  |  | мячом. |  |  |  |  |  |  |  |  |  |  |  |  |
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| 9 | 23.10.2020г. | 1 | 1.СБУ. | 1.<https://www.youtube.com/watch?v=6oNfRuP15-I> | | | | | | | | | |  |  |
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|  |  | 4 | 2.Разминка на полу. | 2. <https://www.youtube.com/watch?v=v-iWruuGn-w> | | | | | | | | | |  |  |
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