**Программа дистанционного обучения по Волейболу с 25.01.2022г. по 07.02.2022г.**

                                            (Тренер-преподаватель Ильинской ДЮСШ  Зарифулин Андрей Гумарович)

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|  |  | Группы |  |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
| 1 | 25.01.2022г. | 1 | 1. Подводящие упражнения к | 1. [https://youtu.be/xr15Knh4MOE](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fyoutu.be%252Fxr15Knh4MOE%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3De855d7993030510a&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
|  |  |  | верхней передачи мяча. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
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|  |  |  | 2.Упражнение с мячом в паре. | 2. [https://www.youtube.com/watch?v=LdOJqEzY-cQ](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DLdOJqEzY-cQ%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dca480c32e9b20264&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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|  |  |  | 3.Упражнения в парах с двумя | 3. [https://www.youtube.com/watch?v=5lVrFWv\_8tI](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253D5lVrFWv_8tI%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D1a70fc62a29b00f4&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
|  |  |  | мячами. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
| 2 | 27.01.2022г. | 1 | 1.Разминка. | 1. [https://www.youtube.com/watch?v=wT\_b5Ki1V9Y](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DwT_b5Ki1V9Y%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D7c1fce9071ec676f&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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|  |  |  | 2.Нижняя прямая подача. | 2. [https://www.youtube.com/watch?v=RiG4HsT8WCQ](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DRiG4HsT8WCQ%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dfc422e7c7cad1180&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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|  |  |  | 3.Верхняя передача. | 3. [https://www.youtube.com/watch?v=1DpZEkas8AI](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253D1DpZEkas8AI%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D86b6253f225290f6&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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| 3 | 28.01.2022г. | 1 | 1.Разминка без мячей. | 1. [https://www.youtube.com/watch?v=cIUCfBYbUzg](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DcIUCfBYbUzg%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dfbe71571c2d9fcb6&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
|  |  |  | Разминка с мячами. |  |  |  |  |  |  | | | |  |  |  |  |  | |  |  |  | | | |  |
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| 4 | 01.02.2022г. | 1 | 1.Упражнения для приема | 1. [https://www.youtube.com/watch?v=5V7FKMPjLFw](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253D5V7FKMPjLFw%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dfd3243ec234c7a70&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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|  |  |  | 2.Верхняя и нижняя передача. | 2. [https://www.youtube.com/watch?v=KQZKiZLqIt4](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DKQZKiZLqIt4%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D13d4fe18427e7bdf&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | |  |  | | | | | | | | | | | | | |
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| 5 | 03.02.2022г. | 1 | 1.Беговые упражнения. |  |  | 1. [https://www.youtube.com/watch?v=FPPVQW7OdyE](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DFPPVQW7OdyE%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D35c7d1d1b0461382&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | | | | | | | | | |  |  |
|  |  |  | 2.Упражнения с мячом в парах. | 2. | [https://www.youtube.com/watch?v=r6VoR0jMrCY](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253Dr6VoR0jMrCY%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dde8b5e116c9f63fb&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  | | |  | | | |  |  | | |
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|  |  |  | 3.Упражнения. Подачи. | 3. | [https://www.youtube.com/watch?v=PB7fWCbXJ50](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DPB7fWCbXJ50%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Db5bf7163e786ff45&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | | | | | | | | |  |  | | |
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| 6 | 04.02.2022г. | 1 | 1.Упражнения с набивными | 1. [https://www.youtube.com/watch?v=lSbBEYNBYTI](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DlSbBEYNBYTI%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D7dc2aae6e5dc3c1f&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
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|  |  |  | 2.Нападающий удар. | 2. [https://www.youtube.com/watch?v=mwx4iZ1Sljc](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253Dmwx4iZ1Sljc%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dba63003399e2d923&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
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| 7 | 08.02.2022г. | 1 | 1.Разминка на месте. | 1. [https://www.youtube.com/watch?v=xit7yDZguYY](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253Dxit7yDZguYY%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D28f7e4dfb4418ce8&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
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|  |  |  | 2.Упражнение верхней и | 2. [https://www.youtube.com/watch?v=oUu\_SpBtG34](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DoUu_SpBtG34%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Dbc4a30c9e2d0f583&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
|  |  |  | нижней передачи. |  |  |  |  |  |  |  |  |  |  |  |  |
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| 8 |  | 1 | 1.Разминка. Разбежки. | 1.[https://www.youtube.com/watch?v=GF17KgfZybc](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DGF17KgfZybc%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D09cb2426eef9d169&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
|  | 10.02.2022г. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | 4 | 2. Упражнение с набивным | 2. [https://www.youtube.com/watch?v=rA6h\_Gw1EY8](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253DrA6h_Gw1EY8%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D83ca9191f611fe31&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
|  |  |  | мячом. |  |  |  |  |  |  |  |  |  |  |  |  |
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| 9 | 11.02.2022г. | 1 | 1.СБУ. | 1.[https://www.youtube.com/watch?v=6oNfRuP15-I](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253D6oNfRuP15-I%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3Df6803280d927e431&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |
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|  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 4 | 2.Разминка на полу. | 2. [https://www.youtube.com/watch?v=v-iWruuGn-w](https://checklink.mail.ru/proxy?es=VLKzoNC7BAjBGE5mXQOQTQc5igDWGDbb18b7ijVDlY4%3D&egid=KdSoesjzqCF2oe9Wuw5cxwhxXQkdiJX2w%2Bcuz9LMT%2Fk%3D&url=https%3A%2F%2Fclick.mail.ru%2Fredir%3Fu%3Dhttps%253A%252F%252Fwww.youtube.com%252Fwatch%253Fv%253Dv-iWruuGn-w%26c%3Dswm%26r%3Dhttp%26o%3Dmail%26v%3D3%26s%3D7fecadea446f93ad&uidl=16431577661495551371&from=azarifulin1964%40gmail.com&to=mr.Semenov1965%40mail.ru&email=mr.semenov1965%40mail.ru) | | | | | | | | | |  |  |