Утверждаю пиректор МБУ ДО "ДЮСШ с Веленка" ДО Л.О.Корчака

Годовой план – график по дополнительной общеобразовательной общеразвивающей программе физкультурно-спортивной направленности по волейболу на 2024-2025 учебный год

Тренер-преподаватель - Сидоренко Александр Иванович

| Недели | | | | 1 | | | | | 2 | | | | | 3 | | | | | 4 | | |
|------------------------------|---|-------|-------|-------|-------|-------|-------|-----------|-----------|-----------|-----------|-------|-----------|-----------|-----------|-----------|-------|-----------|-----------|-----------|-----------|
| № Занятий | | 1 | 2-3 | 4-5 | 6-7 | 8-9 | 10 | 11- 12 | 13- 14 | 15- 16 | 17- 18 | 19 | 20- 21 | 22- 23 | 24- 25 | 26- 27 | 28 | 29- 30 | 31- 32 | 33- 34 | 35- 36 |
| Дата | | 02.09 | 03.09 | 04.09 | 05.09 | 06.09 | 09.09 | 10.09 | 11.09 | 12.09 | 13.09 | 16.09 | 17.09 | 18.09 | 19.09 | 20.09 | 23.09 | 24.09 | 25.09 | 26.09 | 27.09 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая | T | | | | | | | 10 | | 10 | | | 10 | | | 10 | | | 10 | | |
| подготовка | П | 20 | 30 | 30 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 30 | 20 | 20 | 30 | 20 | 20 | 20 |
| Специальная | Т | | | 10 | | | 10 | | | | | | | | 10 | | | 10 | | | |
| физическая подготовка | П | 5 | 10 | 10 | 20 | 20 | 10 | 10 | 20 | 10 | 20 | 5 | 10 | 10 | 20 | 10 | 5 | 10 | 10 | 20 | 20 |
| Технико-тактическая | Т | | | | | | | | | | | | | 10 | | 10 | | | 10 | | |
| подготовка | П | 10 | 20 | 20 | 20 | 20 | | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 10 | 20 | 10 | 20 | 10 | 20 | 20 |
| Игровая подготовка | Т | | | | | | | | | | | | | 10 | | 10 | | | 10 | | |
| | п | 10 | 30 | 20 | 30 | 30 | 15 | 30 | 30 | 30 | 30 | 20 | 30 | 20 | 20 | 10 | 10 | 20 | 20 | 30 | 30 |
| Контрольные и | Т | | | | | | | | | | | | | | | | | | | | |
| календарные игры | п | | | | | | | | | | | | | | | | | | | | |
| Контрольные | Т | | | | | | | | | | | | | | | | | | | | |
| испытания | П | | | | | | | | | | | | | | | | | | | | |
| | - | | | | | | | | | | | | | | | | | | | | |

| Недели | | | | 5 | | | | | 6 | | | | | 7 | | | | | 8 | | |
|-------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 37 | 38- | 40- | 42- | 44- | 46 | 47- | 49- | 51- | 53- | 55 | 56- | 58- | 60- | 62- | 64 | 65- | 67- | 69- | 71- |
| | | | 39 | 41 | 43 | 45 | | 48 | 50 | 52 | 54 | | 57 | 59 | 61 | 63 | | 66 | 68 | 70 | 72 |
| Дата | | 30.09 | 01.10 | 02.10 | 03.10 | 04.10 | 07.10 | 08.10 | 09.10 | 10.10 | 11.10 | 14.10 | 15.10 | 16.10 | 17.10 | 18.10 | 21.10 | 22.10 | 23.10 | 24.10 | 25.10 |
| Продолжительность занят | гий | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая | T | | | | 10 | | | 10 | | | 10 | | | | 10 | | | | | 10 | |
| подготовка | П | 10 | 20 | | 20 | 30 | 10 | 20 | 30 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | |
| Специальная физическая | T | | 10 | | | 10 | | | 10 | 10 | | 10 | 10 | | | | 10 | 10 | 10 | | |
| подготовка | П | | 20 | | 10 | 10 | | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | |
| Технико-тактическая | T | 10 | | | | | 10 | 10 | | | 10 | | 10 | 10 | 10 | 10 | | | | 10 | |
| подготовка | П | 5 | 20 | | 20 | 20 | 10 | 20 | 20 | 20 | 20 | | 20 | 20 | 20 | 20 | | 20 | 20 | 20 | |
| Игровая подготовка | T | 10 | | | | | | | | 10 | | | 10 | 10 | | 10 | | | 10 | | |
| | П | 10 | 20 | | 30 | 20 | 15 | 20 | 20 | 20 | 20 | 15 | 10 | 20 | 20 | 20 | 15 | 30 | 20 | 20 | |
| Контрольные и | T | | | | | | | | | | | | | | | | | | | | 10 |
| календарные игры | П | | | | | | | | | | | | | | | | | | | | 80 |
| Контрольные | Т | | | 20 | | | | | | | | | | | | | | | | | |
| испытания | П | | | 70 | | | | | | | | | | | | | | | | | |

| Недели | | | | 9 | | | | 10 |) | | | | 11 | | | | | 12 | | |
|-----------------------|------|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-------|-----------|-----------|-----------|-----------|-------|-------------|-------------|-------------|-------------|
| № Занятий | | 73 | 74- 75 | 76- 77 | 78- 79 | 80- 81 | 82- 83 | 84- 85 | 86- 87 | 88- 89 | 90 | 91- 92 | 93- 94 | 95- 96 | 97- 98 | 99 | 100- 101 | 102- 103 | 104- 105 | 106- 107 |
| Дата | | 28.10 | 29.10 | 30.10 | 31.10 | 01.11 | 05.11 | 06.11 | 07.11 | 08.11 | 11.11 | 12.11 | 13.11 | 14.11 | 15.11 | 18.11 | 19.11 | 20.11 | 21.11 | 22.11 |
| Продолжительность зан | ятий | 45 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая | Т | | | | 10 | 10 | | | | 10 | | | 10 | | 10 | | | 10 | | |
| подготовка | П | 10 | 30 | 30 | 20 | 20 | 30 | 30 | 20 | 20 | 10 | 20 | 20 | 30 | 20 | 10 | 30 | 20 | 20 | 20 |
| Специальная | Т | 10 | | 10 | | | | | | | | 10 | | | 10 | | | 10 | | |
| физическая подготовка | П | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 20 | 20 | 10 | 10 | 10 | 10 | 10 | | 10 | 20 | 10 | 10 |
| Технико-тактическая | Т | | 10 | | | 10 | 10 | 10 | | | | | | 10 | | | 10 | | 10 | 10 |
| подготовка | П | | 20 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 10 | 20 | 20 | 10 | 20 | 10 | 20 | 30 | 20 | 20 |
| Игровая подготовка | Т | | | 10 | 10 | | | 10 | | | | 10 | | 10 | | 10 | | | 10 | 10 |
| | П | 15 | 20 | 10 | 20 | 20 | 20 | 20 | 30 | 20 | 15 | 20 | 30 | 20 | 20 | 15 | 20 | | 20 | 20 |
| Контрольные и | Т | | | | | | | | | | | | | | | | | | | |
| календарные игры | П | | | | | | | | | | | | | | | | | | | |
| Контрольные | Т | | | | | | | | | | | | | | | | | | | |
| испытания | П | | | | | | | | | | | | | | | | | | | |

| Недели | | | | 13 | | | | | 14 | | | | | 15 | | | | | 16 | | |
|-------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 108 | 109- | 111- | 113- | 115- | 117 | 118- | 120- | 122- | 124- | 126 | 127- | 129- | 131- | 133- | 135 | 136- | 138- | 140- | 142- |
| | | | 110 | 112 | 114 | 116 | | 119 | 121 | 123 | 125 | | 128 | 130 | 132 | 134 | | 137 | 139 | 141 | 143 |
| Дата | | 25.11 | 26.11 | 27.11 | 28.11 | 29.11 | 02.12 | 03.12 | 04.12 | 05.12 | 06.12 | 09.12 | 10.12 | 11.12 | 12.12 | 13.12 | 16.12 | 17.12 | 18.12 | 19.12 | 20.12 |
| Продолжительность занят | тий | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая | T | | | | | 10 | | | 10 | | | 10 | | | | | 10 | | | | |
| подготовка | П | 10 | 30 | 30 | 30 | 20 | 10 | 30 | 30 | 30 | 30 | 10 | 30 | 30 | | 20 | 10 | 30 | 10 | 30 | |
| Специальная физическая | T | 10 | | 10 | 10 | | 10 | 10 | | 10 | | | 10 | | | | | 10 | | 10 | |
| подготовка | П | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 | 10 | 10 | 30 | 10 | |
| Технико-тактическая | T | | 10 | | | 10 | | 10 | | 10 | 10 | | 10 | | | 10 | | | | 10 | |
| подготовка | П | | 20 | 20 | 20 | 20 | | 10 | 20 | 20 | 20 | | 20 | 20 | | 20 | | 20 | 25 | 20 | |
| Игровая подготовка | T | | | 10 | | | | 10 | | | 10 | | | 10 | | 10 | | | 10 | | |
| | П | 15 | 20 | 10 | 20 | 20 | 15 | 10 | 20 | 10 | 10 | 15 | 10 | 20 | | 20 | 15 | 20 | 15 | 10 | |
| Контрольные и | T | | | | | | | | | | | | | | 10 | | | | | | |
| календарные игры | П | | | | | | | | | | | | | | 80 | | | | | | |
| Контрольные испытания | T | | | | | | | | | | | | | | | | | | | | 10 |
| | П | | | | | | | | | | | | | | | | | | | | 80 |

| Недели | | | | 17 | | | 18 | | 19 | | | 20 | | |
|-------------------------|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 144 | 145- | 147- | 149- | 151- | 153 | 154- | 156- | 158 | 159- | 161- | 163- | 165- |
| | | | 146 | 148 | 150 | 152 | | 155 | 157 | | 160 | 162 | 164 | 166 |
| Дата | | 23.12 | 24.12 | 25.12 | 26.12 | 27.12 | 30.12 | 09.01 | 10.01 | 13.01 | 14.01 | 15.01 | 16.01 | 17.01 |
| Продолжительность занят | ий | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая | T | | | 10 | | | | | 10 | | | | 10 | |
| подготовка | П | 10 | 30 | 20 | 30 | 30 | 10 | 30 | 20 | 10 | 30 | 30 | 20 | 30 |
| Специальная физическая | Т | 10 | | 10 | | | | | 10 | | | 10 | 10 | |
| подготовка | П | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Технико-тактическая | Т | | 10 | | 10 | 10 | | 10 | | 10 | 10 | | | 10 |
| подготовка | П | | 20 | 20 | 20 | 20 | | 20 | 20 | 15 | 20 | 20 | 20 | 20 |
| Игровая подготовка | Т | | | 10 | | 10 | 10 | | 10 | | | | 10 | |
| | П | 15 | 20 | 10 | 20 | 10 | 15 | 20 | 10 | | 20 | 20 | 10 | 20 |
| Контрольные и | Т | | | | | | | | | | | | | |
| календарные игры | П | | | | | | | | | | | | | |
| Контрольные испытания | Т | | | | | | | | | | | | | |
| | П | | | | | | | | | | | | | |

| Недели | | | | 21 | | | | | 22 | | | | | 23 | | | | | 24 | | |
|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 167 | 168- | 170- | 172- | 174- | 176 | 177- | 179- | 181- | 183- | 185 | 186- | 188- | 190- | 192- | 194 | 195- | 197- | 199- | 201- |
| | | | 169 | 171 | 173 | 175 | | 178 | 180 | 182 | 184 | | 187 | 189 | 191 | 193 | | 196 | 198 | 200 | 202 |
| Дата | | 20.01 | 21.01 | 22.01 | 23.01 | 24.01 | 27.01 | 28.01 | 29.01 | 30.01 | 31.01 | 03.02 | 04.02 | 05.02 | 06.02 | 07.02 | 10.02 | 11.02 | 12.02 | 13.02 | 14.02 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая подготовка | Т | | | 10 | | | | 10 | | | | | | 10 | | | | | | | 10 |
| | П | 10 | 30 | 30 | 30 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 30 | 20 | 10 | 20 | 20 | 20 | 30 |
| Специальная физическая | Т | | 10 | | 10 | | | | | 10 | | | 10 | | | 10 | | | 10 | 10 | 1 |
| подготовка | П | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Технико-тактическая | Т | | 10 | | | 10 | | | 10 | | 10 | | | | 10 | | 10 | 10 | | | 1 |
| подготовка | П | | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 20 |
| Игровая подготовка | Т | | | | | 10 | | | | | | 15 | | | | | | | | 10 | 1 |
| _ | П | 25 | 10 | 20 | 20 | 20 | 15 | 30 | 30 | 30 | 30 | 10 | 30 | 30 | 20 | 30 | | 30 | 30 | 20 | 30 |
| Контрольные и календарные | Т | | | | | | | | | | | | | | | | | | | | 1 |
| игры | П | | | | | | | | | | | | | | | | | | | | i |
| Контрольные испытания | Т | | | | | | | | | | | | | | | | | | | | |
| | П | | | | | | | | | | | | | | | | | | | | 1 |

| Недели | | | | 25 | | | | | 26 | | | | | 27 | | | | | 28 | | |
|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 203 | 204- | 206- | 208- | 210- | 212 | 213- | 215- | 217- | 219- | 221 | 222- | 224- | 226- | 228- | 230 | 231- | 233- | 235- | 237- |
| | | | 205 | 207 | 209 | 211 | | 214 | 216 | 218 | 220 | | 223 | 225 | 227 | 229 | | 232 | 234 | 236 | 238 |
| Дата | | 17.02 | 18.02 | 19.02 | 20.02 | 21.02 | 24.02 | 25.02 | 26.02 | 27.02 | 28.02 | 03.03 | 04.03 | 05.03 | 06.03 | 07.03 | 10.03 | 11.03 | 12.03 | 13.03 | 14.03 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая подготовка | Т | | | | | | | | | | | | | | | | | | | | |
| | П | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | | 20 |
| Специальная физическая | Т | | | | 10 | | | | | | | | 10 | | | | 10 | | | | 10 |
| подготовка | П | 10 | 10 | 10 | 10 | 10 | | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 |
| Технико-тактическая | Т | | | | | 10 | | | | | 10 | | | | 10 | | | 10 | | | |
| подготовка | П | 10 | 30 | 30 | 30 | 30 | 20 | 30 | 30 | 30 | 30 | 10 | 30 | 30 | 30 | 30 | 15 | 30 | 30 | | 30 |
| Игровая подготовка | Т | | | | | | | | | | | | | | | | | | | | |
| | П | 15 | 30 | 30 | 20 | 20 | 15 | 30 | 30 | 30 | 20 | 15 | 20 | 30 | 20 | 30 | | 20 | 30 | | 20 |
| Контрольные и календарные | Т | | | | | | | | | | | | | | | | | | | 10 | |
| игры | П | | | | | | | | | | | | | | | | | | | 80 | |
| Контрольные испытания | Т | | | | | | | | | | | | | | | | | | | | |
| | П | | | | | | | | • | | | | | | | | | | | | |

| Недели | | | | 29 | | | | | 30 | | | | | 31 | | | | | 32 | | |
|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 239 | 240- | 242- | 244- | 246- | 248 | 249- | 251- | 253- | 255- | 257 | 258- | 260- | 262- | 264- | 266 | 267- | 269- | 271- | 273- |
| | | | 241 | 243 | 245 | 247 | | 250 | 252 | 254 | 256 | | 259 | 261 | 263 | 265 | | 268 | 270 | 272 | 274 |
| Дата | | 17.03 | 18.03 | 19.03 | 20.03 | 21.03 | 24.03 | 25.03 | 26.03 | 27.03 | 28.03 | 31.03 | 01.04 | 02.04 | 03.04 | 04.04 | 07.04 | 08.04 | 09.04 | 10.04 | 11.04 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 |
| Общефизическая подготовка | T | | | | | | | | | | | | | | | | | | | | |
| | П | 10 | 30 | 30 | 20 | 20 | 10 | 30 | 30 | 30 | 30 | 10 | 30 | 20 | 30 | 30 | 10 | 30 | 30 | 30 | 30 |
| Специальная физическая | T | | | | | | | 10 | | | | | | 10 | | | | | | | |
| подготовка | П | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | | | 10 | | 10 | | | 10 | | | | i |
| Технико-тактическая | T | | | | 15 | | | | | | | | | | 10 | | | 10 | | | |
| подготовка | П | 10 | 30 | 30 | 25 | 30 | 10 | 20 | 30 | 30 | 30 | 10 | 30 | 20 | 20 | 30 | 10 | 20 | 30 | 30 | 30 |
| Игровая подготовка | T | | | | | | | | | | | | | | | | | | | | |
| | П | 15 | 20 | 20 | 20 | 30 | 15 | 20 | 30 | 30 | 30 | 15 | 30 | 30 | 30 | 30 | 15 | 30 | 30 | 30 | 30 |
| Контрольные и календарные | T | | | | | | | | | | | | | | | | | | | | |
| игры | П | | | | | | | | | | | | | | | | | | | | |
| Контрольные испытания | T | | | | | | | | | | | | | | | | | | | | |
| | П | | | | | | | | | | | | | | | | | | | | |

| Недели | | | | 33 | | | | | 34 | | | | 3 | 55 | | | 36 | |
|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| № Занятий | | 275 | 276- | 278- | 280- | 282- | 284 | 285- | 287- | 289- | 291- | 293 | 294- | 296- | 298- | 300 | 301- | 303- |
| | | | 277 | 279 | 281 | 283 | | 286 | 288 | 290 | 292 | | 295 | 297 | 299 | | 302 | 304 |
| Дата | | 14.04 | 15.04 | 16.04 | 17.04 | 18.04 | 21.04 | 22.04 | 23.04 | 24.04 | 25.04 | 28.04 | 29.04 | 30.04 | 02.05 | 05.05 | 06.05 | 07.05 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 45 | 90 | 90 |
| Общефизическая подготовка | T | | | | | | | | | | | | | | | | | |
| | П | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 10 | 20 | 20 |
| Специальная физическая | T | | | | | | | | | | | | | | | | | |
| подготовка | П | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Технико-тактическая | T | | | | | | | | | | | | | | | | | |
| подготовка | П | 15 | 30 | 30 | 30 | 30 | 15 | 30 | 30 | 30 | 30 | 15 | 30 | 30 | 30 | 15 | 30 | 30 |
| Игровая подготовка | T | | | | | | | | | | | | | | | | | |
| | П | 10 | 20 | 20 | 20 | 20 | 10 | 20 | 30 | 30 | 30 | 10 | 30 | 30 | 30 | 10 | 30 | 30 |
| Контрольные и календарные | T | | | | | | | | | | | | | | | | | |
| игры | П | | | | | | | | | | | | | | | | | |
| Контрольные испытания | T | | | | | | | | | | | | | | | | | |
| | П | | | | | | | | | | | | | | | | | |

| Недели | | | | 37 | | | | | 38 | | | | | 3 | 39 | | |
|---------------------------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------------|-------|-------|
| № Занятий | | 305 | 306- | 308- | 310- | 312- | 314 | 315- | 317- | 319- | 321- | 323 | 324 | 325 | 326- | 328- | 330- |
| | | | 307 | 309 | 311 | 313 | | 316 | 318 | 320 | 322 | | | | 327 | 329 | 331 |
| Дата | | 12.05 | 13.05 | 14.05 | 15.05 | 16.05 | 19.05 | 20.05 | 21.05 | 22.05 | 23.05 | 26.05 | 27.05 | 27.05 | 28.05 | 29.05 | 30.05 |
| Продолжительность занятий | | 45 | 90 | 90 | 90 | 90 | 45 | 90 | 90 | 90 | 90 | 45 | 45 | 45 | 90 | 90 | 90 |
| Общефизическая подготовка | Т | | | | | | | | | | | | | | | | |
| | П | 10 | 15 | 10 | 10 | | 10 | 20 | 20 | 20 | | | 10 | 45 | 45 | 45 | 45 |
| Специальная физическая | T | | | | | | | | | | | | | | | | |
| подготовка | П | 20 | 35 | 30 | 30 | | 20 | 30 | 30 | 30 | | | | | | | |
| Технико-тактическая | Т | | | | | | | | | | | | | | | | |
| подготовка | П | | 10 | 20 | 20 | | | 10 | 10 | 10 | | | 30 | | | | |
| Игровая подготовка | Т | 15 | 30 | 30 | 30 | | 15 | 30 | 30 | 30 | | | 5 | | 45 | 45 | 45 |
| | П | | | | | | | | | | | | | | | | |
| Контрольные и календарные | Т | | | | | 15 | | | | | | | | | | | |
| игры | П | | | | | 75 | | | | | | | | | | | |
| Контрольные испытания | Т | | | | | | | • | | | 10 | 5 | | | | | |
| | П | | | | | | | | | | 80 | 40 | | | | | |