

# Harmonogram zajęć w ramach programu "Krakowska Akademia Siatkarska"

## PAŹDZIERNIK

|          |                          |
|----------|--------------------------|
| Miejsce: | Szkoła Podstawowa nr 105 |
| Trener:  | Anna Miłkowska           |

### TYDZIEŃ I

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA  |
|-------|--------------|--------|-------|----------|--------|--------|------------|
|       |              |        |       |          |        |        | 2017-10-01 |
| 09:00 |              |        |       |          |        |        |            |
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### TYDZIEŃ II

|       | PONIEDZIAŁEK                                                                       | WTOREK     | ŚRODA      | CZWARTEK                                                                               | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|------------------------------------------------------------------------------------|------------|------------|----------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-10-01                                                                         | 2017-10-02 | 2017-10-03 | 2017-10-04                                                                             | 2017-10-05 | 2017-10-06 | 2017-10-07 |
| 09:00 |                                                                                    |            |            |                                                                                        |            |            |            |
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| 16:00 |                                                                                    |            |            |                                                                                        |            |            |            |
| 16:30 | 16:20 - 18:20 KLASZY III - VII<br>Dokonalenie poruszania się przy siatce i w polu. |            |            |                                                                                        |            |            |            |
| 17:00 |                                                                                    |            |            |                                                                                        |            |            |            |
| 17:30 |                                                                                    |            |            |                                                                                        |            |            |            |
| 18:00 |                                                                                    |            |            |                                                                                        |            |            |            |
| 18:30 |                                                                                    |            |            | 16:30 - 18:30 KLASZY III-VII<br>Dokonalenie odbić sposobem górnym i dolnym w dwójkach. |            |            |            |
| 19:00 |                                                                                    |            |            |                                                                                        |            |            |            |
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**TYDZIEŃ III**

|       | PONIEDZIAŁEK<br>2017-10-08                                                                              | WTOREK<br>2017-10-09 | ŚRODA<br>2017-10-10 | CZWARTEK<br>2017-10-11                                                                    | PIĄTEK<br>2017-10-12 | SOBOTA<br>2017-10-13 | NIEDZIELA<br>2017-10-14 |
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| 09:00 |                                                                                                         |                      |                     |                                                                                           |                      |                      |                         |
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| 16:30 | 16:20 - 18:20 KLASY<br>III-VII Gry i zabawy<br>koordynacyjne.<br>Doskonalenie odbić w<br>przód i w tył. |                      |                     | 16:30 - 18:30<br>KLASY III-VII<br>Doskonalenie<br>odbić.<br>Prowadzenie<br>ręki do ataku. |                      |                      |                         |
| 17:00 |                                                                                                         |                      |                     |                                                                                           |                      |                      |                         |
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**TYDZIEŃ IV**

|       | PONIEDZIAŁEK<br>2017-10-15                                                       | WTOREK<br>2017-10-16 | ŚRODA<br>2017-10-17 | CZWARTEK<br>2017-10-18                                                      | PIĄTEK<br>2017-10-19 | SOBOTA<br>2017-10-20 | NIEDZIELA<br>2017-10-21 |
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| 09:00 |                                                                                  |                      |                     |                                                                             |                      |                      |                         |
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| 16:30 | 16:20-18:20 KLASY<br>III-VII Ćwiczenia<br>ogólnorozwojowe.<br>Zagrywka tenisowa. |                      |                     | 16:30 - 18:30<br>KLASA III - VII<br>Nauka<br>rozegrania piłki<br>"na trzy". |                      |                      |                         |
| 17:00 |                                                                                  |                      |                     |                                                                             |                      |                      |                         |
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**TYDZIEŃ V**

|       | PONIEDZIAŁEK                                                                             | WTOREK     | ŚRODA      | CZWARTEK                                                                                          | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|------------------------------------------------------------------------------------------|------------|------------|---------------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-10-22                                                                               | 2017-10-23 | 2017-10-24 | 2017-10-25                                                                                        | 2017-10-26 | 2017-10-27 | 2017-10-28 |
| 09:00 |                                                                                          |            |            |                                                                                                   |            |            |            |
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| 16:30 | 16:20 - 18:20 KLASY<br>III - VII Gry i zabawy<br>bieżne i rzutne.<br>Doskonalenie odbić. |            |            | 16:30 - 18:30<br>KLASY III -VI<br>Doskonalenie<br>techniki<br>indywidualnej w<br>formie "singli". |            |            |            |
| 17:00 |                                                                                          |            |            |                                                                                                   |            |            |            |
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**TYDZIEŃ VI**

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA |
|-------|--------------|------------|-------|----------|--------|--------|-----------|
|       | 2017-10-29   | 2017-10-30 |       |          |        |        |           |
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