

# Harmonogram zajęć w ramach programu "Krakowska Akademia Siatkarska"

## GRUDZIEŃ

|          |                                                   |
|----------|---------------------------------------------------|
| Miejsce: | Szkoła Podstawowa nr. 119    ul. Czerwieńskiego 1 |
| Trener:  | Paweł Nowak                                       |

### TYDZIEŃ I

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|--------------|--------|-------|----------|------------|------------|------------|
|       |              |        |       |          | 2017-12-01 | 2017-12-02 | 2017-12-03 |
| 09:00 |              |        |       |          |            |            |            |
| 09:30 |              |        |       |          |            |            |            |
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### TYDZIEŃ II

|       | PONIEDZIAŁEK                                                                                                                                                                                                                             | WTOREK     | ŚRODA      | CZWARTEK                                                                                                                                                                                                                | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-12-04                                                                                                                                                                                                                               | 2017-12-05 | 2017-12-06 | 2017-12-07                                                                                                                                                                                                              | 2017-12-08 | 2017-12-09 | 2017-12-10 |
| 09:00 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
| 09:30 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
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| 14:30 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
| 15:00 | godz. 15:00 - 17:00 /<br>KL. I - IV / Rozgrzewka /<br>Praca nad szybkością<br>reakcji - odbicie po<br>rzucie na materac, po<br>wstaniu z leżenia lub<br>siedzenia, po wykonaniu<br>przewrotu / Ćwiczenia z<br>piłką - podrzuty, odbicia. |            |            |                                                                                                                                                                                                                         |            |            |            |
| 15:30 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
| 16:00 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
| 16:30 |                                                                                                                                                                                                                                          |            |            | godz. 16:30 - 18:30 /<br>KL. I - IV / Rozgrzewka /<br>Dokształcanie odbicia<br>palcami - wyrzuty w<br>ruchy - krok odstawno<br>dostawny, odbicia w<br>parach z różnych<br>odległości / Odbicia<br>palcami o ścianę oraz |            |            |            |
| 17:00 |                                                                                                                                                                                                                                          |            |            |                                                                                                                                                                                                                         |            |            |            |
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**TYDZIEŃ III**

|       | PONIEDZIAŁEK                                                                                                                                                                                                       | WTOREK     | ŚRODA      | CZWARTEK                                                                                                                                                                                          | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-12-11                                                                                                                                                                                                         | 2017-12-12 | 2017-12-13 | 2017-12-14                                                                                                                                                                                        | 2017-12-15 | 2017-12-16 | 2017-12-17 |
| 09:00 |                                                                                                                                                                                                                    |            |            |                                                                                                                                                                                                   |            |            |            |
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| 15:00 | godz. 15:00 - 17:00 / KL. I - IV / Rozgrzewka / Doskonalenie odbicia dołem - odbicia jedną ręką, odbicia z kłku, odbicia w siadzie rozkrocznym - zwracanie uwagi na płynność ruchu, odbicia po wykonaniu brzuszka. |            |            |                                                                                                                                                                                                   |            |            |            |
| 15:30 |                                                                                                                                                                                                                    |            |            |                                                                                                                                                                                                   |            |            |            |
| 16:00 |                                                                                                                                                                                                                    |            |            |                                                                                                                                                                                                   |            |            |            |
| 16:30 |                                                                                                                                                                                                                    |            |            | godz. 16:30 - 18:30 / KL. I - IV / Rozgrzewka / Praca nad dynamiką i "dojściem do piłki" - łapanie piłki po wyrzucie trenera, tor przeszkód - przejście pod płotkiem, skok nad płotkiem + sprint. |            |            |            |
| 17:00 |                                                                                                                                                                                                                    |            |            |                                                                                                                                                                                                   |            |            |            |
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**TYDZIEŃ IV**

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA      | CZWARTEK   | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|--------------|------------|------------|------------|------------|------------|------------|
|       | 2017-12-18   | 2017-12-19 | 2017-12-20 | 2017-12-21 | 2017-12-22 | 2017-12-23 | 2017-12-24 |
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**TYDZIEŃ V**

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA      | CZWARTEK   | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|--------------|------------|------------|------------|------------|------------|------------|
|       | 2017-12-25   | 2017-12-26 | 2017-12-27 | 2017-12-28 | 2017-12-29 | 2017-12-30 | 2017-12-31 |
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