|  |
| --- |
| УТВЕРЖДАЮ\*  \_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/ |

План тренировочного процесса на (*месяц)* отделения по виду спорта «\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_»   
 группы «\_\_\_\_\_\_\_» \_\_\_\_\_ – года обучения

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Дни недели | | | | | | |
| Понедельник | Вторник | Среда | Четверг | Пятница | Суббота | Воскресенье |
| 1 неделя микроцикл: |  |  |  |  |  |  |  |
| 2 неделя |  |  |  |  |  |  |  |
| 3 неделя |  |  |  |  |  |  |  |
| 4 неделя |  |  |  |  |  |  |  |

План составил \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ тренер СПб ГБУ СШОР «Комета»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ФИО) (подпись)

План-конспект тренировочного занятия отделения по виду спорта «\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_» группы «\_\_\_\_\_\_\_\_\_\_\_» \_\_\_\_\_\_\_\_\_ – года обучения

**Тренер \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Тема занятия:** «\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_»

**Период подготовки:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Цель и задачи тренировочного занятия:  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Средства тренировки:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Методы тренировочного занятия:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Место проведения**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Инвентарь и оборудование**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Время проведения**: \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Содержание занятия | Дозировка (мин) | Методические указания |
| **Вводная часть.**  1.Организационный момент: построение приветствие, проверка  по журналу, инструктаж по профилактики детского травматизма  и техники безопасности.  2. Доведение темы занятия до занимающихся. Постановка перед занимающимися задач тренировочного занятия. | 5 мин. |  |
| **Подготовительная часть.**  *перечень упражнений:*  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **Основная часть.**  1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **Заключительная часть.**  1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |

Конспект составил \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ тренер СПб ГБУ СШОР «Комета»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ФИО) (подпись)

Ежеквартальное планирование на \_\_\_\_\_\_\_\_\_\_\_\_(1/2/3/4 квартал)

|  |  |  |
| --- | --- | --- |
| Этап подготовки \_\_\_\_\_\_\_\_\_\_(ТЭ, СС, ВСМ) | | |
| Вид спорта: | | |
| Период подготовки: | Период подготовки: | Период подготовки: |
| Месяц: | Месяц: | Месяц: |

Ежеквартальное планирование составил \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ тренер СПб ГБУ СШОР «Комета»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ФИО) (подпись)

**Перспективное планирование**

группы «\_\_\_\_\_\_\_\_\_\_\_» \_\_\_\_\_\_\_\_\_ – года обучения

отделения по виду спорта «\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_»

**Тренер** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  п/п | Ф.И.О. занимающихся | 1 год | | 2 год | | 3 год | | 4 год | |
| Разряд | Количество соревнований | Разряд | Количество соревнований | Разряд | Количество соревнований | Разряд | Количество соревнований/игр |
| 1. |  |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |  |  |  |
| 6. |  |  |  |  |  |  |  |  |  |
| 7. |  |  |  |  |  |  |  |  |  |
| 8. |  |  |  |  |  |  |  |  |  |
| 9. |  |  |  |  |  |  |  |  |  |
| 10. |  |  |  |  |  |  |  |  |  |
| 11. |  |  |  |  |  |  |  |  |  |
| 12. |  |  |  |  |  |  |  |  |  |
| 13. |  |  |  |  |  |  |  |  |  |
| 14. |  |  |  |  |  |  |  |  |  |
| 15. |  |  |  |  |  |  |  |  |  |
| 16. |  |  |  |  |  |  |  |  |  |
| 17. |  |  |  |  |  |  |  |  |  |
| 18. |  |  |  |  |  |  |  |  |  |
| 19. |  |  |  |  |  |  |  |  |  |
| 20. |  |  |  |  |  |  |  |  |  |

Перспективное планирование составил \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ тренер СПб ГБУ СШОР «Комета»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ФИО) (подпись)

**Санкт-Петербургское государственное бюджетное учреждение спортивная школа олимпийского резерва «Комета»**

«УТВЕРЖДАЮ»

Директор СПб ГБУ СШОР «Комета»

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ А.Х. Ариткулов

«\_\_\_\_» 20\_\_г.

**ИНДИВИДУАЛЬНЫЙ ПЛАН**

подготовки спортсмена

на \_\_\_\_\_\_\_ тренировочный год

Вид спорта:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Фамилия, Имя, Отчество:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Дата рождения:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Спортивное звание (разряд)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Образование:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Этап подготовки:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Фамилия, имя, отчество тренера:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Основные задачи и контрольные задания**

(по физической, технической, тактической, психологической, теоретической

подготовке и по результатам выступления в основных соревнованиях)

Основные задачи на \_\_\_\_\_\_\_\_\_ тренировочный год:

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |

**СОРЕВНОВАНИЯ И ТРЕНИРОВОЧНЫЕ МЕРОПРИЯТИЯ**

**Соревнования (основные)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| № | Наименование соревнований | Сроки проведения | Место проведения | Результат | |
| План | Факт |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |
| 8. |  |  |  |  |  |

**Тренировочные мероприятия**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| № | Название тренировочного мероприятия | Сроки проведения | Место проведения | Отметка  о проведении |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |
| 8. |  |  |  |  |

**Тренер** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Спортсмен**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Заведующий отделением** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Главный врач** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**СДАЧА НОРМАТИВОВ (ИНДИВИДУАЛЬНЫЕ РЕЗУЛЬТАТЫ)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **БЛОК** | **№** | **ТЕСТЫ \***  ***\*В соответствии  с федеральным стандартом по виду спорта*** | **Результат в соответствии с федеральным стандартом** | **Личные результаты спортсмена** | | | |
| Дата | Дата | Дата | Дата |
| **Скоростная сила** | **1.** | Бег 100 м, сек. |  |  |  |  |  |
| **2.** | Челночный бег  3 \* 8 м. |  |  |  |  |  |
| **3.** | Бег 1000 м, (М)  Бег 800 м, (Ж) |  |  |  |  |  |
| **4.** | Челночный бег  30 \* 8 м. |  |  |  |  |  |
| **5.** | Прыжок в длину с места, см. |  |  |  |  |  |
| **Статическая сила** | **6.** | Подтягивание на перекладине (раз) |  |  |  |  |  |
| **7.** | Отжимание в упоре лежа (раз) |  |  |  |  |  |
| **8.** | Поднос ног к перекладине (раз) |  |  |  |  |  |
| **СПФ** | **9.** | Число ударов по мешку за 5 сек. |  |  |  |  |  |
| **10.** | Число ударов по мешку за 2 мин. |  |  |  |  |  |
| **Гибкость (сбавки)** | **11.** | Наклон вперед, балл |  |  |  |  |  |
| Продольный шпагат |  |  |  |  |  |
| Поперечный шпагат |  |  |  |  |  |
|  | | **СО-средняя оценка**  **СФП** |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| №  п/п | **Основные показатели тренировочного процесса** |  | **Периоды подготовки** | | | | | | | | | | | | |
| Январь | Февраль | Март | Апрель | Май | Июнь | Июль | Август | Сентябрь | Октябрь | Ноябрь | Декабрь | **Всего за год** |
| **1.** | **Количество тренировочных дней** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2.** | **Количество тренировочных занятий** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3.** | **Общий объем тренировочной нагрузки (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4.** | **Общая физическая подготовка  (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5.** | **Специальная физическая подготовка (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6.** | **Специальная подготовка (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7.** | **Теоретическая подготовка (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8.** | **Психологическая подготовка  (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9.** | **Количество контрольных соревнований (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10.** | **Количество официальных соревнований** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11.** | **Восстановительные  и реабилитационные мероприятия  (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12.** | **Прохождение медицинского обследования (в часах)** | план |  |  |  |  |  |  |  |  |  |  |  |  |  |
| факт |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Тренер** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Спортсмен**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Заведующий отделением** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Главный врач** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**ОПИСАТЕЛЬНЫЙ ОТЧЕТ**

**по выполнению Индивидуального плана**

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**Тренер** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

**Спортсмен**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_(\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

(подпись) (Ф.И.О.)

«\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_г.

**Санкт-Петербургское государственное бюджетное учреждение спортивная школа олимпийского резерва «Комета»**

УТВЕРЖДАЮ

Заместитель директора по спортивной работе

СПб ГБУ СШОР «Комета»

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ю.Р. Ильина

«\_\_\_\_\_»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_г.

**ТЕМАТИЧЕСКИЙ ПЛАН-КОНСПЕКТ**

**ТРЕНИРОВОЧНЫХ ЗАНЯТИЙ ДЛЯ ПРОВЕДЕНИЯ ТРЕНИРОВОЧНОГО МЕРОПРИЯТИЯ**

**с ­­­\_\_\_\_\_\_\_\_\_\_20\_\_ по \_\_\_\_\_\_\_20\_\_**

**Составитель:**

г. Санкт-Петербург

20\_\_

|  |
| --- |
| УТВЕРЖДАЮ\*  \_\_\_\_\_\_\_\_\_\_\_\_\_ /\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/ |

**План-график тренировочных занятий по неделям.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| № | Содержание занятий | Номер недели | | |
| 1 | 2 | 3 |
| 1. | Теоретические занятия  **(% *- в соответствии с федеральными стандартами и этапом подготовки*)** |  |  |  |
| 2. | Практические занятия (%) |  |  |  |
| 2.1. | Общая физическая подготовка (%) |  |  |  |
| 2.2. | Специальная физическая подготовка (%) |  |  |  |
| 2.3. | Технико-тактическая подготовка (%) |  |  |  |
| 2.4. | ……. |  |  |  |
|  | ……… |  |  |  |
|  | ………. |  |  |  |
|  |  |  |  |  |
| Всего часов |  |  |  |  |

*\*Утверждает план-конспект старший тренер по отделению. Старшему тренеру утверждает план конспект заведующий отделением или заместитель по спортивной работе*

**План-конспект**

**тренировочного занятия по \_\_\_\_\_\_\_\_\_\_\_\_**

**Тренер:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Тема занятия:** «\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_»

**Период подготовки:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Цель и задачи тренировочного занятия:  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Средства тренировки:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Методы тренировочного занятия:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Место проведения**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Инвентарь и оборудование**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Время проведения**: \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Содержание занятия | Время проведения (мин) | Методические указания |
| **Вводная часть.**  1.Организационный момент: построение приветствие, проверка  по журналу, инструктаж по профилактики детского травматизма  и техники безопасности.  2. Доведение темы занятия до занимающихся. Постановка перед занимающимися задач тренировочного занятия. |  |  |
| **Подготовительная часть.**  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **Основная часть.**  1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| **Заключительная часть.**  1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |

Конспект составил \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ тренер СПб ГБУ СШОР «Комета»\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(ФИО) (подпись)

ОПИСАТЕЛЬНЫЙ ОТЧЕТ

по выполнению плана тренировочного мероприятия

Дата проведения\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Место проведения\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Тренер\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Количество участников\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Дата\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Подпись\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ПЛАНИРУЕМЫЙ РЕЖИМ ДНЯ ПРИ ПРОВЕДЕНИИ ТРЕНИРОВОЧНОГО МЕРОПРИЯТИЯ НА БАЗЕ СПОРТИВНОГО ОБЪЕКТА \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

С \_\_\_\_\_\_ ПО \_\_\_\_\_\_ 20\_\_\_ ГОДА

ВИД СПОРТА \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ТРЕНЕР \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Образец заполнения:***

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| Время | Мероприятие |
| 8.00 | Подъем |
| 8.30 | Зарядка |
| 9.30 | Завтрак |
| 10.00 | Прогулка |
| 11.30 | Тренировка |
| 13.30 | Обед |
| 14.00 | Тихий час |
| 16.30 | Полдник |
| 16.45 | Тренировка |
| 19.30 | Ужин |
| 20.00 | Общелагерные мероприятия, спортивные состязания |
| 21.00 | Подготовка ко сну |
| 22.00 | Отбой |

Дата\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Подпись\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/

**Титульный лист учета посещаемости тренировочных занятий**

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| |  | | --- | | **Санкт-Петербургское государственное бюджетное учреждение «Спортивная школа олимпийского резерва «Комета»  УЧЕТ ПОСЕЩАЕМОСТИ ТРЕНИРОВОЧНЫХ ЗАНЯТИЙ В ПЕРИОД ПРОВЕДЕНИЯ ТРЕНИРОВОЧНОГО МЕРОПРИЯТИЯ  \_\_\_\_\_\_20\_\_\_-\_\_\_\_\_\_20\_\_\_  СО "Луч"** | |   комета лого |
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|  | **ЛИСТ ИНСТРУКТАЖА ПО ТЕХНИКЕ И ПОЖАРНОЙ БЕЗОПАСНОСТИ ЗАНИМАЮЩИХСЯ ГРУППЫ** | | | |
|  |  |  |  |  |
| № | Фамилия, имя учащегося | Краткое содержание инструктажа | Инструктируемый | |
| дата | подпись |
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|  | комета лого   |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  |  |  | УТВЕРЖДАЮ | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | Заместитель директора по спортивной работе | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | СПб ГБУ СШОР "Комета" | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ю.Р. Ильина | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | "\_\_\_\_"\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_20\_\_\_ г. | | | | | |  |
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| **Санкт-Петербургское государственное бюджетное учреждение «Спортивная школа олимпийского резерва «Комета»** | | | | | | | | | | | | | | | | | | | | |
| **УЧЕТ ПОСЕЩАЕМОСТИ ТРЕНИРОВОЧНЫХ ЗАНЯТИЙ В ПЕРИОД ПРОВЕДЕНИЯ ТРЕНИРОВОЧНОГО МЕРОПРИЯТИЯ В \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | | | | | | | | | | | | | | |  |
| **с \_\_\_\_\_по\_\_\_\_\_** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Тренер отделения \_\_\_\_\_\_\_\_\_\_\_\_\_**  **ФИО** | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **№ п/п** | **Фамилия, имя** | **время тренировки** | **Даты проведения тренировочных занятий** | | | | | | | | | | | | | | | | | **Итого** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Присутствовало (кол-во человек) | | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Продолжительность | | утро |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| вечер |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| В том числе: | | | | | | | | | | | | | | | | | | | | |
| ОФП | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| СФП | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Подпись о проведении | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |