

# Harmonogram zajęć w ramach programu "Krakowska Akademia Siatkarska"

## KWIECIEŃ

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

### TYDZIEŃ I

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA     | NIEDZIELA  |
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|       |              |        |       |          |        | 2017-04-01 | 2017-04-02 |
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### TYDZIEŃ II

|       | PONIEDZIAŁEK                                                                    | WTOREK     | ŚRODA      | CZWARTEK                                                                                                       | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|---------------------------------------------------------------------------------|------------|------------|----------------------------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-04-03                                                                      | 2017-04-04 | 2017-04-05 | 2017-04-06                                                                                                     | 2017-04-07 | 2017-04-08 | 2017-04-09 |
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| 17:00 | 16:20 - 18:20 KLASY<br>III-VI Doskonalenie<br>odbić sposobem<br>górnym i dolnym |            |            | 16:30 - 18:30<br>KLASY III-VI Gry i<br>zabawy<br>koordynacyjne.<br>Doskonalenie<br>wystawy w przód i<br>w tył. |            |            |            |
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**TYDZIEŃ III**

|       | PONIEDZIAŁEK                                                                                             | WTOREK     | ŚRODA      | CZWARTEK                                                                                      | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|----------------------------------------------------------------------------------------------------------|------------|------------|-----------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-04-10                                                                                               | 2017-04-11 | 2017-04-12 | 2017-04-13                                                                                    | 2017-04-14 | 2017-04-15 | 2017-04-16 |
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| 16:30 | 16:20 - 18:20 KLASY<br>III-VI Poruszanie się<br>zawodnika w polu.<br>Doskonalenie<br>przyjęcia zagrywki. |            |            | 16:30 - 18:30<br>KLASY III-VI<br>Doskonalenie<br>dojścia do<br>ataku.<br>Prowadzenie<br>ręki. |            |            |            |
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**TYDZIEŃ IV**

|       | PONIEDZIAŁEK                                                    | WTOREK     | ŚRODA      | CZWARTEK                                                                             | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|-----------------------------------------------------------------|------------|------------|--------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-04-17                                                      | 2017-04-18 | 2017-04-19 | 2017-04-20                                                                           | 2017-04-21 | 2017-04-22 | 2017-04-23 |
| 09:00 |                                                                 |            |            |                                                                                      |            |            |            |
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| 16:30 | 16:20-18:30 KLASY<br>III-VI Doskonalenie<br>zagrywki tenisowej. |            |            | 16:30-18:30<br>KLASY III-VI<br>"Dwójki"<br>siatkarskie -<br>ustawienie na<br>boisku. |            |            |            |
| 17:00 |                                                                 |            |            |                                                                                      |            |            |            |
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**TYDZIEŃ V**

|       | PONIEDZIAŁEK                                                                              | WTOREK     | ŚRODA      | CZWARTEK                                                                                             | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|-------------------------------------------------------------------------------------------|------------|------------|------------------------------------------------------------------------------------------------------|------------|------------|------------|
|       | 2017-04-24                                                                                | 2017-04-25 | 2017-04-26 | 2017-04-27                                                                                           | 2017-04-28 | 2017-04-29 | 2017-04-30 |
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| 16:30 | 16:20-18:20 KLASY<br>III-VI Doskonale<br>odbić sposobem<br>górnym i dolnym w<br>trójkach. |            |            | 16:30-18:30<br>KLASY III-VI<br>Doskonale<br>techniki<br>indywidualnej w<br>singlach<br>siatkarskich. |            |            |            |
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