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| ***Контрольно-переводные нормативы по ОФП и СФП ГКОУ ДОД «СДЮСШОР по боксу»***   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  |  |  | |  | |  | | | **НП-1** | **НП-2,3 УТГ-1 УТГ-2 УТГ-3 УТГ-4** |  |  |  |  | | 1.  2. | **Бег 30 м**  **Бег на 1000 м (пробежать)** | **5,5** | **5,4 1. Бег 100 м 15.8 15.6 15.2 15.2**  **2. Бег на 3000 м (минут) 14.40 14.35 14.25 14.25** |  |  |  |  | | 3. | **Работа на скакалке на время** | **40сек** | **60сек 3. Работа на скакалке (минут) 1.30 2.00 2.30 3.00** |  |  |  |  | | 4. | **Подтягивание на перекладине (раз)** | **5** | **6 4. Подтягивание на пер.(раз) 8 9 11 12** |  |  |  |  | | 5. | **Отжимание в упоре лежа (раз)** | **25** | **35 5. Отжимание в упор. лежа (раз) 42 44 48 50** |  |  |  |  | | 6. | **Бой с тенью на оценку (выполнение ударов, укл. и нырки)** |  | **6. Бой с тенью на оценку**  **(выполнение ударов, укл. и нырки)** |  |  |  |  | |  |  |  | **7. Количество ударов по мешку 26 28 30 30**  **за 8 секунд** |  |  |  |  | |  |  |  |  |  |  |  |  |   ***Контрольно-переводные нормативы по ОФП и СФП для групп УТГ-1, 2, 3, 4, 5.***   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | № п/п | Виды испытаний | Легкие веса (36 – 48 кг) | | | | | Средние веса (50 – 64 кг) | | | | | Тяжелые веса (66 – 80 кг) | | | | | | УТГ-1 | УТГ-2 | УТГ-3 | УТГ-4 | УТГ-5 | УТГ-1 | УТГ-2 | УТГ-3 | УТГ-4 | УТГ-5 | УТГ-1 | УТГ-2 | УТГ-3 | УТГ-4 | УТГ-5 | | 1. | Бег 30 м | 5,13 | 5,2 | 5,1 | 5,0 | 4,9 | 5,0 | 4,9 | 4,8 | 4,7 | 4,6 | 5,5 | 5,4 | 5,3 | 5,2 | 5,1 | | 2. | Прыжок в длину с места | 183 | 185 | 187 | 189 | 195 | 190 | 192 | 193 | 195 | 197 | 181 | 183 | 185 | 187 | 192 | | 3. | Подтягивание на перекладине (раз) | 8 | 10 | 12 | 14 | 15 | 12 | 13 | 14 | 15 | 16 | 5 | 6 | 7 | 7 | 8 | | 4. | Отжимание в упоре лежа (раз) | 30 | 32 | 34 | 35 | 40 | 40 | 42 | 44 | 45 | 48 | 30 | 32 | 35 | 38 | 40 | | 5. | Поднос ног к перекладине (раз) | 7 | 8 | 9 | 10 | 11 | 8 | 9 | 10 | 11 | 12 | 4 | 5 | 6 | 7 | 8 | | 6. | Толчок ядра 4 кг:   * сильной рукой | 5,89 | 5,90 | 5,95 | 6,00 | 6,10 | 7,20 | 7,30 | 7,40 | 7,50 | 7,85 | 8,60 | 8,70 | 8,80 | 8,90 | 8,96 | | * слабой рукой | 4,70 | 4,75 | 4,80 | 4,85 | 4,90 | 5,90 | 6,00 | 6,10 | 6,20 | 6,31 | 7,00 | 7,10 | 7,25 | 7,30 | 7,42 | | 7. | Количество ударов по мешку за 8 сек. | - | 20 | 25 | 28 | 30 | 20 | 22 | 25 | 28 | 32 | 18 | 20 | 22 | 24 | 26 | | 8. | Количество ударов по мешку за 2 мин. | - | 90 | 95 | 98 | 100 | 94 | 96 | 98 | 100 | 102 | 78 | 80 | 85 | 87 | 90 | |