1. **Протоколы контрольных нормативов (тестов) по общей физической и специальной**
2. **физической подготовки для вратарей, отделение хоккей**

**Тренер\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, возраст\_\_\_\_\_\_\_\_\_\_\_, дата приема\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

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| **№ п/п** | **Ф.И.О.****Осень\_\_\_\_\_\_\_\_\_\_\_****Весна\_\_\_\_\_\_\_\_\_\_\_****ИТОГ\_\_\_\_\_\_\_\_\_\_** | **Бег****1 круг (с)** | **Выбивание 14 шайб** | **Выход до 3-х точек (1 подход) (с)** | **Старт спиной с броском 5 шайб** | **Выход до 3-х точек (3 подход) (с)** | **Выбивание 4 шайбы** | **Комплексное упражнение 3 шайбы** |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |