

**“FUTBOL” BO‘YICHA KIRISH IMTIHONLARINING ME‘YORIY TALABLARI VA
BAHOLASH MEZONLARI**

**Umumiy jismoniy tayyorgarlik bo‘yicha- 63 ball
(O‘G‘IL BOLALAR)**

500 m. ga yugurish (21 Ball) (daqqa, soniya)					
№	Natija	Ball	№	Natija	Ball
1.	0-1,14,00	21	12.	1,24,01-1,25,00	10
2.	1,14,01-1,15,00	20	13.	1,25,01-1,26,00	9
3.	1,15,01-1,16,00	19	14.	1,26,01-1,27,00	8
4.	1,16,01-1,17,00	18	15.	1,27,01-1,28,00	7
5.	1,17,01-1,18,00	17	16.	1,28,01-1,29,00	6
6.	1,18,01-1,19,00	16	17.	1,29,01-1,30,00	5
7.	1,19,01-1,20,00	15	18.	1,30,01-1,31,00	4
8.	1,20,01-1,21,00	14	19.	1,31,01-1,32,00	3
9.	1,21,01-1,22,00	13	20.	1,32,01-1,33,00	2
10.	1,22,01-1,23,00	12	21.	1,33,01-1,50,00	1
11.	1,23,01-1,24,00	11			
Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)					
№	Natija	Ball	№	Natija	Ball
1.	260 yuqori	21	12.	209-205	10
2.	259-255	20	13.	204-200	9
3.	254-250	19	14.	199-195	8
4.	249-245	18	15.	194-190	7
5.	244-240	17	16.	189-185	6
6.	239-235	16	17.	184-180	5
7.	234-230	15	18.	179-175	4
8.	229-225	14	19.	174-170	3
9.	224-220	13	20.	169-165	2
10.	219-215	12	21.	164-100	1
11.	214-210	11			
Mokisimon yugurish 4x10 metr. (soniya)					
№	Natija	Ball	№	Natija	Ball
1.	0-9,00	21	12.	10,01-10,10	10
2.	9,01-9,10	20	13.	10,11-10,20	9
3.	9,11-9,20	19	14.	10,21-10,30	8
4.	9,21-9,30	18	15.	10,31-10,40	7
5.	9,31-9,40	17	16.	10,41-10,50	6
6.	9,41-9,50	16	17.	10,51-10,60	5
7.	9,51-9,60	15	18.	10,61-10,70	4
8.	9,61-9,70	14	19.	10,71-10,80	3
9.	9,71-9,80	13	20.	10,81-10,90	2
10.	9,81-9,90	12	21.	10,91-13,00	1
11.	9,91-10,00	11	22.		

**“Futbol nazariyasi va uslubiyati”
kafedrasi mudiri**



SH.U. Abidov

(QIZ BOLALAR)

500 m. ga yugurish (21 Ball) (daqiq, soniya)					
№	Natija	Ball	№	Natija	Ball
1.	0-1,40,00	21	12.	1,50,01-1,51,00	10
2.	1,40,01-1,41,00	20	13.	1,51,01-1,52,00	9
3.	1,41,01-1,42,00	19	14.	1,52,01-1,53,00	8
4.	1,42,01-1,43,00	18	15.	1,53,01-1,54,00	7
5.	1,43,01-1,44,00	17	16.	1,54,01-1,55,00	6
6.	1,44,01-1,45,00	16	17.	1,55,01-1,56,00	5
7.	1,45,01-1,46,00	15	18.	1,56,01-1,57,00	4
8.	1,46,01-1,47,00	14	19.	1,57,01-1,58,00	3
9.	1,47,01-1,48,00	13	20.	1,58,01-1,59,00	2
10.	1,48,01-1,49,00	12	21.	1,59,01-2,50,00	1
11.	1,49,01-1,50,00	11	22.		
Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)					
№	Natija	Ball	№	Natija	Ball
1.	230 yuqori	21	12.	179-175	10
2.	229-225	20	13.	174-170	9
3.	224-220	19	14.	169-165	8
4.	219-215	18	15.	164-160	7
5.	214-210	17	16.	159-155	6
6.	209-205	16	17.	154-150	5
7.	204-200	15	18.	149-145	4
8.	199-195	14	19.	144-140	3
9.	194-190	13	20.	139-135	2
10.	189-185	12	21.	134-100	1
11.	184-180	11	22.		
Mokisimon yugurish 4x10 metr. (soniya)					
№	Natija	Ball	№	Natija	Ball
1.	0-10,00	21	12.	11,01-11,10	10
2.	10,01-10,10	20	13.	11,11-11,20	9
3.	10,11-10,20	19	14.	11,21-11,30	8
4.	10,21-10,30	18	15.	11,31-11,40	7
5.	10,31-10,40	17	16.	11,41-11,50	6
6.	10,41-10,50	16	17.	11,51-11,60	5
7.	10,51-10,60	15	18.	11,61-11,70	4
8.	10,61-10,70	14	19.	11,71-11,80	3
9.	10,71-10,80	13	20.	11,81-11,90	2
10.	10,81-10,90	12	21.	11,91-14,00	1
11.	10,91-11,00	11	22.		

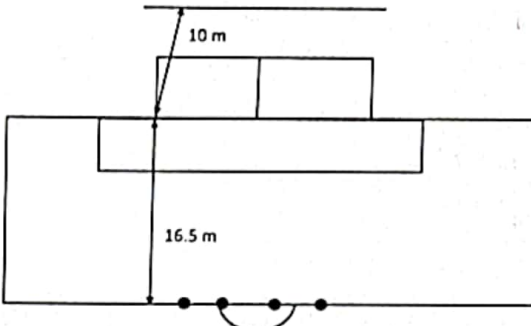
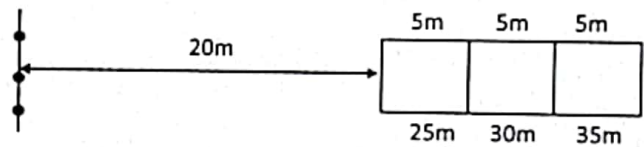
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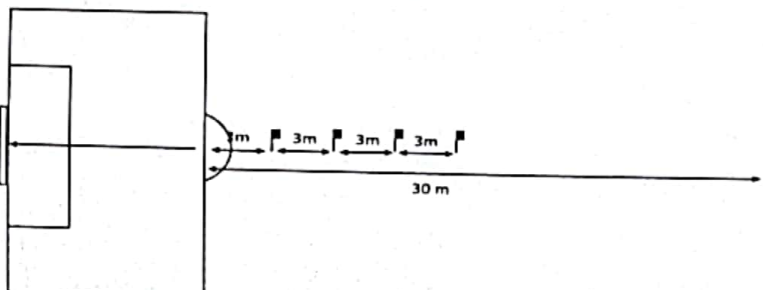
SH.U. Abidov

**“FUTBOL” BO’YICHA KIRISH IMTIHONLARNING ME’YORIY
TALABLARI VA BAHOLASH MEZONLARI
(O’G’IL BOLALAR)**

Futbol ixtisosligi bo’yicha- 93 ball

№		Test me'yorlarining mazmuni	
1	Darvozaga zarba berish (20 Ball). Vertikal bo'yicha ikkiga bo'lingan darvozaning ko'rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to'pga 4 marotaba zarba beriladi. To'p darvoza chizig'ini havoda kesib o'tishi va darvozadan kamida 10 m uzoq masofaga borib tushishi kerak.		
2	To'pni uzoq masofaga aniq uzatish (18 Ball). Uzoq masofaga aniq 5x5 kvadratdagi maydonga harakatsiz turgan to'pni 3-marta tepiladi. Turli masofadan (25m, 30m, 35m,) aniq kvadratga tushgan to'plar baholanadi.		

- 3 To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (28 Ball). Jarima maydoni chizig'idan 30 m uzoqlikdagi belgidan boshlab to'pni olib yuriladi, hamda bir-biridan 3 m masofada o'rnatilgan 4 ta ustunni harakatlanib aldab o'tishi shart. Ustunlarni aldab o'tgach, jarima maydoni tashqarisidan darvozaga zarba beriladi. To'p albatta darvoza chizig'ini kesib o'tishi shart. Vaqt to'pni olib yurishi bilan boshlab, to'p darvoza chizig'ini kesib o'tishi bilan to'xtatiladi. Agar to'p darvozaga tushmasa, imtihon topshiruvchi baholanmaydi.



Imtihon topshiruvchiga ikkita imkoniyat beriladi. Bu testni bajarishda sarflanadigan vaqt va to'pni darvozaga aniq tushirish baholanadi.

N _o	Natija	Ball	N _o	Natija	Ball	N _o	Natija	Ball
1.	0-6,90	28	11.	7,36-7,40	18	21.	7,86-7,90	8
2.	6,91-6,95	27	12.	7,41-7,45	17	22.	7,91-7,95	7
3.	6,96-7,00	26	13.	7,46-7,50	16	23.	7,96-8,00	6
4.	7,01-7,05	25	14.	7,51-7,55	15	24.	8,01-8,05	5
5.	7,06-7,10	24	15.	7,56-7,60	14	25.	8,06-8,10	4
6.	7,11-7,15	23	16.	7,61-7,65	13	26.	8,11-8,15	3
7.	7,16-7,20	22	17.	7,66-7,70	12	27.	8,16-8,20	2
8.	7,21-7,25	21	18.	7,71-7,75	11	28.	8,21-10,30	1
9.	7,26-7,30	20	19.	7,76-7,80	10			
10.	7,31-7,35	19	20.	7,81-7,85	9			

- 4 30 m masofaga to'pni olib yurish (27 Ball). Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa urinish hisoblanmaydi.

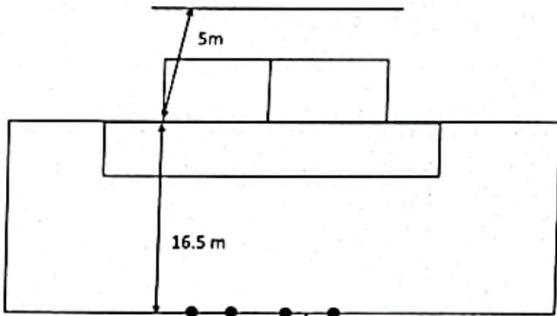
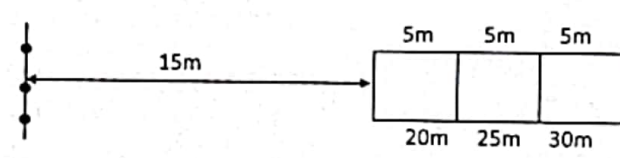
N _o	Natija	Ball	N _o	Natija	Ball	N _o	Natija	Ball
1.	0-4,20	27	8.	4,45-4,47	18	19.	4,72-4,74	9
2.	4,21-4,23	26	9.	4,48-4,50	17	20.	4,75-4,77	8
3.	4,24-4,26	25	10.	4,51-4,53	16	21.	4,78-4,80	7
4.	4,27-4,29	24	11.	4,54-4,56	15	22.	4,81-4,83	6
5.	4,30-4,32	23	12.	4,57-4,59	14	23.	4,84-4,86	5
6.	4,33-4,35	22	13.	4,60-4,62	13	24.	4,87-4,89	4
7.	4,36-4,38	21	14.	4,63-4,65	12	25.	4,90-4,92	3
8.	4,39-4,41	20	15.	4,66-4,68	11	26.	4,93-4,95	2
9.	4,42-4,44	19	16.	4,69-4,71	10	27.	4,96-5,50	1

Futbol nazariyasi va uslubiylati"
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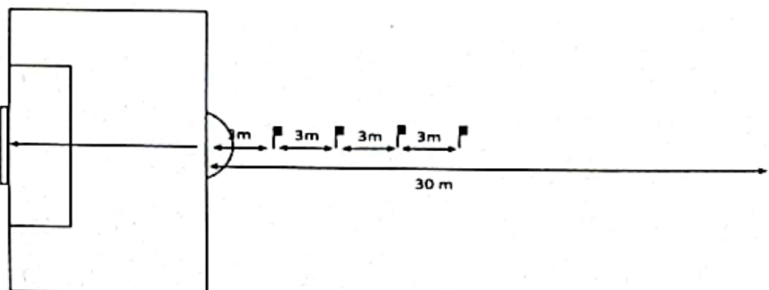
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TALABLARI VA BAHOLASH MEZONLARI (QIZ BOLALAR)**

Futbol ixtisosligi bo’yicha — 93 ball

No	Test me’yorlarining mazmuni	
1	Darvozaga zarba berish (20 Ball). Vertikal bo’yicha ikkiga bo’lingan darvozaning ko’rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to’pga 4 marotaba zarba beriladi. To’p darvoza chizig’ini havoda kesib o’tishi va darvozadan kamida 5 m uzoq masofaga borib tushishi kerak.	
		
	Natija	Ball
	4 marta	20 ball
	3 marta	15 ball
	2 marta	10 ball
	1 marta	5 ball
	0 marta	0 ball
2	To’pni uzoq masofaga aniq uzatish (18 Ball). Uzoq masofaga aniq 5x5 kvadratdagi maydonga harakatsiz turgan to’pni 3-marta tepiladi. Turli masofadan (20m, 25m, 30m,) aniq kvadratga tushgan to’plar baholanadi.	
		
	Natija	Ball
30 m dan	3 marta	18 ball
	2 marta	12 ball
	1 marta	6 ball
25 m dan	3 marta	15 ball
	2 marta	10 ball
	1 marta	5 ball
20 m dan	3 marta	12 ball
	2 marta	8 ball
	1 marta	4 ball
	0 marta	0 ball

- 3 **To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (28 Ball).** Jarima maydoni chizig'idan 30 m uzoqlikdagi belgidan boshlab to'pni olib yuriladi, hamda bir-biridan 3 m masofada o'rnatilgan 4 ta ustunni harakatlanib aldab o'tishi shart. Ustunlarni aldab o'tgach, jarima maydoni tashqarisidan darvozaga zarba beriladi. To'p albatta darvoza chizig'ini kesib o'tishi shart. Vaqt to'pni olib yurishi bilan boshlab, to'p darvoza chizig'ini kesib o'tishi bilan to'xtatiladi. Agar to'p darvozaga tushmasa, imtihon topshiruvchi baholanmaydi.



Imtihon topshiruvchiga ikkita imkoniyat beriladi. Bu testni bajarishda sarflanadigan vaqt va to'pni darvozaga aniq tushirish baholanadi.

№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	0-7,60	28	11.	8,06-8.10	18	21.	8,56-8.60	8
2.	7,61-7,65	27	12.	8,11-8.15	17	22.	8,61-8.65	7
3.	7,66-7,70	26	13.	8,16-8.20	16	23.	8,66-8.70	6
4.	7,71-7,75	25	14.	8,21-8.25	15	24.	8,71-8.75	5
5.	7,76-7,80	24	15.	8,26-8.30	14	25.	8,76-8.80	4
6.	7,81-7,85	23	16.	8,31-8.35	13	26.	8,81-8.85	3
7.	7,86-7,90	22	17.	8,36-8.40	12	27.	8,86-8.90	2
8.	7,91-7.95	21	18.	8,41-8.45	11	28.	8,91-11,30	1
9.	7,96-8.00	20	19.	8,46-8.50	10			
10	8,01-8.05	19	20.	8,51-8.55	9			

- 4 **30 m masofaga to'pni olib yurish (27 Ball).** Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa urinish hisoblanmaydi.

№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	0-4,60	27	8.	4,85-4,87	18	19.	5,12-5,14	9
2.	4,61-4,63	26	9.	4,88-4,90	17	20.	5,15-5,17	8
3.	4,64-4,66	25	10.	4,91-4,93	16	21.	5,18-5,20	7
4.	4,67-4,69	24	11.	4,94-4,96	15	22.	5,21-5,23	6
5.	4,70-4,72	23	12.	4,97-4,99	14	23.	5,24-5,26	5
6.	4,73-4,75	22	13.	5,00-5,02	13	24.	5,27-5,29	4
7.	4,76-4,78	21	14.	5,03-5,05	12	25.	5,30-5,32	3
8.	4,79-4,81	20	15.	5,06-5,08	11	26.	5,33-5,35	2
9.	4,82-4,84	19	16.	5,09-5,11	10	27.	5,36-6,50	1

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SH.U. Abidov