

**“MINI FUTBOL” BO‘YICHA KASBIY (IJODIY) IMTIXONLARNING ME‘YORIY
TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta‘lim erkaklar uchun)
Jismoniy tayyorgarlik bo‘yicha maksimal ball 63

| 1 | | | | | |
|---|-----------------|-------------|----------|-----------------|-------------|
| 500 m. ga yugurish (21 Ball) (daqiq, 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 | | | |
| 2 | | | | | |
| Ikki oyoqda deysinib 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 | | | |
| 3 | | | | | |
| Mokisimon yugurish 4x10 metr. (21 ball) (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 | | | |

“Futbol nazariyasi va uslubiyati”
kafedrası mudiri



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**MINI FUTBOL BO'YICHA KASBIY (IJODIY) IMTIXONLARNING ME'YORIY
TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim ayollar uchun)
Jismoniy tayyorgarlik bo'yicha maksimal ball 63

| 1. 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 | | | |
| 2 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 | | | |
| 3 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 | | | |

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MINI FUTBOL BO'YICHA KASBIY (IJODIY) IMTIXONLARNING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI

(kunduzgi, sirtqi ta'lim erkaklar uchun)

Ixtisoslik bo'yicha maksimal ball 93

| № | Test me'yorlarining mazmuni | | | | | | | |
|----------|--|------|-----|-----------|------|-----|------------|------|
| 1 | <p>To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (33 ball)</p> <p>Test narmativi o'yin maydonida amalga oshiriladi. To'p bilan bo'lgan sinaluvchi maydonning qarama-qarshi tomonidagi 10 metrlik belgi chizig'ida pozitsiyani egallaydi. Signaldan so'ng u to'pni oldinga olib yurib harakatlanadi, maydonning boshqa yarmiga har 2 m da o'rnatilgan 5 ta ustunlarni aylana harakatlanib, 8 m masofadan darvozaga zarba beradi. Agar to'p darvozaga kiritilmasa, urinish hisoblanmaydi. Sinaluvchi 2 urinishni bajaradi. Eng yaxshi natija hisobga olinadi.</p> | | | | | | | |
| № | Natija | Ball | № | Natija | Ball | № | Natija | Ball |
| 1 | 0-6,00 | 33 | 12. | 6,51-6,55 | 22 | 23. | 7,06-7,10 | 11 |
| 2 | 6,01-6,05 | 32 | 13. | 6,56-6,60 | 21 | 24. | 7,11-7,15 | 10 |
| 3 | 6,06-6,10 | 31 | 14. | 6,61-6,65 | 20 | 25. | 7,16-7,20 | 9 |
| 4 | 6,11-6,15 | 30 | 15. | 6,66-6,70 | 19 | 26. | 7,21-7,25 | 8 |
| 5 | 6,16-6,20 | 29 | 16. | 6,71-6,75 | 18 | 27. | 7,26-7,30 | 7 |
| 6 | 6,21-6,25 | 28 | 17. | 6,76-6,80 | 17 | 28. | 7,31-7,35 | 6 |
| 7 | 6,26-6,30 | 27 | 18. | 6,81-6,85 | 16 | 29. | 7,36-7,40 | 5 |
| 8 | 6,31-6,35 | 26 | 19. | 6,86-6,90 | 15 | 30. | 7,41-7,45 | 4 |
| 9 | 6,36-6,40 | 25 | 20. | 6,91-6,95 | 14 | 31. | 7,46-7,50 | 3 |
| 10 | 6,41-6,45 | 24 | 21. | 6,95-7,00 | 13 | 32. | 7,51-7,55 | 2 |
| 11 | 6,46-6,50 | 23 | 22. | 7,01-7,05 | 12 | 33. | 7,56-10,00 | 1 |
| 2 | <p>"Sakkiz" shaklida to'pni olib yurish. (30 ball)</p> <p>Maydonda ustunlar bilan tomonlari 10 m bo'lgan kvadrat bigilanadi. Maydonning o'rtasiga bitta ustun o'rnatilgan. Signaldan so'ng sinaluvchi to'pni "sakkizta" shaklida ustundan ustungacha to'pni olib boradi. Sinaluvchi 2 urinishni bajaradi. Eng yaxshi natija hisobga olinadi.</p> | | | | | | | |

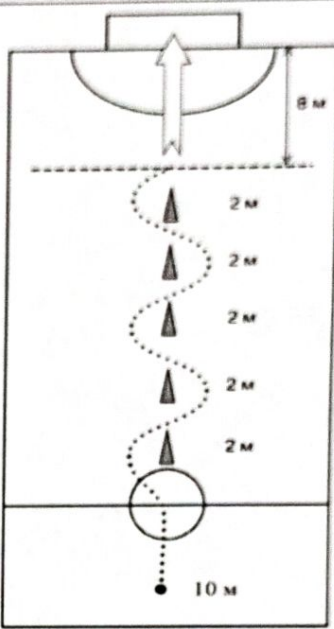
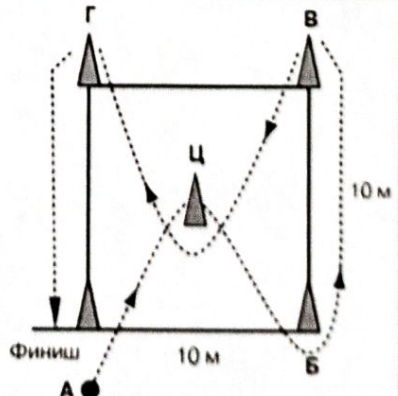
| № | Natija | Ball | № | Natija | Ball | № | Natija | Ball |
|----------|---|---------|-----|-------------|---------|-----|-------------|------|
| 1 | 0-15,00 | 30 | 11. | 15,91-16,00 | 20 | 21. | 16,91-17,00 | 10 |
| 2 | 15,01-15,10 | 29 | 12. | 16,01-16,10 | 19 | 22. | 17,01-17,10 | 9 |
| 3 | 15,11-15,20 | 28 | 13. | 16,11-16,20 | 18 | 23. | 17,11-17,20 | 8 |
| 4 | 15,21-15,30 | 27 | 14. | 16,21-16,30 | 17 | 24. | 17,21-17,30 | 7 |
| 5 | 15,31-15,40 | 26 | 15. | 16,31-16,40 | 16 | 25. | 17,31-17,40 | 6 |
| 6 | 15,41-15,50 | 25 | 16. | 16,41-16,50 | 15 | 26. | 17,41-17,50 | 5 |
| 7 | 15,51-15,60 | 24 | 17. | 16,51-16,60 | 14 | 27. | 17,51-17,60 | 4 |
| 8 | 15,61-15,70 | 23 | 18. | 16,61-16,70 | 13 | 28. | 17,61-17,70 | 3 |
| 9 | 15,71-15,80 | 22 | 19. | 16,71-16,80 | 12 | 29. | 17,71-17,80 | 2 |
| 10 | 15,81-15,90 | 21 | 20. | 16,81-16,90 | 11 | 30. | 17,81-25,00 | 1 |
| 3 | To'pni uzoq masofaga aniq uzatish (30 ball) Sinaluvchi 20 metr masofadaga, 3x3 metr kvadratga to'pni tushirish kerek. Sinaluvchi chap oyog'i bilan 3 urinishni va o'ng oyog'i bilan 3 urinishni amalga oshiradi. Har bir muvaffaqiyatli urinish 5 ballga baholanadi | | | | | | | |
| № | Natija | Ball | № | Natija | Ball | | | |
| | Chap oyog | | | O'ng oyog | | | | |
| 1. | 1 marta | 5 ball | 1. | 1 marta | 5 ball | | | |
| 2. | 2 marta | 10 ball | 2. | 2 marta | 10 ball | | | |
| 3. | 3 marta | 15 ball | 3. | 3 marta | 15 ball | | | |

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TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta'lim ayollar uchun)
Ixtisoslik bo'yicha maksimal ball 93

| № | | Soderjaniye normativa | | | | | | |
|----|---|--|-----|-----------|------|-----|------------|------|
| 1 | <p>To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (33 ball)</p> <p>Test narmativi o'yin maydonida amalga oshiriladi. To'p bilan bo'lgan sinaluvchi maydonning qarama-qarshi tomonidagi 10 metrlik belgi chizig'ida pozitsiyani egallaydi. Signaldan so'ng u to'pni oldinga olib yurib harakatladi, maydonning boshqa yarmiga har 2 m da o'rnatilgan 5 ta ustunlarni aylana harakatlatlanib, 8 m masofadan darvozaga zarba beradi. Agar to'p darvozaga kiritilmasa, urinish hisoblanmaydi. Sinaluvchi 2 urinishni bajaradi. Eng yaxshi natija hisobga olinadi.</p> |  | | | | | | |
| № | Natija | Ball | № | Natija | Ball | № | Natija | Ball |
| 1. | 0-7,00 | 33 | 12. | 7,51-7,55 | 22 | 23. | 8,06-8,10 | 11 |
| 2. | 7,01-7,05 | 32 | 13. | 7,56-7,60 | 21 | 24. | 8,11-8,15 | 10 |
| 3. | 7,06-7,10 | 31 | 14. | 7,61-7,65 | 20 | 25. | 8,16-8,20 | 9 |
| 4. | 7,11-7,15 | 30 | 15. | 7,66-7,70 | 19 | 26. | 8,21-8,25 | 8 |
| 5. | 7,16-7,20 | 29 | 16. | 7,71-7,75 | 18 | 27. | 8,26-8,30 | 7 |
| 6. | 7,21-7,25 | 28 | 17. | 7,76-7,80 | 17 | 28. | 8,31-8,35 | 6 |
| 7. | 7,26-7,30 | 27 | 18. | 7,81-7,85 | 16 | 29. | 8,36-8,40 | 5 |
| 8. | 7,31-7,35 | 26 | 19. | 7,86-7,90 | 15 | 30. | 8,41-8,45 | 4 |
| 9. | 7,36-7,40 | 25 | 20. | 7,91-7,95 | 14 | 31. | 8,46-8,50 | 3 |
| 10 | 7,41-7,45 | 24 | 21. | 7,96-8,00 | 13 | 32. | 8,51-8,55 | 2 |
| 11 | 7,46-7,50 | 23 | 22. | 8,01-8,05 | 12 | 33. | 8,56-11,00 | 1 |
| 2 | <p>"Sakkiz" shaklida to'pni olib yurish. (30 ball)</p> <p>Maydonda ustunlar bilan tomonlari 10 m bo'lgan kvadrat bigilanadi. Maydonning o'rtasiga bitta ustun o'rnatilgan. Signalda so'ng sinaluvchi to'pni "sakkizta" shaklida ustundan ustungacha to'pni olib boradi. Sinaluvchi 2 urinishni bajaradi. Eng yaxshi natija hisobga olinadi.</p> |  | | | | | | |

| № | Natija | Ball | № | Natija | Ball | № | Natija | Ball |
|-----|-------------|------|-----|-------------|------|-----|-------------|------|
| 1. | 0-16,00 | 30 | 11. | 16,91-17,00 | 20 | 21. | 17,91-18,00 | 10 |
| 2. | 16,01-16,10 | 29 | 12. | 17,01-17,10 | 19 | 22. | 18,01-18,10 | 9 |
| 3. | 16,11-16,20 | 28 | 13. | 17,11-17,20 | 18 | 23. | 18,11-18,20 | 8 |
| 4. | 16,21-16,30 | 27 | 14. | 17,21-17,30 | 17 | 24. | 18,21-18,30 | 7 |
| 5. | 16,31-16,40 | 26 | 15. | 17,31-17,40 | 16 | 25. | 18,31-18,40 | 6 |
| 6. | 16,41-16,50 | 25 | 16. | 17,41-17,50 | 15 | 26. | 18,41-18,50 | 5 |
| 7. | 16,51-16,60 | 24 | 17. | 17,51-17,60 | 14 | 27. | 18,51-18,60 | 4 |
| 8. | 16,61-16,70 | 23 | 18. | 17,61-17,70 | 13 | 28. | 18,61-18,70 | 3 |
| 9. | 16,71-16,80 | 22 | 19. | 17,71-17,80 | 12 | 29. | 18,71-18,80 | 2 |
| 10. | 16,81-16,90 | 21 | 20. | 17,81-17,90 | 11 | 30. | 18,81-26,00 | 1 |

3 **To'pni uzoq masofaga aniq uzatish (30 ball)**
 Sinaluvchi 18 metr masofadaga, 3x3 metr kvadratga to'pni tushirish kerek. Sinaluvchi chap oyog'i bilan 3 urinishni va o'ng oyog'i bilan 3 urinishni amalga oshiradi. Har bir muvaffaqiyatli urinish 5 ballga baholanadi

| № | Natija | Ball | № | Natija | Ball |
|----|-----------|---------|----|-----------|---------|
| | Chap oyog | | | O'ng oyog | |
| 1. | 1 marta | 5 ball | 1. | 1 marta | 5 ball |
| 2. | 2 marta | 10 ball | 2. | 2 marta | 10 ball |
| 3. | 3 marta | 15 ball | 3. | 3 marta | 15 ball |

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