

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN COACHING
JANUARY 2021 EXAMINATION**

FOOTBALL LEVEL 1

EXAM KEY

SECTION A (20 MARKS)

1) (a) FIFA: THE INTERNATIONAL FEDERATION OF ASSOCIATION FOOTBALL (2 MARKS)

(b) 1) AFC: ASIA /AUSTRALIA: CHINA, JAPAN, MALAYSIA, AUSTRALIA, HONG KONG
CONCACAF: COSTA RICA, MEXICO, USA, JAMAICA, BARBADOS,
TRINIDAD&TOBAGO

OFC (OCEANIA): NEW ZEALAND, FIJI, TLNGA,

UEFA (EUROPE): ISRAEL, ARMENIA, BELGIUM, ITALY, GERMANY, SPAIN, ENGLAND, etc.

CONMEBOL (SOUTH AMERICA: BRAZIL, COLOMBIA, ARGENTINA, PERU, VENEZUELA,
CHILE, ECUADOR, URUGUA, PARAGUAY, GUYANA

CAF (AFRICA): ALGERIA, EGYPT, SIERRA LELONE, SOUTH AFRICA, CAMEROON, etc.
(8 MARK)

11) CONCACAF: JAMAICA (2 MARKS)

111)

DIFFERENT CONFED. IN JAMAICA FOOTBALL ASSOCIATION

KASAFA: KINGSTON, ST. ANDREW

SOUTH CENTRAL: ST. CATHERINE, CLARENDON, ST. ELIZABETH, MANCHESTER

WESTERN; ST. JAMES, HANOVER, WESTMORELAND, TRELAWNY

EASTERN: ST. THOMAS PORTLAND, ST. ANN, ST MARY

(8 MARKS)

(TOTAL 20 MARKS)

2) (a) THE FIELD OF PLAY -- SEE LAW ONE (1) (14 marks)

b. The goal should be placed on the centre of each goal

Consists of two vertical post equidistant from the corner flag post and joined at the top by a horizontal crossbar

Goal measurements : 8 yards wide measured from the inner edges of upright
8 feet high measured from ground to lower edge of crossbar

This is where goals are scored

(6, marks)

(TOTAL 20 MARKS)

SECTION B (60 MARKS)

DO ANY THREE QUESTIONS

3) (a) ELEMENTS OF A GOOD DRIBBLE (1) CLOSE CONTROL (11) ABILITY TO FEINT AND DUMMY (11) ABILITY TO CHANGE DIRECTION (IV) ABILITY TO CHANGE PACE

b) Constantly looking down (1) Not knowing which direction you are going (11) run into trouble (11) not aware of where you are on the field (1v) Inability to make quick decision to help team

(6 MARKS)

(c) TEACHING PROGRESSION

1) MAZE DRIBBLE

2) FIVE PLAYERS IN 10 METETER GRID DRIBBLE ANYWHERE INSIDE THE SQUARE BOUNDRIES

3) DEVELOP PRACTICE BY COMBINING CLOSE CONTROL WITH FEINTING AND DUMMYING

4) 1 vs 1 in 10 x20 grid (player dribble, feint and beat opponent to reach cones on back line

5) 2 vs 2 in 20x10 grid players dribble and combine to beat opponents to reach designated area (14 marks)

(TOTAL 20 MARKS)

4) (a) QUALITIES OF A GOOD PASS IN FOOTBAL : (1) DISGUISE (II)PASS SELECTION (III)TIMING OF THE RELEASE OF THE BALL (IV)WEIGHTING OR PACE OF PASS (V) ACCURACY (6 marks)

(b)CHOOSE ANY TWO PSSING TECHNIQUE

I) INSIDE OF THE FOOT PASS

- APPROACH BALL STRAIGHT ON
- PLACE SUPPORT FOOT BESIDE BALL WITH TOES POINTING FORWARD
- KICKING FOOT TURN OUTWARD
- ANKLE MUST BE FIRM
- CONTACT THE BALL WITH THE INDSIDE OF KICKING FOOT
- KICKING FOOT IS PERPENDICULAR TO SUPPORT LEG
- MAKE CONTACT THROUGH THE MIDDLE OF HE BALL
- FOLLOW THROUGH

ADVANTAGES

- Push pass offer the best guarantee of accuracy because of the large surface of the boot presented to the ball
- Good for short distance passes

DISADVANTAGES

- EASY FOR OPPONENTS TO PREDICT
- DIFFICULT TO GENERATE POWER
- DIFFICULT PASS TO MAKE ON THE RUN WITHOUT INTERRUPTING STRIDE PATTERN.

II)PASSING WITH THE INSTEP

- SUPPORT FOOT IS PLACED ALONGSIDE AND A FEW INCHDES AWAY FROM BALL
- TOES OF KICKING FOOT POINTING DOWN
- ANKLE EXTENDED AND LOCKED
- LAST STRIDE OF APPROACH MUST BE LONG
- MAKE CONTACT WITH BALL THROUGH THE HORIZONTAL CENTRE TO KEEP IT LOW AND THROUGH THE VERTICAL CENTRE TO KEE IT STRAIGHT
- FOLLOW THROUGH

ADVANTAGES

- PASS CAN BE EASILY DISGUISED
- GOON FOR SHOOTING (PACE /POWER CAN BE ADDED)
- PASS CAN BE MADE WHILE RUNNING AT SPEED WITHOUT AFFECTING STRIDE PATTERN

DISADVANTAGE

- A DIFFICULT TECHNIQUE TO PERFORM

III) PASSING WITH OUTSIDE OF INSTEP (SWERVE PASS)

- NON-KICKING FOOT IS PLACED A LITTLE BEHIND AND TO THE SIDE OF BALL

- KICKING FOOT COMES ACROSS THE BODY AND ACROSS BALL FROM OUTSIDE TO INSIDE
- CONTACT BALL JUST INSIDE THE VERTICAL MIDLINE
- FOLLOW THROUGH WITH FOOT ACROSS THE BODY

ADVANTAGES

- CAN BE USED TO BEND THE BALL AROUND OPPONENT.
- CAN BE USED OVER LONG DISTANCE
- GOOD FOR "SHOOTING"

DISADVANTAGE

- THE SWERVING BALL CAN BE DIFFICULT FOR TEAM MATE TO CONTROL
(14 MARKS)

(TOTAL 20 MARKS)

5) (a) 1) Clearing (defensive) (11) Passing (11) scoring (Attacking)

b) COMMON FAULTS IN HEADING THE FOOTBALL:

- i) CLOSING THE EYES BEFORE IMPACT
 II) HUNCHING SHOULDERS AND TURN HEAD AWAY
 III) TILTING FOREHEAD DOWNWARD

COACHING POINTS

- KEEP FEET APART
- KEEP NECK FIRM AND STRAIGHT
- KEEP EYES OPEN
- HANDS UP FOR BALANCE
- USE ABDOMINAL MUSCLE TO GENERATE FORCE/POWER
- TIME THE BALL. MAKE CONTACT WHEN BODY IS IN A VERTICAL POSITION
- MAKE CONTACT WITH BALL WITH THE FOREHEAD
- FOLLOW THROUGH

TEACHING PROGRESSION

- I) SELF HEADING BALL
 II) IN PAIRS: HEAD BALL TOSSED BY PARTNER
 III) HEADING BACK AND FORTH WITH PARTNER
 IV) HEADING IN TRIANGLE POSITION
 V) HEADING A TOSSED BALL TO GOAL

6) (a) (1) first touch Controlling the ball must always be seen as a means to an end. The first touch should protect ball from challenging players and not give them a chance of regaining possession

(11) play ball in available space (create a new angle) to allow for the next touch (pass, dribble or shoot).

111) Allow the game movement to start or continue by gaining or keeping moment

b) PRINCIPLES OF BALL CONTROL

1) assess line of flight (to assess speed, trajectory, etc.

11) Select appropriate controlling surface

111) place control surface in ball line of flight

1v) Choose the right technique wedge or Cushion)

v) concentration

v1) Balance

v11) good first touch

SECTION C (20 MARKS)

7) d

8) C

9) C

10) a

11) b

12) d

14) c

15) c

16) d

END OF EXAMINATION

