

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

HOCKEY LEVEL 1

PE110SEB

YEAR 1

TIME: 2½ HOURS

SECONDARY

INSTRUCTIONS: Candidates are required answer ALL questions in Sections A and B and answer TWO questions from Section C.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

Section A (18 marks)

Answer ALL questions in this section.

1. The basic straight dribbling technique requires the stick to stay in contact with the ball at all times. Which of the coaching/teaching points BEST describes this technique?
 - a. Proper grip and squat stance
 - b. Left elbow close to body with stick close to right foot
 - c. Left arm extended with stick in front and ball to the right side in front
 - d. Tapping the ball along the ground

2. When dribbling, where should the ball be?
 - a. To the side
 - b. Out in front of you
 - c. Behind you
 - d. On top of your head

3. Which of the following ways is a player NOT allowed to move the ball on the field?
 - a. Striking the ball along the ground using your stick
 - b. Lifting the ball off the ground by striking it with your stick
 - c. Throwing the ball to an open teammate
 - d. Dribbling the ball down field using your stick

4. Which of the following would be considered dangerous play?
 - a. Using the stick to trap the ball
 - b. Mild body contact
 - c. Flicking the ball in open space to another player.
 - d. Playing the ball above shoulder height and lifting the ball within 5 meters of another player

5. A penalty stroke, sometimes known as a penalty flick, is the most severe penalty given when
 - a. an intentional foul happens outside of the shooting circle and the foul prevents a scoring opportunity.
 - b. an intentional foul happens outside of the shooting circle and the foul allows a scoring opportunity.
 - c. an unintentional foul happens inside the shooting circle and the foul allows a scoring opportunity.
 - d. an intentional foul happens inside the shooting circle and the foul prevents a scoring opportunity.

6. In which of these scenarios would a penalty / short corner be awarded?
- When the ball becomes lodged in a defending player's clothing or equipment within the shooting circle.
 - For an offence by a defending player in their shooting circle that does not prevent the "probable scoring of a goal".
 - For an intentional offence by a defending player outside their shooting circle but within the 23-metre (25-yard) area they are defending
 - For a defender deliberately playing the ball over the backline.
 - For an intentional offence by a defender in their defending shooting circle against an opponent who "does not have possession of the ball or an opportunity to play the ball."
- ii and iii
 - i and iv
 - ii, iii, and iv
 - i, iii, iv and v
7. Which of the following most accurately depicts how a penalty/short corner is taken?
- An attacking player starts on the back line and takes the short corner from the 5-metre mark from the nearest goal post on either side of the goal
 - An attacking player starts on the back line and takes the short corner from the 10-metre mark from the nearest goal post on either side of the goal
 - An attacking player starts on the back line and takes the short corner from the 5-metre mark from the nearest goal post on right side of the goal
 - An attacking player starts on the back line and takes the short corner from the 10-metre mark from the nearest goal post on right side of the goal
8. If player X gets a free hit, player Y must
- only stand beside player X before player X plays the ball.
 - move back at least 3 yards before player X plays the ball.
 - move back at least 5 yards before player X plays the ball.
 - only stand behind player X before player X plays the ball.
9. How many players from each team are involved in a penalty shoot-out?
- 5
 - 4
 - 3
 - 2
10. Field hockey goals are 12 feet wide. How high are they?
- 4 feet
 - 5 feet
 - 6 feet
 - 7 feet

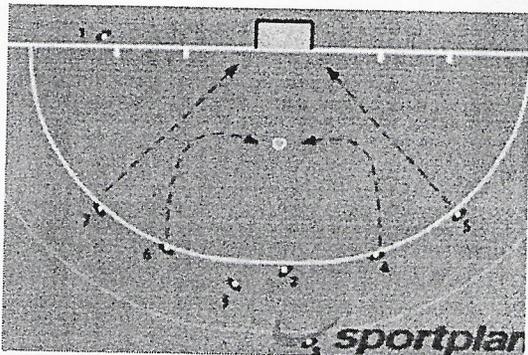
11. Which one of the following does a hockey match begin with?
- A bully
 - A push back or forward from the middle line
 - The goalkeeper passing to a teammate
 - A push forward from the 23m line
12. What foul is called on a player who blocks another player from getting to the ball?
- No foul is called
 - Blocking
 - Obstruction
 - Protecting
13. An attacker A-1 lifts her stick over a defender B-1's head. This is the first time it has happened in the game. What is the umpire's call?
- No call
 - Play on, hold advantage for attack player A-1.
 - Whistle play dead. Free hit to defender B-1.
 - Whistle play dead; free hit to defender B-1 and card attack player A-1.
14. During a penalty corner, if the first shot on goal is a hit, the ball must
- be on path or trajectory to cross the goal line no higher than 18 inches.
 - have traveled more than 5 yards from the circle prior to the shot.
 - be counted as a goal from an attacker's or defender's deflection.
 - both a. and c.
15. A red team player executes an aerial pass downfield. The umpire notices the ball will land in a group of opposing players. The umpire shall
- blow the whistle before the ball lands and award a free hit to the blue team at the point where the ball was passed.
 - blow the whistle before the ball lands and award a free hit to the blue team at the point where the ball landed.
 - allow the ball to land and, if dangerous, blow the whistle.
 - allow play to continue.
16. The attacking team has possession of the ball in the circle when an injury time-out is called. Play shall be restarted by a
- free hit by the attack at the broken line circle.
 - free hit by the defense at the broken line circle.
 - bully at least 16 yards from the end line.
 - penalty corner.

17. A ball bounces off a defender's stick across the backline within the shooting circle. Which penalty does the umpire award the attacking team?
- Penalty corner
 - 15m yard hit
 - Free hit
 - Long corner
18. When saving a ball with a glove, the goalkeeper
- may only direct the ball in whichever direction he/she chooses.
 - may hit the ball in whichever direction he/she chooses.
 - may hold the ball in his hand.
 - may hold the ball under the glove, preventing opposing players from taking it.

Section B (47 Marks).

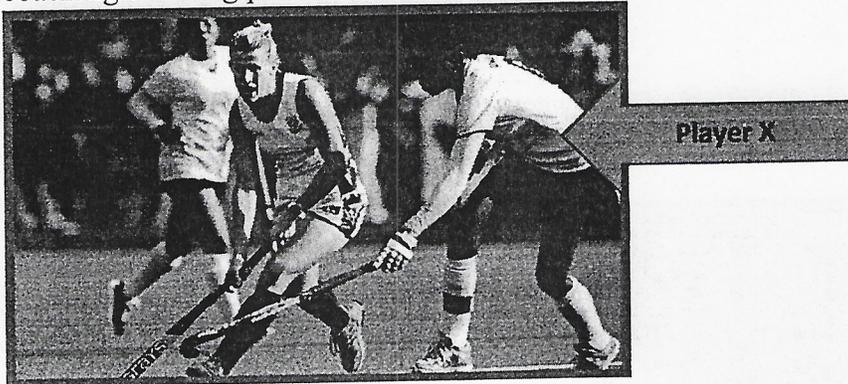
Answer ALL questions in this section

- State TWO duties of a field umpire. (2 marks)
- In executing a penalty corner, state the foot positioning of the injecting player. (2 marks)
- The diagram below is depicting a penalty corner play. Identify with an X, the spot where the ball is first pushed by the attacking team. (2 marks)



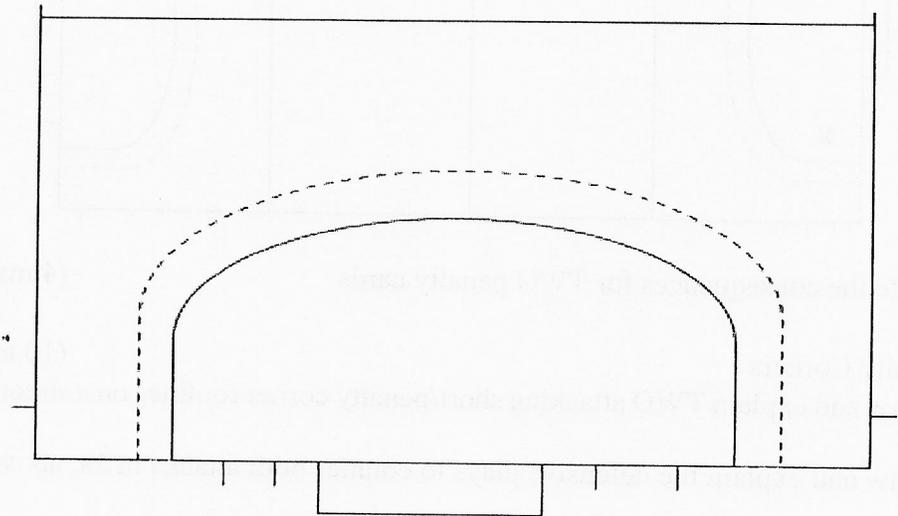
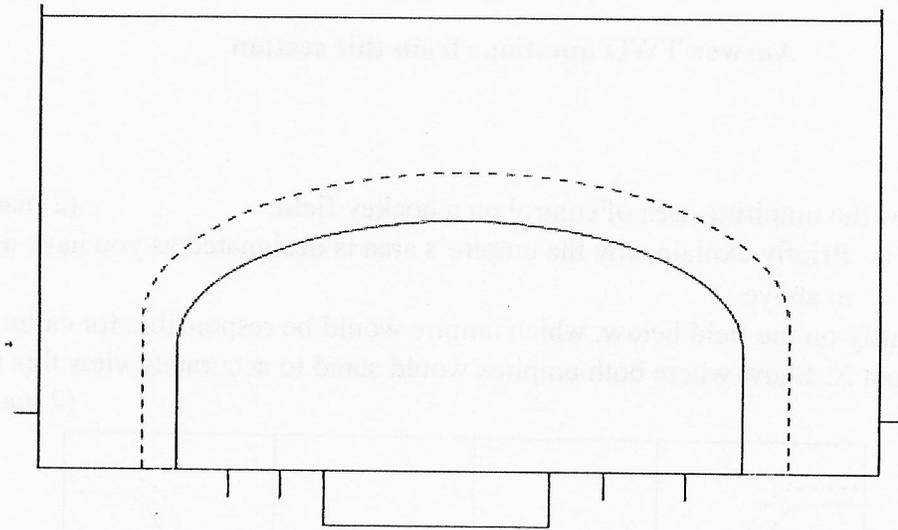
- An attacking player air dribbles into the circle and carries the ball toward the goal. Briefly state the expectations of the player before taking a shot at goal. (2 marks)
- In a penalty corner, after the umpire nods approval, the player injecting the ball, misses it. Two defenders jump early in anticipation of the push. Give the call made by the umpire. (2 marks)

6. Free hits just outside the shooting circle are now taken at the spot of the foul. Give the purpose of the dotted hash circle? (2 marks)
7. A ball is hit along the ground when team A player's stick deflects the ball high into the air. The ball falls between the two 23m lines, in between two Team B players who are standing 10-yards away. Briefly explain where the free hit should be taken from. (2 marks)
8. When defending the shooting circle, the defenders should not allow the ball to touch their feet. State the reason for this and the decision of the umpire. (4 marks)
9. Draw the 4-4-3 formation. Briefly explain one situation when this formation maybe used as an advantage (4 marks)
10. During regulation play, an attacker is awarded a free hit just outside the 25-yard line. The umpire incorrectly blows the whistle for a 5-yard violation. Explain briefly how the play should be restarted, stating any techniques to be used. (4 marks)
11. In the diagram below, identify the kind of tackle being executed by player X. State the coaching/teaching points for this skill. (4 marks)



12. A player is dribbling the ball along the ground then decides to make a pass to a teammate 10 yards away. State an appropriate skill to use. List the FOUR teaching points for that skill. (5 marks)
13. While defending the shooting circle, the goalie's helmet falls off during play. State the umpire's decisions for each scenario below: (6 marks)
 - a. If the helmet falls off while play is ongoing
 - b. If the helmet falls off during a penalty corner
 - c. If the helmet falls off during a 1v1 overtime penalty.

14. Using the diagrams below, explain the procedure of a defensive penalty corner. Show the start and end positions of the defenders. (6 marks)

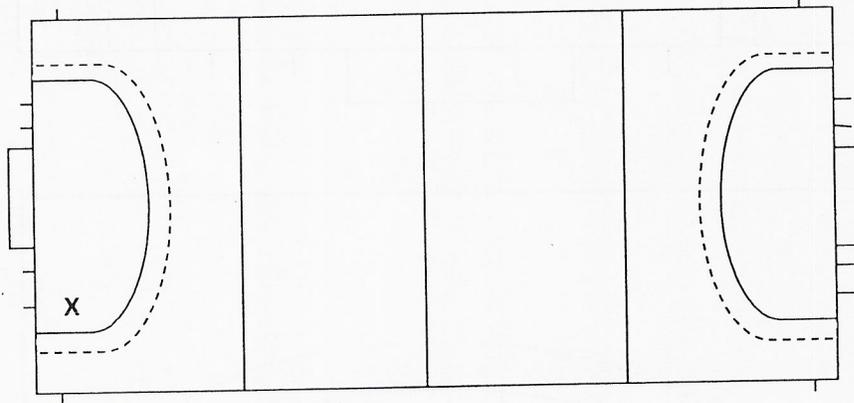


SECTION C- (20 marks)

Answer TWO questions from this section

1. Umpiring

- a. Draw the umpiring area of control on a hockey field. (2 marks)
i. Briefly explain why the umpire's area is designated as you have drawn in a. above
- b. Identify on the field below, which umpire would be responsible for calling a foul at spot X. Show where both umpires would stand to accurately view this foul. (2 marks)



- c. State the consequences for TWO penalty cards (4 marks)
- 2. Short/Penalty Corners (10 marks)**
- a. Draw and explain TWO attacking short/penalty corner routines on a shooting circle.
- b. Draw and explain the defensive plays to counter both attacks in 2a. above.
- 3. Goalkeeper (10 marks)**
- a. Using the shooting circle, draw the goal keeper's movement around the goal box.
- b. Using diagrams, explain why the goalkeeper must make this movement.
- c. Explain the coaching points of the ready position of the goalkeeper

END OF EXAMINATION