

TEACHERS COLLEGE OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

FOOTBALL LEVEL 2

PE301SEB

YEAR 4

TIME:2 ½ HOURS

SECONDARY

**INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and
THREE questions from Section B.**

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

2. The principles of play are common factors within a game which enhances a team's performance. List the basic principles of:

a. Attack

2 marks

b. Defense

2 marks

3. Briefly explain ONE principle of attack.

2 marks

4. Briefly explain ONE principle of defense.

2 marks

5. State THREE roles of the first defender (when the team loses possession of the ball)

i. _____

ii. _____

iii. _____

3 marks

6. State THREE roles of the first attacker (when the team gains possession of the ball).

i. _____

ii. _____

iii. _____

3 marks

7. In the game of football, what is meant by the term *formation*?

1 mark

8. List TWO common formations used by either local or international teams.

i. _____

ii. _____

2 marks

9. Use the space below to illustrate how the players in one of the formations name above are set out on the field of play.

2 marks

10. State ONE advantage and ONE disadvantage of using the formation illustrated above.
Advantage:

1 mark

Disadvantage:

2 marks

SECTION B (75 marks)
Answer THREE questions from this section

1. The Johns Hall Sports Club in an effort to develop football in the community decided to organize a football competition that will include teams from neighboring communities. Fourteen teams showed interest and registered.
 - a. State FIVE factors that must be taken into consideration by the committee when deciding on the tournament structure to be used. 5 marks
 - b. If the committee decided on using a single elimination tournament.
 - i. Use a formula to show how many teams will get a bye in the first round. 3 marks
 - ii. Develop a graphical representation of the fixtures / schedule for this single elimination tournament. 7 marks
 - c. Nine female teams showed interest and a single round robin tournament was chosen for them.
 - i. Use a formula to show total number of games to be played by the females 3 marks
 - ii. Using the "grid method" produce a graphical representation of the schedule /fixtures for nine (9) teams. 7 marks

2. The major objective of Coach Brown is to get his team to perform at their highest level at the appropriate time (semi- final round of the competition).
 - a) Discuss how proper periodization of his training programme can help him achieve this objective. 5 marks
 - b) Explain the objective of each phase (division) of the annual plan. 10 marks
 - c) Organize a daily training plan involving the activities for a 2-hour session. 10 marks

3. Sparta F C has a very important game against the defending champions in two weeks' time. The coaching staff is anxious to get information on the defending champs.
- a) Explain how match analysis can help them in their quest for information. 5 marks
 - b) State FOUR methods of obtaining information for match analysis. 4 marks
 - c) Briefly discuss TWO advantages and TWO disadvantages of using match analysis. 8 marks
 - d) Describe how the coaching staff can use the following information gathered from match analysis
 - i. Way of playing when opponent is in possession. 4 marks
 - ii. Way of playing while in possession. 4 marks
4. The modern football player must ensure that his fitness is such that he can play at a high level for the duration of the game.
- a) Discuss the importance of general fitness requirements to the football player 5 marks
 - b) In developing the physical fitness programme the coach must be knowledgeable about the energy systems. Discuss briefly the energy requirement for football. 10 marks
 - c) Explain how the fitness trainer can develop the aerobic and anaerobic capacity of players. 10 marks
5. Set plays (dead ball situations) are an important element in any team's ability to score goals.
- a) Explain what a dead ball situation is, as it relates to football. 1 mark
 - b) State the difference between *attacking* and *defensive dead ball* situation. 4 marks
 - c) Develop strategies for the following dead ball situations
 - i. Corner kick on the right side of the goal 4marks
 - ii. Throw in deep in the opponents half 4 marks
 - iii. Free kick 20 yards from goal. 4 marks
 - iv. Start of the game (kick off) 4 marks
 - v. Goal kick 4 marks

END OF EXAMINATION

3-4



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