

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**DECEMBER 2015 - EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**FOOTBALL LEVEL 1**

**[PE 201SEB]**

**YEAR 1  
SECONDARY**

**TIME: 2½ HOURS**

**INSTRUCTIONS:** Candidates are required to answer **ONE** question from Section A  
any **THREE** questions from Section B and **ALL** questions from  
Section C

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## SECTION A - (20 MARKS)

Answer ONE question from this section.

1. a) What is the meaning of the abbreviation F.I.F.A? (2 marks)
- b) With the aid of a chart or diagram show:
- i) The different Confederations into which F.I.F.A affiliated countries are divided and list TWO countries that fall under each. (8 marks)
  - ii) Under which Confederation does Jamaica fall? (2 marks)
  - iii) List the different Confederations of the Jamaica Football Federation and the parishes that fall under each. (8 marks)

**TOTAL 20 marks**

2. a) Draw a labeled diagram of the football field and give the dimension of the following lines, areas and sections: goal line, touch line, goal area, penalty spot, radius of centre circle, radius of penalty arc, corner flags and Goal. (17 marks)
- b) Explain the importance of the penalty arc. (3 marks)

**TOTAL 20 MARKS**

## SECTION B - (60 MARKS)

Answer any THREE questions from this section.

3. a) Name and explain THREE important elements of a good dribbling technique in football. (6 marks)
- b) With the aid of diagrams describe FOUR drills that may be used to teach the skill of dribbling to beginners. (14 marks)
4. a) List THREE qualities of a good pass in football and explain ONE. (6 marks)
- b) Choose any TWO from the three passing techniques listed below and explain how they are executed (coaching points). Give ONE advantage and ONE disadvantage of using each technique chosen.
- i. Passing with the inside of the foot (push pass)
  - ii. Passing with the instep.
  - iii. Passing with the outside of the instep (Swerve pass) (14 marks)

**TOTAL 20 MARKS**

5. Coach Andrew realizes that the students are afraid to "head" the ball during practice.
- a) List THREE common faults that could militate against their performance. (6 marks)
  - b) Describe a series of exercises that could be used over a period of time to teach the skill of heading. (14 marks)
- TOTAL 20 MARKS**
6. a) "Ball control as a means to an end ". EXPLAIN this phrase. (6 marks)
- b) With the aid of diagrams show how one could apply the principles of ball control in teaching this skill (Ball Control) to a group of twelve-year-old students. (14 marks)
- TOTAL 20 MARKS**

**SECTION C - (20 MARKS)**

**Answer ALL questions in this section.**

Explain how and which team would start/restart play in each of the following situations

1. A player deliberately handles the ball in his own penalty area.
2. A direct free kick is kicked directly into the team's own goal.
3. The entire ball passes the touch line of the opposing team having been touched last by a member of the opposing team.
4. An indirect free kick is kicked directly into opponent's goal.
5. At the kick off, the kicker touches the ball a second time before it is touched by a second player.

**END OF EXAMINATION**