

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

FOOTBALL LEVEL 1

[PE 201SEB]

**YEAR 1
SECONDARY**

TIME: 2 ½ HOURS

**Instructions: Candidates are required to answer ONE question from SECTION A,
THREE from SECTION B and ALL questions from SECTION C.**

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

SECTION A (20 marks)

Answer one question from this section.

1. FIFA's mission is to protect the integrity and develop the game of football around the world.
 - a) i. What does the acronym F.I.F.A stand for? (2 marks)
 - ii. What year was FIFA founded? (2 marks)
 - b) With the aid of a chart (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. which Confederation Jamaica falls under. (2 marks)
 - iii. the different Confederation of Jamaica Football Federation and the parishes that fall under each Confederation. (6 marks)
- (Total 20 marks)
2. a) Draw a labeled diagram of the football field and give the dimensions of the following lines, areas, and sections: goal line, touch line, goal area, penalty spot, centre circle, penalty arc, corner flags and goal. (14 marks)
 - b) Explain the construction and the importance of the goal (include measurements) (6 marks)
- (Total 20 marks)

SECTION B (60 marks)

Answer THREE questions in this section

1. The ability to "carry" the ball past opponents while being in control is an essential skill of a successful soccer player.
 - a) Name and explain THREE important elements of a good dribbling technique in football. (6 marks)
 - b) List THREE problems that could occur when you constantly look down at the ball when dribbling in football. (6 marks)
 - c) With the aid of diagram, describe TWO drills that you could use to teach the skill of dribbling to beginners. (8 marks)
- (Total 20 marks)

2. The ability to effectively transfer/pass the ball to another teammate without losing possession is of critical importance in successful football play.

- 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)

3. The ability to control or redirect the flight of the ball with the head is a very important skill in football.

- a) List THREE purposes of heading the ball in football. (6 marks)
- b) Coach Andrew realized that the student is afraid to "head" the ball during practice.
 - i. List THREE common faults that could militate against their performance. (6 marks)
 - ii. Describe a series of exercises that he could use over a period to teach the skill of heading (8 marks).

(Total 20 marks)

4. Scoring goals is a major problem in modern football and has become a concern to coaches.

- a) Define the term *shooting* and say why it important in football. (5 marks)
- b) With the aid of a diagram show FIVE basic shooting drills that you would use to improve your team's goal scoring potential. (15 marks)

(Total 20 marks)

SECTION C (10 marks)

Answer ALL questions in this section

1. Which of the following infringements is stated in the Laws of the Game as an offence punishable with a caution under Law 12?
 - a) Entering or re-entering the field of play without the referee's permission
 - b) Being guilty of unsporting behaviour
 - c) Dissent by word or action
 - d) All are correct

2. How is a player in an offside position penalized?
 - a) With an indirect free kick
 - b) With a dropped ball
 - c) There is no offence
 - d) With a direct free kick

3. The ball fails to leave the penalty area after the taking of a goal kick. What decision should the referee make?
 - a) The referee allows play to continue since there was no infringement
 - b) The referee allows play to continue if it has crossed the goal area line
 - c) The referee orders the goal kick to be retaken
 - d) The referee orders the goal kick to be retaken by a different player of the same team

4. With the ball in play, the goalkeeper throws the ball from his penalty area and scores a goal in the opponent's goal. What decision should the referee make?
 - a) The referee should disallow the goal. A goal may not be scored using hands
 - b) The referee should allow the goal
 - c) The referee should award a goal kick
 - d) The answers b) and c) may be correct

5. A player outside his own penalty area takes a direct free kick towards his own goal. The ball goes directly into the goal without being touched by any other player. What decision should the referee make?
 - a) Allow the goal
 - b) Award a corner kick
 - c) Order the direct free kick to be retaken
 - d) None of the answers is correct

6. Which of the following offences is punishable by a direct free kick? When a player
 - a) jumps at an opponent.
 - b) kicks or attempts to kick an opponent.
 - c) spits at an opponent.
 - d) all answers are correct.

7. There is no offside offence if
- a player receives the ball directly from a goal kick, throw – in or a corner kick.
 - a player is in his own half of the field of play or is level with the second last opponent or is level with the last two opponents.
 - the ball is last played by an opponent.
 - all of the previous answers may be correct.
8. When is the ball in play at a corner kick?
- When the ball moves forward
 - When the ball is touched
 - When the ball is kicked and obviously moves
 - When the ball leaves the corner arc
9. When a ball goes out of bounds at the touch line, the game stops, and an opponent must
- put it down on the line and kick it in.
 - run out of bounds to get it and dribble it into play.
 - throw it in using both hands, with both feet on the ground.
 - wait for the official to roll it into play.
10. The kickoff is
- used at the beginning of the game.
 - used to start play at the beginning of each playing period and after a goal is scored.
 - awarded to the team that did not just score.
 - all of the above.

END OF EXAMINATION

