

**TEACHERS COLLEGE OF JAMAICA**

**BACHELOR OF EDUCATION**

**JANUARY 2021 EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**FOOTBALL LEVEL 2**

**[PE301SEB]**

**YEAR 3  
SECONDARY**

**TIME: 2 ½ HOURS**

**Instruction: Candidates are required to answer Question ONE and TWO other questions  
in SECTION A and ALL questions in SECTION B.**

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

**SECTION A (65 marks)**

**Answer Question ONE and TWO other questions in this section.**

1. The Angel's Sports Club, in an effort to develop football in the community decided to organize a football competition that will include teams from neighboring communities. Twelve 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 teams. (7 marks)

(Total 25 marks)

2. In football, a poor first touch risk is taking the momentum out of play and increases the possibility of losing possession.

a) Explain THREE important points for good ball control in football. (6 marks)

b) List FOUR principles of *ball control*. (4 marks)

c) With the aid of a diagram show how you would apply the principles of ball control in teaching this skill to a group of twelve-year-old students. (10 marks)

(Total 20 marks)

3. The major objective of Coach Gibbs is to get his team to perform at their highest level at the appropriate time during the 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. (5 marks)
- (Total 20 marks)
4. Robinson Football Club has a very important game against the defending champions Wint Football Club, therefore the coaching staff is anxious to get information on the defending champs.
- a) With reference to the Analysis Model explain how match analysis can help the team in their quest for information to improve performance. (10 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. (6 marks)
- (Total 20 marks)
5. In the modern football game, players must ensure that their fitness is such that they can play at a high level for the duration of the game.
- a) State the importance of general fitness requirements to the football player. (4 marks)
  - b) When developing the physical fitness programme the coach must be knowledgeable about the energy systems. Briefly discuss the energy requirement for football. (8 marks)
  - c) Explain how the fitness trainer can develop the aerobic and anaerobic capacity of players. (8 marks)
- (Total 20 marks)

6. The goalkeeper (GK) as the stronghold of his team has unique responsibilities that are critically important to the team's success. Listed below are FOUR roles of the goalkeeper. Succinctly explain each:

a) The goalkeeper as the last line of defense and first line of attack. (5 marks)

b) The goalkeeper as observer and communicator. (5 marks)

c) The goalkeeper as tactician. (5 marks)

d) The goalkeeper technical competence/ proficiency. (5 marks)

(Total 20 marks)

**SECTION B (35 marks)**  
**Answer ALL questions in this section**

1. Set plays (dead ball situations) are important elements in any team's ability to score goals.

a) Explain what is a *dead ball situation*.

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(3 marks)

b) Give an example and state how the game may be restarted in that situation.

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(3 marks)

2. Briefly explain the following responsibilities of the coach.

a) Technical and Tactical Responsibilities

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(3 marks)

b) Management /Administrative skills

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(3 marks)

3. The principles of play are common factors in a game which enhance a team's performance. List the basic principles of

a) Attack

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(3 marks)

b) Defense

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(3 marks)

4. Briefly explain ONE principle of attack.

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(2 marks)

5. Briefly explain ONE principle of defense.

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(2 marks)

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

- i. 

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- ii. 

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- iii. 

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(3 marks)

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

- i. 

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- ii. 

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- iii. 

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(3 marks)

8. In the game of Football, what is meant by term *system and formation*?

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(2 marks)

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

- i. 

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- ii. 

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(2 marks)

10. Use the space below to illustrate how the players in ONE of the formations named above are set out on the field of play.

(2 marks)

11. State ONE advantage and ONE disadvantage of using the formation illustrated above

Advantage

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(2 marks)

Disadvantage

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(2 marks)

**END OF EXAMINATION**