

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN COACHING
JANUARY 2021 EXAMINATION**

**FOOTBALL LEVEL 1
[PE111ASC]**

YEAR 1

DURATION: 2 ½ HOURS

**INSTRUCTIONS: DO ALL QUESTION FROM SECTION A, ANY ONE FROM
SECTION B AND THREE QUESTIONS FROM SECTION C**

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

SECTION A (Total 10 marks)

DO ALL QUESTIONS IN THIS SECTION

Multiple Choice: Read each question and each answer carefully. Be sure to choose the best answer that fits the statement preceding it. (Total 10 marks)

1. Of the following infringements, indicate which 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 behavior
 - c. Dissent by word or action
 - d. All of the above

2. How is a player in an offside position penalized?
 - a. With an indirect free kick
 - b. With a drop 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 take?
 - a. The referee allows play to continue since there is no infringement
 - b. The referee allows play to continue if it has crossed the goal line area
 - c. The referee orders the goal kick to be taken
 - 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 as a goal may not be scored by hands.
 - b. The referee should allow the goal
 - c. The referee should award a goal kick
 - d. None of the above

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 free kick to be taken
 - d. None of the above

6. Which of the following offences is punishable by a direct free kick?
 - a. Jumps at an opponent
 - b. Kicks or attempts to kick an opponent
 - c. Spits at an opponent
 - d. All of the above

7. There is no offside offence if.
 - a. a player receives the ball directly from a goal kick, throw-in or a corner kick
 - b. 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.
 - c. the ball is last played by an opponent
 - d. All of the above

8. When is the ball in play at a corner kick?
 - a. When the ball moves around
 - b. When the ball is touched
 - c. When the ball is kicked and obviously moved
 - d. 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
 - a. Put it down on the line, and kick it in
 - b. run out of bounds to get it and dribble it into play
 - c. throw it in using both hands, with both feet on the ground
 - d. Wait for the official to roll it into play

10. The kickoff is

- a. used at the beginning of the game
- b. used to start play at the beginning of each playing period and after a goal is scored
- c. awarded to the team that did not just score
- d. all of the above

SECTION B (20 MARKS)

ANSWER ONE QUESTION FROM THIS SECTION

11. When and where was FIFA established and list the member country at that time. (4mks)

- a) Which two countries played the first international (2mks)
- b) Where was it played and who won the game? (2 mks)
- c) When was the Cambridge rules and the offside rules established (2mks)?

- 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)

(TOTAL20 marks)

12a. 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, 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 C (60MRKS)

DO ANY THREE QUESTIONS FROM THIS SECTION

13. The ability to “carry” the ball past opponents while being in control is an essential skill of successful soccer play.

a) Name and explain three important elements of a good dribbling technique in football

(6marks)

b) List three (3) problems that will occur when you constantly look down at the ball when dribbling in football (6 marks)

c) With the aid of diagram describe two (2) drills that you could use to teach the skill of dribbling to beginners (8 marks)

(Total 20 marks)

14. 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 technique listed 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) (14Marks)

(Total 20 marks)

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

- a. List three (3) purposes of heading the ball in football. (6 marks)
- b. Coach Andrew realized that the students are afraid to "head" the ball during practice.
 - I. list three common faults that could militates 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**)

16 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. [5marks].
- b. With the aid of diagram show five [5] basic shooting drills that you would use to improve you teams goal scoring potential. [15marks]

END OF EXAMINATION