

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

DECEMBER 2018 - EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

FOOTBALL LEVEL 1

[PE201SEB]

YEAR 2
SECONDARY

TIME 2 ½ Hours

INSTRUCTIONS: Candidates are required to answer ONE question from Section A,
THREE questions 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. The goal keeper (GK) as the stronghold of his team has unique responsibilities that are critically important to team success. Listed below are FOUR roles of the goal keeper. Briefly explain each
 - a. The goal keeper as the "*last line of defense and first line of attack*". (5 marks)
 - b. The goal keeper as "*observer and communicator*". (5 marks)
 - c. The goal keeper as "*tactician*". (5 marks)
 - d. Goal Keeper as "*technical competence/ proficiency*". (5 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
 - Goal. (14 marks)

- b. Explain the construction and the importance of the penalty area, including the measurements. (6 marks)

SECTION B – (60 MARKS)

Answer **THREE** questions from this section.

1. 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 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). (7 marks)
 - ii. Passing with the instep. (7 marks)
 - iii. Passing with the outside of the instep (swerve pass). (7 marks)

(Total 20 marks)

2. The ability to “carry” the ball past opponents while being in control is an essential skill of successful soccer play.
 - a. List and explain **THREE** important elements of a good dribbling technique in football. (6 marks)
 - b. Identify **THREE** problems that may occur when you constantly look down at the ball when dribbling in football. (6 marks)
 - c. With the aid of diagrams describe **TWO** drills that may be used to effectively teach the skill of dribbling to beginners. (8 marks)

(Total 20 marks)

3. The ability to play 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 Brown realized that the students are 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 of time to teach the skill of heading and eliminate the fear factor. (8 marks)

(Total 20 marks)

4. In football, a poor first touch risks taking 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. For effective ball control, list the principles that should be applied. (4 marks)
 - c. With the aid of diagram (s) show how the principles of ball control may be applied in teaching the skill (Ball Control) to a group of twelve-year-old students. (10 marks)
- (Total 20 marks)*

SECTION C – (10 MARKS)

Answer ALL questions from this section.

Choose the most appropriate response to each question by circling the letter which represents that answer.

1. Of the following infringements, which is stated in the Laws of the Game as an offence punishable with a RED CARD (sending off) 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) Being guilty of violent conduct.

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) Allow play to continue since there was no infringement.
 - b) Allow play to continue if it has crossed the goal area line.
 - c) Order the goal kick to be retaken.
 - d) Order 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 opponents' 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?
- Allow the goal.
 - Award a corner kick.
 - Order the direct free kick to be retaken.
 - None of the answers is correct.
6. Which of the following offences is NOT punishable by a direct free kick? A player
- jumps at an opponent.
 - kicks or attempts to kick an opponent.
 - spits at an opponent.
 - enter or re-enters the field of play without the referee's permission.
7. There is an offside offence if
- a player receives the ball directly from a team mate whilst in the off-side position.
 - 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.
 - if a player receives the ball directly from a corner kick.
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 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. When is the kick off NOT used in the game of football?
- At the beginning of the game
 - To start play at the beginning of each playing period and after a goal is scored
 - After a goal is scored
 - When referee stops game (signals) for an infringement)

END OF EXAMINATION

