

TEACHERS COLLEGE OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

FOOTBALL LEVEL 2

[PE301SEB]

YEAR 4
SECONDARY

TIME: 2 Hours and 30 minutes

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of **TWO** Sections; answer **ALL** questions in Section A and **THREE** questions from Section B.
2. Write your answers in the answer booklet provided.
3. **DO NOT** open this examination booklet until you are told to do so.

Registration Number: _____

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

SECTION A (25 marks)
Answer **ALL** questions in this section.

1. Briefly explain the following responsibilities of the coach:

a) *Technical and tactical* responsibilities

[2 marks]

b) Management/Administrative skills

[2 marks]

2. The principles of play are common factors within a game which enhance a team's performance. List the basic principles of:

a) Attack

[2 marks]

b) Defense

[2 marks]

3. Briefly explain ONE principle of attack.

[2 marks]

4. Briefly explain ONE principle of defense.

[2 marks]

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

i)

ii)

iii)

[3 marks]

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

i)

ii)

iii)

[3 marks]

7. In the game of Football, what is meant by team *formation*?

[1 mark]

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

i) _____

ii) _____

[2 marks]

9. 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]

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

Advantage:

[1 mark]

Disadvantage:

[1 mark]

SECTION B - (75 MARKS)

Answer **THREE** questions from this section.

1. The Johns Hall Sports Club, in an effort to develop football in the community, decided to organize a football competition that will include teams from neighboring communities. Fourteen 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 the 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]

2. The major objective of Coach Brown is to get his team to perform at their highest level at the appropriate time (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. [10 marks]
3. Sparta F. C. has a very important game against the defending champions in two weeks time; the coaching staff is anxious to get information on the defending champs.
- a) Explain how match analysis can help them in their quest for information. [5 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. [8 marks]
 - d) Describe how the coaching staff can use the following information gathered from match analysis:
 - i) Way of playing when opponent is in possession. [4 marks]
 - ii) Way of playing while in possession. [4 marks]
4. The modern football player must ensure that his fitness is such that he can play at a high level for the duration of the game.
- a) Discuss the importance of general fitness requirements to the football player. [5 marks]
 - b) In developing the physical fitness programme the coach must be knowledgeable about the body's energy systems. Discuss briefly the energy requirements for football. [10 marks]
 - c) Explain how the fitness trainer can develop the aerobic and anaerobic capacity of players. [10 marks]

5. Set plays (dead ball situations) are an important element in any team's ability to score goals.
- a) Explain what dead ball situations are, as it relates to football. [1 mark]
 - b) State the difference between attacking and defensive dead ball situations. [4 marks]
 - c) Develop strategies for EACH of the following dead ball situations:
 - i) Corner kick on the right side of the goal. [4 marks]
 - ii) Throw in deep in the opponents half. [4 marks]
 - iii) Free kick 20 yards from goal. [4 marks]
 - iv) Start of the game (kick off). [4 marks]
 - v) Goal kick [4 marks]

END OF EXAMINATION

