

TEACHERS' COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016- EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

HOCKEY-LEVEL 2

PE309SEB

TIME: 2 ½ HOURS

**YEAR 4
SECONDARY**

INSTRUCTIONS: Answer ALL questions from Sections A and B and THREE questions from Section C. Use the diagram provided for the related question.

DO NOT TURN THIS PAGE UNTIL TOLD TO DO SO

Section A: Multiple Choice questions - Answer all questions (10 marks)

1. If a defending player intentionally fouls an attacking player inside the defending shooting circle, the umpire awards a _____ to the attacking team.
 - a. 16 yard hit
 - b. Long Corner
 - c. Penalty Stroke
 - d. Penalty corner

2. A player unintentionally plays the ball over the back line in his defending area; a _____ is awarded to the attacking team.
 - a. Penalty Corner
 - b. Long Corner
 - c. Penalty Stroke
 - d. 16 yard hit

3. When a foul is committed simultaneously by both teams during a game, the umpire may use a _____ to restart the game.
 - a. Bully
 - b. Push-In
 - c. Penalty Stroke
 - d. 16 yard hit

4. If a defending player intentionally plays the ball over the opponent's backline, the umpire would award a _____ that attacking team.
 - a. Penalty Corner
 - b. Long Corner
 - c. Free hit
 - d. 16 yard hit

5. A deliberate foul inside the 25 yards area but outside the shooting circle leads to a
 - a. Penalty Corner
 - b. Long Corner
 - c. Penalty Stroke
 - d. 16 yard hit

6. Players' conduct fouls in the game would NOT include:
 - a. Delaying the game through time wasting
 - b. Intentionally raising the ball so it drops in the shooting circle.
 - c. Using the feet to support the stick in a tackle.
 - d. Trying to score from outside the shooting circle.

7. *Advance on play* means

- a. Team A is fouled, but maintains possession of the ball and the umpire signals team A to “play on”
- b. The umpire allows Team A to advance the ball by 10 yards when team B commits a foul against team A, such as hitting away a dead ball
- c. The umpire allows Team B to advance the ball by 10 yards when team B commits a foul against team A, such as hitting away a dead ball
- d. Team A is fouled, loses possession of the ball and the umpire signals team B to “play on”

8. The Advantage Rule means

- a. Team A is fouled, but maintains possession of the ball and the umpire signals team A to “play on”.
- b. The umpire allows Team A to advance the ball by 10 yards when team B commits a foul against team A, such as hitting away a dead ball.
- c. The umpire allows Team B to advance the ball by 10 yards when team B commits a foul against team A, such as hitting away a dead ball.
- d. Team A is fouled, loses possession of the ball and the umpire signals team B to “play on”.

9. A player who receives a Red Penalty Card

- a. receives a temporary suspension for two (2) minutes
- b. receives a temporary suspension for a minimum of five (5) minutes
- c. is expelled from the game and must leave the area
- d. is verbally warned and allowed to remain on the field of play.

10. When a player lifts a ball above the head of his/her teammate,

- a. a defender may tackle the teammate before the ball hits the ground.
- b. the teammate must receive the ball and get it under control before being tackled.
- c. other players may be less than 5 yards from the player who is lifting the ball.
- d. a defender may be less than 5 yards from the player receiving the ball.

SECTION B

Answer ALL questions.

1. What does “covering” by a team mate mean in the game? (3 marks)

2. Differentiate between “man to man” and “zonal” marking. (4 marks)

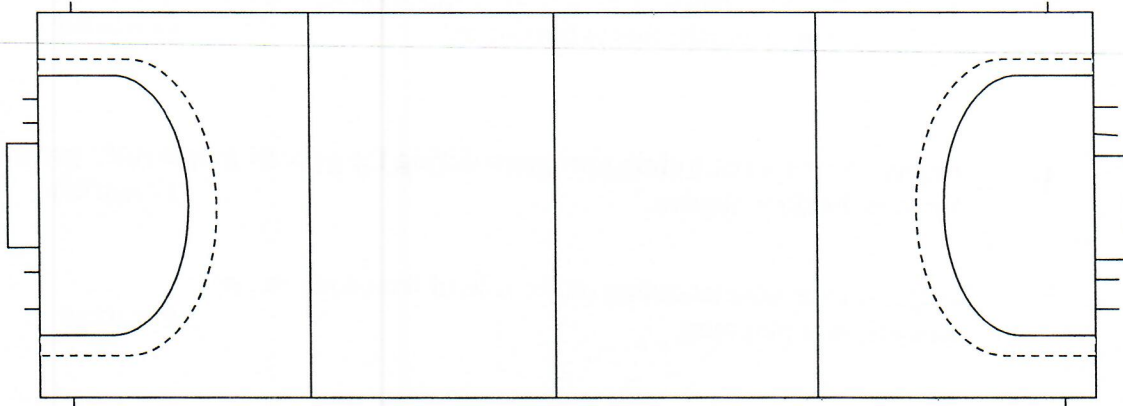
3. Explain static reception and reception on the move. (3 marks)

4. State THREE roles of the team captain. (3 marks)

5. State TWO infringements that can result in a short corner (2 marks)

6. a. Show the position of players during a penalty corner.
NB. Clearly identify members of Team "A" that is taking the penalty corner and team "B" defending the penalty corner. (5 marks)

PENALTY CORNER
(Answer question on this diagram)



- b. State TWO instances in which a **penalty stroke** can be awarded.
- _____
- _____
- _____
- _____
- (4 marks)

7. List SIX player conduct fouls in the game of hockey.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- (6 marks)

SECTION C (60 marks)

Answer THREE Questions

1.
 - a) Write a detailed essay highlighting the importance of proper nutrition planning as an element of program planning for hockey players. (14 marks)
 - b) Explain the importance of an effective fitness program and say how and where in your program this is best suited. (6 marks)

2.
 - a) Prepare a one week training program during the general preparatory period for your hockey players. (12 marks)
 - b) Explain your understanding of the role of the coach in game analysis and planning. (8 marks)

3.
 - a) Prepare a one week training plan for your hockey team during the specific period of the training cycle. Include the activities to be used. (12 marks)
 - b) Explain the concept of "active rest" as against complete rest and tell which of the two has the ability to negatively impact on a player during the training period and why. (8 marks)

4.
 - a) Discuss the use of technology to aid in counteracting an opposing teams' weaknesses and strengths. (10 marks)
 - b) Discuss how one can effectively use proper communication techniques and strategic group control to enhance the performance and chemistry of a hockey team. (10 marks)

END OF EXAMINATION