

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1215

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

BLOCK RELEASE PROGRAMME

THEORY: SSC1215: SPORTS SPECIALITY MODULE - SOCCER

MAY 2012

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large clearly labeled diagrams.

- 1) Discuss the historical development of football formations from 1863 up to the first Africa cup of nations. [25 marks]
- 2) Describe the historical evolution of football formations in early days up to date citing advantages and disadvantages of each formation. [25 marks]
- 3) Design progressive football drills to develop the following techniques; -
 - a) ball control. [7 marks]
 - b) passing. [10 marks]
 - c) tackling. [8 marks]
- 4) Discuss the leadership styles that can be utilised by coaches showing their relevance to football coaching. [25 marks]
- 5) Define the following terms as referred in football:-
 - a) skill. [6 marks]
 - b) technique. [9 marks]
 - (c) tactics. [10 marks]
- 6) The district Physical education resource teacher invites you to conduct a coaching session on dribbling and turning for Primary school teachers. Write in detail how you would conduct the coaching session. [25 marks]

END OF EXAMINATION