

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2115

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC2115: SPORTS SPECIALITY MODULE (SOCCER)**

FEBRUARY 2010

3 HOURS (100 MARKS)

## **INSTRUCTIONS**

Answer **four** 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 effects of the early introduction of eleven versus eleven footballs on the technical development of football players in Zimbabwe. (25 marks)
  
2. Assume that as a sports science and coaching student, you have been invited to a football coaching seminar where you are required to present a paper on small-sided games covering the following aspects:
  - i) The benefits of small-sided games in football. (6 marks)
  - ii) The limitations of small-sided games. (6 marks)
  - iii) How to make small –sided games work. (13 marks)
  
- Prepare a draft of your presentation.**
  
3. A Bulawayo based football Academy has engaged you as a Technical adviser to their goalkeeper's coach, and they have asked you to prepare a training programme covering the six basic responsibilities of a goalkeeper. **Summarise what your programme would cover.** (25 marks)
  
4. Assume that you are the ZIFA Technical Director, and you are attending a football coaching workshop for school teachers, where one of the participants asks you to clarify the differences between the following aspects of team defending:
  - i) High pressure defending and low pressure defending (8 marks)
  - ii) Man to man marking and zonal making. (8 marks)
  - iii) Pressure, cover and balance. (9 marks)

**Prepare a summary of your response.**

5. Discuss and illustrate the functional roles of strikers and midfielders in football. (25 marks)
6. As a football analyst you discover that most top flight teams in Zimbabwe struggle for efficiency and effectiveness when they are playing under pressure and you volunteer to prepare a paper for circulation to all the top flight football coaches on 'the value of pressure training in football'. The paper also covers the training drills that can be used to prepare goalkeepers, defenders, midfielders and strikers to play under pressure. **Summarise what your presentation will cover.** (25 marks)

**END OF EXAMINATION**