

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

JANUARY 2011

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) a) Discuss the five stages of team building and show how these can be utilized to guide football practice. [13 marks]
- b) Outline fundamental activities considered in football team building. [12 marks]
- 2) a) Describe important psychological skills that must be developed in football goalkeepers. [13 marks]
- b) Explain the following basic tactical football goalkeeping tips:-
 - i) dealing with back passes and through balls. [6 marks]
 - ii) defending set plays. [6 marks]
- 3) a) Discuss the benefits and limitations of small sided games in football. [13 marks]
- b) Outline the basic functions of a football team. [12 marks]
- 4) Describe the functional role of strikers and defenders. [25 marks]
- 5) Design tactical and technical training plan for preparing midfielders for their functional roles in real football situation. [25 marks]
- 6) Outline John Maxwell's seventeen laws of teamwork and show how these can be utilised in football practice. [25 marks]

END OF EXAMINATION