

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2215

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2215: SPORTS SPECIALITY MODULE - SOCCER

MAY 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. Design a football coaching plan to teach depth in attack for 90 minutes. Your plan must include coaching points and drills to develop depth. [25 marks]
2. Discuss the developmental characteristics to be noted by coaches suggesting how the following age groups can be catered for:
 - a) Under 10. [6 marks]
 - b) Under 12. [6 marks]
 - c) Under 14. [6 marks]
 - d) Under 15. [7 marks]
3. You are employed by Highlanders FC as a junior coach. How would you develop:
 - a) Endurance in under 10 footballers? [6 marks]
 - b) Endurance in Under 12 footballers? [6 marks]
 - c) Strength in Under 14 footballers? [6 marks]
 - d) Strength in Under 16 footballers? [7 marks]
4. Design a training session to last 90 minutes on defending mid field as a unit including warm up and cool down. [25 marks]
5. Discuss how you would accomplish the following in players:
 - a) Build self-confidence. [8 marks]
 - b) Develop motivation. [8 marks]
 - c) Regulate anxiety. [9 marks]
6. Design an hour long training session for under 15 male footballers' focusing on dribbling. [25 marks]

END OF EXAMINATION