

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 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) Design football coaching drills to develop the following :-
 - a) 3v3v3 defending from the centre.
 - b) 1v1 in attack
 - c) Crossing at pace to set up attackers. [25 marks]

- 2) Discuss the physical and psychological development characteristics to be noted by coaches when dealing with the following age groups:-
 - a) under 10 years. [8 marks]
 - b) under 15 years. [8 marks]
 - c) under 12 years. [9 marks]

- 3) You are employed by Quelaton F.C. as a fitness trainer; discuss the attributes that you would develop in footballers. [25 marks]

- 4) a) One of your star players at Chicken inn football club is always absent and late for training. At times he gives excuses during physical fitness training but surprisingly wishes to join others when the coach introduces ball work. On match days he wants to be included in the starting line up. a) Identify the possible causes for the player' behavior. [7 marks]
 - b) Describe strategies that can be employed to help the player enjoy his game. [10 marks]
 - c) What expectations by the coach may hinder the player from enjoying his game. [8 marks]

- 5) Design a training session that can be used by Premier Soccer league coaches to develop support in attack. [25 marks]

- 6) a) Describe how you would manage negative feedback when dealing with footballers. [10 marks]
- b) Discuss the roles of a coach. [15 marks]

END OF EXAMINATION