

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SSC2215**

**FACULTY OF APPLIED SCIENCES**

**BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS**

**DEPARTMENT OF SPORTS SCIENCE AND COACHING**

**CONVENTIONAL PROGRAMME**

**THEORY: SSC2215: SPORTS SPECIALITY MODULE (SOCCER)**

**APRIL 2014**

**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 coaching session plan to develop support and shifting the point off attack in football practice. **(25marks)**
2. Analyse William and Reilly (2000) and Bloom (1985)'s models of talent identification suggesting how these can be utilized in Zimbabwean football practice. **(25marks)**
3. a) Discuss factors affecting the talent selection process in Zimbabwean football practice. **(16marks)**  
b) Explain the following terms as used in football:
  - i) Penetration **(3marks)**
  - ii) Depth **(3marks)**
  - iii) Compactness **(3marks)**
4. Evaluate the criteria that can be used by football club coaches in selecting players for their functional roles in a 1-4-4-2 formation. **(25marks)**
5. Design a training session plan to develop endurance with and without the ball for Premier League footballers. **(25marks)**

6. a) Describe what is meant by the following terms:

i. Macro-cycle (3marks)

ii. Meso-cycle (3marks)

iii. Micro-cycle (3marks)

b) Discuss the benefits of periodization in football practice. (16marks)

**END OF EXAMINATION**