

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2115

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC2115: SPORTS SPECIALITY MODULE (SOCCER)

OCTOBER 2009

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. 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 entitled “The relative importance of small-sided games and 11 vs 11 football in technical and tactical training in football.” (25 marks)
2. Discuss the extent to which the terms “Pressure-cover-balance” and “first attacker-second attacker- third attacker” cover the basic defensive and attacking functions in football. (25 marks)
3. “The technical deficiencies of most Zimbabwean top flight football players can be attributed to the early introduction of 11 vs 11 football”. Discuss. (25 marks)
4. Discuss and illustrate the value of pressure training to goalkeepers, strikers, defenders and midfielders in football. (25marks)
5. A Bulawayo based premier league team has engaged you as a goalkeeper’s coach and have tasked you to prepare a training programme covering the six basic responsibilities of a goalkeeper. Summarize what your programme would cover. (25 marks)
6. According to Louis Van Gaal, “If midfielders do not carry out their tasks properly on the pitch, the defenders and strikers will suffer.” Discuss the implications of this statement and prepare a training programme covering any three basic functional elements of midfield play of your choice. (25 marks)

END OF EXAMINATION