

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

SSC2214

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**THEORY: SSC2214: SPORTS SPECIALITY MODULE (SOCCER)**

DECEMBER 2004

3 HOURS (100 MARKS)

**INSTRUCTIONS**

Answer any four questions only.

1. a) Explain the four important elements of a good dribbling technique. (10 marks)  
b) Give a brief description of the following dribbling moves.
  - (i) Mathew move
  - (ii) Scissors move
  - (iii) Double touch move (15 marks)
2. Briefly give a description of each of the 17 laws of the game. (25 marks)
3. Briefly analyse the levels of psychological functioning of a player. (25 marks)
4. The personality of a player is a critical determination of success in football. Using Eysenck's theory of personality justify the above statement. (25 marks)
5. Using soccer examples briefly outline the following psychological attributes.
  - (i) Motivation (5 marks)
  - (ii) Stress and anxiety (5 marks)
  - (iii) Self confidence (5 marks)
  - (iv) Goal setting (5 marks)
  - (v) Concentration (5 marks)
6. Explain the guidelines for coaching Junior Players. Support your answer with appropriate psycho-pedagogical orientation. (25 marks)

**END OF EXAMINATION QUESTION PAPER**