

**NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SSC4215**

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

**CONVENTIONAL PROGRAMME**

**THEORY: SSC4215: 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 strength training programme using own body weight for Premier Soccer League footballers. Describe in detail each activity. **(25 marks)**
2. a) Analyse the importance of transition in football. **(12marks)**  
b) Explain how the principles of distributed and variable practice help in planning football practice sessions. **(6marks)**  
c) Why is planning essential in football practice? **(7marks)**
3. Design a football coaching plan to develop width and depth in attack. **(25marks)**
4. Evaluate different football philosophies and suggest how these influence defensive and offensive play.
5. a) In Zimbabwe football match officials are paid by the home team at half-time interval. The assumed match official fees are \$300 per match. In an event the match official receives more than the stipulated amount a) state three FIFA rules of conduct that are consistent with gifts and other benefits. **(6marks)**  
b) Kaizer Chiefs football club of South Africa offers to pay winning bonuses to Bantu F.C. footballers in the event of a win or draw against Zamalek of Egypt. The club also offers to fund

air fares as well as accommodation in a three star hotel. Kaizer Chiefs and Bantu F.C. are in the same group in the champions league. Bantu F.C. still has a home game to play against Chiefs and a draw or a win for Bantu will eliminate Chiefs from going through to the next round. According to the FIFA rules of conduct consistent with:

i) Undue advantage justify why Zamalek may submit a complaint to FIFA. **(8marks)**

ii) Gifts and benefits state five conditions that have to be met in acceptance of an offer. **(11marks)**

6. Design a session plan to develop breaking through the midfield to create width and support in attack **(25marks)**

**END OF EXAMINATION**