

B.A. / B.Sc. (Honours) Examination, 2019
Semester-VI
Physical Education
Course : BABSCH - 362
Specialization: Sports Training: (d) Football

Time : 3 Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer one question from each unit

UNIT - I

1. Discuss the historical development of Football at National level. 8

Or

Write short notes on :

a) National and International Awards.

b) Major National and International Tournaments. 4+4=8

UNIT - II

2. Draw a sketch of Football Field with all measurements including Goal Post. 8

Or

Discuss the duties of Referee, Asst. Referee and fourth official. 8

UNIT - III

3. Define 'Periodization'. Explain Aim, Means and structure of load of each part in single periodization. 2+6=8

Or

What do you understand by Sports Training? Explain the basic principles of Sports Training. 2+6=8

UNIT - IV

4. Define Technique? Explain the techniques of teaching Instep Kick and Half Volley to the beginners. 2+6=8

Or

Define 'Tactics'. Explain the classification of Tactics. 2+6=8

UNIT - V

5. What do you mean by General and Specific fitness test. Explain one skill test of Football. 2+6=8

Or

Explain the meaning of competition. Explain the process of preparing players for Inter-University tournament. 2+6=8
