

Tests, Forms & Lesson Plans



UNITED STATES SOCCER FEDERATION

Name _____

'E' Certificate Comprehensive Assessment

I. LAWS.

TRUE/FALSE (Circle your choice)

- T F 1. The lines are a part of the corresponding areas.
- T F 2. A ball on top of the touchline is out of play.
- T F 3. The back edge of the goal post must coincide with the back edge of the goal line.
- T F 4. The minimum number of players per team is eleven.
- T F 5. The minimum number of players per team is seven.
- T F 6. A substitute must enter the field of play at the halfway line.
- T F 7. The player substituted for must leave the field at the halfway line.
- T F 8. The most important concern for referees regarding player equipment is player safety.
- T F 9. The role of the referee is to protect players and to allow them to play within the letter and the spirit of the law.
- T F 10. The referee shall not allow coaching from the sidelines.
- T F 11. Linesmen's signals are for the players.
- T F 12. The penalty kick and the kick off must be kicked forward.
- T F 13. The game shall consist of two equal halves.
- T F 14. If a player takes a throw-in from any position other than the point where the ball passed over the touchline, the throw in goes to the opposing team.



A GOAL MAY BE SCORED DIRECTLY FROM:

- T F 15. A throw-in.
- T F 16. A penalty kick.
- T F 17. A kick-off (place kick).
- T F 18. A goal kick.
- T F 19. An indirect free kick.
- T F 20. A corner kick.
- T F 21. At the taking of a free kick, the ball must be stationary at the place where the foul was committed.
- T F 22. A player putting the ball into play may not play the ball a second time until it has been touched by another player.
- T F 23. At the taking of a penalty kick, the goalkeeper must have part of both feet on the goal line until the kick is taken.

INDICATE THE CORRECT PUNISHMENT FOR THE FOLLOWING FOULS:
(circle your choice)

D: Direct

I: Indirect

- D I 24. Kicking at or attempting to strike an opponent.
- D I 25. Striking or attempting to strike an opponent.
- D I 26. Spitting at an opponent.
- D I 27. Goalkeeper's handling violation.
- D I 28. Tripping an opponent.
- D I 29. Pushing an opponent.
- D I 30. Dangerous play.
- D I 31. Charging an opponent fairly, but not within playing distance of the ball.

- D I** 32. Holding an opponent.
- D I** 33. Charging an opponent violently and dangerously.
- D I** 34. Obstructing an opponent when not within playing distance of the ball.
- D I** 35. Handling the ball.
- D I** 36. Charging the goalkeeper inside the goal area when he is not obstructing nor in possession.

MULTIPLE CHOICE: (Circle the correct answer)

37. A charge in the back of an opponent is legal:
- A. When he/she obstructing legally.
 - B. Never.
 - C. When he/she is obstructing illegally.
 - D. Always
38. A referee may caution a player who delays the taking of a freekick by standing less than ten yards from the ball.
- A. Only when the freekick is within thirty yards of the opponents' goal.
 - B. Only if he/she has previously warned the player.
 - C. Never.
 - D. Any time it happens.
39. When a player is injured, the referee shall not stop play.
- A. Unless the player sits down.
 - B. If the referee thinks the injury is not serious.
 - C. If the player can go to the touchline for treatment.
 - D. If the player is off the field of play.
 - E. B, C and D above.
40. A substitute can enter the field.
- A. Anytime his/her coach tells him/her to.
 - B. Whenever there is an injury.
 - C. Only when authorized by the referee.



41. List three offenses for which a player can be dismissed from the field?

42. Briefly explain the Offside Law.

II. METHODS. Short Answers.

1. What are the four components of coaching?

2. What is the progression for teaching technique?

3. What is the general progression for teaching tactics?

4. What is functional training?

5. What is economical training?



2. What are the priorities of the attacker in possession of the ball and the pressurizing defender?

Attack

Defense

3. When coaching tactics, the coach's primary concern is with player's... (complete this sentence)

Attack

Defense

IV. CARE & PREVENTION.

1. What does "R.I.C.E." stand for?
2. What is the difference between a 'strain' and a 'sprain'?
3. What is the proper way to stretch a muscle?
4. What should you find out about each player's background?

5. How would you take care of a bruise?

6. Of the following, which requires emergency care (circle all that apply)?
 1. Heat Stroke
 2. Fractures
 3. Cramps
 4. Concussion

7. What is the best fluid to give the players at half time?

V. TEAM MANAGEMENT.

1. Briefly list what you would cover during the pre-season parent meeting?

2. List some considerations for your team's pre-game organization?

