

4.
 - a) Explain considerations that should be made to ensure effective demonstration of athletic skills (10 marks)
 - b) Expound on the purpose and appropriate procedures for conducting athletic practice drills (10 marks)
5.
 - a) As a sports instructor, elaborate on the strategies you would use in applying the training principles of progression and variability (13 marks)
 - b) Expound on the scope of match analysis as a tool for evaluating performance in training and completion (7 marks)