

BNSW Coach Accreditation: Level A Course Written Component

Philosophy

What is the Game Sense Philosophy of Coaching?

- a) To develop skills through playing fun, game-like activities
- b) To develop skills through repetitious drills
- c) To develop skills online courses
- d) To develop skills by watching other people

Answer: _____

Safety

In T-Ball, what is the minimum distance players must remain from the hitter.

- a) 5 metres
- b) 10 metres
- c) 15metres
- d) 20 metres

Answer: _____

Other safety considerations are - Tick the correct answer(s)

- Hitters and base runners must wear approved helmets
- Players should avoid unnecessary collisions
- Bats and balls can be dangerous and may fly unexpectedly in any direction
- Great care should be taken to avoid situations or practices that may lead to injury

Games Based Learning

Why is the Games base approach to coaching beneficial?

- a) It creates more effective long-term learning
- b) Designed to engage all participants
- c) Teaches skills through playing fun games
- d) Players learn best by doing
- e) All of the above

Answer: _____

Organisation

What do you need to remember when preparing for training – tick the correct answer(s)

- Plan and organise your sessions
- Check the points table
- Provide a variety of engaging, fun activities
- Develop a win at all costs attitude

What skill development activity should be included in every training session?

- a) Debrief
- b) Structured warm-up
- c) Technical instruction
- d) Team meeting

Answer: _____

At least one session of these should be included in every training session – tick the correct answer(s)

- Running, throwing, fielding, technical instruction
- Hitting, running, batting, pitching
- Fielding relays, hitting, throwing
- Hitting, running, fielding, throwing

What is the acronym that suggests ways in which activities can be adapted to cater for differing levels of ability?

- a) T.R.U.E
- b) T.R.E.E
- c) T.A.M.E
- d) T.E.S.T.

Answer: _____

Name above acronym (what does each letter stand for?)

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-
-
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True or False?

The answers can be found in the Aussie T-Ball Resource

It is better to reward effort rather than success _____

Allow negative comments about or to an umpire _____

The TREE acronym reminds coaches of the ways in which an activity may be adapted _____

One valuable task for a coach is to accumulate an ever expanding array of purposeful activities _____

Young players are best developed by concentrating their efforts on what they are trying to do, not how to do it _____

Safety is not a critical issue at all levels of the game. _____

Inclusive coaching principles should be used to provide equal player opportunity throughout the game and season _____

Competitive games are fun, but winning is the main issue _____

In all teams there will be varying levels of ability it is OK to play the better players in key positions _____

It is not essential that all players receive equal opportunity and are encouraged to participate fully in all aspects of the game _____

Name: _____

Date: ___ / ___ / 2021