

BNSW Coach Accreditation: Level B Course Written Component

Coach's Duty of Care - True or False?

All coaches must sign and adhere to the Coaches

Code of Conduct.

Answer: _____

Coaches are required to provide a harassment free environment

Answer: _____

Physical contact between player and coach is completely forbidden

Answer: _____

All accredited and registered coaches are covered against negligence claims no matter what they do?

Answer: _____

Injury Management - What does RICER stand for?

- R
- I
- C
- E
- R

Safety considerations are - Tick the correct answer(s)

- Ensure the playing area and surrounds are safe
- Safety is not a concern
- Equipment and protective screens must be in good working order

LTAD - What Does LTAD stand for?

- a) Long Term Ability Development
 - b) Long Throw Arm Development
 - c) Long Term Aptitude Development
 - d) Long Term Athletic Development
- Answer: _____

Name the seven LTAD streams:

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Name the 4 LTAD Stages:

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-

Name the four core properties of LTAD:

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To maximise physical competence, LTAD exercise programs should:

- a) Ensure that in each of the seven movement streams, more basic movements are mastered before more challenging activities are attempted
- b) Focus on mastery of a single movement stream before going to the next stream
- c) Concentrate on muscle groups commonly used in a game situation

Answer: _____

Basic situational strategies - circle the answer(s)

- a) Offensive and defensive strategies are consistent with one another
- b) Understand the value of a single run late in the game, and play accordingly
- c) Put the opposition under pressure
- d) Play for a big inning, early in the game

Skill Acquisition - What is Implicit Learning?

Tick the correct answer(s)

- is built through the activity itself
- is not important
- is taught by concentrating on technique

Which sentence best describes Implicit Learning?

- it is heavily structured
- is not as good as explicit learning
- is best delivered through verbal instruction
- it typically lacks instruction about how to perform the skill

What are the benefits of Implicit Learning?

- there are none
- learning becomes more permanent
- makes the coach redundant
- less likely to break down under pressure

Explicit Learning

- there is no place for explicit learning
- is best used when players can put things in context
- makes a coach indispensable

Game Based Learning - What does the acronym TREE stand for?

- T
- R
- E
- E

Two important keys of game-based learning are?

- The ability to modify tasks/activities
- Ask closed questions
- Ask open questions
- Ask tricky questions

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Fielding - Name, in order, what the 6 F's stand for:

- F
- F
- F
- F
- F
- F

Throwing - After fielding a ball, what is the grip used to throw it?

1. Two seam
2. Four seam
3. Right hand seamer
4. Left hand seamer

Answer: _____

Which activity is considered valuable in building throwing ability?

1. Light toss
2. Short toss
3. Medium toss
4. Long toss

Answer: _____

Catching - Generally speaking, where should the Catcher set up in relation to home plate?

- Align the body in front of the umpire
- Align body with the centre of the plate
- Align body behind the hitter
- Alignment does not matter

Basics of Base Coaching - Tick the correct answer(s)

- 3rd base coach has the major base coaching duties
- 1st and 3rd base coaches need to remind base runners of the game situation
- Base coaches should make all decisions for the base runner
- Signals are the responsibility of the 1st base coach

Base Running - What should a good base runner always know?

1. Do not run unless the coach says to
2. It is OK to overrun all bases
3. Always know where the ball is
4. Run one base at a time

Answer: _____

Hitting - Which of these is the best description of a hitting circuit?

- Live situational hitting, including bunts
- Small groups players moving through hitting activities at different stations
- Game simulation, where hitters run the bases according to the situation, prior to returning to the batting cage

What is the intent of the swing?

- a) Hit the ball to the wall
- b) Hit long, hard-line drives to the wall
- c) Smash the ball as hard as possible
- d) Hit hard ground balls

Answer: _____

Describe a hitting circuit, incorporating six drills and progressions

- a)
- b)
- c)
- d)
- e)
- f)

Pitching - What are the key risk factors for young pitchers? Tick the correct answer(s)

- Overuse and fatigue
- Poor arm conditioning
- Poor mechanics
- Throwing long toss

What is the purpose of a pick off?

- a) To get an out
- b) To show the opposition the pitcher can pick off
- c) To disrupt the hitter
- d) To keep the base runner "honest"

Answer: _____

What is the purpose of a 30-pitch bull pen?

Tick the correct answer(s)

- Throw to the bottom 1/3 of the strike zone
- Focus on hitting the target
- To throw as hard as possible
- Rehearse making pitches

Planning a training session

Which of the following does not fit into a training session?

- a) Discuss points table
- b) Team meeting
- c) Throwing program
- d) Stretch

Answer: _____

A comprehensive two hour training session would consist of?

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-
-
-

Name: _____ **Date:** ___ / ___ / 2021