

## Level 3 Written Assessment

### Section One: General issues for coaches

Competency	Content
<p>Demonstrate awareness of a coach's duty of care</p>	<p>Indicate whether each of these statements is True or False:</p> <ol style="list-style-type: none"> <li>1. Any coach who is Accredited and registered in Australian baseball is covered against negligence claims no matter what he or she does.  <div style="text-align: right;">Answer: _____</div> </li> <li>2. All coaches must sign and adhere to the ABF's Coach Code of Conduct.  <div style="text-align: right;">Answer: _____</div> </li> <li>3. A coach should avoid unaccompanied and unobserved one-on-one activity with a player under the age of 18.  <div style="text-align: right;">Answer: _____</div> </li> <li>4. Physical contact between coach and player is absolutely forbidden.  <div style="text-align: right;">Answer: _____</div> </li> </ol>
<p>Identify the safety issues and manage the risks of baseball</p>	<ol style="list-style-type: none"> <li>1. As well as the hardness of the bat and ball, the major safety risks in baseball arise from: <ol style="list-style-type: none"> <li>a. the speed of the contests in the game</li> <li>b. the violence of the contests in the game</li> <li>c. aggressive behaviour of players</li> <li>d. baseball being a contact sport</li> </ol> <div style="text-align: right;">Answer: _____</div> </li> <li>2. The facility must be inspected regularly for anything that could threaten the s_____ of the participants.</li> <li>3. For safety reasons, all hitters and baserunners must wear: <ol style="list-style-type: none"> <li>a. batting gloves</li> <li>b. helmets</li> <li>c. uniforms</li> <li>d. shoes with cleats or studs</li> </ol> <div style="text-align: right;">Answer: _____</div> </li> <li>4. Players must not practice throwing or hitting: <ol style="list-style-type: none"> <li>a. on the infield</li> <li>b. in the outfield</li> <li>c. in front of the dugout</li> <li>d. near the bull pens</li> </ol> <div style="text-align: right;">Answer: _____</div> </li> <li>5. When playing catch, p_____ should be safely separated and t_____ parallel to one another.</li> </ol>
<p>Encourage players to participate in other aspects of baseball: umpiring, coaching, scoring etc</p>	<ol style="list-style-type: none"> <li>1. Players should be encouraged to explore these ways of being involved in baseball: <ol style="list-style-type: none"> <li>a. Umpiring</li> <li>b. Coaching</li> <li>c. Scoring</li> <li>d. Ground preparation</li> <li>e. All of the above</li> </ol> <div style="text-align: right;">Answer: _____</div> </li> <li>2. True or False: some people will ultimately find that they enjoy these aspects as much as or more than playing.  <div style="text-align: right;">Answer: _____</div> </li> </ol>

<p>Assess the prescribed activity and instruction competencies of candidates for L1 and L2</p>	<p>1. The purpose of the coach assessment process is to</p> <ol style="list-style-type: none"> <li>Accredit everybody who attempts the assessment</li> <li>Ensure that each accredited coach has particular competencies</li> <li>To make it harder for people to coach</li> <li>Remove a coach's ability to coach in his own style</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>2. True or False: The assessment is objective because the assessor marks only what he sees or hears.</p> <p style="text-align: right;">Answer: _____</p> <p>3. True or False: The bullet points on the Assessment sheet guide the Assessor in his observations and in his feedback to the candidate.</p> <p style="text-align: right;">Answer: _____</p>
<p>Outline the meaning and use of the RICER approach to soft tissue injury management</p>	<p>1. The acronym RICER stands for</p> <ol style="list-style-type: none"> <li>Restrain, Isolate, Compression, Evaluation, Resume</li> <li>Restrain, Ice, Compression, Evaluation, Recuperate</li> <li>Rest, Ice, Compression, Elevate, Refer</li> <li>Rest, Isolate, Compression, Elevate, Rectify</li> </ol> <p style="text-align: right;">Answer: _____</p>

## Section Two: Training sessions

<p>Use a game based learning approach to plan and conduct activities and mini-games.</p>	<p>1. True or false: Using a games-based coaching style means you don't need to plan your sessions. Answer: _____</p> <p>2. The letters in the acronym TREE, which reminds a coach of how modifications can be made to an activity, stand for:</p> <ol style="list-style-type: none"> <li>T _____</li> <li>R _____</li> <li>E _____</li> <li>E _____</li> </ol> <p>3. Questions used in a games-based coaching environment should usually be:</p> <ol style="list-style-type: none"> <li>designed remind the players they don't know everything</li> <li>designed to get the players thinking, inventing and planning</li> <li>designed to make sure the players can remember the rules</li> <li>designed to get a specific answer</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>4. True or false: skills developed in a games-based learning environment stand up well under pressure.</p> <p style="text-align: right;">Answer: _____</p>
<p>Plan a suitable 2 hour training session</p>	<p>1. A coach should have a team meeting at the beginning of training to outline the planned session to the players. True or false?</p> <p style="text-align: right;">Answer: _____</p> <p>2. Which of these is not a recommended part of a speed work session early in a training session:</p> <ol style="list-style-type: none"> <li>Acceleration drills</li> <li>Foul poles</li> <li>Sprint mechanics drills</li> <li>Short, fast starts and sprints</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>3. Is it usually best to conduct individual defensive work before a throwing program so that the arms are not tired. True or false?</p> <p style="text-align: right;">Answer: _____</p>

	<p>4. Static stretching is best done at the end of training as it does not really prepare the body for immediate vigorous physical activity. True or false? Answer: _____</p>
<p>Organise a hitting circuit which incorporates several drills and progressions</p>	<p>1. Which of these is the best description of a hitting circuit?</p> <ol style="list-style-type: none"> <li>small groups of players moving through hitting activities at different stations</li> <li>live batting practice where the hitter attempts to hit the ball to all parts of the field</li> <li>live batting practice where the hitter practices sacrifice flies, ground balls to the right side and various types of bunts</li> <li>game simulation where hitters run the bases according to the situation before returning to the batting cage</li> </ol> <p>Answer: _____</p> <p>2. In the standard side-toss drill, the ball is flipped to the hitter:</p> <ol style="list-style-type: none"> <li>from the hitter's open side at a safe distance</li> <li>from just out of sight behind the hitter's closed side at a safe distance</li> <li>in rapid succession to develop bat speed</li> <li>randomly around the strike zone to encourage concentration</li> </ol> <p>Answer: _____</p>
<p>Name and briefly explain the 6 Fs</p>	<p>1. In sequence, "The 6 Fs" of fielding a ground ball are:</p> <ol style="list-style-type: none"> <li>Feet, Field, Funnel, Footwork, Fire, Follow</li> <li>Feet, Find, Footwork, Field, Flex, Fire</li> <li>Find, Field, Footwork, Flex, Fire, Follow</li> <li>Feet, Find, Field, Funnel, Footwork, Fire</li> </ol> <p>Answer: _____</p> <p>2. Which of these is not a key phrase to be used in teaching the 6 Fs:</p> <ol style="list-style-type: none"> <li>"right to left, left to target"</li> <li>"use two hands"</li> <li>"wide base"</li> <li>"alive on your feet"</li> </ol> <p>Answer: _____</p>

### Section Three: Long Term Athletic Development

<p>Name the first four stages of LTAD theory, and outline the key points of the FUNdamental stage.</p>	<p>1. The first two stages of Long Term Athletic Development (LTAD) model are: and the:</p> <ol style="list-style-type: none"> <li>the FUNdamental stage and the Train to Win Stage</li> <li>Train to Compete stage and the Train to Win Stage</li> <li>the FUNdamental stage, the Train to Train stage</li> <li>Train to Develop stage and the Train to Win Stage</li> </ol> <p>Answer: _____</p> <p>2. The focus of the FUNdamental stage does NOT include:</p> <ol style="list-style-type: none"> <li>establishing all-round movement capability</li> <li>learning through activity</li> <li>establishing a positive attitude to physical activity</li> <li>encouraging competitiveness</li> </ol> <p>Answer: _____</p> <p>3. Under LTAD principles, the warm-up:</p> <ol style="list-style-type: none"> <li>is a mild conditioning activity</li> <li>is unnecessary in warm weather</li> <li>increases the risk of injury</li> <li>is just a team bonding activity</li> </ol> <p>Answer: _____</p>
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<p>Outline the LTAD model of athletic development (movement competencies)</p>	<p>1. Through the life of a player, LTAD tries to develop:</p> <ol style="list-style-type: none"> <li>stability, aggression, size and strength</li> <li>stability, range of motion, control and strength</li> <li>range of motion, adaptability and strength</li> <li>stability, range of motion, control and recovery</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>2. To maximize physical competence, long term exercise programmes should:</p> <ol style="list-style-type: none"> <li>encourage extra effort by including only activities from the seven movement streams that are beyond the athletes current ability</li> <li>focus on mastery of a single movement stream before going to the next stream</li> <li>ensure that in each the seven movement streams, more basic movements are mastered before more challenging activities are attempted</li> <li>concentrate on the movement stream that exercise the muscle groups an athlete will use most in a game situation</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>Are the following statements True or False?</p> <p>3. Pushing is the most important stream for baseball.</p> <p style="text-align: right;">Answer: _____</p> <p>4. A soon as they can do a current exercise, children should advance to a more challenging one.</p> <p style="text-align: right;">Answer: _____</p> <p>5. Progress in the LTAD program will provide benefits outside of baseball, as well as in the game.</p> <p style="text-align: right;">Answer: _____</p> <p>6. The average child in Australia is more sedentary than children were 30 years ago.</p> <p style="text-align: right;">Answer: _____</p>
<p>Outline a suitable on-field strength and conditioning session based on the ABF LTAD model</p>	<p>1. In an on-field strength and conditioning session, athletes should concentrate on:</p> <ol style="list-style-type: none"> <li>stability, aggression and strength</li> <li>stability, range of motion and control</li> <li>range of motion and strength</li> <li>stability, control and recovery</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>2. On-field strength and conditioning sessions should:</p> <ol style="list-style-type: none"> <li>include at least one exercise from each of the seven movement streams</li> <li>ignore movement streams that do not increase heart rate</li> <li>be conducted at a high tempo to improve cardiovascular fitness</li> <li>include only movements that are specific to the athlete's sport</li> </ol> <p style="text-align: right;">Answer: _____</p> <p>3. The three streams concentrating on the lower body are:</p> <ol style="list-style-type: none"> <li>running, jumping, stretching</li> <li>double leg, pulling, core</li> <li>power, agility, flexibility</li> <li>double leg, single leg, jumping</li> </ol> <p style="text-align: right;">Answer: _____</p>

## Section Four: the Game

<p>Recall the basic rules of junior and Little League baseball</p>	<p>Indicate whether it is true or false that each of these statements describes a rule in Little League baseball:</p> <ol style="list-style-type: none"> <li>1. In every game, every player must field for at least 3 defensive outs and have at least one plate appearance. <span style="float: right;">Answer: _____</span></li> <li>2. Runners may take a short lead (less than 3m) when on base. <span style="float: right;">Answer: _____</span></li> <li>3. Runners may not steal a base until the catcher has caught the ball. <span style="float: right;">Answer: _____</span></li> <li>4. There is no balk rule. <span style="float: right;">Answer: _____</span></li> <li>5. There are to be no dangerous slides or collisions. When there is a play, at any base other than 1<sup>st</sup> base, the runner must slide. <span style="float: right;">Answer: _____</span></li> </ol>
<p>Understand the basics of base coaching</p>	<ol style="list-style-type: none"> <li>1. One role of the third base coach is to:             <ol style="list-style-type: none"> <li>a. ensure the runner at first base has a good lead in a stealing situation</li> <li>b. always control the runner from first base who is attempting to advance to third base</li> <li>c. remind runners of the game situation</li> <li>d. all the above</li> </ol> <span style="float: right;">Answer: _____</span> </li> <li>2. One role of the first base coach is to:             <ol style="list-style-type: none"> <li>a. with bases loaded, control runners at first and second bases</li> <li>b. remind runners on first base to only advance when forced or when directed by the third base coach</li> <li>c. ensure first base runners always tag up on fly balls to the outfield</li> <li>d. remind first base runners of the game situation</li> </ol> <span style="float: right;">Answer: _____</span> </li> </ol>