

Level 2 Written Assessment

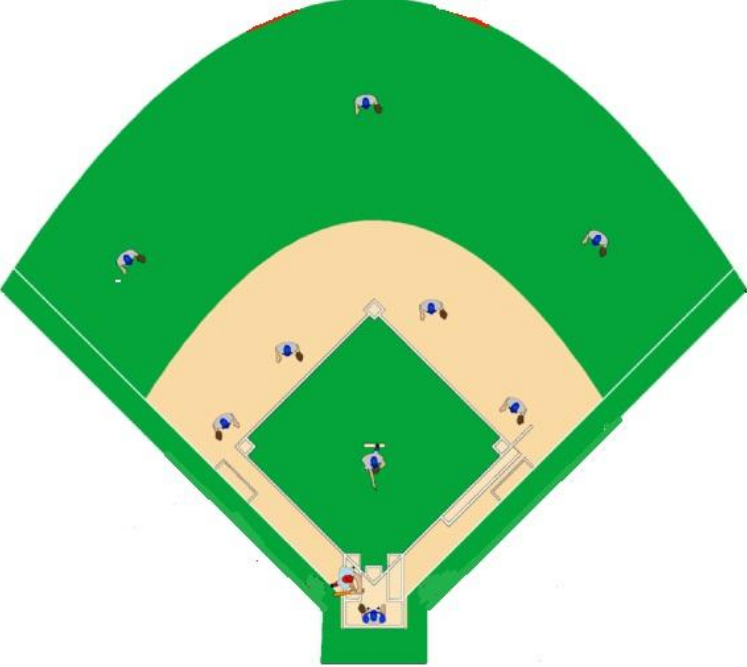
Section One: Safety and welfare

Competency	Questions
<p>Demonstrate awareness of a coach's duty of care</p>	<p>Choose the best option to fill in the missing word:</p> <ol style="list-style-type: none"> 1. A coach assumes a certain duty of care: he or she must treat and supervise team members in the same way as would a prudent _____. Answer: _____ <ol style="list-style-type: none"> a. Teacher b. Parent c. Person d. Lawyer 2. Harassment, bullying and abuse are _____ inappropriate, whether by team members or the coach. Answer: _____ <ol style="list-style-type: none"> a. Completely b. Usually c. Never d. Sometimes 3. The Coaches Code of Conduct is an integral part of Australian baseball. It must be signed and _____ by all accredited coaches. Answer: _____ <ol style="list-style-type: none"> a. Recited b. Handwritten c. Acknowledged d. Adhered to
<p>Identify the safety issues and manage the risks of baseball</p>	<p>True or false (circle the correct response):</p> <ol style="list-style-type: none"> 1. A coach is not responsible for the safety of the playing area. Answer: _____ T or F 2. Hitter and all base-runners must wear a helmet. Answer: _____ T or F 3. Bats may fly unexpectedly in any direction. Answer: _____ 4. A coach should encourage his players to run into the opposition if they are in the way. Answer: _____ T or F

Section Two: Practice and long term development

<p>Identify the elements of a rookie-ball training session</p>	<p>Circle the items which do not belong:</p> <ol style="list-style-type: none"> 1. Team meeting: outline the plan for the day 2. Static stretching (10-15 min) 3. Throwing activity(ies) (10-20 min) 4. Technique of the day (5-15 min) 5. Fielding activity(ies) (15-25 min) 6. Hitting activity(ies) (20-30) 7. Optional: Rookie-Ball game (or some other game-based activity) 8. De-brief (5min): feedback on session (two-way), relevant news, next game, next practice etc.
<p>Use inclusive coaching principles to rotate player positions equally throughout a game/innings/season</p>	<p>Select the most correct answer:</p> <ol style="list-style-type: none"> 1. It is important to have a system for ensuring equal participation because: <ol style="list-style-type: none"> a. Kids and parents can see that all are treated equally b. The players get to learn all aspects of the game c. A coach does not lose perspective on the purpose of junior sport d. All of the above <p style="text-align: right;">Answer: _____</p> 2. In the suggested method for managing equal positional time throughout the season, the positions are divided into groups called: <ol style="list-style-type: none"> a. Infield, Outfield, and Hitters b. Battery, Infield, Outfield c. Pitchers, Fielders, Runners d. Hitters, Pitchers, Runners <p style="text-align: right;">Answer: _____</p> 3. Each week in turn, players are allocated to a specific group and a position within that group. Each inning after that: <ol style="list-style-type: none"> a. They rotate through the three positions in that group b. They rotate to a position in a different group c. They play only the position in which they started d. None of the above <p style="text-align: right;">Answer: _____</p> 4. A practice activity is one where the players are rehearsing something they have already learnt to do. A learning activity: <ol style="list-style-type: none"> a. Challenges the players to develop new skills or understanding b. Can be effective even if the players fail at the task c. Helps develop a positive attitude toward continual improvement d. All of the above <p style="text-align: right;">Answer: _____</p> 5. Which of these is a component of the recommended philosophy: <ol style="list-style-type: none"> a. Competing is fine, but winning is what counts. b. Reward effort rather than success. c. A coach's job is to win the competition d. Don't let the kids take the blame for a loss; blame the umpire <p style="text-align: right;">Answer: _____</p>
<p>Outline the LTAD model and approach</p>	<p>Complete the incomplete words:</p> <ol style="list-style-type: none"> 1. LTAD stands for Long Term Athletic Development. 2. 1st stage lasts until onset of puberty, is called the FUNdamental stage, and focuses on establishing all-round movement capability, learning through activity (games-based approach) and establishing a positive attitude toward physical activity. 3. The warm-up provided is much more than a warm-up: it is a mild conditioning activity which starts the LTAD process 4. Adult-imposed competition is of little, if any, value.

Section Three: Game specific knowledge

<p>Name and locate the positions on a baseball field</p>	<p>On the diagram below, assign each player the number corresponding to the position.</p> <table border="0" style="width: 100%;"> <tr> <td>1. Pitcher</td> <td>2. Catcher</td> <td>3. 1st Base</td> </tr> <tr> <td>4. 2nd Base</td> <td>5. 3rd Base</td> <td>6. Shortstop</td> </tr> <tr> <td>7. Left Field</td> <td>8. Centre Field</td> <td>9. Right Field</td> </tr> </table> 	1. Pitcher	2. Catcher	3. 1 st Base	4. 2 nd Base	5. 3 rd Base	6. Shortstop	7. Left Field	8. Centre Field	9. Right Field
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<p>Recall the rules of the Rookie Ball modified baseball game</p>	<p>Mark the statements which are correct with regard to Coach Pitch (or Rookie Ball etc):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Team size shall be 8 or 9. <input type="checkbox"/> An inning will end when three outs are made or the hitting team scores 6 runs. <input type="checkbox"/> A team may score up to 10 runs per inning <input type="checkbox"/> Teams may field as many as the opposition (maximum of 9) and bat no more than 9 in any given game. <input type="checkbox"/> Rookie Ball acts as a bridge between T-ball and baseball proper <input type="checkbox"/> The intention of the game is that players learn that a walk is as good as a hit. <input type="checkbox"/> A coach or other designated individual pitches the ball to opposition's batters. <input type="checkbox"/> If the designated pitcher is hit by a batted ball, the hitter is out. <input type="checkbox"/> A hitter who swings and misses three times is out. <input type="checkbox"/> Base stealing, or advancing on passed balls and wild pitches, is prohibited. <input type="checkbox"/> Baserunners may not leave their base until the batter makes contact with the ball. <input type="checkbox"/> On overthrows at any base, the ball is alive and runners may run at their own risk. <input type="checkbox"/> The Designated Pitcher is not to field the ball. <input type="checkbox"/> Infielders must assume their initial fielding position behind the base-paths. <input type="checkbox"/> Outfielders may field at any depth. <input type="checkbox"/> All fielders shall remain relatively stationary when the pitch is made. <input type="checkbox"/> The Infield Fly rule does not apply to Rookie Ball. <input type="checkbox"/> No runners may advance or be put out on a fly ball. 									
<p>Outline a progressive approach to developing sliding technique</p>	<p>True or False?</p> <ol style="list-style-type: none"> 1. The recommended method to teach sliding technique begins with having the players sit cross-legged. Answer: _____ T or F 2. It is important to keep the front foot upright, rather than leaning to the side, during a slide. Answer: _____ T or F 3. Players can learn to slide by walking or running slowly before dropping down into a sliding position. Answer: _____ T or F 4. Sliding on a large sheet of wet plastic does nothing to help those learning to slide Answer: _____ T or F 									

<p>Outline a philosophy and strategies for maintaining “good tempo”</p>	<p>Fill in the missing words:</p> <ol style="list-style-type: none">1. The game is best played at a fast tempo; players should be encouraged to be energetic and enthusiastic at all times, at training and in games.2. Four specific instances at this level:<ol style="list-style-type: none">a. 60 second changeoverb. catcher readyc. gloves organisedd. run hard on all hit balls.
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