Level 3 Written Assessment

Section One: General issues for coaches

Competency	Content
Demonstrate awareness of a coach's duty of care	Indicate whether each of these statements is True or False: 1. Any coach who is Accredited and registered in Australian baseball is covered against negligence claims no matter what he or she does. Answer: _____ 2. All coaches must sign and adhere to the ABF's Coach Code of Conduct. Answer: _____ 3. A coach should avoid unaccompanied and unobserved one-on-one activity with a player under the age of 18. Answer: _____ 4. Physical contact between coach and player is absolutely forbidden. Answer: _____
Identify the safety issues and manage the risks of baseball	1. As well as the hardness of the bat and ball, the major safety risks in baseball arise from: a. the speed of the contests in the game b. the violence of the contests in the game c. aggressive behaviour of players d. baseball being a contact sport Answer:_____ 2. The facility must be inspected regularly for anything that could threaten the s_____ of the participants. 3. For safety reasons, all hitters and baserunners must wear: a. batting gloves b. helmets c. uniforms d. shoes with cleats or studs Answer: _____ 4. Players must not practice throwing or hitting: a. on the infield b. in the outfield c. in front of the dugout d. near the bull pens Answer: _____ 5. When playing catch, p_____ should be safely separated and t_____ parallel to one another.
Encourage players to participate in other aspects of baseball: umpiring, coaching, scoring etc	1. Players should be encouraged to explore these ways of being involved in baseball: a. Umpiring b. Coaching c. Scoring d. Ground preparation e. All of the above Answer: _____ 2. True or False: some people will ultimately find that they enjoy these aspects as much as or more than playing. Answer: _____

Assess the prescribed activity and instruction competencies of candidates for L1 and L2	1. The purpose of the coach assessment process is to
	   a. Accredit everybody who attempts the assessment
	   b. Ensure that each accredited coach has particular competencies
	   c. To make it harder for people to coach
	   d. Remove a coach's ability to coach in his own style
	
	                  Answer: _____
	
	2. True or False: The assessment is objective because the assessor marks only what he sees or hears.
	                  Answer: _____
	
	3. True or False: The bullet points on the Assessment sheet guide the Assessor in his observations and in his feedback to the candidate.
	                  Answer: _____

Outline the meaning and use of the RICER approach to soft tissue injury management	1. The acronym RICER stands for
	   a. Restrain, Isolate, Compression, Evaluation, Resume
	   b. Restrain, Ice, Compression, Evaluation, Recuperate
	   c. Rest, Ice, Compression, Elevate, Refer
	   d. Rest, Isolate, Compression, Elevate, Rectify
	
	                  Answer: _____

Section Two: Training sessions

Use a game based learning approach to plan and conduct activities and mini-games.	1. True or false: Using a games-based coaching style means you don't need to plan your sessions. Answer: _____
	
	2. The letters in the acronym TREE, which reminds a coach of how modifications can be made to an activity, stand for:
	   o T_____
	   o R_____
	   o E_____
	   o E_____
	3. Questions used in a games-based coaching environment should usually be:
	   a. designed remind the players they don't know everything
	   b. designed to get the players thinking, inventing and planning
	   c. designed to make sure the players can remember the rules
	   d. designed to get a specific answer
	
	                  Answer: _____
	
	4. True or false: skills developed in a games-based learning environment stand up well under pressure.
	                  Answer:_____

Plan a suitable 2 hour training session	1. A coach should have a team meeting at the beginning of training to outline the planned session to the players. True or false?
	                  Answer: _____
	
	2. Which of these is not a recommended part of a speed work session early in a training session:
	   a. Acceleration drills
	   b. Foul poles
	   c. Sprint mechanics drills
	   d. Short, fast starts and sprints
	
	                  Answer: _____
	
	3. Is it usually best to conduct individual defensive work before a throwing program so that the arms are not tired. True or false?
	                  Answer: _____

	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: _____

Organise a hitting circuit which incorporates several drills and progressions	1. Which of these is the best description of a hitting circuit?
	    a. small groups of players moving through hitting activities at different stations
	    b. live batting practice where the hitter attempts to hit the ball to all parts of the field
	    c. live batting practice where the hitter practices sacrifice flies, ground balls to the right side and various types of bunts
	    d. game simulation where hitters run the bases according to the situation before returning to the batting cage
	
	Answer: _____
	
	2. In the standard side-toss drill, the ball is flipped to the hitter:
	    a. from the hitter's open side at a safe distance
	    b. from just out of sight behind the hitter's closed side at a safe distance
	    c. in rapid succession to develop bat speed
	    d. randomly around the strike zone to encourage concentration
	
	Answer: _____

Name and briefly explain the 6 Fs	1. In sequence, "The 6 Fs" of fielding a ground ball are:
	    a. Feet, Field, Funnel, Footwork, Fire, Follow
	    b. Feet, Find, Footwork, Field, Flex, Fire
	    c. Find, Field, Footwork, Flex, Fire, Follow
	    d. Feet, Find, Field, Funnel, Footwork, Fire
	
	Answer: _____
	
	2. Which of these is not a key phrase to be used in teaching the 6 Fs:
	    a. "right to left, left to target"
	    b. "use two hands"
	    c. "wide base"
	    d. "alive on your feet"
	
	Answer: _____

Section Three: Long Term Athletic Development

Name the first four stages of LTAD theory, and outline the key points of the FUNdamental stage.	1. The first two stages of Long Term Athletic Development (LTAD) model are: and the:
	    a. the FUNdamental stage and the Train to Win Stage
	    b. Train to Compete stage and the Train to Win Stage
	    c. the FUNdamental stage, the Train to Train stage
	    d. Train to Develop stage and the Train to Win Stage
	     Answer: _____
	
	2. The focus of the FUNdamental stage does NOT include:
	    a. establishing all-round movement capability
	    b. learning through activity
	    c. establishing a positive attitude to physical activity
	    d. encouraging competiveness
	
	Answer: _____
	
	3. Under LTAD principles, the warm-up:
	    a. is a mild conditioning activity
	    b. is unnecessary in warm weather
	    c. increases the risk of injury
	    d. is just a team bonding activity
	
	Answer: _____

Outline the LTAD model of athletic development (movement competencies)	1. Through the life of a player, LTAD tries to develop:
	   a. stability, aggression, size and strength
	   b. stability, range of motion, control and strength
	   c. range of motion, adaptability and strength
	   d. stability, range of motion, control and recovery
	
	                                              Answer: _____
	
	2. To maximize physical competence, long term exercise programmes should:
	   a. encourage extra effort by including only activities from the seven movement streams that are beyond the athletes current ability
	   b. focus on mastery of a single movement stream before going to the next stream
	   c. ensure that in each the seven movement streams, more basic movements are mastered before more challenging activities are attempted
	   d. concentrate on the movement stream that exercise the muscle groups an athlete will use most in a game situation
	
	                                              Answer: _____
	
	Are the following statements True or False?
	
	3. Pushing is the most important stream for baseball.
	
	                                              Answer: _____
	
	4. A soon as they can do a current exercise, children should advance to a more challenging one.
	
	                                              Answer: _____
	
	5. Progress in the LTAD program will provide benefits outside of baseball, as well as in the game.
	
	                                              Answer: _____
	
	6. The average child in Australia is more sedentary than children were 30 years ago.
	                                              Answer: _____

Outline a suitable on-field strength and conditioning session based on the ABF LTAD model	1. In an on-field strength and conditioning session, athletes should concentrate on:
	   a. stability, aggression and strength
	   b. stability, range of motion and control
	   c. range of motion and strength
	   d. stability, control and recovery
	
	                                              Answer: _____
	
	2. On-field strength and conditioning sessions should:
	   a. include at least one exercise from each of the seven movement streams
	   b. ignore movement streams that do not increase heart rate
	   c. be conducted at a high tempo to improve cardiovascular fitness
	   d. include only movements that are specific to the athlete's sport
	
	                                              Answer: _____
	
	3. The three streams concentrating on the lower body are:
	   a. running, jumping, stretching
	   b. double leg, pulling, core
	   c. power, agility, flexibility
	   d. double leg, single leg, jumping
	
	                                              Answer: _____

Section Four: the Game

Recall the basic rules of junior and Little League baseball	Indicate whether it is true or false that each of these statements describes a rule in Little League baseball: 1. In every game, every player must field for at least 3 defensive outs and have at least one plate appearance. Answer: _____ 2. Runners may take a short lead (less than 3m) when on base. Answer: _____ 3. Runners may not steal a base until the catcher has caught the ball. Answer: _____ 4. There is no balk rule. Answer: _____ 5. There are to be no dangerous slides or collisions. When there is a play, at any base other than 1ˢᵗ base, the runner must slide. Answer: _____

Understand the basics of base coaching	1. One role of the third base coach is to:
	   a. ensure the runner at first base has a good lead in a stealing situation
	   b. always control the runner from first base who is attempting to advance to third base
	   c. remind runners of the game situation
	   d. all the above
	
	Answer: _____
	
	2. One role of the first base coach is to:
	   a. with bases loaded, control runners at first and second bases
	   b. remind runners on first base to only advance when forced or when directed by the third base coach
	   c. ensure first base runners always tag up on fly balls to the outfield
	   d. remind first base runners of the game situation
	
	Answer: _____