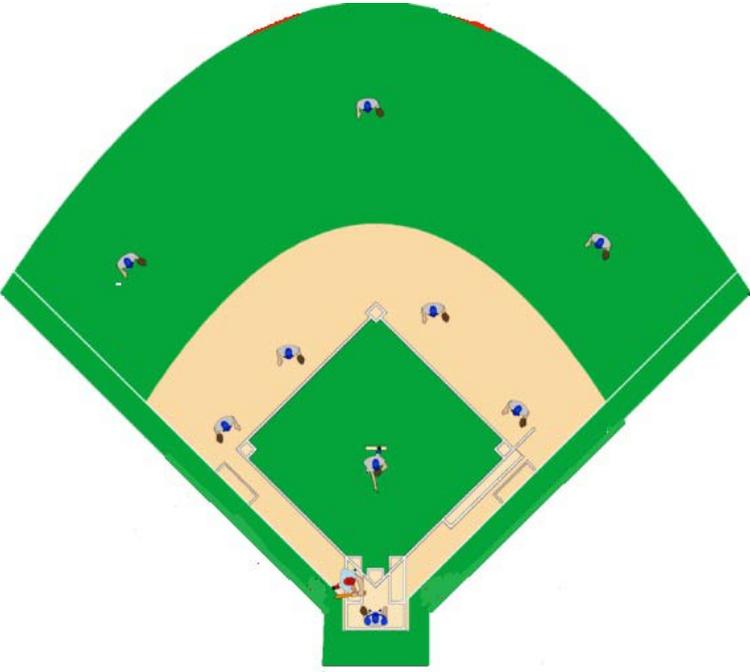


## Level 2 Written Assessment

Competency	Questions
Demonstrate awareness of a coach's duty of care	<p>Choose the best option to fill in the missing word:</p> <p>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 _____.</p> <p style="margin-left: 40px;">a. Teacher b. Parent c. Person d. Lawyer</p> <p style="text-align: right;">Answer: _____</p> <p>2. Harassment, bullying and abuse are _____ inappropriate, whether by team members or the coach.</p> <p style="margin-left: 40px;">a. Completely b. Usually c. Never d. Sometimes</p> <p style="text-align: right;">Answer: _____</p> <p>3. The Coaches Code of Conduct is an integral part of Australian baseball. It must be signed and _____ by all accredited coaches.</p> <p style="margin-left: 40px;">a. Recited b. Handwritten c. Acknowledged d. Adhered to</p> <p style="text-align: right;">Answer: _____</p>
Identify the safety issues and manage the risks of baseball	<p>True or false (circle the correct response):</p> <p>1. A coach is not responsible for the safety of the playing area.      Answer: _____      T or F</p> <p>2. Hitter and all base-runners must wear a helmet.                      Answer: _____      T or F</p> <p>3. Bats may fly unexpectedly in any direction.                              Answer: _____      T or F</p> <p>4. A coach should encourage his players to run into the opposition if they are in the way.                                      Answer: _____      T or F</p>
Outline the LTAD model and approach	<p>Complete the incomplete words:</p> <p>1. LTAD stands for L_____ T_____ A_____ D_____.</p> <p>2. 1<sup>st</sup> stage lasts until onset of puberty, is called the FUN_____ stage, and focuses on establishing all-round movement capability, learning through a_____ (games-based approach) and establishing a p_____ attitude toward physical activity.</p> <p>3. The warm-up provided is much more than a warm-up: it is a mild c_____ activity which starts the LTAD process</p> <p>4. A_____ -imposed competition is of little, if any, v_____.</p>
Identify the elements of a rookie-ball training session	<p>Circle the items which do not belong:</p> <p>1. Team meeting: outline the plan for the day</p> <p>2. Static stretching (10-15 min)</p> <p>3. Throwing activity(ies) (10-20 min)</p> <p>4. Technique of the day (5-15 min)</p> <p>5. Fielding activity(ies) (15-25 min)</p> <p>6. Hitting activity(ies) (20-30)</p> <p>7. Optional: Rookie-Ball game (or some other game-based activity)</p> <p>8. De-brief (5min): feedback on session (two-way), relevant news, next game, next practice etc.</p>
Outline a philosophy and strategies for maintaining "good tempo"	<p>Fill in the missing words:</p> <p>1. The game is best played at a f_____ tempo; players should be encouraged to be energetic and enthusiastic at all times, at t_____ and in g_____.</p> <p>2. Four specific instances at this level:</p> <p style="margin-left: 40px;">a. _____ second changeover b. catcher ready c. g_____ organised</p>

	<p>d. run hard on all h_____ balls.</p>
<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> <p>1. Pitcher                      2. Catcher                      3. 1<sup>st</sup> Base  4. 2<sup>nd</sup> Base                      5. 3<sup>rd</sup> Base                      6. Shortstop  7. Left Field                      8. Centre Field                      9. Right Field</p> 
<p>Outline a progressive approach to developing sliding technique</p>	<p>True or False?</p> <p>1. The recommended method to teach sliding technique begins with having the players sit cross-legged.                      Answer: ____                      T or F</p> <p>2. It is important to keep the front foot upright, rather than leaning to the side, during a slide.                      Answer: ____                      T or F</p> <p>3. Players can learn to slide by walking or running slowly before dropping down into a sliding position.                      Answer: ____                      T or F</p> <p>4. Sliding on a large sheet of wet plastic does nothing to help those learning to slide                      Answer: ____                      T or F</p>
<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"> <li><input type="checkbox"/> Team size shall be 8 or 9.</li> <li><input type="checkbox"/> An inning will end when three outs are made or the hitting team scores 6 runs.</li> <li><input type="checkbox"/> A team may score up to 10 runs per inning</li> <li><input type="checkbox"/> Teams may field as many as the opposition (maximum of 9) and bat no more than 9 in any given game.</li> <li><input type="checkbox"/> Rookie Ball acts as a bridge between T-ball and baseball proper</li> <li><input type="checkbox"/> The intention of the game is that players learn that a walk is as good as a hit.</li> <li><input type="checkbox"/> A coach or other designated individual pitches the ball to opposition's batters.</li> <li><input type="checkbox"/> If the designated pitcher is hit by a batted ball, the hitter is out.</li> <li><input type="checkbox"/> A hitter who swings and misses three times is out.</li> <li><input type="checkbox"/> Base stealing, or advancing on passed balls and wild pitches, is prohibited.</li> <li><input type="checkbox"/> Baserunners may not leave their base until the batter makes contact with the ball.</li> <li><input type="checkbox"/> On overthrows at any base, the ball is alive and runners may run at their own risk.</li> <li><input type="checkbox"/> The Designated Pitcher is not to field the ball.</li> <li><input type="checkbox"/> Infielders must assume their initial fielding position behind the base-paths.</li> <li><input type="checkbox"/> Outfielders may field at any depth.</li> <li><input type="checkbox"/> All fielders shall remain relatively stationary when the pitch is made.</li> <li><input type="checkbox"/> The Infield Fly rule does not apply to Rookie Ball.</li> </ul>

<p>Use inclusive coaching principles to rotate player positions equally throughout a game/innings/season</p>	<p><input type="checkbox"/> No runners may advance or be put out on a fly ball.</p> <p>Select the most correct answer:</p> <ol style="list-style-type: none"> <li>1. It is important to have a system for ensuring equal participation because:             <ol style="list-style-type: none"> <li>a. Kids and parents can see that all are treated equally</li> <li>b. The players get to learn all aspects of the game</li> <li>c. A coach does not lose perspective on the purpose of junior sport</li> <li>d. All of the above</li> </ol> <p style="text-align: right;">Answer: _____</p> </li> <li>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"> <li>a. Infield, Outfield, and Hitters</li> <li>b. Battery, Infield, Outfield</li> <li>c. Pitchers, Fielders, Runners</li> <li>d. Hitters, Pitchers, Runners</li> </ol> <p style="text-align: right;">Answer: _____</p> </li> <li>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"> <li>a. They rotate through the three positions in that group</li> <li>b. They rotate to a position in a different group</li> <li>c. They play only the position in which they started</li> <li>d. None of the above</li> </ol> <p style="text-align: right;">Answer: _____</p> </li> <li>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"> <li>a. Challenges the players to develop new skills or understanding</li> <li>b. Can be effective even if the players fail at the task</li> <li>c. Helps develop a positive attitude toward continual improvement</li> <li>d. All of the above</li> </ol> <p style="text-align: right;">Answer: _____</p> </li> <li>5. Which of these is a component of the recommended philosophy:             <ol style="list-style-type: none"> <li>a. Competing is fine, but winning is what counts.</li> <li>b. Reward effort rather than success.</li> <li>c. A coach's job is to win the competition</li> <li>d. Don't let the kids take the blame for a loss; blame the umpire</li> </ol> <p style="text-align: right;">Answer: _____</p> </li> </ol>
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