

## Baseball Australia Coach Accreditation: Level 3 Written Component

### Coach's Duty of Care

#### True or False?

Any coach who is accredited and registered in Australian baseball is covered against negligence claims no matter what he or she does? **Answer:** \_\_\_\_\_

All coaches must sign and adhere to Baseball Australia's Coach's Code of Conduct. **Answer:** \_\_\_\_\_

Coaches need to know how to minimise risks for themselves, and their players **Answer:** \_\_\_\_\_

Physical contact between player and coach is completely forbidden **Answer:** \_\_\_\_\_

### Skill Acquisition Tick the correct answer(s)

#### What is Implicit Learning?

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

#### Which sentence best describes Implicit Learning?

- it typically lacks instruction about how to perform the skill
- it is heavily structured
- it is meaningless
- it relies on a lot of verbal instruction

#### What are the benefits of Implicit Learning?

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

#### What acronym best describes games-based learning?

- a) T.R.U.E
- b) T.R.E.E
- c) T.A.M.E
- d) T.E.S.T.

**Answer:** \_\_\_\_\_

#### Name above acronym (what does each letter stand for?)

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- 
- 
- 

### Two important keys of game-based learning are?

#### Tick the correct answer(s)

- Ask closed questions
- The ability to modify tasks/activities
- Ask open questions
- None of the above

### Injury Management

#### What does RICER stand for?

- R
- I
- C
- E
- R

### Safety

#### Safety considerations are - Tick the correct answer(s)

- Hitters and base runners must wear approved helmets
- Sliding is an essential skill used for stopping at a base effectively
- Safety is not a concern
- Ensure the playing area and surrounds are safe

### Basic Situational Strategy

#### Circle two basic situational strategies?

- a) Put the opposition under pressure
- b) Understand the value of a single run late in the game, and play accordingly
- c) Win at all costs
- d) Play for a big inning, early in the game

### Planning a training session

#### Which of the following does not fit into a suitable 2 hour training session?

- a) Team meeting
- b) Discuss points table
- c) Warm Up
- d) Speed work
- e) Throwing program
- f) Defence
- g) Hitting
- h) Base running and conditioning
- i) Stretch
- j) Review

**Answer:** \_\_\_\_\_

### Basics of Base Coaching

#### Tick the correct answer(s)

- 3<sup>rd</sup> base coach has the major base coaching duties
- 1<sup>st</sup> and 3<sup>rd</sup> 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 1<sup>st</sup> base coach

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### LTAD

#### What Does LTAD?

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

Answer: \_\_\_\_

#### Name the 4 LTAD Stages:

- 
- 
- 
- 

#### Name the four core properties of LTAD:

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- 
- 
- 

#### Name the seven LTAD streams:

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- 
- 
- 
- 
- 
- 

#### To maximise physical competence, LTAD exercise programs should:

- a) Focus on mastery of a single movement stream before going to the next stream
- b) Ensure that in each of the seven movement streams, more basic movements are mastered before more challenging activities are attempted
- c) Encourage extra effort by including only activities that are beyond the athlete's current ability
- d) Concentrate on muscle groups most commonly used in a game situation

Answer: \_\_\_\_

### Hitting

#### What is the intent of the swing?

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

Answer: \_\_\_\_

#### Name four activities designed to develop a hitting swing?

- a)
- b)
- c)
- d)

#### Which of these is the best description of a hitting circuit?

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

### Throwing

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

- a) Right hand
- b) Two seam
- c) Left hand
- d) Four seam

Answer: \_\_\_\_

#### Which activity is considered valuable in building throwing ability?

- a) Long toss
- b) Medium toss
- c) Light toss
- d) Short toss

Answer: \_\_\_\_

### 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 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

#### 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: \_\_\_\_

### Fielding

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

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

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / 2019