

Coaching Tests

Chapter 1: Stepping into coaching

1- List the responsibilities (5) you'll have as a coach; briefly explain why each is important.

2- Describe how each of these 'coaching tools' relates to coaching and what they entail.

Comprehension:

Outlook:

Affection:

Character:

Humour:

Chapter 2: Communication

1. List 4 qualities your verbal messages should contain.
2. Explain why these qualities are important.
 - A.
 - B.
 - C.
 - D.
3. What ways do facial expressions and body language affect how your messages are received?
4. What are some things to keep in mind when providing feedback to kids?

Chapter 3: Making Practice Fun and Effective

1. What are the developmental domains and what attributes do they encompass?
2. What are the benefits of maximising class time spent on gymnastic specific activities?
3. Explain 'Guided Discovery', including the four steps involved with implementing it.
4. Explain one drill/routine activity that can be used in class.
5. What rules should you keep in mind when using stations?
6. List the elements that can be included in stations.

Chapter 4: Teaching and Shaping Skills

1. There are four steps to effective teaching skills; introducing the skill, demonstrating the skill, explaining the skill, and attending athletes practicing the skill. Briefly explain what is involved with each step.

- a.

- b.

- c.

- d.

2. List and explain the 6 guidelines in shaping skills.

a.

b.

c.

d.

3. What are the two types of errors athletes can make, and what is the difference?

4. List three ways to make the feedback you give athletes more effective.

5. Explain extinction and when it does and doesn't work.

6. List four ways for discipline to be used effectively.