

## L1 - Coach Learning & Development Assessment

The goal is for you to start your coaching journey with some fundatmentals in coaching, to start to develop your own style, (Who you are as a Coach) what your coaching philosophy will be and some guiding principals for delivering a great first experience for your paticipants with ongoing reflection, review with continueous learning and development to become the best coach that you can be.  You have reached the assessment stage at the end of this Level 1 Coach Learning & Development.
Contact email address
1. (Required) Which of the following are key ingredients of positive sporting experiences? (Tick all that apply)  There is more than one correct answer.
☐ Equal Participation
Activities that Challenge
A fair Coach
Excluding someone from an activity
2. (Required) Identify ONE key approach to ensure your participants are 'actively engaged'. (Tick the single best answer)
☐ Keeping the same players grouped together because they seem to like each other
Having only one participant complete a skill at a time while everyone else waits for their turn
Asking questions to make sure participants understand the activity
Choosing activities that are too advanced for the skill level of your participants
3. (Required) It Is important to carefully consider how to best use the space, equipment and facilities that you access, both before and during every session? (Tick the single best answer)
☐ YES
□ NO
4. (Required) What would you use first to do session planning? (Tick the single best answer)
☐ Identify and minimise safety risks
Plan for maximum activity
Game centred approach

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5. (Required) Your communication approaches and methods are NOT important when considering how to enhance and optimise the environment for participants. Your knowledge of the sport is all that matters. (Tick the single best answer)
TRUE
☐ FALSE
6. (Required) How important is group management compared to coaching technical skills? (Tick the single best answer)
As Important
☐ More Important
7. (Required) What are the things you can reflect on to improve your coaching? (Tick the single best answer)  More than one answer.
☐ Big Picture
☐ Delivery
☐ Communication
Development
☐ All of the above
8. (Required) Now that you understand more about how to improve your coaching using self-reflection which method will you try first? (Tick all that apply)  Choose what best suits you.
Coaching logbook or diary
☐ Mentor or peer support
☐ Feedback from participants
another form of self-reflection
9. (Required) What's the most important thing to see first when coaching an athlete with a disability? (Tick the single best answer)
☐ Their disability
☐ Their Ability
☐ Their wants & needs
☐ Their motivations & desires
10. (Required) An Athlete's Classification is the same in every sport (Tick the single best answer)
TRUE
FALSE
11. (Required) Who should complete the medical information needed for Classification? (Tick the single best answer)

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☐ The athlete
the athletes coach
the athletes medical doctor or health professional
12. (Required) What are the 4 times that a ramp must be moved in play? (Tick all that apply)
☐ Before jack is played
when the player moves
when you go out on court
before playing a penalty ball
when you talk
start of tie breaker
13. (Required) What colour are the Boccia Balls? (Tick the single best answer)
☐ Blue or Red
☐ Blue & White
Red & White
14. (Required) Identify 4 key shots in Boccia. (Tick all that apply)
☐ First Ball
☐ Push Shot
☐ Smash
☐ Cover drive
Lob Shot
☐ Bounce out
15. (Required) How many methods of propulsion are there? (Tick the single best answer)
_ 2
☐ 3
<u></u>
<u>5</u>
16. (Required) How many styles of throwing are there? (Tick the single best answer)
□ 3
<u></u> 4
<u></u> 5
□ 6

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7. (Required) Identify the key technical components. (Tick all that apply)	
Set up	
cool down	
Preparation	
warm up	
Delivery	
Follow through	

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