

L1 - Coach Learning & Development Assessment

The goal is for you to start your coaching journey with some fundamentals 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 participants with ongoing reflection, review with continuous learning and development to become the best coach that you can be.

You have reached the assesment 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

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)

☐ 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
- ☐ 4
- ☐ 5

16. (Required) How many styles of throwing are there? (Tick the single best answer)

- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6

17. (Required) Identify the key technical components. (Tick all that apply)

- ☐ Set up

☐ cool down

☐ Preparation

☐ warm up

☐ Delivery

☐ Follow through
