



## ACE 1<sup>st</sup> YEAR COACHING CERTIFICATION TEST

### Principles of Coaching

1. Effective communication is the key to becoming a good coach.
  - a. True
  - b. False
  
2. A good coach will spend the majority of their time talking to their players, rather than teaching them and showing them what they want them to do.
  - a. True
  - b. False
  
3. Your players performance depends on what they \_\_\_\_\_ not, on what you \_\_\_\_\_.
  - a. understand, say
  - b. hear, do
  - c. hear, say
  - d. see, say
  
4. The number one reason kids play youth sports is to:
  - a. Be with their friends.
  - b. Have fun.
  - c. Learn a new sport.
  - d. To win.
  
5. Teach your players from where they are, not from where you want them to be.
  - a. True
  - b. False
  
6. A “Parent’s Meeting” can help you avoid conflicts that may occur during the season.
  - a. True
  - b. False

### **Legal Issues**

7. You should know and understand the nine duties of a coach:
  - a. True
  - b. False
  
8. As a coach, you do not have to worry about your player's equipment fitting properly and being in good working condition.
  - a. True
  - b. False
  
9. Properly supervising an activity means:
  - a. Supervising all activities and games.
  - b. The more dangerous the activity, the more supervision that is needed.
  - c. Never leaving practices or games unattended.
  - d. All of the above.

### **First Aid**

10. Know your limitations when assessing the severity of an injury. When in doubt – call for help.
  - a. True
  - b. False
  
11. The four R.I.C.E. Principles for treatment of injuries are:
  - a. Rest, Ice, Care, Execution
  - b. Rest, Ice, Concern, Elevate
  - c. Rest, Ice, Compression, Elevate
  - d. Relaxation, Ice, Compression, Elevate
  
12. You should never punish your athletes by withholding water from them.
  - a. True
  - b. False

### **Practice Planning**

13. Practice is the most important part of any team's season – even more important than games.
  - a. True
  - b. False
  
14. When it comes to improving skills on the softball field, *quantity*, not quality, is the rule to follow.
  - a. True
  - b. False
  
15. The Four F's of practice are:
  - a. fitting, focused, fantastic, fun
  - b. furious, fast, focused, fun
  - c. fitting, focused, fun, finished
  - d. fitting, furious, fantastic, finished
  
16. Practice doesn't make perfect, it makes permanent. Perfect practice makes perfect.
  - a. True
  - b. False

### **Coach/Umpire Relations**

17. Rules are written for:
  - a. Players to play by.
  - b. Coaches to coach by.
  - c. Umpires to enforce.
  - d. All of the above.
  
18. Umpire judgment calls can be protested.
  - a. True
  - b. False
  
19. If an umpire ejects someone from the game, it is because the umpire:
  - a. Is too sensitive and should not be umpiring.
  - b. Has it in for that particular person.
  - c. Is trying to keep the game under control.
  - d. Likes to show who is in charge.

### **Specific Skills**

20. Practice makes your players better, not more instruction or information.
- True
  - False
21. Young players are often afraid of getting hit by the ball. Your challenge as a coach is to remove fear of the ball by
- telling them not to be afraid of the ball because it won't hurt if they get hit.
  - not even bringing the issue up.
  - using softer, safety balls.
  - hitting regular softballs at them as hard as you can.
22. When catching a fly ball
- have your fingers up to the sky.
  - place your glove on your non-throwing side.
  - secure the ball with two hands.
  - a. and c.
23. When fielding a ground ball, the fingertips of your glove should be at least 6-8 inches above the ground.
- True
  - False
24. When selecting a bat, select one you can control and that is light enough so you can get the bat head through the hitting zone.
- True
  - False
25. A simple basic of hitting is that the player makes contact with the ball:
- After the ball has crossed home plate.
  - When the ball is in the middle of home plate.
  - Out in front of home plate, or even with the front foot.
  - None of the above.