



ACE COACH

2nd YEAR RE-CERTIFICATION TEST

(Clinic Version)



Name: _____

Day Phone: _____

Address: _____

(Please Provide)

City State Zip

Please give **test** and **\$12** Re-Certification Fee to your Clinic Administrator

A score of **19** of **22** must be achieved to pass the test.

These questions are taken directly from the ACE Coach Manual, and your responses should be based on the information provided in the manual.

For each question below, select the one best answer.

Example: The number one reason kids play youth sports is to:

- Be with their friends.
- Have fun.
- Learn a new sport.
- To win

1. What are some things you can do as a coach to help make you a better *teacher* of the game?

- Explain the “How’s” before the “Whys.”
- Do not demonstrate the skill.
- Give a brief explanation of the skill.
- Let the kids try everything on their own.

2. You as the coach need to stay calm in all situations, and to _____ not _____.

3. When coaching your own child, you should:

- Treat your child differently than you treat the other players.
- Catch them when they are doing something good, and tell them about it.
- Treat your child as if they were an athlete first, an individual second.
- Continue to coach your own child, even when your temperament or knowledge limits are met.

4. The *ideal* style of a Coach-Parent relationship is: You are the coach, you are in-charge, but you also want the parents assistance.

- True
- False

5. A parent starts yelling at you, the coach, in front of your team after a tough loss. You should take the parent to the side where no one can overhear your discussion, and let the parent vent.

- True
- False

6. You notice that Mary, your star pitcher, does not seem to enjoy playing softball anymore. You know that her father is very demanding of her. You decide not to do anything about it, hoping the situation will resolve itself.

- Yes
- No

7. Liability for athletic damages is usually based upon negligence. Negligence is defined as:

- Failing to act perfectly in every situation.
- Failing to act as a reasonable and prudent person.
- Failing to act beyond the call of reason.
- Failing to know everything you can about the sport of softball.

8. You could be liable for gross negligence if you have acted with reckless disregard for human safety.

- True
- False

9. It is your responsibility as the coach to identify and reduce risk. You will never entirely eliminate risk, but you can do the following to help reduce it:

- Identify the risks in your program.
- Evaluate the risks to determine their probability and severity of occurring.
- Control of risks.
- All of the above.

10. You walked the field with your players before practice and saw that there were a number of gopher holes in left field. You closed off left field for practice, and sent a written statement to the city about the problem.

- True
- False

11. One of your players sprains her ankle sliding into second base. You notice the ankle is already starting to swell. She wants to stay in the game. You decide to do the following:

- Take her out of the game, and let her go sit in the stands with her parents.
- Take her out of the game, elevate the ankle, and wait until after the game to ice the ankle.
- Keep her in the game and let her run it off.
- Take her out of the game, elevate the ankle, and apply an ice pack immediately to the injury.

12. It's an early season practice, but unusually hot for this time of year. Sally seems pale, she is sweating more than usual, and she complains of nausea. You attribute it to her being out of shape, and have her run wind sprints with the rest of the team. Although she makes it through the practice, did you do the right thing by having her continue?

- Yes
- No

Now that you are into your second year of coaching, you may have mastered teaching all the basic fundamentals of softball. However, it never hurts to go back to the basics:

13. A good coaching tip when teaching young players to throw the ball is thumb by the _____, fingers to the _____, wave _____.

14. The best way to teach a player to catch a thrown ball is to have them catch the ball in the middle of their body, with their hands and not their glove.

- True
- False

15. Your shortstop keeps booting ground balls. She has a bad habit of plopping down on top of the ball at the last minute. You tell her to imagine she is an _____ coming in for a _____ when she approaches a ground ball.

16. The mental aspects of hitting include the funnel approach, where the hitter's thoughts go from broad (dugout) thoughts to narrow (batter's box) thoughts as they approach their turn at bat.

- True
- False

17. Even Olympic caliber athletes use self-toss drill that focuses on confidence in _____ a _____ ball.

18. Which of the following tips will help shorten your fast pitch pitcher's development time and increase their rate of success:

- Break the pitching motion into understandable parts and keep it simple.
- You, the coach, need to be patient, calm, and relaxed when working with your pitcher.
- Be confident in your pitcher, and let them know you have confidence in their abilities.
- All of the above.

19. Starting in 2003, chin straps will be mandatory on all youth batting helmets.

- True
- False

20. Learning a reaction-type skill takes the average person about _____ repetitions before it becomes automatic.

21. When it comes to practice organization, a good rule of thumb is to spend most of your time practicing the skills you will perform most often in your games.

- True
- False

22. As a coach, it is ok to move on to more advanced skills before mastering basic skills, especially since practice time is so limited.

- True
- False