

## QUESTIONS MODULE: ADVANCED TRAINING

## Chapter 2. TEACHING METHODOLOGY

**Multiple Choices**

- 1 The skill acquired in associative stage is:**
  - a) 30%
  - b) 50%
  - c) 75%
  - d) None of the above.
  
- 2 The skill acquired in autonomous stage is:**
  - A) 30%
  - B) 50%
  - C) 75%
  - D) none of the above
  
- 3 Which style emphasizes relationship between peers:**
  - A) Inclusion
  - B) Guided discovery
  - C) Reciprocal/buddy teaching
  - D) Self check
  
- 4 Which style adapts the drill to the different players abilities:**
  - Inclusion
  - Problem solving
  - Self teaching
  - Self sheck
  
- 5 If the main teaching goal is to make player think and find a new skill which style is more suited:**
  - a) reciprocal/buddy teaching
  - b) Problem solving
  - c) Command
  - d) Self-teaching
  
- 6 In which style the players make all the decisions and the coach observes the process:**
  - a) Command
  - b) Learners initiative
  - c) Self check
  - d) Practice task
  
- 7 When the player is a beginner & the goal is very easy , the method used is:**
  - A) Analytic
  - B) Mixed
  - C) Global
  - D) None of the above
  
- 8 When the player is advanced & the goal is difficult the method used is:**
  - A) Analytic
  - B) Mixed
  - C) Global
  - D) None of the above
  
- 9 When the player is advanced & the goal is easy one the method used is:**
  - A) Anyaltic

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- B) Mixed
- C) Global
- D) None of the above

**10 When the player is advanced the goal is very difficult the method used is:**

- A) Analytic
- B) Mixed
- C) Global
- D) None of the above

**11 Reception skills are:**

- A) Action of hitting the ball
- B) Anticipation of where and when the ball will land
- C) Deciding what to do with the ball
- D) None of the above

**12 In vicarious learning:**

- A) It is useful when a pupil wants to learn some technique in a short period of time.
- B) Two sides, teacher & pupil
- C) It can be productive if the pupil is systematic and a good observer
- D) All of the above

**13 While describing their tennis experience if the player moves his eyes from one side to another it means he is:**

- A) Visual learner
- B) Verbal learner
- C) Kinesthetic learner
- D) None of the above

**14 Verbal information is more valuable at the :**

- A) Cognitive stage
- B) Autonomous stage
- C) Associative stage
- D) None of the above

**Open questions**

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**1) List 4 principles of command teaching style**

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**2) List 4 principles of discovering teaching style**

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3) List 3 stages of learning in tennis

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4) Write down 4 characteristic of a kinesthetic learner

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5) Write down 2 types of command teaching style and 2 of discovering teaching style

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6) List 4 factors that define tennis as an open skill sports

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7) Write down 4 characteristics of visual learner

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8) Write down 4 time of command teaching style

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9) List 4 goals of the teaching process in tennis

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10) Write down 4 characteristics of a auditory learner

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11) Write down 4 eg. of discovering teaching style?

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12) Provide 4 main objectives of the teaching process

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13) Give four phases of a stroke

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14) Provide 4 characteristics of verbal cognitive stage

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15) Provide 4 characteristics of associative stages

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16) Provide 4 characteristics of Autonomous/ Differentiation stage

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17) Provide 4 characteristics and objectives of practice/ task style

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18) Provide 4 characteristics and objectives of reciprocal/ buddy teaching

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19) Provide 4 characteristics and objectives of self-check

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20) Provide 4 characteristics and objectives of Inclusion

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21) Provide 4 characteristics and objectives of Guided discovery style

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22) Provide 4 characteristics and objectives of problem solving style (divergent)

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23) Provide 4 characteristics and objectives of individual program

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24) Provide 4 characteristics and objectives of learner's initiatives

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25) Provide 4 aspects to be considered for class organization

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26) Provide 4 aspects to be considered for choosing a teaching method in tennis

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**Chapter 3. STRATEGY AND TACTICS****Multiple Choices**

- 1 A good tactic for the return of the second serve is :**
  - A) Intention should be to attack the second serve
  - B) Use an inside out forehand
  - C) Occasional hit a drop shot
  - D) All of the above
  
- 2 The basic aim of tactical training is:**
  - A) Stimulate tactical thinking & assess tactical risk
  - B) Improve forehand
  - C) Develop high frustration level
  - D) Both A) & C)
  
- 3 A “building “ tactical shots means:**
  - A) Shot that does not have any goal in itself
  - B) Shot that tries to create the conditions to make a winner
  - C) Shot that tries to prevent the opponent from making a winner
  - D) None of the above
  
- 4 Partial anticipation is:**
  - A) Predicting what the opponent will not do
  - B) Predicting what the opponent will do
  - C) Habitual both A and B above
  - D) None of the above
  
- 5 Counter puncher :**
  - A) Pressurises all of the time
  - B) Is a good front runner
  - C) Very consistent from the back court
  - D) Does not allow you to develop any rhythm
  
- 6 Aggressive baseliner:**
  - A) Tries to blast the opponent off the court
  - B) Very consistent from the back court
  - C) Very patient
  - D) None of the above
  
- 7 Against a net rusher:**
  - A) make as many returns off the first serve
  - B) Hit deep returns in the center
  - C) Attack all short balls with your best shot
  - D) Both A) & C) above
  
- 8 Match evaluation is useful**
  - A) To formulate new goals for training
  - B) To know the tactical efficiency of the player
  - C) To write the score
  - D) Both A) & B) above



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Open questions

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1) List 4 tactics in would like your player to use against a serve and volleyer

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2) List 4 tactics in would like your player to use against a counter puncher

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3) List 4 tactics you would like your player to use against an aggressive baseliner

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4) Write down 4 characteristics of the all round game style

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5) Write down 4 good tactics for return of serve

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6) Write down 4 good tactics when you are passing?

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7) Write down 4 characteristics of the net rusher / serve and volleyer game style

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8) Write down 4 good tactics for the second serve

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9) Write down 4 good tactics when both players are at the baseline

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10) Write down 4 good tactics for the 1<sup>st</sup> serve

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11) Write down 4 good tactics when approaching or at the net

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12) Write down the factors that influence match play

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13) What are the important principles for strategy and tactics in single's play?

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14) Which are the different types of game styles?

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15) Write down different game situations

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16) What are the characteristics of an aggressive baseliner?

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17) Provide 4 characteristics of a counter puncher

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18) Provide 4 considerations while returning second serve

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19) Provide 4 considerations while passing

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20) Give 4 different types of anticipation

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21) Anticipation is based on which 4 factors?

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22) List 4 objectives of match evaluation

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23) Which 4 aspects could match analysis show?

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24) Give four phases of match analysis

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25) Provide 4 types to tactical shot

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26) Provide 4 effective ways of match evaluation talk

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27) Provide 4 basic aims or objectives of tactical training

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## QUESTIONS MODULE: ADVANCED TRAINING

**Chapter 10. DOUBLES FOR TOURNAMENT PLAYERS****Multiple Choices****1. When playing doubles it is important to:**

- A) Serve from closer to the center, than playing singles
- B) Stay away from the net
- C) Make the opponent volley up
- D) None of the above

**2. In doubles partners should:**

- A) Apologise for the errors
- B) Be honest, but supportive and understanding
- C) Rarely communicate
- D) None of the above

**3. Doubles play is good for juniors because...**

- a) Emphasises the general development of an allround game.
- b) Gives players confidence to play at the net as they only have half the court to cover.
- c) Encourages them to play an offensive game, especially serve and volley.
- d) All of the above

**4. Benefits of doubles play for include...**

- a) Ensured access to ATP rankings.
- b) Ensured access to ATP rankings.
- c) Encourages teamwork and communication. It forces the players to co-operate.
- d) All of the above

**5. When setting up the doubles team, the stronger player should generally play...**

- a) On the ad side.
- b) On the deuce side.
- c) On both sides.
- d) None of the above

**6. When deciding the serving tactics we will use in doubles, it is important to...**

- a) Know who is their weakest player.
- b) Know the types of serves we will use.
- c) Know the types of serves they will use.
- d) None of the above

**7. When deciding the receiving tactics we will use in doubles, it is important to...**

- e) Know who is their weakest player.
- f) Know the types of returns we will use.
- g) Know the types of serves they will use.
- h) All of the above

**8. The psychological demands of doubles play are...**

- i) Completely different to the singles game.
- j) The same as the singles game.
- k) Very similar to the singles game.

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- l) None of the above

**Open questions**

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- 1) List 4 tactics you would like our players to use against a both back double's team

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- 2) List 4 tactics you would like your players to use against an Australian formation double's team

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- 3) Write down 4 good tactics for the serving team in doubles

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- 4) Write down 4 good mental tips for better doubles performance

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- 5) List 4 tactical goals for doubles in junior under – 14 competitive tennis

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6) List 4 benefits of doubles for juniors

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7) List four points to enhance team cohesion in doubles

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8) Write down 4 good tactics for the receiving team in doubles

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9) Write down 4 tasks the server should do in doubles

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10) Write down 4 tasks the server's partner should do in doubles

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11) Write down 4 tasks the receiver should do in doubles

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12) Write down 4 tasks the receiver's partner should do in doubles

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13) Write down 4 tactics for an effective return of serve in doubles

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14) Write down 4 tactics for an effective mid court game in doubles

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15) Write down 4 tactics for an effective net court game in doubles

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16) Write down 4 tactics for an effective game in mixed doubles

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17) Write down 4 attacking tactics in doubles

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18) Write down 4 defensive tactics in doubles

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19) Write down 4 features of an effective serve in doubles

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20) Write down 4 features of an effective court coverage and movement in doubles

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