

QUESTIONS MODULE: BIOMECHANICS AND TECHNIQUE

Chapter 4. BIOMECHANICS**Multiple Choices**

1. **Optimum technique is:**
 - a) the study of human motion and effective movement patterns.
 - b) That which allows for the most effective combination of power and control in both stroke and movement technique whilst minimizing the risk of injury.
 - c) Efficient use of co-ordination chain which allows the player to have the best performance
 - d) None of the above.

2. **Inertia is:**
 - A) Resistance of a body to move or to stop moving
 - B) Initiate attack on the opponent
 - C) Center of gravity
 - D) None of the above

3. **Angular momentum in forehand is produced from:**
 - A) Wrist snap
 - B) Rotation of the racket
 - C) Body rotation at the hip & trunk
 - D) None of the above

4. **Elastic energy is:**
 - A) Energy due to muscles
 - B) Energy stored in the muscle and tendon as a result of stretching the muscle
 - C) The ability to maintain equilibrium
 - D) All of the above

5. **Tennis being a sport of continuous motion requires**
 - A) Static balance
 - B) Dynamic balance
 - C) Muscle balance
 - D) None of the above

6. **In analyzing the efficient use of the co-ordination chain the coaches should be aware that:**
 - A) Movement should start from ground up
 - B) Movement should take place from large to small body segments
 - C) Movement should be times and progressive
 - D) All of the above

7. **For a efficient co-ordination chain:**
 - A) Movement starts from the head
 - B) Movement should start from the smaller body segments to larger body segments
 - C) Movement should take place from larger body segments to smaller body segments
 - D) All of the above

8. **For a efficient co-ordination chain:**
 - A) Movement starts from the head
 - B) Movement should start from the smaller body segments to larger body segments
 - C) Movement should start from the ground up
 - D) All of the above

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Open questions

1) Give the sequence of body segment for a serve starting from main source of power

2) List four aspects the coaches should be aware of, when analyzing efficient use of co-ordination chain

3) List 4 eg. of action-reaction, movements applied to tennis strokes

4) List 4 eg. of bio mechanical principle of balance applied to tennis stroke

5) List the 2 times of momentum in tennis and give one eg. of each type

6) List 4 eg of the bio-mechanical principle of opposite force applied to a tennis stroke

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7) List 4 possible problems a player might have in his co-ordination chain

8) List 4 eg. of the bio-mechanical principle of the co-ordination chain applied to tennis stroke

9) Give 4 reasons for the importance of optimum technique

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Chapter 5. ADVANCED STROKES**Multiple Choices****1 With continental grip it is difficult to deal with:**

- A) Low balls
- B) Medium height balls
- C) High balls
- D) None of the above

2 Advantages of hitting with an extreme back hand grip:

- A) Hit a ball chest high
- B) Hit a ball on the rise
- C) Hit a ball bouncing at a normal height
- D) All of the above

3 Disadvantages of extreme backhand grip are:

- A) To hit balls on the rise
- B) Playing low balls and return of serves on fast courts
- C) Cannot hit a ball chest high
- D) All of the above

4 In a serve trunk and shoulder rotation:

- A) Increases velocity of hip
- B) Increases velocity of elbow
- C) Increases shoulder velocity
- D) Aligns the shoulder with the line of the ball

5 In a slice backhand approach shot:

- A) The speed of the racket decreases
- B) A) and C) above
- C) The speed of the racket increases
- D) The racket path continues downward and upward

6. For the semi-western forehand

- a) The ideal contact point will be further in front and lower than the eastern grip
- b) The swing will be slower than with the eastern grip
- c) The ideal contact point will be further in front and higher than the eastern grip
- d) None of the above.

7. In a semi western grip forehand which of the statement is correct

- a) Palm position is same as the eastern grip forehand
- b) Requires an open stance for successful impact and control
- c) Good for volleys
- d) Both a and b above

8. Limitations of the topspin shot are

- a) Higher rebound
- b) Topspin shots are more difficult to time
- c) It gives the player a greater margin of error
- d) All of the above

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9. Topspin is effective for most players when playing from the baseline because:

- a) The ball stays low after the bounce.
- b) The ball can be hit harder with the less likelihood of it going out.
- c) The ball usually clears the net with more margin
- d) Both b) and c) above.

10. The advantages of hitting with slice include:

- a) It is much easier to hit with pace.
- b) Slice shots are usually more difficult to volley than topspin.
- c) If the ball is hit with a low trajectory, it will cause the ball to skid and stay low.
- d) None of the above.

11. Regarding the slice back hand shot, which of the statement is true:

- A) The backswing is more compact for the topspin stroke than the slice shot
- B) The racket path is high to low
- C) Racket face is slightly closed
- D) Both A and B above

12. Further the grip is towards western

- A) The arc of the racket path will be less sharp at contact point
- B) The arc of the racket path will be sharper at contact point
- C) The arc of the racket path will tend to be straight
- D) Both B and C above

Open questions

1) Give four characteristics of eastern grip forehand

2) Give the characteristics of semi-western forehand

3) Give four characteristics of western grip forehand

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4) Give four uses of topspin single-handed backhand

5) Give four features of two-handed backhand

6) Give four important elements of developing a good serve in the early stages

7) List 4 differences between a topspin and a flat forehand

8) List 4 differences between a topspin and a flat serve

9) List 4 grips that can be used to hit a volley

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10) Write down 4 advantages of the split-step when serving and volleying

11) List 4 grips that can be used to hit a backhand ground stroke

12) Write down 4 variations of a volley

13) List 4 grips that can be used to hit a forehand stroke

14) Write down 4 advantages of the split-step when serving and volleying

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Chapter 6. TECHNICAL DIAGNOSIS AND CORRECTION**Multiple Choices****1 General type of correction can include:**

- A) Situational & use of teaching aids
- B) Cue words & analogies.
- C) Sensory/ feeling & mimicry.
- D) All of the above.

2 Technical correction should be stated in:

- A) Competition phase.
- B) Preparatory phase.
- C) Transition/rest phase.
- D) Official matches.

3 Match play is:

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

4 While correcting advanced players, coaches should :

- A) Look for the problem and not the symptom
- B) Give simple and precise information
- C) Do not involve the player in the solution
- D) Both of A) & B)

5. Methods of involving players in the correction process include:

- A) Effective questioning / guided discovery
- B) Use cue/command words
- C) Getting the players to rate the performance of technique
- D) All of the above

6. Ways of relieving the stress of the player when making corrections are:

- A) Teaching something new instead of destroying an existing stroke
- B) Reducing decision making
- C) Ensuring Success
- D) All of the above**

7. The two main types of reinforcement for an effective correction are:

- A) Positive and Negative
- B) Verbal and Non verbal
- C) Extrinsic and Intrinsic
- D) All of the above

8. In groundstroke correction checklist when checking for balance which of the following should not be checked

- A) Split Step
- B) Staying down through contact point
- C) Contact Ball on the rise
- D) All of the above

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Open questions

1) Give four phases of a correction process

2) Which are the points the coach should keep in mind while making corrections of advanced players?

3) List four ways of reducing stress while making corrections

4) List four important features of the communication aspects in the correction process

5) List 4 check points that should appear in a smash correction check list

6) List 4 reasons why it is appropriate to initiate technical corrections during preparatory period or pre-season training

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7) List 4 check points that should appear in a volley correction check list

8) List 4 different types or methods of corrections a coach might use with tournament players

9) List 4 check points that should appear in a serve correction check list

10) List 4 factors that may influence the assessment diagnosis and correction of a player

11) List 4 check points that should appear in a groundstroke correction check list.



ITF COACHING ADVANCED PLAYERS COURSE (FORMER LEVEL 2 COURSE)

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