

QUESTIONS MODULE: THE COACH

Chapter 1. THE ROLE OF THE COACH

Multiple Choices

1. The characteristics of authoritarian style coaching are:

- A) Win centered, coach dependant, telling, Extrinsic & intrinsic motivation.
- B) Win centered, coach dependant, telling & extrinsic motivation.
- C) Win centered, coach dependant, telling & extrinsic motivation.
- D) None of the above.

2 Communication is ineffective when:

- A) Content is wrong and there is lack of attention by the listener.
- B) There is resistance to listening.
- C) Verbal or non-verbal skills don't match up.
- D) All of the above.

3 Athletes first , winning second means:

- A) There is respect for rules and spirit of fair competition.
- B) You have to be an athlete first to win.
- C) Tennis is seen as only one aspect of person's life, not his whole life.
- D) A) and C) above.

4. Objectives of coaching important to you as a coach is:

- a. To help players to grow and develop as individual
- b. Winning at all costs
- c. Athlete first and Winning second philosophy
- d. Only a) and c) above.

5. The elements of non verbal communication are:

- a) Receiving feedback
- b) Giving feedback and rewards.
- c) Gestures and other bodily movements.
- d) Use of cue words.

6. Maintaining high ethical standards at all times and in all situations is important because:

- a) It helps you to earn money, power and social recognition.
- b) It is better for the player, the coach and the game in general.
- c) It makes you feel better.
- d) a) and c) above.

Open questions

1) List the 3 main coaching styles and indicate which one you prefer and why?

2) List 4 principles that may help you to ask effective questions to your players?

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3) List 4 ideas that may help in to react when you are in a conflict with the parents?

4. Write down 4 areas which the coach could focus in order to help his self improvement?

5. List 4 principles of communication that may help you react when in a conflict situation?

6. List 4 ideas for effective communication with the player before the match starts?

7. List 4 ways for a coach to develop better time management?

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8. List and define 4 roles that the coach may play?

9. List 4 principles that may help you to give feedback and rewards?

10. List 4 ideas for adequate communication with a player during a match which allows coaching?

11. List 4 details that should probably be included in a coaches CV?

12. Write down 4 principles for which code of ethics?

13. List 4 principles that may help you to talk to your player?

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14. List 4 ideas for adequate communication with a player after the match has finished?

15. List 4 ways for a coach to develop better time management?

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Chapter 15: TRAVELLING WITH PLAYERS

Multiple choice

1 Coaches duty on the day of the match:

- A) Find out the schedule
- B) Help player develop a main strategy and one other secondary one
- C) Motivate and activate the player in a positive way
- D) All of the above

2. At the start of the tour it is very important that the coach

- a) Conducts a meeting with the players
- b) Completes the information on the performance of the player
- c) Understands the goals of the officials
- d) Prepares the gifts for the tournament referees

3. Pertinent information that will assist the tour coach's relationship with the player includes:

- A) Game style
- B) Preparation routine
- C) Medication
- D) All of the above

4. After the tour, the coach should:

- A) Write mainly a technical report
- B) Write mainly a financial report
- C) Write both a technical and a financial report
- D) Return home and relax

5. The procedure that the coach should follow in the case of serious misbehaviour is as follows:

- A) Send the player home
- B) Verbal warning
- C) Verbal warning, written warning and send the player home
- D) Written warning

6. In determining which tournaments the player should play, the coach should ensure that a win:loss ratio is maintained of:

- a) 2:1
- b) 3:1
- c) 4:1
- d) 1:1

7. A recommended career path for a top national junior boy or girl to follow would be:

- a) To play mainly local tournaments
- b) To practice as much as possible and do not play too many matches
- c) To attain a top 2 national junior ranking in their country
- d) None of the above

Open questions**1. Write down ideas of what the player should do mentally before the match?**

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2. Write down 4 ideas of what the player should do after the match?

3. List four jobs of a travelling coach

4. List the recommended career path for a top national junior boy or girl to follow:

5. Give 4 reasons why in determining which tournaments the player should play, the coach should ensure that a 2:1 win:loss ratio should be maintained.

6. Write 4 duties of the coach on the day of the match

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7. Write 4 duties of the coach before the start of a tour

8. Write 4 duties of the coach after finishing a tour

9. Write 4 different types of tournaments that can be played by players 12-15 years old

10. Write down different ways on how a coach can develop a professional attitude in young advanced tennis players

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Chapter 16. COACHING FEMALE TENNIS PLAYERS

Multiple choice

1. Anthropometrically, there are no differences between males and females, up to which age?

- a) 12 years old
- b) 10 years old
- c) 14 years old
- d) 16 years old

2. The respiratory frequency is higher in females than in males due to the fact that...

- a) Females have different thoracic breathing.
- b) Males have the same respiratory volume
- c) Males have lower respiratory volume
- d) All of the above

3. Females reach puberty...

- a) earlier than males and therefore their bodies mature earlier
- b) later than males and therefore their bodies mature later
- c) earlier than males and therefore their bodies mature later
- d) at the same time as males

4. Females achieve their maximum physical performance at around...

- a) 15-16 years old
- b) 11-12 years old
- c) 13-14 years old
- d) 16-17 years old

5. Due to the female's lower physical capacity, the effort that she will have to put in, in order to perform the same task as a male, will be...

- a) smaller
- b) bigger
- c) same
- d) none of the above.

6. Studies have shown that female athletes suffer from anxiety states...

- a) more frequently than male athletes.
- b) less frequently than male athletes
- c) with the same frequency than male athletes
- d) none of the above

7. Females...

- a) have a higher desire to learn during practices than males
- b) are more disciplined than males
- c) have more ability to mix with and be part of the group than males
- d) all of the above are correct

8. Research has shown that females are as easy to work with as their male counterparts

- a) Correct
- b) Incorrect
- c) No research has been conducted on this topic
- d) The results of the research are controversial

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9. Talent search and detection process has to be started in girls when they are...

- a) 7-8 years old
- b) 4-5 years old
- c) 11-12 years old
- d) 2-3 years old

10. When working with female players, coaches should:

- a) Ask girls to lose weight
- b) Focus mostly on girls with masculine traits
- c) Encourage girls to develop self-reliance and independence
- d) None of the above

Open questions

1. Write down 4 differences between males and females as per the tennis game

2. Write down 4 anthropometrical differences between males and females that can affect their tennis game

3. Write down 4 biological differences between males and females that can affect their tennis game

4. Write down 4 developmental differences between males and females that can affect their tennis game

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5. Write down 4 psychological differences between males and females that can affect their tennis game

6. Write down 4 social differences between males and females that can affect their tennis game

7. Write down 4 aspects regarding puberty and the menstrual cycle that can affect the tennis performance

8. Write down 4 ideas coaches should understand when coaching advanced female players

9. Write down 4 principles for adequate talent search and detection of female players

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10. List 4 important principles coaches need to take into account when working strength with female players
