

## QUESTIONS MODULE: PERIODISATION AND PLANNING

**Chapter 11. AWARENESS OF STANDARDS****Multiple Choices****1 Co-ordination ability is most favorable to work on:**

- A) From 13 years on
- B) From 18 years on
- C) 4-11/13 years
- D) none of the above

**2 Development of strength in the age range 6-10 should be through:**

- A) Medicine balls
- B) Plyometrics
- C) Body weight exercises like rope climbing, wheel barrow races, pulling and pushing games
- D) None of the above

**3 Technical development at the age range 6-10 should be:**

- A) develop a variety of spin on all strokes
- B) great net coverage
- C) ensure correct grip
- D) develop a topspin lob

**4. Long-term planning is important because...**

- a) The margins of improvement at the top in high level tennis are very small
- b) Preparation needs to be very specific
- c) Training has to be planned well in advance.
- d) All of the above

**5. A factor related the tennis player which is important to long-term player development is:**

- a) The motivational level of the player
- b) The preparation of the coach
- c) The personality of the rest of the players in the squad.
- d) None of the above

**6. Flexibility is most favourable developed within the age period of:**

- a) 4-12 years old
- b) 6-14 years old
- c) 3-8 years old
- d) None of the above

**6. The sensitive phase for the development of strength and power starts from:**

- a) 9-12 years old on
- b) 13-14 years old on
- c) 3-8 years old on
- d) None of the above

**7. The sensitive phase for the development of aerobic and anaerobic endurance starts from:**

- a) 9-12 years old on
- b) 13-14 years old on

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- c) 3-8 years old on
- d) None of the above

**8. Tennis technique will be most favourably improved between:**

- a) 8-12 years of age
- b) 4-9 years of age
- c) 6-12 years of age
- d) None of the above

**9. According to different sports specific research, The period of training necessary to achieve high performance in tennis is between...**

- a) 7 to 10 years of systematic training.
- b) 3 to 5 years of systematic training.
- c) 10 to 20 years of systematic training.
- d) None of the above

**10. The average age at which top level performance is achieved in tennis is approximately**

- a) 13-15 for women and 18-21 for men.
- b) 16-19 for women and 18-21 for men.
- c) 12-20 for women and 25-28 for men.
- d) None of the above

**11. Research shows that during the first years of training, results are predominantly affected by...**

- a) Science
- b) Experience
- c) Patience
- d) Elegance

**12. Because girls mature physically earlier than boys, their training loads between 9 and 14 years of age...**

- a) Can be increased more than with boys of the same age
- b) Should be decreased more than with boys of the same age
- c) Should be kept the same as boys of the same age
- d) None of the above

**13. Player profiling usually involves the coach...**

- a) Working with the player
- b) Planning the training of the player
- c) Periodising the competition of the player
- d) Assessing the strengths and weaknesses of the player.

**13. The fundamental use of a player profile is...**

- a) To show to the player his own potential
- b) To assist the player in setting goals for future improvement
- c) To understand the player's capabilities
- d) All of the above

**Open questions**

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- 1) List four factors related to the tennis player are important to long term planning
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2) List four factors that should be taken into account when making a general profile

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3) List four elements of physical development to work on at the age range 6-10 and give one example of each of how to do it

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4) List four elements of psychological development to work on at the age range 6-10

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5) List four elements of tactical development to work on during the age range 11-13

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6) List 4 ideas on how to improve the tactical development of players at the age range 6-10

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7) List 4 ideas on how to improve the technical development of players at the age range 6-10

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8) List 4 ideas on how to improve the tactical development of players at the age range 11-13

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9) List 4 ideas on how to improve the technical development of players at the age range 11-13

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10) List 4 ideas on how to improve the tactical development of players at the age range 14-16

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11) List 4 ideas on how to improve the technical development of players at the age range 14-16

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## QUESTIONS MODULE: PERIODISATION AND PLANNING

**Chapter 12. GOAL SETTING****Multiple Choices****1 An objective goal is:**

- A) To improve body chain co-ordination
- B) To make 70% first serve in a match
- C) To improve level of play
- D) To improve endurance

**2 A performance goal is:**

- A) To be a national Under 18
- B) To be ranked top 10 in the country by the end of the year
- C) Hit over my backhand on returns
- D) Both A and B above

**3. Goals...**

- a) provide a clear sense of direction and purpose
- b) stimulate players to meet and overcome the necessary challenges
- c) help players motivate
- d) all of the above

**4. Research has shown that setting specific goals...**

- a) Increase players performance
- b) Decrease players performance
- c) Has no effect on players performance
- d) Dramatically improves players performance

**5. Goal setting should be done on**

- a) A group basis
- b) an individual basis
- c) Pair basis
- d) None of the above

**6. According to research using goal-setting techniques is effective in**

- a) 20% to 40% of the situations
- b) 40% to 70% of the situations
- c) 70% to 90% of the situations
- d) None of the above

**7. Coaches and players generally prefer goals that are ...**

- a) moderately difficult
- b) very difficult
- c) average
- d) Very easy

**8. Goals will usually only increase performance by...**

- a) 90%
- b) 5%
- c) 50%
- d) 25%

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**9. Goal should be...**

- a) Specific
- b) Measurable
- c) Agreed
- d) All of the above

**10. Goals should be...**

- a) Realistic
- b) Dictated by the coach
- c) General
- d) None of the above

**Open questions**

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**1) List four things the coach should find out prior to setting the goals**

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**2) List 4 different types of goals**

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**3) List four areas to work on in goal setting specific to tennis**

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**4) List four problems and obstacles in goal setting**

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**5) List four principles of goal setting**

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6) List four advantages of goal setting

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7) Give four reasons why players should set goals

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8) Provide 4 examples of performance goals

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9) Provide 4 examples of outcome goals

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10) Provide 4 examples of long-term goals

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11) Provide 4 examples of medium-term goals

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12) Provide 4 examples of short-term goals

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13) Provide 4 examples of specific goals

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14) Provide 4 examples of general goals

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15) Provide 4 examples of objective goals

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16) Provide 4 examples of subjective goals

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## QUESTIONS MODULE: PERIODISATION AND PLANNING

**Chapter 13. PLANNING****Multiple Choices****1 In specific preparatory period, physical training should have:**

- A) Interval training, sprints, fartlek
- B) Muscular and cardio respiratory endurance
- C) High volume and but not energy intensive
- D) None of the above

**2 In pre-competition period, physical training should be:**

- A) Decreasing the strength training
- B) Developing aerobic system
- C) Heavier weights and less repetitions
- D) All of the above

**3. Periodisation**

- a) Is a modern concept
- b) Was already used by the Greeks
- c) Has been used in tennis for more than two centuries
- d) None of the above

**4. Tennis is one of the few sports**

- a) Not in the Olympic Games
- b) Without an off season for professionals
- c) With an off season for professionals
- d) None of the above

**5. In order to elaborate an adequate periodisation, it is crucial to...**

- a) Use the latest sport science information
- b) Rely basically on experience
- c) Have financial support
- d) None of the above

**6. When creating a periodised plan, volume refers to...**

- a) Amount of work performed.
- b) How hard the player works.
- c) How often the player trains.
- d) What to work on (technique/tactics, condition etc).

**7. When creating a periodised plan, intensity refers to...**

- a) Amount of work performed.
- b) How hard the player works.
- c) How often the player trains.
- d) What to work on (technique/tactics, condition etc).

**8. When creating a periodised plan, frequency refers to...**

- a) Amount of work performed.
- b) How hard the player works.
- c) How often the player trains.
- d) What to work on (technique/tactics, condition etc).

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**9. When creating a periodised plan, type or content refers to...**

- a) Amount of work performed.
- b) How hard the player works.
- c) How often the player trains.
- d) What to work on (technique/tactics, condition etc).

**10. Benefits of periodisation include...**

- a) Helps to avoid staleness.
- b) Reduces boredom.
- c) Reduces the risk of burnout
- d) All of the above

**Open questions**

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**1) List 4 reasons why it is appropriate to work the endurance base of the player during the pre-reason training**

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**2) List 4 characteristics of the competition period of an annual periodisation plan**

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**3) List 4 specific goals (technical, tactical, physical and mental) to work with the player during the preparation period of an annual periodisation plan**

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**4) List 4 characteristics of the general preparation period of an annual periodisation plan**

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5) List 4 phases of the annual period for periodisation

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6) List 4 benefits of correct periodisation

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7) List four aspects, which can be controlled by periodised plans

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8) List four elements that define the planning of a training program

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9) List four characteristics that define periodisation

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**10) List four training phases of a typical periodisation program**

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## QUESTIONS MODULE: PERIODISATION AND PLANNING

**Chapter 14. THE TRAINING SESSION****Multiple Choices****1 When performing a drill the coach should ensure that:**

- A) The player is giving 100% effort and drill is performed at high levels of concentration and intensity.
- B) It is better going for quantity instead of quality
- C) There is no adequate rest issue
- D) None of the above

**2 This drills are given to groove strokes:**

- A) Close drills
- B) Tactical drills
- C) Open situation drills
- D) None of the above

**3. When the general goal of a drill is the acquisition of a new skill, the drill is working on:**

- a) learning
- b) correction
- c) stabilisation
- d) all of the above

**4. When the general goal of a drill is the improvement of a skill the player already has, the drill is working on:**

- a) learning
- b) correction
- c) stabilisation
- d) all of the above

**5. When the general goal of a drill is the maintenance of a skill, the drill is working on:**

- a) learning
- b) correction
- c) stabilisation
- d) all of the above

**6. As a general rule, Easier drills should be performed**

- a) before more difficult drills
- b) after more difficult drills
- c) at the same time than difficult drills
- d) None of the above

**7. As a general rule, the number of advanced players in a group session should be around...**

- a) 1-2 players
- b) 4-6 players
- c) 8-10 players
- d) None of the above

**8. As a general rule, the length of a group training session with advanced players should be around...**

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- a) 3 hours
- b) 1 hour
- c) 1-2 ½ hours
- d) None of the above

**9. As a general rule, the length of a group training session with advanced players should be around...**

- a) 1 hour
- b) 1-1 ½ hours
- c) 1-2 ½ hours
- d) None of the above

**10. During the training session it is important...**

- a) To practice all 5 situations
- b) To have one or two main goals
- c) To conduct a complete physical and technical warm-up
- d) All of the above

**Open questions**

**1) List 4 eg. of mental goals or purposes of a drill**

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**2) List 4 eg of match play goals or purposes of a drill**

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**3) Write down the different parts and approximate duration of 1hour 15 mins training session**

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**4) List 4 eg. of tactical goals or purposes of a drill**

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5) List 4 eg. of technical goals or purposes of a drill

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6) Write down the different parts of 1 hour training session

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7) List 4 eg. that should be applied to all training sessions

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8) List 4 eg. of physical goals or purpose of a drill

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9) Write down the different parts of a 2 hour training session

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10) List 4 eg. of a technical goals of purposes of a drill

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11) List 4 eg. of a tactical goals or purposes of a drill

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12) Give an eg. of a different parts of an 1 hour 30 mins training session

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13) List four elements of a daily practice session of tournament players is based on

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14) List four elements a good drill is based on

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15) List four purposes or goals of a drill

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16) List four ideas that are good to follow while planning a drill

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