

Australian Baseball NCAS: L1 Knowledge Assessment

Section 1: Safety

1. In a game using foam bats & balls, what is the minimum distance the on-deck hitter and other individuals must remain from the hitter?
 - a. 5 metres
 - b. 10 metres
 - c. 15 metres
 - d. 20 metres

e. Answer _____
2. If using metal bats & harder balls, what is the minimum distance the on-deck hitter and other individuals must remain from the hitter?
 - a. 5 metres
 - b. 10 metres
 - c. 15 metres
 - d. 20 metres

e. Answer _____
3. B_____ and b_____ can be dangerous and may fly unexpectedly in any direction
4. Encourage players to avoid any unnecessary c_____

Section 2: Training Sessions

5. Which of these coaching elements is NOT required at this level?
 - a. a long list of fun, skills-enhancing activities
 - b. participation by all players
 - c. technical instruction
 - d. teaching skills through games

Answer _____
6. Kids at this stage of development learn best by doing, and this creates more effective long-term learning.
7. Which of these is not an important part of a training session for tee-ballers?
 - a. Plan the session beforehand
 - b. Discuss the points table
 - c. Finish on time
 - d. Vary the activities

Answer _____
8. In addition to throwing, fielding and hitting activities, what other skill development activity should be included in each session?
 - a. Running
 - b. Catching
 - c. Sliding
 - d. Pitching

Answer _____
9. According to the recommended Aussie T-Ball Session provided, what is the first physical activity to be done once actual training commences?
 - a. Debrief
 - b. Structured warm-up
 - c. Fielding activity
 - d. T-ball game

Answer _____
10. The acronym which suggests the ways in which activities can be adapted to cater for differing levels of ability is:
 - a. F.U.N.N.Y.
 - b. G.A.M.E.
 - c. T.R.E.E
 - d. M.A.T.E.S.

Answer _____

11. All drills and activities can be adjusted to cater for varying ability by adjusting the T_____, the Rules, the E_____, or the Environment.
12. Promote good s_____, stay enthusiastic, and reward e_____ rather than s_____. No n_____ comments about or to umpire.

Section 3: The Game

Preparing for a game:

13. Write out your l_____-u__ (o_____ and d_____), including copies for scorer, umpire and (according to local rules)
14. Team meeting: inform players of f_____ position and b_____ order.
15. Warm-up, including batting and fielding p_____ if feasible.
16. Have e_____ ready on t_____.

The rules:

17. So that all players have equal involvement in the game, the players r_____ positions every inning.
18. When rotating, the players move in the following manner:
 pitcher becomes c_____
 c_____ becomes 1st base
 1st base becomes 2nd base
 2nd base becomes ____ base
 ____ base becomes shortstop
 Shortstop becomes p_____
19. Everyone deserves equal opportunity. Competitive games are fun, but w_____ is not the only issue
20. Which of these is **not** a way in which an out may be made in Aussie Tee-Ball?
 a. Fly ball caught in foul territory
 b. Tagged out
 c. Leaving early on a fly ball
 d. Force out

Answer _____

21. How many foul balls may a hitter have in an at bat? _____
22. The hitter is out if a batted ball that is c_____ on the f_____
23. A baserunner is forced to run when all bases behind him are o_____
24. If your number 3 hitter is the last hitter in one inning, number 4 must have led off this inning, so number ____ must lead off the next inning
25. How many hitters may bat each inning? _____
26. How frequently must fielders rotate in their positions? _____

The bench:

27. Sit in h_____ order
28. Only one hitter o_ d_____
29. G_____ and d_____ arranged for ease of access
30. P_____ stay away from the bench and out of dugout
31. ____ second changes between inning:
32. Everyone r_____ to position (and off when the o_____ inning is over)
33. Teammates take gl_____ out to those on base etc