

Name: _____

Date: _____

Leadership in Training Assessment Part II

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This portion of your assessment serves to identify whether or not you have achieved your goals for the week, assess the extent of your learning, and for you to demonstrate your understanding of the many concepts covered in the L.I.T program.

Question 1 - What is the number one most important step to achieving success? Choose the BEST answer (1 mark)

- a) Taking action
- b) Creating a team
- c) Clarity
- d) Designing a training plan
- e) None of the above

Question 2 - Which ONE quality does not belong to the FIST principal as discussed during the week? (1 mark)

- a) Trust
- b) Collective accountability
- c) Pride
- d) Caring
- e) Communication

Question 3 - Which example below best describes positive self-talk? (1 mark)

- a) "Hey buddy, you really dropped the ball out there"
- b) "Hey man, you can do it, I believe in you!"
- c) "That's okay, shake it off, I can do it!"
- d) "Man I really suck at this, I can't do it"

Question 4 - Choose one of the qualities from the FIST principal; describe what it means in your own words. Give me an example of how this quality is illustrated on a team. (3 marks)

Question 5 - List the 3 aspects of Holistic approach to sport. Choose one of the three, define it and give an example of how sport benefits a person in that specific aspect. (6 marks)

Question 6 - Design a short 30 minute lesson plan (pertaining to your sport) that includes safety precautions, adaptations, modifications, progressions, and is developmentally age appropriate. The age group you are planning for is ages 7-9. (10 marks)

Question 7 - Explain what mental skills are, give an example, and explain how it can be practiced in training (3 marks)

Question 8 - Between two players, with skill and genetics being equal, what is the determining factor of who will be more successful? (1 mark)

Question 9 - In a brief paragraph, describe your experience in this camp. What new skills and knowledge did you acquire? How can you bring these skills and apply them in all aspects of your life? Give examples. (5 marks)