

G.C FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT

DIPLOMA IN COACHING

MAY 2017 EXAMINATION

NETBALL MAJOR

YEAR 2

Time: 2 ½ hours

Instructions: Answer all the questions in Sections A and B and any Two (2) from Section C.

SECTION A

Instruction: Answer all questions from this section.

1. Which is not considered a skill component of fitness:
 - a) Flexibility
 - b) Agility
 - c) Power
 - d) Speed

2. How often I train is referred to as:
 - a) Overload
 - b) Intensity
 - c) Frequency
 - d) Repetition

3. A toss- up in the game of netball is given for _____:
 - a) Dead ball
 - b) Simultaneous breaking
 - c) Over a third
 - d) Ball out of court

4. Which type of analysis is commonly used by coaches during a netball game?
 - a) Statistic
 - b) Charts
 - c) Video
 - d) All of the above

5. Which of the following is Not considered a training method used in netball:
 - a) Interval training
 - b) Circuit training
 - c) S training
 - d) Fartlek training

6. What skill best describe defending strategies used in netball?
 - a) Catching and throwing
 - b) Man to man and roll
 - c) Zoning and dodging
 - d) Man to man marking and zoning

7. Which activities best describe the competitive period:
 - a) Sleep, match play, fitness training
 - b) Rest, engaging in sporting activity
 - c) Anaerobic training, extra strength training, skill training
 - d) Continuous training, strength training, healthy diet

8. Which of the following is Not considered a team official in netball?
 - a) Manager
 - b) Coach
 - c) Umpire
 - d) Team doctor

9. Which of the following is an advanced skill in netball?
 - a) Shooting
 - b) Landing and pivoting
 - c) Passing on the run
 - d) Defending

10. During the game of netball, Goal Shooter hits the ball and it goes out of court what penalty is awarded:
 - a) A throw-in
 - b) A free pass
 - c) Penalty pass
 - d) Penalty shot

11. All of the following are true about playing the game of netball except:
 - a) A player may bat or bounce the ball to another player.
 - b) A player may roll the ball to another player.
 - c) A player may lean on the ball to gain balance.
 - d) A player may tip the ball in an uncontrolled manner.

12. Which is NOT considered a minor infringement in the game of netball:
 - a) Contact
 - b) Toss-up
 - c) Breaking
 - d) Over a third

13. A _____ refers to a phase of training with duration between 2-6 weeks:
- a) Macrocycle
 - b) Microcycle
 - c) Mesocycle
 - d) None of the above
14. How hard netballers train is referred to as:
- a) Overload
 - b) Repetition
 - c) Intensity
 - d) Frequency
15. If a player catches the ball and land on the right foot; he or she may:
- a) Step on the right and lounge on the left foot.
 - b) Step on the left foot, lift the right foot and pass the ball.
 - c) Step with both feet.
 - d) Hop on the right foot, step on the left and then pass the ball.
16. During what part of your training session would include skill development.
- a) Cool- down
 - b) Warm up
 - c) Main activity
 - d) None of the above
17. When planning a netball training session you need to plan in advance how you will manage the athlete. Which coaching skill best suits this description:
- a) Safety
 - b) Demonstration
 - c) Observation
 - d) Organizing
18. A goal attack makes a quick drive into the goal circle to make a shot. What component of fitness is utilized:
- a) Power
 - b) Strength
 - c) Speed
 - d) Agility

19. The R in the acronym SMARTER when setting a goal means:

- a) Ready
- b) Relevant
- c) Responsible
- d) Reliable

20. The hand signal below represents:



- a) Half time
- b) Umpire time out
- c) Time out
- d) Obstruction

SECTION B

Instruction: Answer all questions from this section.

1. Identify FOUR role of the umpire before the start of the game. (4 marks)

2a. Explain the difference between man to man defense and zone defense. (4 marks)

b. Draw a diagram to illustrate a simple zone defense. (5 marks)

3a. Identify one component of fitness and give the name of a test used to administer this component. (2 marks)

b. Explain two activities that could be used to improve the component discuss above. (4 marks)

4. Goals must be SMARTER, explain the acronym. (7 marks)
5. Describe any two of the following fitness methods as it relates to netball: (8 marks)
- Fartlek
 - Circuit training
 - Interval Training
 - Weight Training
6. State six reasons why the whistle is blown in the game of netball. (6 marks)

SECTION C

Instruction: Answer Two questions from this section.

1. Define the term periodization? (2 marks)
- b. Explain the following terms Pre – season, In- season, Off- season. (6 marks)
- c. Describe three activities that should be included during the pre- season and in – Season of your netball program. (7 marks)
2. Explain the following terms and tell the penalty awarded for each infringement. (15 marks)
- Contact
 - Offside
 - Obstruction
 - Over a third
 - Stepping
3. Select any skill in netball and design a 45 minutes training plan. (15 marks)
4. Explain the coaching points to a set of grade 8 students on one two landing and pivoting. (15 marks)
5. Design with the use of diagrams Three activities to teach the skill Shooting Forward Step Shot. (15 marks)

END OF EXAMINATION