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

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

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

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

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

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


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


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


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


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


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) Mensurable
   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

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

2) List 4 different types of goals

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

4) List four problems and obstacles in goal setting

5) List four principles of goal setting
6) List four advantages of goal setting

7) Give four reasons why players should set goals

8) Provide 4 examples of performance goals

9) Provide 4 examples of outcome goals

10) Provide 4 examples of long-term goals
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11) Provide 4 examples of medium-term goals

12) Provide 4 examples of short-term goals

13) Provide 4 examples of specific goals

14) Provide 4 examples of general goals

15) Provide 4 examples of objective goals

16) Provide 4 examples of subjective goals
**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).
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

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

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

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

4) List 4 characteristics of the general preparation period of an annual periodisation plan
5) List 4 phases of the annual period for periodisation

6) List 4 benefits of correct periodisation

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

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

9) List four characteristics that define periodisation
10) List four training phases of a typical periodisation program

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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) 1-2½ 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) 1-1½ hours  
c) 1-2½ 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

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

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

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

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

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

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

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