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**Belvidere Youth Baseball & Softball  
Coaches Aptitude Test**

Please complete the following multiple choice questions by circling the correct answer.

1. Which of the following scenarios is the best way to approach an umpire if you disagree with the call on the field?
  - a. Run towards the umpire waving your arms while the play is still live.
  - b. Shout profanity from the dugout because obviously the umpire is clueless.
  - c. Tell the umpire who didn't make the call that his partner is terrible.
  - d. Wait until the play ends, call time, walk out to the umpire, and ask a question conversationally.
  
2. Which of the following is appropriate behavior for a coach after an umpire gives him/her an explanation of a call?
  - a. Speak at the umpire in a loud voice.
  - b. Call the umpire names and try to intimidate him/her.
  - c. Tell the umpire you still don't agree, but thank him/her for the explanation.
  - d. Yell loudly that the umpire is cheating the kids so that the parents can hear it.
  
3. How should a coach handle an umpire's alleged inconsistent strike zone?
  - a. Complain after every call.
  - b. Tell his/her players that the umpire is terrible.
  - c. During the next visit to the mound, the coach should say something to the umpire on his way back to the dugout.
  - d. Encourage his/her players to be aggressive at the plate and put the ball in play.
  
4. Which of the following describes the level of important from greatest to least of the following words?
  - a. Winning, relationships, skill development
  - b. Skill development, relationships, winning
  - c. Relationships, skill development, winning
  
5. What is the best way to dismiss a team meeting after a loss?
  - a. Have a long meeting and review all the things that went wrong, ending by telling players to think about all the mistakes they made.
  - b. Have a short conversation and tell the team that was embarrassing.
  - c. Have a short conversation telling the team that you are looking forward to a couple good practices before next game.

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- d. Hold a parent meeting to announce that if the team doesn't start playing better you will quit.
6. A parent approaches you after a game about her son's playing time. She is visibly upset, and so are you, since the team did not win. What should you do?
    - a. Engage in conversation, and see if you can talk over her as to show who is boss.
    - b. Let her vent for a minute, then tell her the reason her son doesn't play is because he is so terrible.
    - c. Let her vent for a minute, then calmly ask her to have a conversation with her son tomorrow, and that you would be happy to discuss this in after 24 hours.
    - d. Let her vent for a minute, then unleash on her and blame her son for the loss.
  7. What type of communication do players respond to best after making an error?
    - a. Yelling across the field or dugout after an error, telling the player who made the error that you work on that every practice and can't believe he made that error!
    - b. Say nothing, and tell the players in the dugout that the player who made the error will run laps next practice.
    - c. Clap your hands, and tell the player who made the error to stay in the game and make the next play. Talk to that player in private when the inning is over, encouraging him to get a hit.
    - d. Use profanity early and often.
  8. During practice, it is okay for the head coach to encourage assistants to be more communicative and interactive with players.
    - a. True
    - b. False
  9. During practice, the best way to keep the kids focused is to:
    - a. Have them shag balls for BP, and continue to yell at them for not paying attention.
    - b. Threaten running for anyone not focused.
    - c. Threaten to bench anyone who isn't focused.
    - d. Keep the players in smaller groups, working on skills, and rotating often to keep everyone involved and working. No threats needed.
  10. During a game, your parents begin to get unruly as your team's lead slips away. Soon, the game is tied, and your parents are starting to berate the umpire. What should you do?
    - a. Don't make a scene; discuss it after the game with them.
    - b. Join them, this umpire obviously sucks and that's why the game is tied!
    - c. Allow your players to join them too.

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- d. Immediately walk over to the fence, get everyone's attention, and tell them their behavior is inappropriate and to set a better example for the players.
11. A parent tells you he has secured a new sponsor for the team. He says it will pay for some new gear, but he's hoping his son will get to play more. What do you do?
- a. Ask the parent to get the donation in cash.
  - b. Tell the parent that donations don't determine playing time, but that he can turn a check into you.
  - c. Tell the parent that donations go through the Marketing & Development Director, and pass on that person's contact info to him. Report the parent's behavior to the League Commissioner immediately.
  - d. Don't report the behavior, and decline the donation.
12. Who handles the donations for the organization?
- a. Each team solicits and manages its own sponsors and donations.
  - b. The Travel Program Director handles all donations.
  - c. The Marketing & Development Director handles all donations.
  - d. A team parent should be designated to handle all donations.
13. As a head coach, you have an assistant who you feel is not supporting the vision of the team. What is your first step?
- a. Address the issue during a game, in front of the players.
  - b. Call the Travel Program Director and report it.
  - c. Talk with the assistant and listen to what he/she is saying.
  - d. Tell the other coaches not to talk to that assistant.
14. As a coach, where is the vast majority of coaching done?
- a. During games, while managing the game, coaching a base, or calling pitches.
  - b. At practice, while working at stations and building relationships with kids.
  - c. After the game, when spending an extended period of time addressing the team and all that is good and bad about it.
15. When is it appropriate to have a one-on-one, closed door meeting with a player?
- a. When that player has misbehaved at practice.
  - b. Only if the coaches all agree.
  - c. Never, you should always have an open door and another adult in the meeting.

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16. What is the maximum pitches a 12-year old pitcher should throw in a game, on five days rest?
- 100
  - 80
  - 70
  - 60
17. In the fifth inning of a game, it is okay to replace your pitcher with your catcher, who has caught five innings.
- Yes, if the catcher is your best athlete.
  - Yes, as long as the catcher didn't pitch the day before.
  - No, the catcher makes a throw every pitch, so he is too fatigued.
  - No, it is illegal to make that switch per IHSA rules.
18. Practices are important. What is the best way to handle practice schedules?
- Decide each week which days you will practice, and notify parents.
  - Send out a calendar at the beginning of the season with all practice dates on them, even if you cancel a few along the way.
  - Send out a monthly text with practice times.
  - Schedules can be confusing, it's best not to have one.
19. Is stretching important at the youth level?
- No, kids are still growing and stretching stunts growth.
  - Yes, coaches should have players get in a circle and tell them to stretch however they need to in order to get loose.
  - Yes, have players do some light jogging to get stretched.
  - Yes, a dynamic and static stretch routine should occur before every practice and game. This should be coached, it is a not a time for coaches to talk about the Packers.
20. True or False. All coaches (including assistants) must be screened by Verified Volunteers (and pass the background check) in order to participate in games, practices, and team events? Participation in games and practices includes any interactions with players through team-related activities. The individuals who pass will be considered eligible to coach at BYB.
- True
  - False