# Fundamentals of Coaching EXAM 1 Questions with Correct Answers.

1). What are the 4 most important qualities for a coach to win consistently?

 Ans: organize discipline evaluate players motivate youngsters

2). What do you need in order to motivate?

Ans: -learning is key
 -challenge
 -levels of competitiveness
 -motivational methods
 -readiness and timing

3). What are the 6 keys to motivation?

✓ Ans: 1. have to instruct, correct and evaluate.

2. never settle for poor performance

3. congratulate hard work

4. be specific with praise

5. know your players

6. listen

What is motivation?

Ans: -learning is key

## **Fundamentals Of Coaching Test**

J Spring

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