

# Australian Biathlon Association

## Level 2 Technical Course Exam

Name: \_\_\_\_\_ Date: \_\_\_\_\_

(If necessary use back of page)

1. Name two occasions when a coach should conduct test battery on his/her athletes.

---

---

---

2. Provide an example of how a test result can influence a training programme:

---

---

---

---

3. A seasonal training programme includes 4 phases: General preparatory, Specific preparatory, competitive and transition or post season. Describe the typical variations that should be part of each phase for both intensity and volume in cardio-vascular training.

General Preparatory: \_\_\_\_\_

---

Specific preparatory: \_\_\_\_\_

---

Competitive: \_\_\_\_\_

---

Transition: \_\_\_\_\_

---

4. Name three race support functions expected from a coach in each situation

a) Prior to competition \_\_\_\_\_

\_\_\_\_\_

b) During competition \_\_\_\_\_

\_\_\_\_\_

c) After competition \_\_\_\_\_

\_\_\_\_\_

5. Give a biathlon specific example of when an athlete can use the following mental skill:

Relaxation \_\_\_\_\_

Attention control \_\_\_\_\_

Emotional control \_\_\_\_\_

Visualisation \_\_\_\_\_

Cue words \_\_\_\_\_

6. Define and provide an example of "Coping Strategy"

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. List 5 factors which can affect the zero and explain how

\_\_\_\_\_ how? \_\_\_\_\_

\_\_\_\_\_ how? \_\_\_\_\_

\_\_\_\_\_ how? \_\_\_\_\_

\_\_\_\_\_ how? \_\_\_\_\_

\_\_\_\_\_ how? \_\_\_\_\_

8. Define each of the 6 steps of the "Biathlon Mental Plan for Shooting"

a) Pre-Range Preparation \_\_\_\_\_

b) Range Entry Procedure \_\_\_\_\_

c) Position Acquisition \_\_\_\_\_

d) Target Acquisition and Shot Release \_\_\_\_\_

e) Shot analysis \_\_\_\_\_

f) Range Exit \_\_\_\_\_

9. Provide a definition of the skill requirement for a club level athlete for each of the following shooting criteria (in accordance with the shooting development model)

a) Prone Position \_\_\_\_\_

b) Sight corrections \_\_\_\_\_

c) Set up time and Range time \_\_\_\_\_

d) Muscle adaptation \_\_\_\_\_

e) Aiming off \_\_\_\_\_

f) Group analysis \_\_\_\_\_

10. Indicate the global parameters a coach should follow when prescribing training in the following key elements of training at various points of athletic development

	Stamina	Strength	Speed
Train to Train			
Train to Compete			
Train to WIN			