


**FOR REFERENCE PURPOSES ONLY -**

**THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

June 2018 Strength and Conditioning Journal (40.3) CEU Quiz  
Delivering a Gamespeed-Focused Speed and Agility Development Program

1. How are speed and agility assessed with a definitional point of view?
  - using a time measurement
  - employing a gamespeed perspective
  - testing maximum strength
2. Which of the following is a key task of the offensive transition phase?
  - close spaces rapidly
  - get behind the last line of defense
  - press rapidly to recover the ball
3. On which of the following should evaluating a movement pattern be based?
  - ability to perform the associated key tasks
  - speed at which the movement is done
  - power output during performance
4. On which of the following does effective gamespeed application depend?
  - involvement of undulating periodization
  - refinement of the perception-action cycle
  - development of maximum linear speed
5. Which level of cognitive involvement during motor learning leads to enhanced skill development?
  - low
  - moderate
  - high

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6. Which of the following is a key element of deliberate practice?
    - immediate feedback
    - consistent effort
    - high volume
  
  7. What is the goal during the late youth development phase utilizing the triangular approach?
    - mastering underpinning technical capacities
    - achieving targeted performance scores
    - developing professional physical capacities
  
  8. Which of the following is included during the activation and mobilization phase of the warm-up?
    - lunging competency
    - acceleration progression
    - landing efficiency
  
  9. In the youth development phase, during which type of session is intensity the highest?
    - soccer-specific
    - athletic development
    - dedicated athletic development
  
  10. Which is an emphasis during the raising phase of the warm-up?
    - lunging competency
    - acceleration progression
    - jumping and landing