附件二：

**国家7人制橄榄球队教练员团队竞聘笔试试题**

一、简答题：（第8题为必答题，剩余题目任选其中4道题）

（一）如何制定周期训练计划？

（二）训练和比赛的要素是什么？

（三）怎样提高身体对抗能力?

（四）专业教练员应具备怎样的职业素养？

（五）防兴奋剂应采取哪些措施和方法?

（六）成为一名七人制高水平运动员要具备哪些技战术能力、素质和经验？

（七）七人制橄榄球常采用的打法理念？

（八）本团队在本次招聘中的优势？

二、论述题：（任选其中3道题）

（一）当比赛还有90秒结束，我队以19:15领先，这时怎样安排战术进行比赛?

（二）七人制橄榄球有哪些关键技术和重点环节（自己的认识、看法）？

（三）采取哪些措施促进运动员在国家队内既能充分竞争又能增强凝聚力?

（四）如你是国家队教练是否注重爱国主义教育?采取何种方法和措施?

（五）青少年运动队伍的建设、培养提高应注重哪些内容？

（六）七人制比赛时都有哪些原则、要求？

（七）中国英式橄榄球发展过程中面临的问题及有效的解决方法？

**注：笔试成绩作为参考，以优、良、及格、差为评定标准。**

**SelectionTest of Coaches of the National 7s Rugby Team**

1.Q&A(choose any four of them to answer)

(1) How to make a plan for training cycles?

(2) What are the important elements of training and game?

(3) How to improve players’ ability in physical confrontation?

(4)What capabilities should professional coaches have?

(5)What measures and methods should be taken to avoid doping?

(6) What strategies, qualities and experience should a player has if he wants to be a competent 7s player?

(7) What tactics are often used in 7s game?

(8) What advantages do your group has in this recruitment?

2.Essay Questions (choose any three of them to answer)

(1) If there are 90 minutes left, our team is leading (19:15). What tactics should you take?

(2) What do you think are key techniques and elements in 7s game?

(3) What measures should be taken to enhance players’ competitiveness and cohesion?

(4) If you are the coach of Chinese national team, will you focus on enhancing players’ spirit of patriotism? What measures and methods will you take?

(5) What do you think is important to building and improving the youth team?

(6) What are the principles and requirements of 7s game?

(7) What are the problems facing Chinese rugby? What are the solutions?

Note: the score of written test is one factor of comprehensive assessment. There are four levels of scores: excellent, good, pass and fail