English (US) ♦

### right now training: Individual Performance

How do you feel right now about your individual performance?

Extremely bad Extremely good

0 100

Individual Performance

How do you feel right now about the following components of your individual performance?

Extremely bad Extremely good

0 100

Passing

Support play

Tackling

Effectiveness in contact

Decision-making in game-play

How confident are you right now that you personally will meet the overall technical challenges of this training session?

#### Right now training: joint-action

How confident are you right now that your **training group** will meet the technical challenges of this training session?

Not at all confident

Extremely confident

0

100

Confidence

How are you feeling right now about your **training group's** competence in the following areas?

Extremely bad

Extremely good

Ο

100

Coordination of defensive line

Coordination of attacking line

Support play

On-field communication

## right now training: Team Click

How strong do you feel the unspoken understanding is between the training group today?

Extremely poor

Extremely good

Ο

100

Unspoken understanding between athletes

How do you feel the general atmosphere is in your training group right now?

Extremely bad Extremely good

O 100

General atmosphere

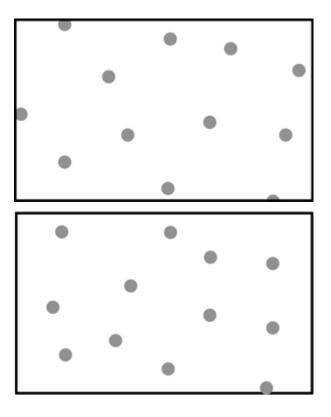
When coordinating on the field, do you feel that your individual ability is extended by the ability of the teammates in your training group?

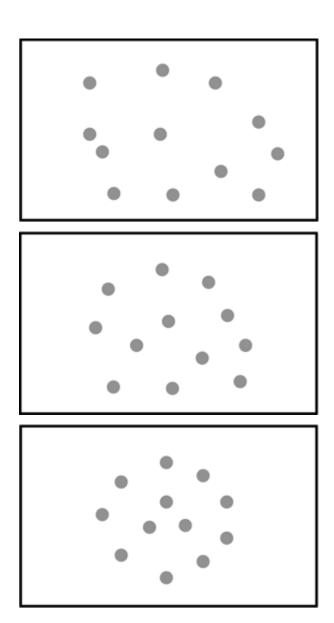
Completely disagree

O 100

My abilities are extended by my team mates

Below is a series of images that represents the coordination of a group of athletes. Please select the image that corresponds to how you feel right now about the way your training group will coordinate in the training drill:





# Bonding1

How emotionally supportive does your training group feel right now?

Extremely weak Extremely strong
0 100

Feeling of emotional Support

How strong is the feeling that everyone in your training group is working towards a shared goal?

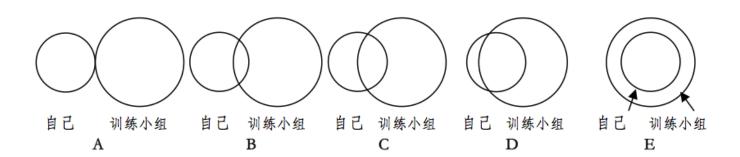
Extremely weak

Extremely strong

0 100

#### Feeling of shared goal

Below are five images that represent different ways people represent their relationship to their team:



Which image best represents how you feel about your relationship to your training group right now?



What is your name?

Team

What is your injury status?

Unable to play Completely fit
0 100

Injury status

Post-exercise: Affect, Mood, Exertion

How are you feeling	ng right	now	?									
•	oused essed rvous		0	0	0	0	000	0	0	0	0	Highly aroused Relaxed Excited
How fatigued do y	ou feel	right	nov	v?								
Fatig	0	at all	fatig	ued							Extre	emely fatigued 100
What is your name		ماد:س										
What is your injury												
Unable to play o						(	Completely fit					
Injury stat	US											
Team •												

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