

## Performance & Competence

How do you feel about your **individual performance** in training today?

Much worst than expected      As expected      Much better than expected

-50      0      50

Overall Performance

How do you feel about the following components of your **individual performance** in today's training?

Extremely poor      Extremely good

0      100

Passing

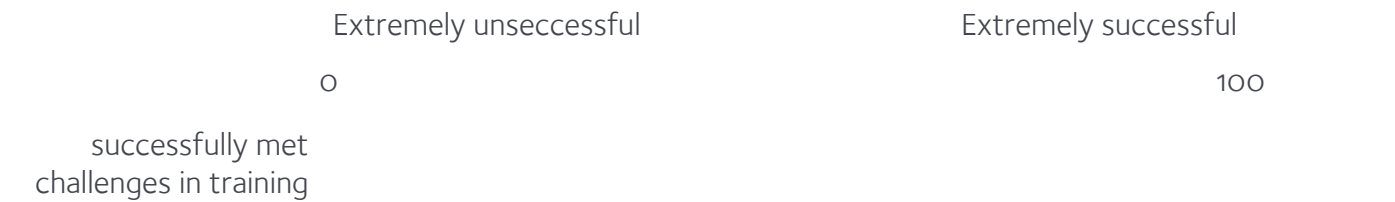
Support play

Tackling

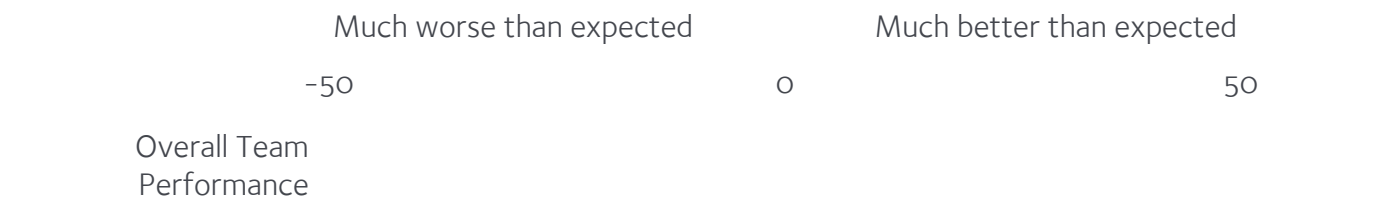
Effectiveness in  
contact

Decision-making in  
game-play

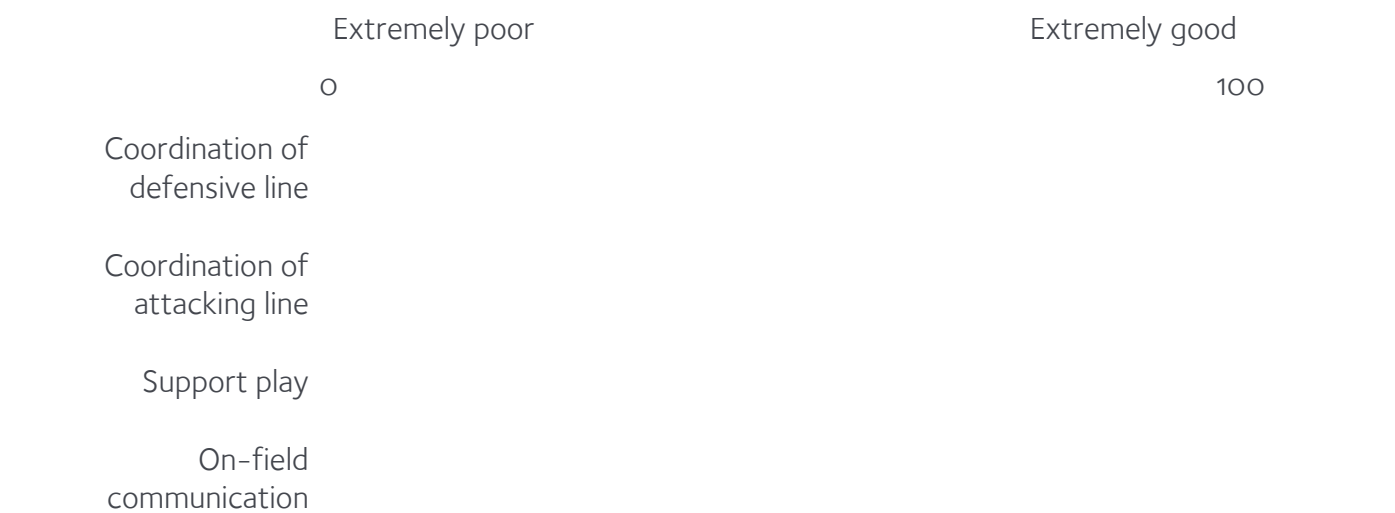
To what extent did you personally meet the challenges posed by the tournament?



Overall, how do you feel about your **training group's** performance in training today?



How do you feel about your **training group's performance** in the following areas of training today?



## Training Group Team Click

How strong did the **unspoken understanding** feel between teammates in your training group today?



How was **general atmosphere** in your training group today?



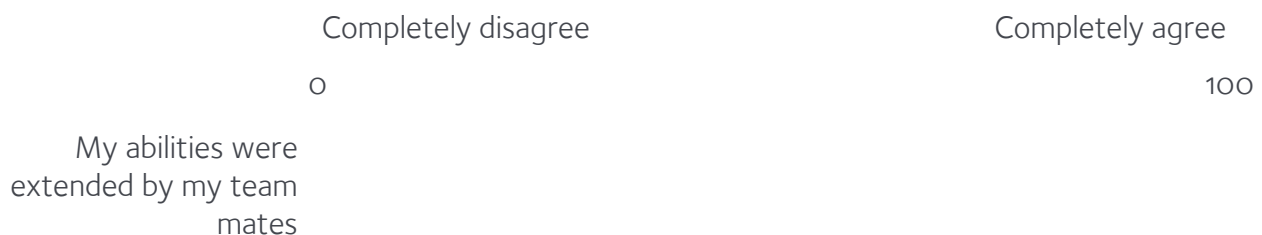
During training today, to what extent did you feel that others in your training group could rely on you to perform your role on the field?



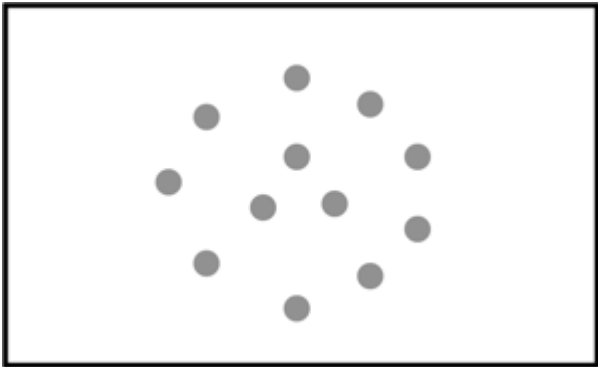
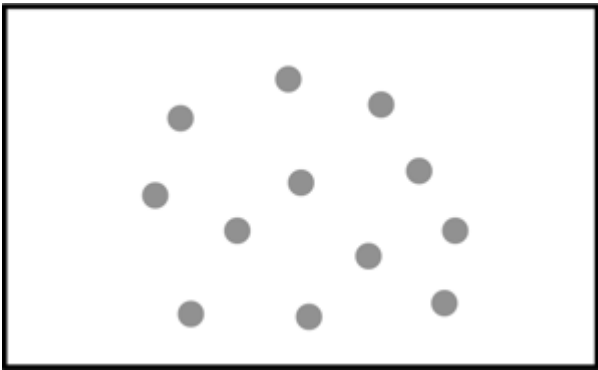
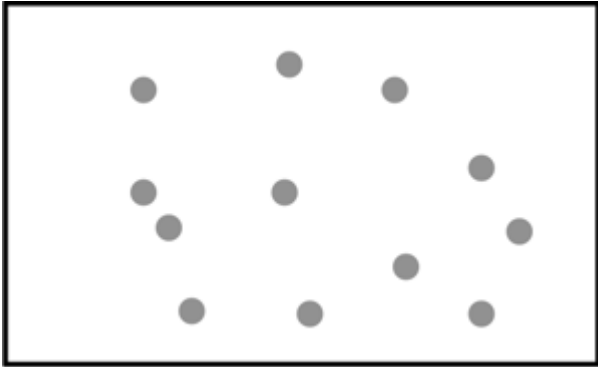
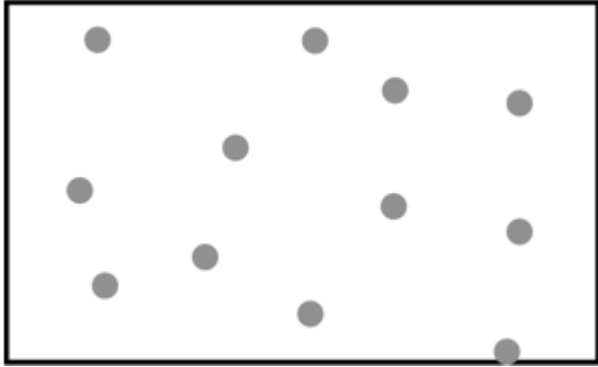
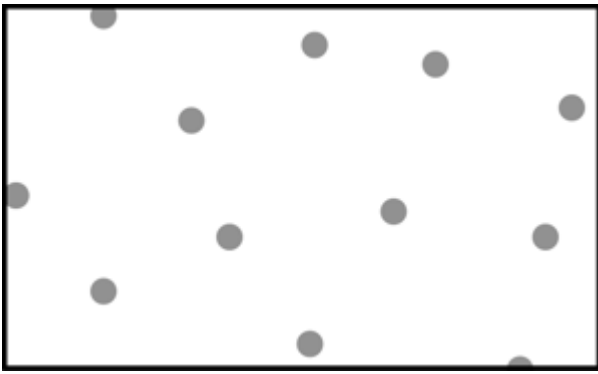
During training today, to what extent did you feel you could rely on others in your training group to perform their role on the field?



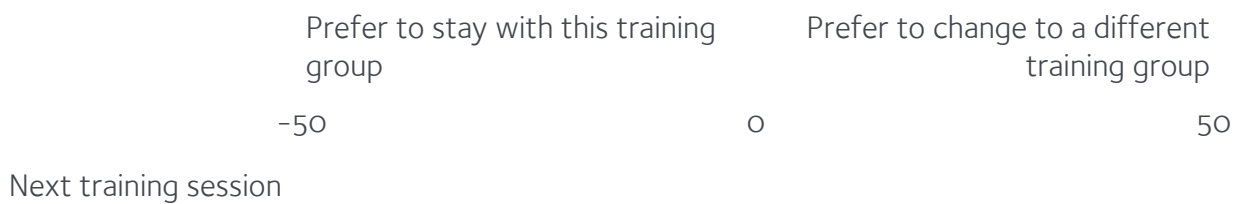
When coordinating with others on the field today, do you feel that your individual ability was extended by the ability of the teammates in your training group?



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:



Would you prefer to stay with your training group or change to a different training group for the next round of training drills?



## Bonding Training Group

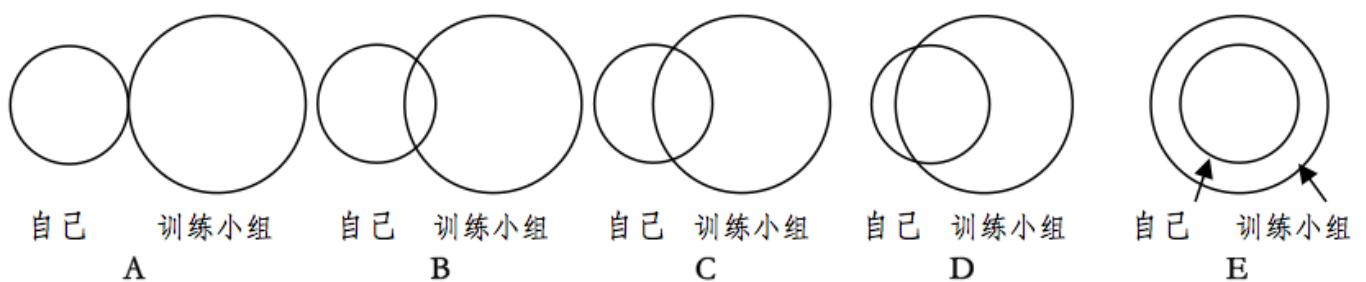
How **emotionally supportive** did the training group feel today?



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



Below are five images that represent relationships between you and your training group:



Which image best represents your relationship with the training group today during training?



## Post-exercise: Affect, Mood, Exertion

How are you feeling right now?

Not aroused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Highly Arousal
Depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Relaxed
Nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excited

How much physical effort did you exert just now during the training drill?

Choose the number from below that best describes your level of exertion which is based only on the physical sensations which you feel as a result of the exercise and NOT the mental and psychological effort required to continue the task.

No exertion at all	Extremely light	Light	Somewhat hard	Hard (heavy)	Very hard	Maximal (impossible)				
6	7	9	10	12	13	14	16	17	19	20

Perceived Exertion

How much psychological effort did you have to exert to perform just now during the training drill?

The feeling / emotion that you report should reflect how much attention, mental effort and difficulty you experience whilst training. -4 means that you are unaware of any mental effort required 10 means that you are constantly aware of a severe effort required to concentrate on the task at hand.

	Unaware		Mild		Moderate		Constant/severe			
-4	-3	-1	0	2	3	4	6	7	9	10

Psychological effort during exercise

How fatigued do you feel as a result of the training drill?

Not at all fatigued	Extremely fatigued
0	100

Fatigue

## General Team Bonding

Having completed this training session, thinking about the team as a whole, how do you feel about the general atmosphere of the team?

Extremely bad

Extremely good

0

100

General atmosphere

Having completed this training session, thinking about the team as a whole, how do you feel about the level of unspoken understanding in the team?

Extremely weak

Extremely strong

0

100

Feeling of unspoken  
understanding in the  
team

Having completed this training session, thinking about the team as a whole, do you feel that your individual ability is extended by the ability of your team mates?

Completely disagree

Completely agree

0

100

My abilities were  
extended by my team  
mates

Having completed this training session, thinking about the team as a whole, how emotionally supportive does the team feel?

Extremely weak

Extremely strong

0

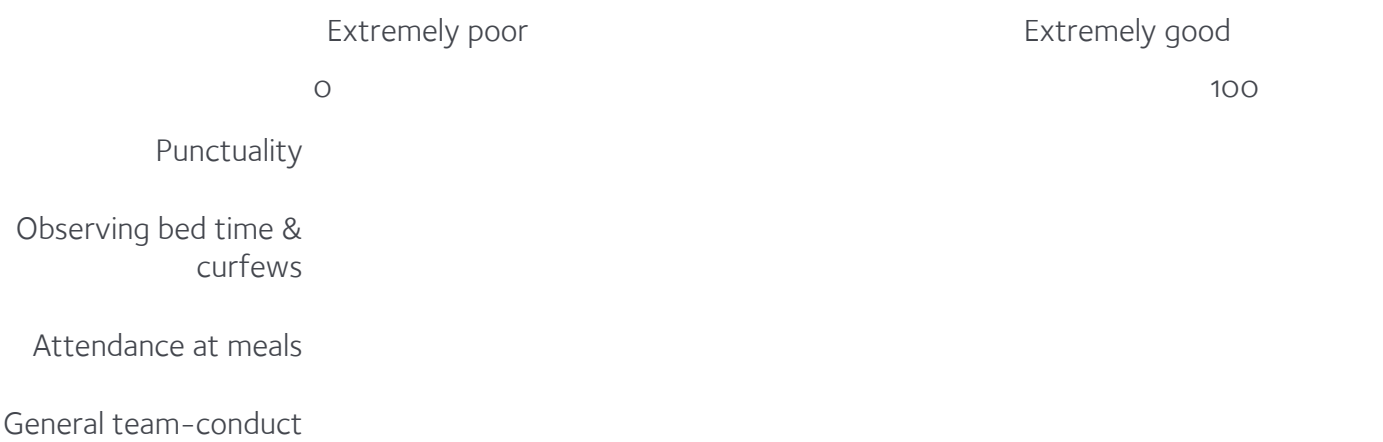
100

Feeling of motional  
Support in the team

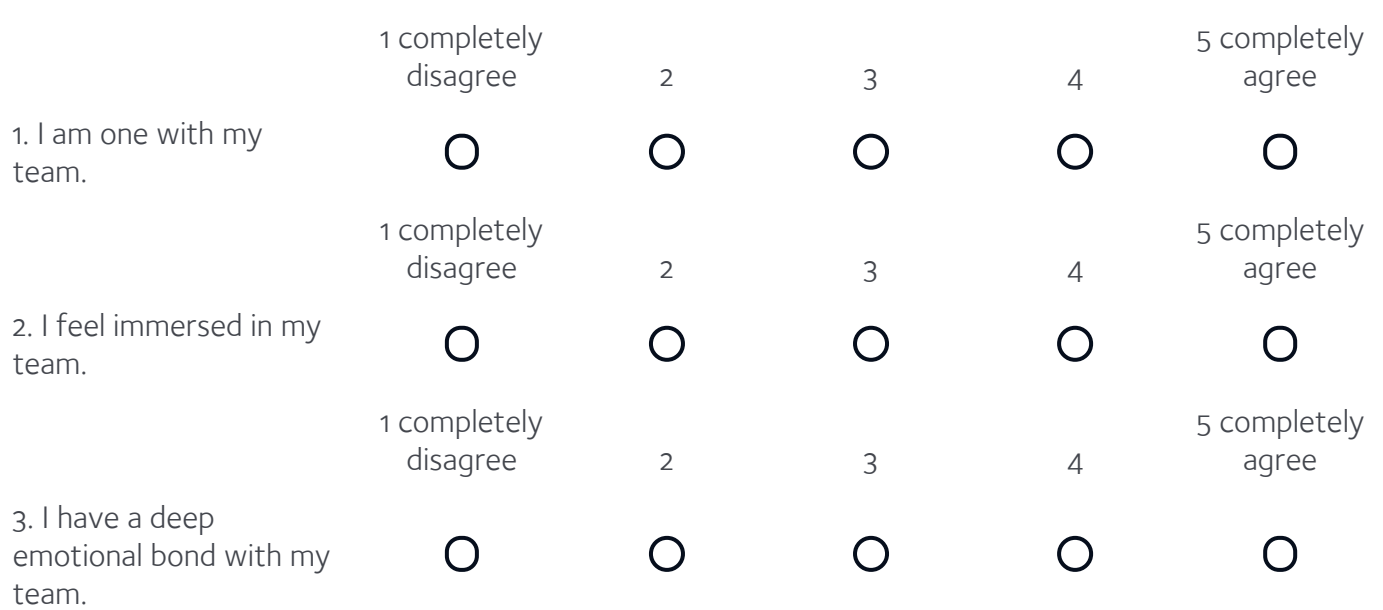
Having completed this training session, thinking about the team as a whole, how strong is the feeling that everyone is working towards a shared goal?



Having completed this training session, thinking about the team as a whole, how do you feel about the team's commitment to discipline?



Having completed this training session, thinking about the team as a whole, answer the following questions about you and your team:

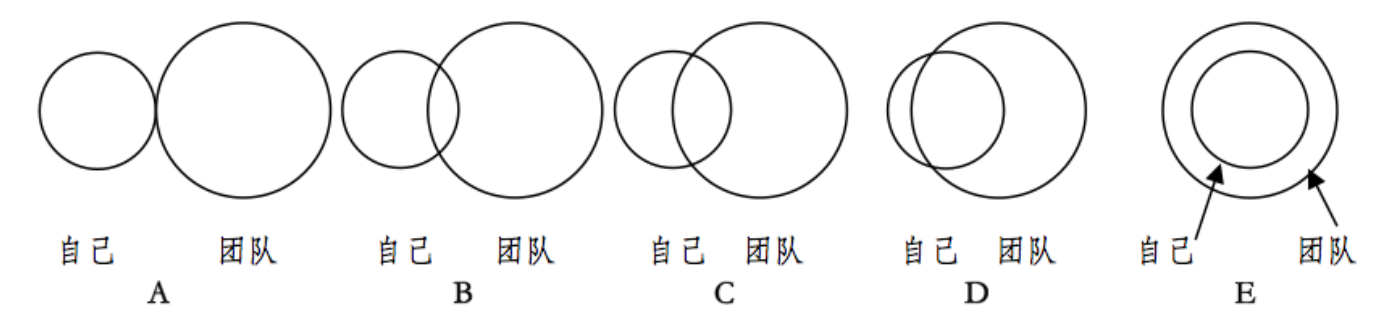




	1 completely disagree	2	3	4	5 completely agree
	1 completely disagree	2	3	4	5 completely agree
4. My team is me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
5. I'll do for my team more than any other group members would do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
6. I am strong because of my team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
7. I make my team strong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
8. When someone criticises my team, it feels like a personal insult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
9. I am very interested in what members of other teams think of my team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
10. When I talk about my team, I usually say "we" rather than "they."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree
11. The successes of my team are my successes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1 completely disagree	2	3	4	5 completely agree

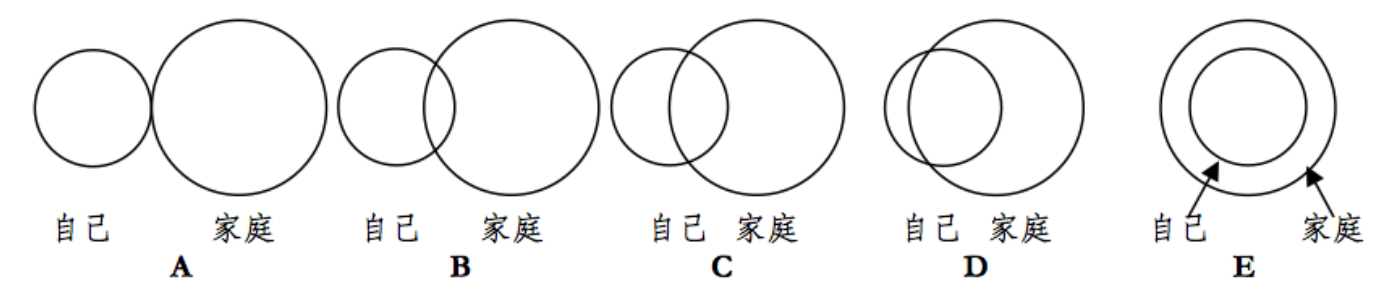
	1 completely disagree	2	3	4	5 completely agree
12. When someone praises my team, it feels like a personal compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. If a story in the media criticised my team, I would feel embarrassed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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



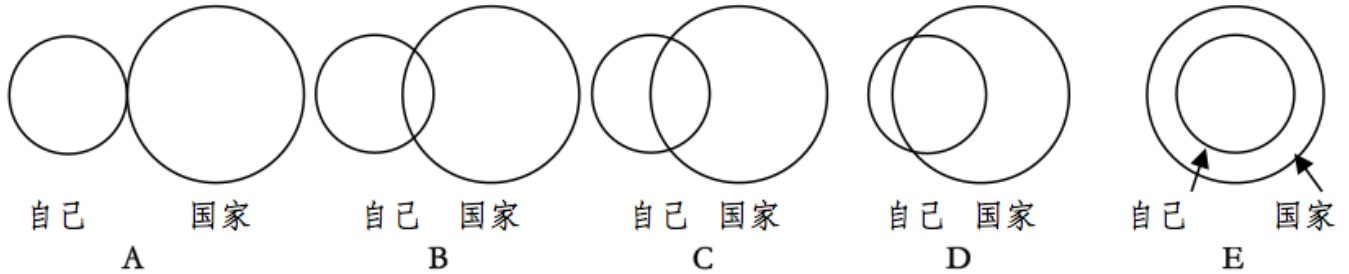
Which image best represents your relationship with the team?

Below are five images that represent different ways people conceive of their relationship to their family:



Which image best represents your relationship to your family?

Below are five images that represent different ways people conceive of their relationship to their country:



Which image best represents your relationship to your country?

Thinking about these relationships, please rank them below in order of which you feel most connected to. 1 for most connected, 3 for least connected.

 Team Family Country

## Athlete Information

What is your name?

Team

What is your injury status?

