

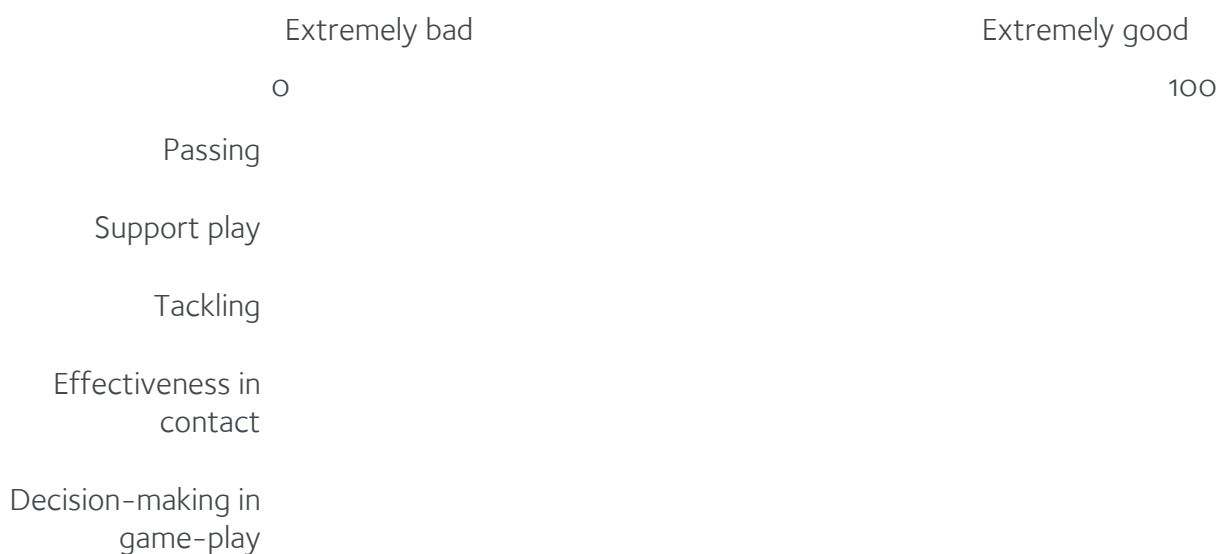
English (US) ▾

right now training: Individual Performance

How do you feel right now about your **individual performance**?



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



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

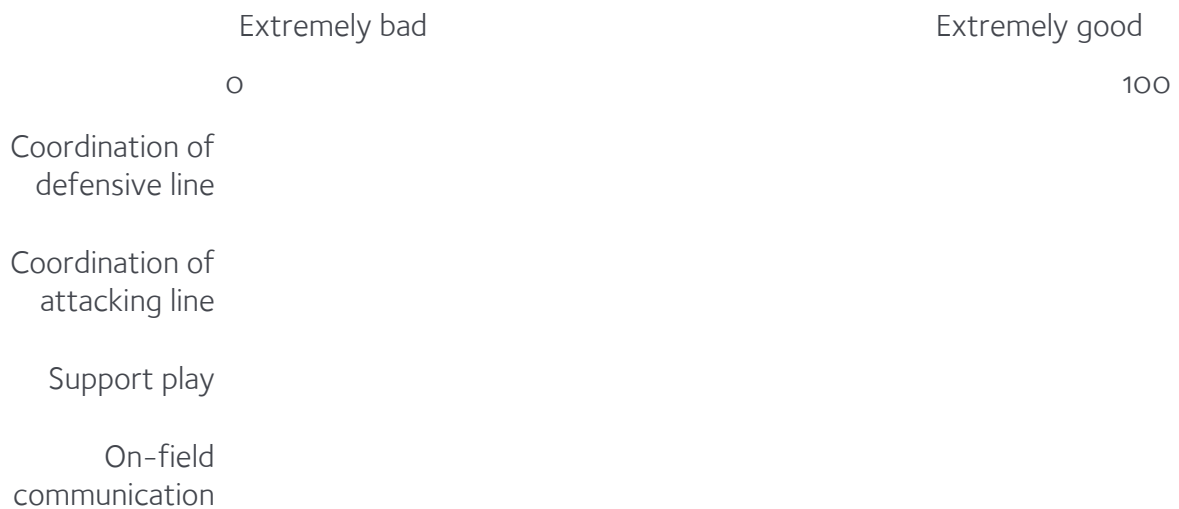


Right now training: joint-action

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



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



right now training: Team Click

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



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

Extremely bad

Extremely good

0

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

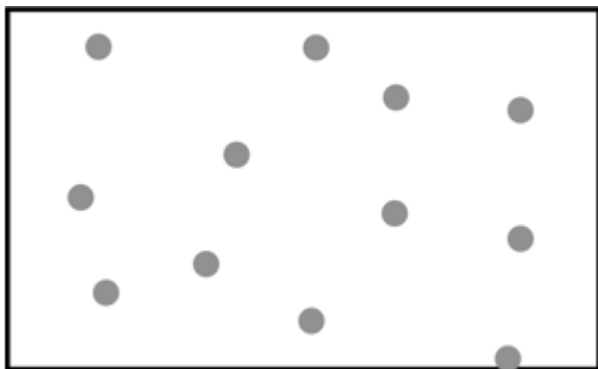
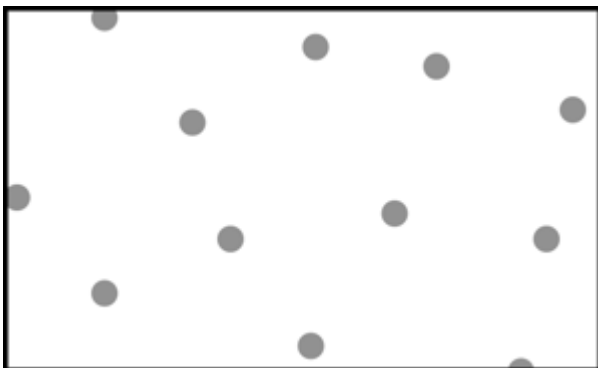
Completely agree

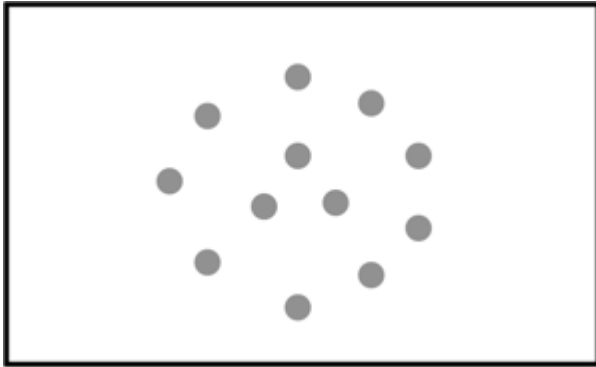
0

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:

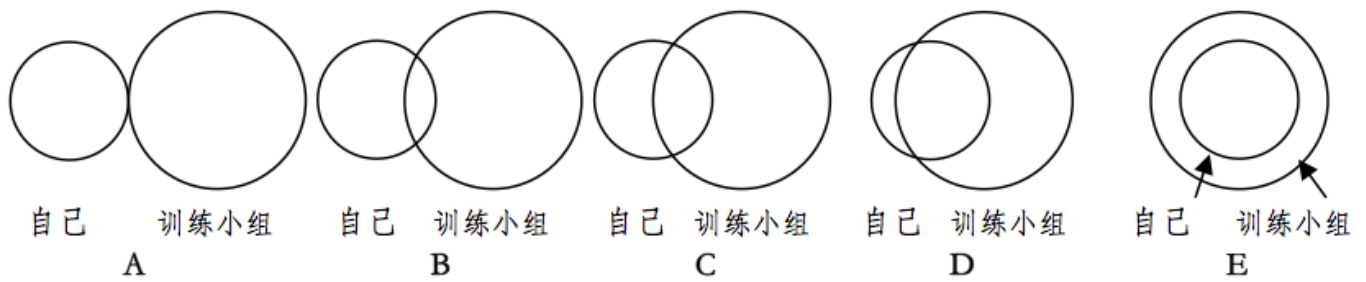




100

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 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 aroused
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 fatigued do you feel right now?

Not at all fatigued

Extremely fatigued

0

100

Fatigue

What is your name?

What is your injury status right now?

Unable to play

Completely fit

0

100

Injury status

Team

▴
▾

