

Athlete Sport Competence Inventory

Sport competence refers to one’s **ability to successfully perform a certain task** in sport. In this form you will be rating the sport competence of both yourself and your teammates in volleyball.

Please answer each question based on how skilled or competent you perceive yourself or your teammates in each of the areas listed compared to all of the athletes that you know. Please answer truthfully, basing your rating solely on **the specific area described** in each question.

Circle the number that best corresponds to your perceptions. A 5 represents the most competent athlete you know at your age/skill level, while a 1 represents the least competent athlete you know at your age/skill level. **Please check the appropriate box when you reach the section where you are rating yourself. Please rate yourself.**

Your answers will be kept completely confidential.

In this section, you will be evaluating **Athlete A**. Check box if this is you.

<i>Please rate this person’s sport competence in the following areas:</i>					
Technical skills (e.g., shooting, passing, blocking, etc.)	Not at all competent 1	Somewhat competent 2	Moderately competent 3	Very competent 4	Extremely competent 5
Tactical skills (e.g., decision-making, reading the play, strategy, etc.)	Not at all competent 1	Somewhat competent 2	Moderately competent 3	Very competent 4	Extremely competent 5
Physical Skills (e.g., strength, speed, agility, endurance, etc.)	Not at all competent 1	Somewhat competent 2	Moderately competent 3	Very competent 4	Extremely competent 5

Note. Additional copies of the three items above are repeated for each athlete on the team.

Sport Confidence Inventory

A number of statements that athletes have used to describe their feelings in sport are given below. Read each statement and then **circle the appropriate number** to indicate how you **generally** feel while participating in your sport.

I feel self-confident.	Not at all 1	2	3	Very much so 4
I'm confident I can meet the challenge.	Not at all 1	2	3	Very much so 4
I'm confident about performing well.	Not at all 1	2	3	Very much so 4
I'm confident because I mentally picture myself reaching my goal.	Not at all 1	2	3	Very much so 4
I'm confident of coming through under pressure.	Not at all 1	2	3	Very much so 4

Coach-Athlete Relationship Questionnaire

This questionnaire is designed to assess your relationship with your coach. Please answer truthfully. All answers will be kept completely confidential.

1. I feel close to my coach	Not at all						Extremely
	1	2	3	4	5	6	7
2. I feel committed to my coach	Not at all						Extremely
	1	2	3	4	5	6	7
3. I feel that my sport career is promising with my coach	Not at all						Extremely
	1	2	3	4	5	6	7
4. I like my coach	Not at all						Extremely
	1	2	3	4	5	6	7
5. I trust my coach	Not at all						Extremely
	1	2	3	4	5	6	7
6. I respect my coach	Not at all						Extremely
	1	2	3	4	5	6	7
7. I feel appreciation for the sacrifices my coach has experienced in order to improve his/her performance	Not at all						Extremely
	1	2	3	4	5	6	7
8. When I am coached by my coach, I feel at ease	Not at all						Extremely
	1	2	3	4	5	6	7
9. When I am coached by my coach, I feel responsive to his/her efforts	Not at all						Extremely
	1	2	3	4	5	6	7
10. When I am coached by my coach, I am ready to do my best	Not at all						Extremely
	1	2	3	4	5	6	7
11. When I am coached by my coach, I adopt a friendly stance	Not at all						Extremely
	1	2	3	4	5	6	7

Peer Connection Inventory

The following questionnaire will assess your **relationships with your teammates in sport**. Please answer each question based **solely on the sport environment**, excluding any contact outside of the team/group.

Please answer truthfully. Your answers will be kept completely confidential.

Please **circle the 3 teammates** that you enjoying participating in your sport with **the most**:

Insert randomly-ordered team roster

Please **circle the 3 teammates** that you enjoy participating in your sport with **the least**:

Insert randomly-ordered team roster

Athlete Behavior Scale

Below is a list of behaviours likely to occur during matches/games. Please think about your experiences while playing your sport and indicate **how often** you engaged in these behaviours **this season** by **circling** the relevant **number**. Please respond **honestly**.

While playing for my team this season , I...	Never	Rarely	Some times	Often	Very Often
1. Gave positive feedback to a team-mate	1	2	3	4	5
2. Criticized an opponent	1	2	3	4	5
3. Argued with a team-mate	1	2	3	4	5
4. Helped an opponent	1	2	3	4	5
5. Deliberately fouled an opponent	1	2	3	4	5
6. Asked to stop play when an opponent was injured	1	2	3	4	5
7. Verbally abused a team-mate	1	2	3	4	5
8. Encouraged a team-mate	1	2	3	4	5
9. Retaliated after a bad foul	1	2	3	4	5
10. Helped an injured opponent	1	2	3	4	5
11. Criticized a team-mate	1	2	3	4	5
12. Gave constructive feedback to a team-mate	1	2	3	4	5
13. Tried to wind up an opponent	1	2	3	4	5
14. Swore at a team-mate	1	2	3	4	5
15. Congratulated a team-mate for good play	1	2	3	4	5
16. Tried to injure an opponent	1	2	3	4	5
17. Intentionally distracted an opponent	1	2	3	4	5
18. Showed frustration at a team-mate's poor play	1	2	3	4	5
19. Intentionally broke the rules of the game	1	2	3	4	5
20. Physically intimidated an opponent	1	2	3	4	5