Pre-Task Rating

Please rate how you feel by circling the number that applies to you, numbered from 1 (poor) to 10 (excellent).

Pre-Task Rating

Please rate how you feel by circling the number that applies to you, numbered from 1 (poor) to 10 (excellent).

Questions:	Poor							Excellent				ent	Questions:										
How would you rate your ability to pass the hockey ball?	1	2	3	4	5	6	7	7	8	9	1	10	How would you rate your ability to pass the hockey	Po						_			llent
How would you rate your ability to receive the hockey ball?	1	2	3	4	5	6	-	7	8	9	1	10	ball? How would you rate your ability to receive the hockey ball?	1	2	3	4	5	6	7	8	9	10
														1	2	3	4	5	6	7	8	9	10
How would you rate your understanding of floor hockey tactics? (i.e. Moving to space)	1	2	3	4	5	6	-	7	8	9	1	10	How would you rate your understanding of floor hockey tactics? (i.e. Moving to space)	1	2	3	4	5	6	7	8	9	10
How would you rate your confidence when playing hockey?	1	2	3	4	5	6	7	7	8	9	1	10	How would you rate your confidence when playing hockey?	1	2	3	4	5	6	7	8	9	10
How would you rate your confidence in playing team sports?	1	2	3	4	5	6	7	7	8	9	1	10	How would you rate your confidence in playing team sports?	1	2	3	4	5	6	7	8	9	10