

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
How would you rate your ability to pass the hockey ball?	1 2 3 4 5 6 7 8 9 10	
How would you rate your ability to receive the hockey ball?	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 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 8 9 10	

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