**D1 Volleyball Club**

**Performance Skill Needs Assessment**

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| **Performance Skill Glossary** | **Productive Thinking:** The ability to manage thoughts to effectively prepare for and respond to life events in a way that facilitates personal success and well-being. Having thoughts about the task at hand, planning strategies, problem-solving, and focusing on enabling feelings and beliefs about their competence and ability to succeed during and after each point. |
| **Self-Awareness:** The ability to understand one’s thought’s feelings, and behaviors through intro- and retrospection. The ability to engage in honest self-appraisal to enhance self-awareness. | **Interpersonal Competence:** the ability to interact effectively with others by demonstrating effective communication skills. The athlete’s ability to provide and use social support for/from one another. |
| **Identity Achievement:** The establishment of a clear sense of identity, or “who I am” on the court that allows the individual to experience psychological well-being and feelings of self-worth, usually after exploration and introspection about competition experiences. | **Leadership:** The ability to influence others on the team to think and act in ways that facilitate team success and the quality of the team’s culture. |
| **Self-Confidence**: The belief that one has the internal resources, particularly abilities, to achieve success. | **Communication:** the process of interpersonal interaction within the team that facilitates team success and athlete’s well-being. |
| **Perceptual-Cognitive Skill:** Ability to demonstrate expertise in tactical/strategic knowledge and perceptual and decision-making skill in sport, including superior recall and recognition of patterns of play, faster detection and recognition, more efficient and appropriate visual search behaviors, and better anticipation of likely events. The ability to generate and use vivid and controllable mental images of performance responses. | **Energy Management:** The ability to manage/cope with various feeling states (e.g. arousal, anxiety, anger, excitement, fear) to achieve personally optimal physical and mental energy levels for performance. The ability to push back the boundaries of physical and emotional pain to maintain effective performance under distress. |
| **Attentional Focus**: the ability to sustain a focus of attention required for the successful execution of a specific activity. The ability to differentiate peak and failing performances and effective and ineffective coping strategies. | **Team Confidence:** the belief that the team has the collective resources, or team abilities, to achieve team success. |
| **Achievement Drive**: The urgent, compelling desire to apply effort, and persistence to overcome obstacles to accomplish something of worth or importance. A commitment to organize and manage daily living in the pursuit of important goals. The extent to which they athlete meticulously plans, displays a willingness to sacrifice and delay gratification, take personal responsibility for training, design and follow behavioral strategies such as routines, and set/achieve goals. | **Energy Management:** The ability to manage/cope with various feeling states (e.g. arousal, anxiety, anger, excitement, fear) to achieve personally optimal physical and mental energy levels for performance. The ability to push back the boundaries of physical and emotional pain to maintain effective performance under distress. |

1. **From the skills listed above, prioritize the top three skills that you feel your team possessed and excelled at this past season. Provide a brief rationale for your answer.**

**(Continued on the Reverse Side)**

1. **From the skills listed above, prioritize the top three skills you believe your team could improve upon from this past season. Provide a brief rationale for your answer.**

If you believe there is anything that your team needed, or possessed, that you feel is not covered within the performance skills glossary please provide that information below:

**Thank You for your Answer!**

**1-on-D!**

**Performance Skill Glossary:**

**Achievement Drive**: The urgent, compelling desire to apply effort, and persistence to overcome obstacles to accomplish something of worth or importance. A commitment to organize and manage daily living in the pursuit of important goals. The extent to which they athlete meticulously plans, displays a willingness to sacrifice and delay gratification, take personal responsibility for training, design and follow behavioral strategies such as routines, and set/achieve goals.

**Self-Awareness:** The ability to understand one’s thought’s feelings, and behaviors through intro- and retrospection. The ability to engage in honest self-appraisal to enhance self-awareness.

**Productive Thinking:** The ability to manage thoughts to effectively prepare for and respond to life events in a way that facilitates personal success and well-being. The ability to focus on task-relevant thoughts and resist distraction. The ability to be optimistic, hopeful, and adaptively perfectionistic in setting high personal standards, but not overly concerned with making mistakes. Having thoughts about the task at hand, planning strategies, problem-solving, and focusing on enabling feelings and beliefs about their competence and ability to succeed during and after each point.

**Self-Confidence**: The belief that one has the internal resources, particularly abilities, to achieve success.

**Perceptual-Cognitive Skill:** Ability to demonstrate expertise in tactical/strategic knowledge and perceptual and decision-making skill in sport, including superior recall and recognition of patterns of play, faster detection and recognition, more efficient and appropriate visual search behaviors, and better anticipation of likely events.

**Attentional Focus**: the ability to sustain a focus of attention required for the successful execution of a specific activity. The ability to differentiate peak and failing performances and effective and ineffective coping strategies.

**Energy Management:** The ability to manage/cope with various feeling states (e.g. arousal, anxiety, anger, excitement, fear) to achieve personally optimal physical and mental energy levels for performance. The ability to push back the boundaries of physical and emotional pain to maintain effective performance under distress.

**Identity Achievement:** The establishment of a clear sense of identity, or “who I am” that allows the individual to experience psychological well-being and feelings of self-worth, usually after exploration and introspection about life experiences.

**Interpersonal Competence:** the ability to interact effectively with others by demonstrating effective communication skills. The athlete’s ability to provide and use social support for/from one another.

**Leadership:** The ability to influence others on the team to think and act in ways that facilitate team success and the quality of the team’s social psychological environment.

**Communication:** the process of interpersonal interaction within the team that facilitates team success and athlete’s well-being.

**Cohesion:** the team’s ability to stick together and remain united in the pursuit of its goals.

**Team Confidence:** the belief that the team has the collective resources, or team abilities, to achieve team success.