

Self-Efficacy in Volleyball Scale for Youth Athletes

Name: _____ Gender: () Female () Male

Date of birth: ____/____/____ Position: _____ Jersey Number: _____

Playing experience (years, months): _____ Seasons played with the team: _____

Education level: () Primary Education () High School () Associate Degree () Bachelors Degree

Consider the level of play in which your team competes. Indicate to what extent you generally believe in your individual ability to effectively perform each skill during matches.

Belief in MY ABILITY to successfully perform each gameplay during matches.										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
None					Moderate					Significant

- Q1.** Taking responsibility for the attack to decide the game _____ %
- Q2.** Making quick decisions to define a course of action _____ %
- Q3.** Being able to guide your team and command the backcourt _____ %
- Q4.** Having the ability to read the backcourt _____ %
- Q5.** Saving a tipped ball. _____ %
- Q6.** Being able to adjust your level of concentration in different moments of the match _____ %
- Q7.** Controlling yourself emotionally to deal with pressure and make quick decisions _____ %
- Q8.** Quickly recovering from a mistake (not dwelling on the error) _____ %
- Q9.** Controlling your thoughts, focusing on the next play _____ %
- Q10.** Having patience to deal with different moments of the game _____ %
- Q11.** Scoring a challenging play _____ %
- Q12.** Being able to decide the match _____ %
- Q13.** Demonstrating courage to well position yourself and play defense _____ %
- Q14.** Being courageous to execute necessary actions in the game. _____ %