

Name: _____

17 QUALITIES OF A TEAM PLAYER

Rate yourself on a scale of 1-10 (1 being low, 10 being high) on each of the following qualities. For each quality, give a brief description of why you rated yourself at that number. Also, give an example of what that quality in a player looks like to you in volleyball.

1. ADAPTABLE (If you won't change for the team, the team may change you.) _____
2. COLLABORATIVE (Working together precedes winning together.) _____
3. COMMITTED (There are no halfhearted champions.) _____
4. COMMUNICATIVE (A team is many voices with a single heart.) _____
5. COMPETENT (If you can't, your team won't.) _____
6. DEPENDABLE (Teams go to go-to players.) _____
7. DISCIPLINED (Where there's a will, there's a win.) _____
8. ENLARGING (Adding value to teammates is invaluable.) _____
9. ENTHUSIASTIC (Your heart is the source of energy for the team.) _____

10. INTENTIONAL (Make every action count.) _____

11. MISSION CONSCIOUS (The BIG picture is clear.) _____

12. PREPARED (Preparation can mean the difference between winning & losing.) _____

13. RELATIONAL (If you get along, others will get along.) _____

14. SELF-IMPROVING (To improve the team, improve yourself.) _____

15. SELFLESS (There is no I in team.) _____

16. SOLUTION ORIENTED (Make a resolution to find a solution.) _____

17. TENACIOUS (Never, never, never quit.) _____

WHICH QUALITY IS YOUR BIGGEST STRENGTH AND WHY?

WHICH QUALITY IS YOUR BIGGEST WEAKNESS AND WHY?

LIFE LESSONS – ASSESSMENT

Teams can make a conscious choice to uphold the best of values.

Individual players can make choices that will help their team and define them as an athlete.

Bruce Brown and Rob Miller

Teachable Spirit

- *Can take correction as a compliment – no excuses.
- *Consistently seeking new information on how to improve.
- *Attentive and eager to learn.

Confidence

- *Quiet inner felling based on preparation not arrogance.
- *Relaxed aggressiveness.
- *Confidence builder.

Pride and Humility

- *Shared joy of the inner circle.
- *Does not require or expect special treatment.
- *Sense of dignity.
- *Valuing the work and accomplishments of the team.

Academic Progress

- *Makes academic progress a top priority.
- *Assumes responsibility for academic effort.
- *Maintains eligibility and covers all responsibilities for any classes missed due to travel.

Accountability

- *To accept responsibility for outcomes – Stay with your obligations and promises.
- *Problem solver, not an excuse maker.
- *Look to yourself first when improvement is needed.
- *Reliable and can be counted on by teammates.

Discipline

- *Accept and embrace discipline for the benefit of the team.
- *Self control on and off the court – Reacts correctly even when others do not.
- *Focused attention and effort.
- *Ability to self-motivate.

Mental Toughness

- *Inner strength to be able to control emotional responses and concentrate on what has to be done in pressure situations.
- *Use emotion and energy to make yourself tougher.
- *Nothing can happen that will break your spirit, you stay enthusiastic, confident, and positive.
- *Able to make a quick recovery from mistakes.

Leadership

- *Honors the team by being an example of the team standards.
- *Serves the team – raises others up.
- *Loyal.
- *Willing to confront violations of team standards.

Integrity

- *Purity of intent.
- *Truthful, honorable, and genuine.
- *Being worthy of respect.
- *Your word is good.
- *Adjust actions to meet principles.

Selflessness – Teamwork

- *The ability to put the team ahead of yourself in every decision.
- *Accept and fulfill your role.

ARE YOU AN ATHLETE AND A GOOD TEAMMATE? Rate yourself (1 = low, 10=high)

TEACHABLE SPIRIT

1 2 3 4 5 6 7 8 9 10

CONFIDENCE

1 2 3 4 5 6 7 8 9 10

PRINDE AND HUMILITY

1 2 3 4 5 6 7 8 9 10

ACADEMIC

1 2 3 4 5 6 7 8 9 10

ACCOUNTABILITY

1 2 3 4 5 6 7 8 9 10

DISCIPLINED

1 2 3 4 5 6 7 8 9 10

MENTAL TOUGHNESS

1 2 3 4 5 6 7 8 9 10

LEADERSHIP

1 2 3 4 5 6 7 8 9 10

INTEGRITY

1 2 3 4 5 6 7 8 9 10

SELFLESSNESS – TEAMMATE

1 2 3 4 5 6 7 8 9 10

THE COMPLETE ATHLETE RATING SCALE



Athlete Name: _____

Date Completed: _____

Instructions: Rate yourself on each statement by circling the number that best describes you.
If you circle 4 that would mean that the statement is definitely true of you.
A score of 1 would mean that it is absolutely not true of you. Scores between 1-4 show partial truths.
Rate yourself in terms of where you are at this moment, don't rate yourself in terms of where you want to be in the future.

Statement	FALSE				TRUE			
	1	2	3	4	1	2	3	4
1 I am always confident in my abilities		2	3	4				
2 Challenge is fun		2	3	4				
3 I always see myself performing at my best		2	3	4				
4 I keep highs and lows in perspective		2	3	4				
5 I can be relied upon to stay self-disciplined		2	3	4				
6 I am willing to sacrifice to achieve		2	3	4				
7 I enjoy every practice and game		2	3	4				
8 I am always cool under pressure		2	3	4				
9 I feel good about myself as a player		2	3	4				
10 I know my strengths and weaknesses		2	3	4				
11 I recover from mistakes well		2	3	4				
12 Distractions never affect my game		2	3	4				
13 I am willing to work as hard as it takes		2	3	4				
14 I will take risks when the situation is right		2	3	4				
15 I practice proper relaxation and recovery methods		2	3	4				
16 I respond well to criticism		2	3	4				
17 I never allow negative thinking when I am playing		2	3	4				
18 I enjoy being part of a team effort		2	3	4				
19 I never allow negative thinking in my performance		2	3	4				
20 Practicing with intensity is important to me		2	3	4				
21 I recover well from setbacks in the game		2	3	4				
22 I will persist until I achieve		2	3	4				
23 I always take responsibility for my actions		2	3	4				
24 I need to be the best I can be		2	3	4				

The scoring chart below is for the assessor only. If giving this questionnaire to an athlete, remove the scoring chart below.

Scoring

Self-Concept: Add up score for items # 3, 4, 9, 10, 15, 16, 18, 19 (max 32)

Motivation: Add up score for items # 1, 6, 7, 13, 17, 20, 22, 24 (max 32)

Mental Toughness: Add up score for items # 2, 5, 8, 11, 12, 14, 21, 23 (max 32)

1/32	=		%
1/32	=		%
1/32	=		%

Less than 80% in any given area deserves corrective action planning. Over 80% in a given area requires refinement, maintenance and praise.

The items that make up the Complete Player Scale are grouped below by category that each item represents.

With this tool, you can obtain additional information about a player above and beyond physical abilities.

The questions listed under the items are meant to guide you. They are not necessarily the only questions you can ask.

SELF-CONCEPT reflects the way the player views him/herself

- 3 I always see myself performing at my best
- 4 I keep highs and lows in perspective
- 9 I feel good about myself as a player
- 10 I know my strengths and weaknesses
- 15 I practice proper relaxation and recovery methods
- 16 I respond well to criticism
- 18 I enjoy being part of a team effort
- 19 I never allow negative thinking in my performance

Questions How would you describe yourself as a player?
How do you respond to positive and constructive feedback from coaches?
Describe the kind of team do you want to be a part of.

MOTIVATION reflects the players willingness to pay the price for elite performance

- 1 I am always confident in my abilities
- 6 I am willing to sacrifice to achieve
- 7 I enjoy every practice and game
- 13 I am willing to work as hard as it takes
- 17 I never allow negative thinking when I am playing
- 20 Practicing with intensity is important to me
- 22 I will persist until I achieve
- 24 I need to be the best I can be

Questions What are your goals?
Describe what you are willing to do to achieve your goal.
Describe how you respond if things don't work out right away.

MENTAL TOUGHNESS reflects the players durability of concentration and strength of focus

- 2 Challenge is fun
- 5 I can be relied upon to stay self-disciplined
- 8 I am always cool under pressure
- 11 I recover from mistakes well
- 12 Distractions never affect my game
- 14 I will take risks when the situation is right
- 21 I recover well from setbacks in the game
- 23 I always take responsibility for my actions

Questions Describe what you do after you make a mistake?
What are your main distractions when you play?
What do you do when you have a bad game or a bad period?

TEAM LEADERSHIP SELF EVALUATION

Using a scale from one to five rate yourself on the following 24 questions.

1 = Strongly Disagree, 2 = Disagree, 3 = Undecided, 4 = Agree, 5 = Strongly Agree

SD D U A SA

Commitment

- | | | | | | |
|--|---|---|---|---|---|
| 1. I am one of the hardest workers on the team | 1 | 2 | 3 | 4 | 5 |
| 2. I care passionately about the team's success..... | 1 | 2 | 3 | 4 | 5 |
| 3. I am a competitive person who wants to win..... | 1 | 2 | 3 | 4 | 5 |

Confidence

- | | | | | | |
|---|---|---|---|---|---|
| 4. I believe in myself as a person and my ability to lead | 1 | 2 | 3 | 4 | 5 |
| 5. I want to perform in pressure situations | 1 | 2 | 3 | 4 | 5 |
| 6. I bounce back quickly following mistakes and errors | 1 | 2 | 3 | 4 | 5 |

Composure

- | | | | | | |
|---|---|---|---|---|---|
| 7. I stay calm and composed in pressure situations | 1 | 2 | 3 | 4 | 5 |
| 8. I stay focused when faced with distractions, obstacles, and adversity..... | 1 | 2 | 3 | 4 | 5 |
| 9. I keep my anger and frustration under control | 1 | 2 | 3 | 4 | 5 |

Character

- | | | | | | |
|---|---|---|---|---|---|
| 10. I consistently do the right thing on and off the court/field..... | 1 | 2 | 3 | 4 | 5 |
| 11. I am honest and trustworthy..... | 1 | 2 | 3 | 4 | 5 |
| 12. I treat my teammates, coaches, and others with respect..... | 1 | 2 | 3 | 4 | 5 |

LEADER BY EXAMPLE TOTAL (add questions 1-12)

Encourager—Servant

- | | | | | | |
|--|---|---|---|---|---|
| 13. I reach out to teammates when they need help | 1 | 2 | 3 | 4 | 5 |
| 14. I take the time to listen to my teammates | 1 | 2 | 3 | 4 | 5 |

Encourager—Confidence Builder

- | | | | | | |
|---|---|---|---|---|---|
| 15. I regularly encourage my teammates to do their best..... | 1 | 2 | 3 | 4 | 5 |
| 16. I regularly compliment my teammates when they succeed | 1 | 2 | 3 | 4 | 5 |

Encourager—Refocuser

- | | | | | | |
|---|---|---|---|---|---|
| 17. I communicate optimism and hope when the team is struggling | 1 | 2 | 3 | 4 | 5 |
| 18. I know what to say to my teammates when they are struggling..... | 1 | 2 | 3 | 4 | 5 |

Encourager—Team Builder

- | | | | | | |
|---|---|---|---|---|---|
| 19. I have developed an effective relationship with each of my teammates. | 1 | 2 | 3 | 4 | 5 |
| 20. I am a team player who seeks to unify the team..... | 1 | 2 | 3 | 4 | 5 |

Enforcer

- | | | | | | |
|--|---|---|---|---|---|
| 21. I hold my teammates accountable for following team rules/standards... | 1 | 2 | 3 | 4 | 5 |
| 22. I constructively confront my teammates when necessary..... | 1 | 2 | 3 | 4 | 5 |
| 23. I am willing to address and minimize conflicts between teammates..... | 1 | 2 | 3 | 4 | 5 |
| 24. I am firm, fair, and direct when dealing with conflicts and problems | 1 | 2 | 3 | 4 | 5 |

VOCAL LEADER TOTAL (add questions 1-24)

Team Leadership Self Evaluation Scoring Directions

The Team Leadership Self Evaluation is divided into two parts. The top 12 questions help you rate yourself as a Leader by Example. Then the first 12 questions are combined with the final 12 questions to help you rate yourself as a Vocal Leader.

Leader By Example Scoring

The Leader by Example Self Evaluation measures the four critical areas you need to be an effective Leader by Example: Commitment, Confidence, Composure, and Character. To compute your Leader by Example score, add your ratings for the first 12 questions.

12-44 = Not a Leader by Example

45-52 = Solid Leader by Example

53-60 = Spectacular Leader by Example

Your total for the Leader by Example section should at least be 45 if not higher. Anything 44 and below you are probably not successfully leading yourself to earn the respect of your coaches and teammates. The closer you are to 60, the better job you believe you are doing of leading yourself and the more respect you likely will gain from others.

You can also explore your section scores to see how you rate your commitment, confidence, composure, and character. Again your section scores should at least be at an 11 or higher to gain respect.

Vocal Leader Scoring

Once you have computed your Leader by Example score using the first 12 questions, you then need to add up your score for questions 13-24. Compute the score for the second half of the evaluation (questions 13-24) and add it to your score for the first half (questions 1-12). The total score for all 24 questions will give you your rating as a Vocal Leader.

24-89 = Not a Vocal Leader

90-104 = Solid Vocal Leader

105-120 = Spectacular Vocal Leader

Your total as a Vocal Leader should at least be 90 if not higher. Anything 89 and below you are probably not doing an adequate job of leading yourself or others. The closer you are to 120, the more you are doing what is necessary to earn your coaches' respect and your teammates' trust to be an effective leader.

Consider Having Your Coaches and Teammates Rate You

Rating yourself is a good way to start evaluating your leadership skills and style. However, if you really want an accurate and relatively objective view of your leadership skills, consider having your coaches and teammates fill out the

STRENGTHENING YOUR CONFIDENCE WORKSHEET

What kind of training and preparation have you put in?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

What are your strengths as an athlete and leader?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

What past successes have you achieved?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Who are some other people who believe in you and support you? List the people and any compliments you can remember them saying . . .

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Which source do you tend to use the most when looking to build your confidence?

EIGHT QUALITIES OF A GREAT TEAMMATE

If you were to ask any athlete past, present, or future what their favorite sports memories include, what would they say? Teammates. It's bigger than the scoreboard.

Sports are about being a part of something bigger than yourself. Sure, they can bring individual highlights, honors, and praise, but anything special involves teammates. We can't do it alone. Long after the games are over scores will be forgotten, stats will be replaced, and trophies will collect dust. However, the memories made last a lifetime.

What are the qualities of the best teammates?

1. UNSELFISH

Great teammates **are unselfish**. Bright lights don't need spotlights. Being unselfish allows one to make the right play. They don't care who gets the credit and know the star of the team, is THE TEAM. These unselfish teammates seek opportunities to praise others.

2. HARD WORKERS

Great teammates are **hard workers**. They have high energy and raise the level of every room, gym, or field they enter. These teammates show up every day, no excuses given, and give their very best. It's in their nature to give maximum effort, and by doing so they force everyone on the team to raise their level of play.

3. CHEER FOR EVERYONE

Great teammates **root for, support, and cheer for everyone on the team**. These teammates support everyone on the team including all players, coaches, and managers. They are about the name on the front of the jersey, not the number on the back. It doesn't matter if it's the All-State player going D1, or the kid who never plays and whose career ends when the season is over; these teammates are cheering loudly for each person they have the honor of calling a teammate.

4. DON'T BRING DRAMA

Great teammates **don't bring drama or negativity to the team**. Simply put, they don't allow drama to be a part of the culture. They help create the culture by living out the standards and values which are put on posters. When they come to practice they're not

checking phones, sending snaps, or engaging in gossip. They connect with teammates, lifting others up, and setting the tone for an enthusiastic practice.

5. COMPETE EVERY DAY

Great teammates **compete every day**. These teammates don't take days off. Heck, they don't take drills off. They compete at everything. Everything is a healthy competition. By having this mindset, they help their team stay sharp. Complacency is not allowed to creep into the culture. Players who compete every day push their teammates to become better and, in the process, take their team to new heights.

6. DON'T LET TALENT INTERFERE WITH CHARACTER

Great teammates **don't let their talent interfere with their character**. These players are special because they combine talent with character. They are true leaders. They know that just because they have the talent it doesn't give them permission to coast. They don't let off the court behavior become an issue. They show up in the classroom the same way they do on the field. They hold themselves to the same standard, if not higher than everyone else.

7. BELIEVE IN THE TEAM

Great teammates **believe in the team**. Instead of pointing fingers and asking what's wrong? These teammates are saying, 'C'mon we got this!' When the team is trailing and things aren't going as planned, these athletes inspire their teammates to fight back and give it their all. When the team is winning and things are going well, they remind their teammates the game's not over and they can always do better. These teammates believe in the team's mission and want to do whatever is needed to push the team closer to its goals.

8. EMBRACE THEIR ROLE

Great teammates **embrace their roles**. They don't whine, complain, or sulk about playing time. They embrace their role and do it to the best of their ability. These teammates understand they don't have to be a "star" but they can "star" in their specific role on a team. Great cultures don't exist without teammates willing to sacrifice for the greater good of the team. Teams can only win championships when players acknowledge, accept, and excel in their roles. Great teammates do that.

Great cultures don't exist without great teammates. Great teammates know there is more to leading by example. They are the creators and protectors of special team culture.

MENTAL TOUGHNESS OR GRIT

Mental toughness, or 'grit', is a term used to describe perseverance and passion when focused on a long-term goal. It has been found to correlate with an average 4% higher level of success in everything from National Spelling Bee competitions to classes at the premier U.S Military Academy, West Point.

When it comes to developing and understanding grit, there's a key underlying factor that's important to address: your 'why'. When you understand your why, you become better able to act upon it and keep your actions in alignment with your intrinsic motivations. This inevitably leads to more fulfilling outcomes and provides a path to living a larger life.

Extrinsic motivations can often be categorized as things we feel we should be pursuing based on societal normality's, environmental influences, and pressure from others. That's not to say that these sources of motivation are any less valid, but it's key to distinguish between the two, and be honest in where your motivations come from.

The source of your motivation doesn't dictate success or achievement, but it does dictate your level of fulfilment.

The difference between an amateur athlete and a true competitor is the strength of their body AND their mind. If you neglect your mind, you won't reach your peak of training or competitive results.

