

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

	/32	=		%
	/32	=		%
	/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?