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	<p>Title and Abstract</p> <p>Title to include: A concise indication of the research question/problem.</p> <p>Abstract to include: A concise summary of the empirical study undertaken.</p>		
	<p>Introduction and literature review</p> <p>To include: outline of context (theoretical/conceptual/applied) for the question; analysis of findings of previous related research including gaps in the literature and relevant contributions; logical flow to, and clear presentation of the research problem/ question; an indication of any research expectations, (i.e., hypotheses if applicable).</p>		
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CARDIFF METROPOLITAN UNIVERSITY

Prifysgol Fetropolitan Caerdydd

CARDIFF SCHOOL OF SPORT

DEGREE OF BACHELOR OF SCIENCE (HONOURS)

SPORTS COACHING

**Sources, Types and Debilitative Factors of Sport
Confidence among Elite Female Football Players**

**(Dissertation submitted under the discipline of
Sport Psychology)**

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CARDIFF SCHOOL OF SPORT

CARDIFF METROPOLITAN UNIVERSITY

SOURCES, TYPES AND DEBILITATIVE FACTORS
OF SPORT CONFIDENCE AMONG ELITE FEMALE
FOOTBALL PLAYERS

Cardiff Metropolitan University
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TABLE OF CONTENTS

	Page
List of Tables	
List of Figures	
Acknowledgments	i
Abstract	ii

CHAPTER ONE

<u>INTRODUCTION</u>	1
----------------------------	---

CHAPTER TWO

LITERATURE REVIEW

Sources and Types of Confidence	3
Importance of Confidence on Sporting Performance	6
Factors that Serve to Debilitate Confidence	7
Purpose of Study	8

CHAPTER THREE

METHODOLOGY

Participants	10
Procedure	10
Data Analysis	12

CHAPTER FOUR

RESULTS AND DISCUSSION

TYPES OF CONFIDENCE	14
Ability of Team Mates	18
Psychological Factors	19
Own Ability / Performance	20
Superiority over Opponents	21
Physical Factors	22
Achievement	22
Tactical Awareness	22
Athlete Specific Factors	23
SOURCES OF CONFIDENCE	24
Coaching	25
Performance	31
Preparation	31
Training	32
Experience	33
Previous Performance Accomplishments	33
Feedback	34
Vicarious Learning	34
Superiority over Opponents	34
Athlete Specific Factors	35
FACTORS THAT SERVE TO DEBILITATE CONFIDENCE	35
Performance	36
Team Selection	41
Injury	41

Team Mates	42
Negative Feedback	42
Poor Preparation	43
Coach	43
Opponents Superiority	44
Athlete Specific Factors	44
STRENGTHS AND LIMITATIONS	44
PRACTICAL IMPLICATIONS	45
FUTURE RESEARCH	46

CHAPTER FIVE

CONCLUSION	48
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CHAPTER SIX

REFERENCES	51-56
APPENDICES	
Appendix A	A-1
Appendix B	B-1
Appendix C	C-1
Appendix D	D-1
Appendix E	E-1

List of Tables

Table 1. *Types of Sport Confidence Identified by Elite Female Football Players.*
Page 17.

Table 2. *Sources of Sport Confidence Identified by Elite Female Football Players.*
Page 13.

Table 3. . *Factors that Serve to Debilitate Confidence Identified by Elite Female Football Players.* Page 41.

List of Figures

Figure 1. *Themes and Categories for Types of Confidence Identified by Elite Female Football Players.* Pages 16 and 17.

Figure 2. *Themes and Categories for Sources of Confidence Identified by Elite Female Football Player.* Pages 26, 27, 28 and 29.

Figure 3. *Themes and Categories for Factors that Serve to Debilitate Confidence Identified by Elite Female Football Players.* Pages 38, 39 and 40.

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ABSTRACT

This study identified the sources, types and debilitating factors of confidence significant to nine elite female football players. Eight types of confidence were recognised: Ability of team mates, psychological factors, own ability / performance, physical factors, superiority over opponents, achievement, tactical awareness, and athlete specific factors. A testament to the multi-dimensional nature of sport confidence, eleven sources of confidence emerged from the athletes' responses: Coaching, performance, preparation, training, experience, previous performance accomplishments, feedback, vicarious learning, superiority over opponents, testing and athlete specific factors. This study also acknowledged factors that serve to debilitate confidence and agreed upon nine factors: Performance, team selection, injury, team mates, negative feedback, poor preparation, coach, opponents' superiority and athlete specific factors. Findings were deliberated in the context of previous sport confidence research and practical implications for sport psychology were drawn.

CHAPTER ONE
INTRODUCTION

Sport confidence affects the way one thinks, feels and behaves and has been widely acknowledged as one of the most important psychological factors sport performers possess (Bandura, 1997; Vealey & Chase, 2008). Research within the confidence domain has been carried out using various theoretical frameworks and mainly centres on the effects of confidence on cognitions, affect and behaviour when in a given situation or sport setting (Vealey, Hayashi, Garner-Holman & Giacobbi, 1998). Self-confidence has been conceptualised in various ways within sport psychology literature, including; perceived competence (Harter, 1978), movement confidence (Griffin & Keogh, 1982) and performance expectancy (Feltz & Mugno, 1983). The focus of this study relates to sources and types of confidence along with factors that serve to debilitate it, there are two main hypotheses that have been developed that are used to study sport confidence and that focus specifically on the sources and types; self-efficacy theory (Bandura, 1997) and sport confidence (Vealey, 1986). Self-efficacy has been defined as "... peoples' perceptions of their capabilities to organize and execute courses of action required to attain designated types of performances" (Bandura, 1986, p. 391). Self-efficacy theory has been frequently utilised in sport settings, however it was not originally developed to be applied in a sporting context and many researchers in psychology have called for the development of theories more specific to the sport context. Self-efficacy theory has recognised that the most important source of self-efficacy is performance accomplishments, but that can mean a number of things to athletes; for example, in sport, performance accomplishment could be demonstrating improvement to some athletes but for other athletes it could mean winning competitions. Therefore Vealey (1986) created a model which enabled sport confidence to be applied specifically to a sporting context and identified sport confidence to be the degree of certainty or belief a person holds about their ability to be successful in sport. Feltz and Chase (1998) recognised the similarities between Vealey's conceptualisation of sport-confidence and Bandura's self-efficacy theory, and suggested they are both based on social cognitive theory. Subsequently they can both be considered as cognitive mechanisms through which individuals arbitrate their motivation and behaviour within a goal situation (Kingston, Lane & Thomas, 2010). Due to the proposed significance of a high sport confidence on performance it is critical that sources

and types of confidence along with factors that serve to debilitate confidence be examined.

CHAPTER TWO
LITERATURE REVIEW

Sources and Types of Confidence (and gender differences)

Bandura (1986) recognised four primary sources of self-efficacy; vicarious experiences, performance accomplishments, physiological states and verbal persuasion. It is suggested that performance accomplishments have the greatest effect on self-efficacy, and subsequently, performance (Feltz, Landers & Raeder, 1979; McAuley, 1985). Vicarious experiences have shown a positive effect on self-efficacy, though not as strongly as performance accomplishments (Gould & Weiss, 1981; McAuley, 1985). Physiological states and verbal persuasion have also been shown to mediate self-efficacy; however some research has failed to support these relationships (Wilkes & Summers, 1984; Yan Lan & Gill, 1984). Bandura's theory has been recognised as a useful approach to examine the sources of self-efficacy, however, it has been questioned whether these distinguished sources are the most relevant to athletes within the sporting context (Vealey et al., 1998). As previously stated, both performance accomplishments and vicarious experience are the most influential sources that mediate self-efficacy. However, performance accomplishments from an athlete's perspective could relate to a number of different factors. For example, it could be completion of a skill, or it could be simply demonstrating ability. It is also suggested that within the sporting context, social factors are hugely influential on mediating motivation, efficacy and confidence. Despite this, Bandura (1986) has failed to recognise any social factors as a source of self-efficacy. Vealey (1986) therefore proposed a new theoretical framework that incorporated not just general self-confidence, but confidence within the sporting context - sport confidence. Vealey's (1986) original conceptualisation recognised two components that reflected sport-confidence; sport-confidence (SC) trait and sport-confidence (SC) state; a dispositional construct was also included called competitive orientation, which described an athlete's inclination towards achieving a certain type of goal in a given competitive sporting situation. Vealey (1986) suggested competitive orientation was a combination of performance orientation (performing well) and outcome orientation (winning). Further research has implied that SC-trait and competitive orientation interrelate to mediate SC-state (Vealey, 1986, 1988). These three components of sport confidence have been useful in distinguishing any mediating processes of sport confidence; however the determinants or sources of sport confidence have not been examined

(Vealey et al., 1998). Vealey et al. (1998) therefore extended upon previous work to examine sources of self-confidence in the sport environment. Vealey et al. (1998) conducted a study to identify the sources of sport-confidence most significant to athletes, using the newly created Sources of Sport-Confidence Questionnaire (SSCQ) on high school students. From this study (i.e. Vealey et al., 1998) nine sources of sport confidence were recognised and categorised into three broad domains: Achievement domain; mastery and demonstration of ability: Self-regulation domain; physical/mental preparation and self-presentation, and finally: Social climate domain; social support, vicarious experience, coach's leadership, environmental comfort and situational favourableness. Once all sources of sport confidence had been identified, Vealey et al. (1998) explored which sources were the best predictors of sport confidence levels. Research was undertaken that suggested, focusing on physical/ mental preparation for competition was related to higher levels of sport confidence but focusing on aspects such as body image was related to lower levels of sport confidence. It has been found that attributing success to factors deemed controllable, such as individual skill and performance, would seem helpful to both self-efficacy and how much effort is put in to future performance (Vealey et al., 1998). Conversely, if confidence is derived from uncontrollable sources, such as the weather and the environment, athletes could develop weaker and unstable perceptions of confidence (Vealey et al., 1998). In addition, individual characteristics and the organisational culture of competitive sport were found to manipulate the levels of sport confidence. Validation studies conducted by Vealey et al. (1998) supported the reliability and validity of the nine sources across college and high school athletes. However, Wilson, Sullivan, Myers and Feltz (2004) conducted a study using the Sources of Sport Confidence Questionnaire (SSCQ) to examine the sources of sport confidence in master athletes and found that sources of sport confidence are also influenced by organisational and socio-cultural factors, thus showing inconsistencies across different sample groups. This encouraged further investigation into sources of sport confidence across different athlete groups from a qualitative perspective. Hays, Maynard, Thomas and Bawden (2007) conducted an in-depth interview on 14 World Class performers in order to gain detailed, idiographic information regarding the athletes' sources and types of sport confidence, which highlighted the multifaceted nature of sport confidence. Hays et

al (2007) found a large number of sources that have been categorised into nine global dimensions; preparation, performance accomplishments, coaching, social support, innate factors, experience, competitive advantage, trust and self-awareness. Furthermore, the research demonstrated that successful World Class athletes primarily derived their confidence from preparation, performance accomplishments and coaching (Hays et al., 2007). These findings support some of Bandura's (1997) self-efficacy predictions, specifically the importance of verbal persuasion and performance accomplishment, which is thought to signify the most powerful effects on self-efficacy (Bandura, 1997). These sources also emerged as highly important in forming a person's type of confidence, which have been identified by the athletes as; skill execution, achievement, physical and psychological factors, superiority to opposition, tactical awareness and athlete specific factors. Previous literature has looked into the sources and types of sport confidence, but in order for the athlete to facilitate a more stable level of sport confidence it has been highlighted the importance of deriving confidence from controllable sources, such as mastery and physical/mental preparation (Vealey et al., 1998). If the athlete derived their confidence from uncontrollable sources, such as environmental comfort and physical self-presentation then it is likely they will experience a more unstable level of sport confidence. This would in turn create fluctuating levels of sport confidence, thus affecting overall performance in competition (Gould, Guinan, Greenleaf, Medbery, & Peterson, 1999). Therefore, from a practical perspective, it would be inherently important to examine the stability of the sources of sport confidence in order to design interventions to ensure athletes' are only deriving their confidence from the stable sources. However, Hays et al (2007) reported a difference between male and female elite athletes in their interpretation of sources of sport-confidence. From their study it was apparent the elite female athletes used sources of sport confidence associated with; reinforcement from significant others, perceptions of their body image, mastering personal skills, coach's leadership, and feeling comfortable in the competition environment, all to a greater degree than male athletes. Lirgg, George, Chase and Ferguson (1996) suggested female athletes performing at an elite level often relied on external (uncontrollable) sources when predicting performance outcomes. Following on from this, it has been demonstrated how, in general, male athletes have a higher sport confidence than female athletes and

are less vulnerable to fluctuations in sport confidence leading up to competition. Conversely, Krane and Williams (1994) put forward that, although it appears male athletes have more sport confidence than female athletes, this could be because females have been found to be more honest and open when reporting feelings of low confidence and anxiety. Females are more honest when it comes to self-reporting, they may reveal more honest answers eliciting undesirable characteristics that male athletes would not share with the interviewer. Due to this difference in sources of sport confidence between male and female athletes (or difference in self-reporting) it would be worthwhile to only interview female athletes. This would ensure results could be generalised to most elite female athletes and would guarantee more honest and open answers, as it has been established, male athletes may succumb to demand characteristics. Following on, cited throughout literature is the important correlation between the sources and types of sport confidence and the affect these have on successful sporting performance (Feltz, 2007).

Importance of Confidence on Sporting Performance

Hays, Thomas, Maynard and Bawden (2009) suggested sport confidence has an essential impact on an athlete which consequently has an effect on sporting performance. It is proposed that confident individuals are often more able and competent in using cognitive resources vital for sporting success (Hays et al., 2009). Along with cognitive resources, they have also been found to have better coping resources than those who are less confident. Athletes with a strong belief in their ability reported the capacity to cope successfully in difficult situations and thrive under pressure (Cresswell & Hodge, 2004). Moreover, Bandura and Wood (1989) demonstrated how more confident individuals focus on process solutions and remain task-diagnostic in given situations, on the other hand, less confident individuals focus more on their apparent inadequacies and are more self-diagnostic, which will hinder performance. Additionally, Vealey (2001) advocated sport confidence to have a direct influence on performance through how the athlete feels/thinks about and responds to given situations during sport. Sport confidence and its beneficial effects on performance is illustrated throughout the

available literature, nevertheless, the procedures taking place that bring about self-confidence have been disregarded, studies into the affects of confidence on performance are largely of a correlation design, thus leading to difficulty when trying to establish the cause of any outcome as the design does not allow inference regarding cause and effect (Hays et al., 2009). Gould, Guinan, Greenleaf, Medbery & Peterson (1999) suggested even at Olympic standard, confidence levels are constantly fluctuating, and athletes regularly experience a low level of sport confidence. This low level of sport confidence at all abilities has an unfavourable effect on sporting performance and it would be beneficial to examine the factors that serve to debilitate an athlete's confidence in order to incapacitate them.

Factors that serve to debilitate confidence

A wealth of literature in sport confidence exemplifies the importance it has on performance, and subsequently how a lack of sport confidence has detrimental effects on performance (Vealey et al., 1998; Feltz, 2007; Hays et al., 2009). Additionally, a lack of confidence has been associated with anxiety, depression and dissatisfaction (Martens, Vealey & Burton, 1990). Confidence has also been found to be a moderating factor in the interpretation of pre-competition anxiety-related symptoms, where high levels of confidence are suggested to override and protect debilitating interpretations of pre-competition emotions that can be perceived as negative (Hays et al., 2009). Therefore, it seems fundamental that factors that serve to debilitate confidence be further explored. At present, very little research has investigated confidence debilitating factors within the re-conceptualised frameworks of sport confidence. Perhaps the one exception to this was Hays et al.'s (2009) study; a secondary aim of this study was to elicit some preliminary detail on the factors that debilitated confidence in world class performers. The study indicated six higher order themes of factors that serve to debilitate confidence; poor performances, injury/illness, poor preparation, coaching, pressure and expectations, and psychological factors. These factors have all been found to debilitate confidence and are perceived as unfavourable when coming up to and during competition due to their negative effects on

confidence (Hays et al., 2009). Therefore it is important to produce a study that can explore confidence debilitating factors along with sources and types of confidence in order to create interventions to improve sport confidence levels, in turn developing performance.

The study will assess explicitly the factors that serve to debilitate confidence as other studies (e.g. Hays et al. 2009) have only considered these as a secondary aim. As previously stated, it will be useful to carry out the proposed research using female athletes rather than male athletes, due to their evident honesty when answering questions based on undesirable emotions (Krane & Williams, 1994). Previous research on sport-confidence has yet to focus on only female athletes, it is essential sources, types and factors that serve to debilitate female athletes be explored. The proposed study will also aim to study elite athletes, rather than college students, as research has shown that this approach has eliminated any uncertainty of their own ability which has caused a low self-confidence and focused on other factors that may have served to debilitate confidence (Hays et al., 2009). Previous research has used a traditional nomothetic approach into sport confidence measures (e.g. Hays et al., 2007; 2009). This study proposes to use an ideographic method of assessing and analysing an athlete's sport confidence, and factors associated to their sport confidence (debilitative and positive). Specifically among elite female football players as this will be helpful towards generalising results. Sport confidence will be measured using a sport confidence profile. Hays et al. (2010) have proven that the advantages of this method are plentiful. In their study the athletes were able to give an in-depth account of their sources and types of confidence and identified the factors that served to debilitate their confidence levels. The more idiographic approach to the measurement of sport confidence allowed the confidence needs to be assessed at an individual level (Hays et al., 2010). It is a simple method that enabled the participants to easily decipher between sources of confidence and types of confidence. Furthermore, once they had identified what they were confident about (type of confidence) the use of the profile made the participant able to recognise where this type of confidence came from (source of confidence). This was

supported by Hays et al.'s (2007) earlier suggestion; participants' types of confidence may be grounded from the athlete's belief in their sources of sport confidence. The findings from Hays et al.'s (2010) study into the use of confidence profiling were supported by Hays et al.'s (2007) and Vealey et al.'s (1998) studies, which specified that athletes' sources and types of confidence were sport specific and were influenced by demographic and organisational factors in any sporting context. Moreover, confidence profiling methods provided a more in-depth amount of information not achievable from questionnaires, it also allows for individual differences (Hays et al., 2010). Accordingly this study will use confidence profiling in order to establish the sources, types and factors that serve to debilitate confidence of elite female football players.

CHAPTER THREE
METHODOLOGY

Qualitative methods necessitate the researcher balance prior findings, what is already known, with discovery from new data (Morse & Richards, 2002). A comprehensive review of previous literature provided the foundation for the current study.

Participants

With institutional ethics approval, 9 athletes aged between 19 and 24 years (21.5 ± 2.5 years) with an experience range between 10 and 20 years (15 ± 5 years) were interviewed. The participants were asked face to face if they would like to volunteer for the study. All 9 athletes were elite female football players that had played at an international level and represented their country (either England or Wales) at least once, with two of the athletes reaching over 30 caps. 2 players currently play for Bristol Academy in the Super League, 2 players represent Cardiff Ladies in the English Premier League and the remaining 5 players play for UWIC Women's in the Welsh Premier League. Explicitly female football players have been used in this study, this is a very specific design but it guarantees the exclusion of any variance in sport confidence originating from gender differences, alternative sports and different levels of ability.

Procedure

To ensure full retrieval of in depth information was gained from the interviews each participant was given a pre interview booklet (see appendix A) to fill out a week before the interview took place. The booklets consisted of 3 main sections: General Introductory Questions regarding their history as a footballer. Recalling Career Periods, as it was thought that allowing participants to remember the games in which they were most and least confident in prior to the interview would ensure maximum recovery of the information in the interview. And lastly, General Confidence Questions, which allowed the participants to consider their types, levels and sources of confidence before the interview was held, in order to gather

as much information as possible from the participant during the interview. Once the participants had filled out their pre-interview booklets an open-ended semi-structured interview was conducted (Patton, 2002).

An interview guide (see appendix B) was followed but the interviewer allowed for the natural flow of conversation to ensue when needed (e.g. Patton, 2002), on conclusion of the interview all participants were asked the same key questions from the interview guide. All interviews were recorded using a Dictaphone and transcribed verbatim (see appendix C) by the researcher in a reliable format by typing what had been said rather than focusing on creating a perfect transcript with regards to the research question (Silverman, 1993). Firstly, a pilot interview was conducted on an elite female football player prior to data collection, slight changes such as the order of questions and probes were made to some of the interview questions to ensure that they were asked in the most appropriate way. The athlete confirmed that the interview covered all areas relating to her sources and types of confidence and any factors that served to debilitate her confidence. This confirmed that the interview guide was appropriate with regards to the research question as similar answers were found to previous research; this demonstrated high face validity (Gratton & Jones, 2004). At the beginning of each interview standard introductory comments were provided referring to the purpose of the study, the use of data and any issues relating to confidentiality and anonymity (Hays et al., 2007). Participants were reminded that there were no right or wrong answers; this ensured there were no guessed responses (Hindley, 1979; Moss, 1979).

Once the participant had answered the 'general introductory questions' regarding their history as a football player, 'general sport confidence questions' were asked. However, a definition of sport confidence was not provided as the purpose of the study was to derive information about each participant's personal experiences relating to confidence (Jones, Hanton & Connaughton, 2002). The following section focused on the participant's types, sources and levels of sport confidence and each answer was entered into a confidence profile (see appendix D). Cited in a comprehensive evaluation of previous research, confidence profiling was designed to offer an applied sport confidence assessment method, providing an under-pinning for later sport confidence interventions (Hays et al., 2010). The main

stages of performance profiling, founded by Butler and Hardy (1992), influenced the confidence profiling process but it also included features such as motivational strategies and scaling rulers as essential aspects of the procedure (Hays et al., 2010). The participant was firstly questioned about their types of sport confidence (i.e., what parts of your game are you confident about?). They were then asked about where they derived these types of confidence from; their sources of sport confidence (i.e., Why are you confident about your...?). The athletes were able to distinguish between types and sources of confidence without difficulty. Once both the athlete's types and sources of confidence had been established they were asked to refer to a match they had felt most confident in and describe anything that had happened in the lead up to and during the match that increased their confidence. Ensuing this, the athlete's level of sport confidence was assessed using the confidence profile, the participant was asked to rate how confident they were in each type of confidence they had already specified using a Likert scale. Scaling rulers enhanced the study as they are more applicable to an idiographic approach and provided further detail into the athlete's responses (Mageau & Vallerand, 2003). The following section focused on the main aim of the study, confidence debilitating factors. Questions relating to periods in their career when they experienced low sport confidence were asked, along with questions regarding a specific match in which they felt low in confidence. Detailed questions were asked concerning their levels of confidence in order to fully establish what factors potentially debilitated their confidence levels. Following on, enquires into potential motivational interventions were made. Participants were asked what changes could be made in order to create higher levels of sport confidence. The final section concluded the interview and assessed the interview process as well as gathering any other important information that may have been over looked.

Throughout the interview, to ensure a detailed and accurate understanding of the participant's answers and to guarantee consistency across all interviews, clarification and elaboration probes were used (Patton, 2002). The interviews lasted between 15 and 40 minutes.

Data Analysis

To ensure the findings were reliable and trustworthy a number of techniques were utilised, specifically member checking within the interviews; making sure what had been noted was accurate. Furthermore, broad description was utilised to offer detailed accounts of the athletes' confidence related events (Kuzel & Like, 1991).

The transcripts were read by the researcher then inductive content analysis was undertaken, which meant exploring the data using comprehensive information to find important themes and patterns (Patton, 2002). With use the use of content analysis for each of the three sections, sources of confidence, types of confidence, and factors that serve to debilitate confidence raw-data themes are then developed from relevant quotes in the applicable transcripts and data matrix' were created (see appendix E). These themes were then grouped with other similar raw-data responses to create sub-order themes; these were then collectively assembled into higher-order themes (Gratton & Jones, 2004). Sources, types and debilitative factors for confidence were manually picked out from the interview transcripts as the researcher decided on the group and meaning of the chosen quotes in the text (Gratton & Jones, 2004). Deductive content analysis was then utilised to check the higher-order themes fitted back into the raw-data themes identified beforehand (Patton, 2002). The results and discussion are presented in three parts: First the types of confidence identified by the elite female football players are defined. Second, the sources of confidence identified by these athletes are presented. Then thirdly, the factors the athletes recognised that serve to debilitate their confidence are put forward. In accordance with previous research (e.g., Gould et al., 2002; Greenleaf et al., 2001) the number of athletes citing each raw data response are shown as a figure in brackets in the hierarchical tables, e.g. (4).

CHAPTER FOUR
RESULTS AND DISCUSSION

Types of Confidence

From the data collected eight types of sport confidence emerged from the athlete's raw data responses, grouped into sub-themes and further higher-order themes. Figure 1 provides an overview of the development of the types of confidence from the raw data responses to higher-order themes. Table 1 shows a summary of the data with percentages to emphasise each factors importance, as used by Hays et al (2009). Although frequency of response does not determine the importance of the response, it did recognise the types of confidence that are more likely to be transferable across an elite population (Hays et al., 2007).

The types of confidence identified by the athletes were categorized into eight higher order themes representing ability of team mates, psychological factors, own ability / performance, physical factors, superiority over opponents, achievement, tactical awareness, and athlete specific factors. Of these, the four most salient types of confidence were ability of team mates, psychological factors, own ability / performance and superiority over opponents. This supports Hays et al.'s (2007) study with similar findings, expressing psychological factors and skill execution (similar to own ability / performance) to be the most prominent types of confidence among the world class performers. However, Hays et al. (2007) also found both physical factors and achievement to be two of the most salient factors, though they were not viewed as most significant in this study. This could be due to the gender difference of participants in each study, Hays et al.' (2007) results demonstrated six of the nine athletes who recognised physical factors as a type of confidence were male, however, causality cannot be inferred from this present study and further research is necessary to analyse the differences between the two genders. Achievement may be viewed as more salient for the participants in

Types of Confidence

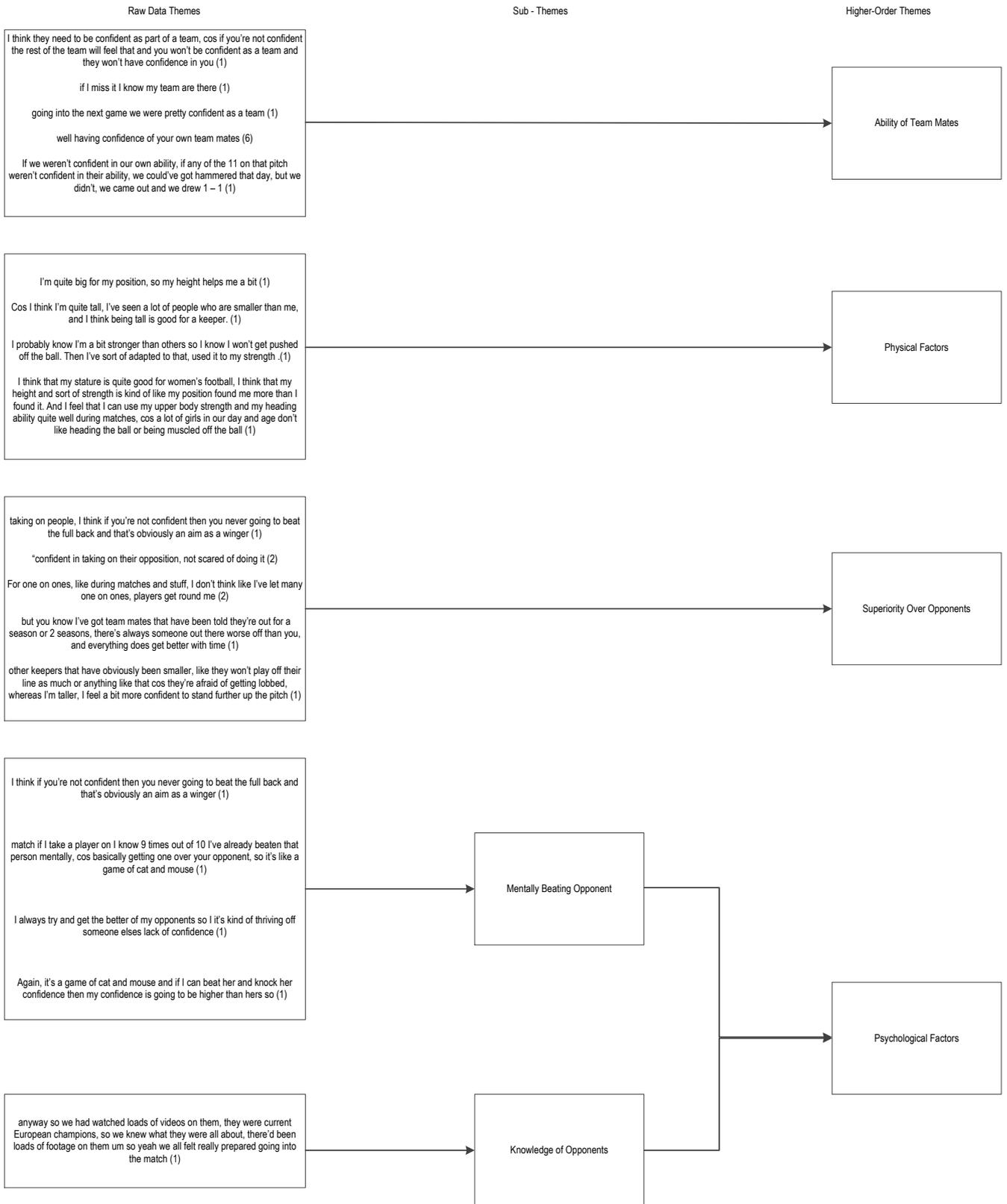


Figure 1. Themes and Categories for Types of Confidence Identified by Elite Female Football Players

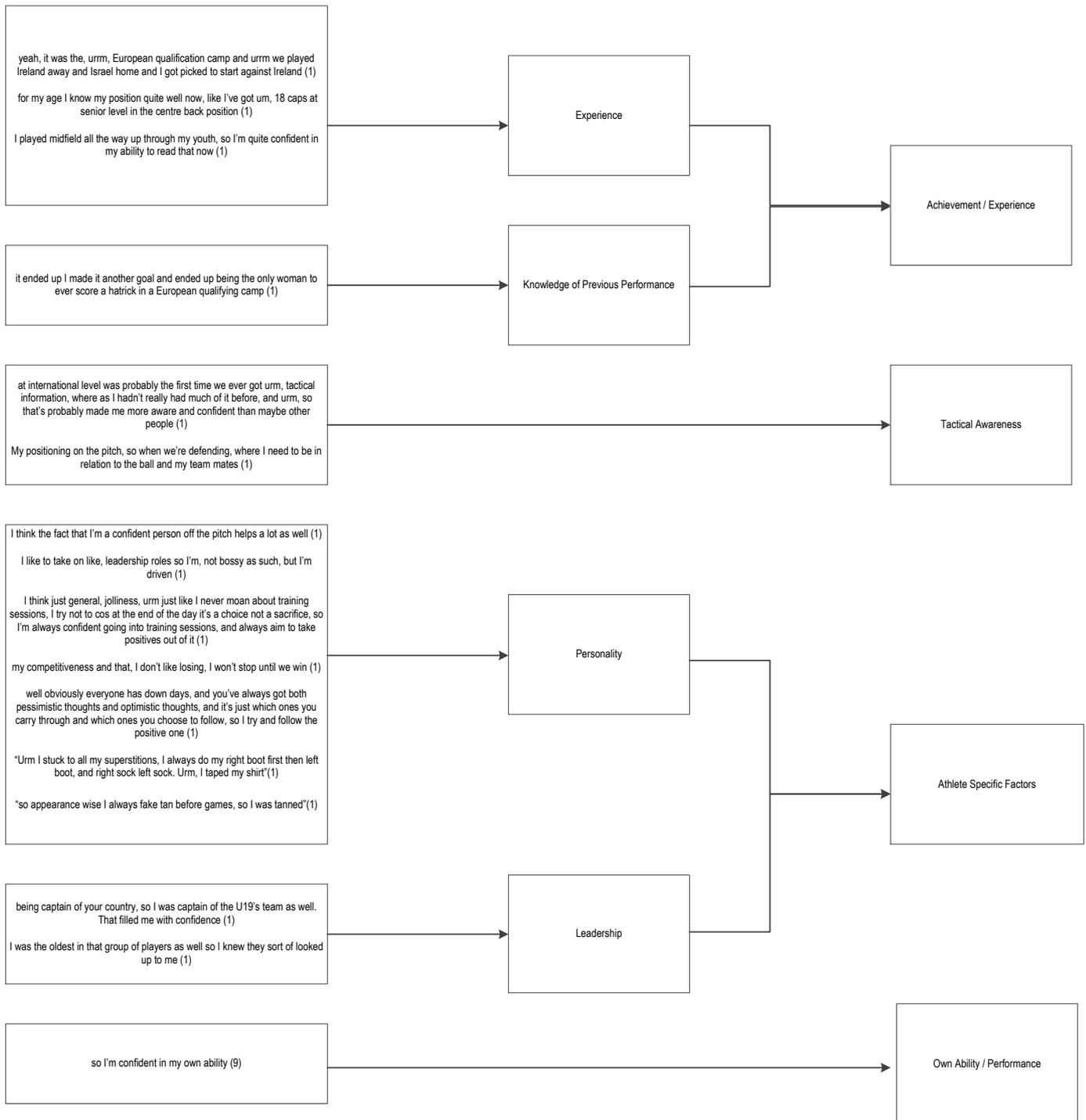


Figure 1. Continued.

Table 1. Types of Sport Confidence Identified by Elite Female Football Players

Types Of Confidence	Number of Athletes Citing Types (N = 9)	Total % of Athletes
Ability of Team Mates	8	88.8%
Psychological Factors	7	77.7%
Own Ability / Performance	9	99.9%
Superiority Over Opponents	7	77.7%
Physical Factors	4	44.4%
Achievement	3	33.3%
Tactical Awareness	3	33.3%
Athlete Specific Factors	4	44.4%

Hays et al. (2007) as each athlete competed at a higher level, with all participants competing in the Olympics, World Championship or World Cup, or one athlete being a world record holder. Eight of the nine athletes identified 'ability of team mates' as a type of confidence. This type of confidence related to their belief in their team mates ability to perform well in order to support their own playing ability and overall performance in games. It was highlighted the importance of their team mates performing well in order to keep their own confidence high whilst playing. For example, when posed the question, 'what made you feel confident?' (P6) firmly responded: "If we weren't confident in our own ability, if any of the 11 on that pitch weren't confident in their ability, we could've got hammered that day, but we didn't, we came out and we drew 1 – 1."

Ability of Team Mates

The athletes highlighted the ability of their team mates as a type of confidence as they recognised them as a significant part of the game, and associated their team mates performing well with them performing well. The athletes appeared to view their team mates as a support system which gave them confidence, this was echoed in (P1)'s response, "if I miss it I know my team are there". Indeed all athletes agreed having confidence in themselves and in all their team mates was vital for good performance, this is supported by (P9) who argued "I think you need to be confident as part of a team, cos if you're not confident the rest of the team will feel that and you won't be confident as a team". Hays et al. (2007) recognised team mates' ability as a type of confidence, however it was only exemplified as a raw data theme, not a global dimension, this suggests the athletes in their study did not acknowledge it as a type of confidence as frequently as the athletes in this particular study. This is due to the sample of participants selected in Hays et al. (2007) study as only two of the 14 participants were team players; the other athletes all participated in individual sports. However the elite female football players in the current study asserted ability of team mates as an essential type of confidence, and conveyed a sense of collective efficacy in their responses, which related to a sense of a collective competence shared among individuals when

faced with specific situational demands (Zaccaro, Blair, Peterson & Zazanis, 1995).

Psychological Factors

Seven of the nine athletes were confident about psychological factors associated with playing football, such as goal achievement, knowledge of opponents and belief in one's self to carry out what was needed. A number of the athletes recognised there was a mental battle with their opponent, and confidence was an essential factor when faced with an opponent, as (P2) specified "in a match if I take a player on I know 9 times out of 10 I've already beaten that person mentally, cos basically getting one over your opponent and getting into their heads". (P2) then reiterated the importance of confidence on performance that the other athletes also recognised "I always try and get the better of my opponents so it's kind of thriving off someone else's lack of confidence". This supported Bandura's (1977) self-efficacy theory, which is not concerned with the number of skills an individual may possess, but instead recognised that it is the performers' perception of their ability to succeed in a given situation that is significant (cited in Hardy, Jones & Gould, 2001). Three athletes recognised having knowledge of their opponents' ability and formation as a type of confidence, as one of the athletes revealed:

(P6): "We had watched loads of videos on them, they were current European champions, so we knew what they were all about, there'd been loads of footage on them um so yeah we all felt really prepared going into the match"

This study has exemplified knowledge of opponents to be a type of confidence as a number of the athletes reported it to be. Hays et al (2007) supported knowledge of opponents' ability as a type of sport confidence; however it was only a raw data theme; which again suggested not many of the athletes viewed knowledge of their opponents as a type of confidence. Psychological factors found in this study reinforced Hays et al. (2007) findings as athletes in that study also reported confidence in their psychological factors, such as goal achievement and mental

strength, yet the athletes in Hays et al. (2007) study elicited additional psychological factors, such as the ability to deal with nerves and expectations, along with pre-performance routines, these findings were not replicated in the respective study. The ability to deal with nerves and expectations may have emerged in Hays et al. (2007) research rather than in the current study because of the higher level of performers that were utilised who had more regularly been in sporting situations that exhibited more pressure and expectation (Jones & Hanton, 2001) . Pre-performance routines may have materialized from the responses of the World-Class athletes as opposed to the athletes in this study due to their higher level of performance, as it has been recognised that when performing at Olympic level multi-faceted preparation is a hugely influential factor on performance (Greenleaf et al., 2001).

Own Ability / Performance

All nine of the athletes identified their own ability and performance as a type of confidence. This type of confidence was associated to the athletes' belief in their own technical ability and their current performance (e.g., how well they are playing). Every athlete found it imperative to have belief in their own ability; this was exemplified by (P4) who explained that "obviously confidence in your own ability is vital like the way that you compose yourself and have the confidence to do skills and techniques that other people wouldn't try." These findings supported Vealey's (2001) model of sport confidence which acknowledged subsequent levels of sport confidence influence an athlete's thoughts, feelings, and behaviours, which determine sporting performance. The elite female football players recognised confidence in their own ability was also derived from fulfilling the requirements of their position on the football pitch as (p2) suggested "crossing the ball is what I'm there to do and I'm confident enough that I can get the ball where the striker wants it." (P6) reiterated the thoughts of all athletes in this study by affirming "confidence in your ability in that position is vital, you have to know you can always carry out the required skill when needed and when you're under pressure".

Superiority over Opponents

Superiority over opponents was identified as a type of confidence by seven of the nine athletes. This type of confidence related to the athletes' belief in their ability to be better than their opposition and included technical, physical and psychological factors. Most athletes recognised the significance of having belief in themselves to overcome their opponents, and echo the account from (P4) "For one on ones, like during matches and stuff, I don't think like I've let many one on ones, players get round me, so I have confidence". This type of confidence was considered essential among nearly all of the athletes (P5) "Yeah, I was winning my one versus one battle against the winger, and I was confident then that she wasn't going to get past me when she had the ball". Along with athletes having reported their ability to win their individual battles against opponents, one athlete also reported having confidence in their superiority over opponents competing for the same position as them, thus proving to be better, physically, mentally or technically than their opponent in the given position:

(P9): "other keepers that have obviously been smaller, like they won't play off their line as much or anything like that cos they're afraid of getting lobbed, whereas I'm taller, I feel a bit more confident to stand further up the pitch, have better views and stuff"

Previous research supported superiority over opponents as a type of confidence and agreed it is based on the athletes' beliefs that they were better than their opposition and included physical, psychological and technical factors (Hays et al., 2007). Conversely, it is suggested the belief in their superiority to opposition could be largely influenced by holistic preparation before games (Hays et al., 2007); the current study has not supported this finding though more thorough questioning may have summoned a more profound understanding into the reasons behind the athletes' belief in their superiority over opponents. Superiority over opponents is not only a type of confidence but can also be a factor in mental toughness; in a study designed to outline mental toughness, self-belief arose as being the most important attribute of a performer, self-belief was defined in two parts 'belief in ability to achieve goal' and 'believing that you are different to and therefore better than your opponents' (Jones, Hanton & Connaughton, 2002).

Achievement

Achievement was identified by three out of the nine athletes as a type of confidence and referred to the athletes' belief in their ability to achieve given outcomes. The performance outcomes the athletes were confident about were things such as "scoring goals" or "getting picked", this was confirmed by (P6) who reaffirmed the other athletes' belief in team selection "European qualification camp and we played Ireland away and Israel home and I got picked to start against Ireland, which really lifted my confidence". Hays et al (2007) acknowledged achievement as a type of confidence relating to an athletes' belief in their ability to achieve certain outcomes, which is supported by (P2) who pronounced a boost in her confidence due to "being the only woman to ever score a hatrick in a European qualifying camp". Self-efficacy theory suggested that performance accomplishment is one of the primary sources of confidence, although 'performance accomplishment' had no specific sporting definition, 'scoring a hatrick' can undeniably be classed as a source of confidence in accordance with Bandura (1989). The following athlete stated how her confidence had grown due to the experience and time she had spent playing at an elite level, which was recognised as an achievement in itself by many of the athletes. (P6) "I played midfield at an elite level all the way up through my youth, so I'm quite confident in my ability to read my position now". This supported Hays et al. (2007) study which elicited achievement as one of the most salient types of confidence for the athletes in their study; although this study suggested achievement wasn't one of the most prominent types of confidence it was still recognised by 3 athletes, so it is of importance when deliberating types of confidence.

Tactical Awareness

Three out of the nine athletes specified having confidence in their tactical ability, this referred to their ability to read the game and know where they should be in relation to their position and the other players on the pitch. The athletes who recognised tactical awareness as a type of confidence all corresponded with

similar responses to (P3) who proposed “international level was probably the first time we ever got tactical information, where as I hadn’t really had much of it before, so that’s probably made me more aware and confident than maybe other people”. The athletes also appreciated tactical awareness related to their movement and positioning on the pitch as (P5) explained, “I understand my positioning on the pitch, so when we’re defending, where I need to be in relation to the ball and my team mates.” Contrary to Hays et al’s (2007) study that proposed only male athletes recognised tactical awareness as an important factor, three elite female football players have identified tactical awareness as a type of confidence, this could have been due to the nature of the game the participants all competed in in the current study compared to the athletes that competed in individual sports in Hays et al.’s (2007) study. Gill (1992) has suggested that gender comparison is an area of sport psychology that is limited in depth and most research about elite athletes is based on studies involving male athletes. The current study has provided an insight into females’ beliefs on confidence and can be used with other studies in order to establish differences between genders.

Athlete Specific Factors

Four out of the nine athletes identified types of confidence that were exclusive to them that weren’t described by the higher-order themes previously mentioned. These additional raw data themes included; confidence off the pitch, being driven, being a positive / happy person, competitiveness, superstitions and appearance (all of which can be classified in the sub-theme of personality). Furthermore, being captain of country along with being the oldest and being looked up to (classed in the sub-theme of leadership). It was evident from the interviews that many of the athletes had unique types of confidence, which only they highlighted, for example, (P8) expressed the importance appearance had on her confidence “so appearance wise I always fake tan before games, so I looked good when playing”. Psychologists have supported the importance of self-presentation on both confidence levels and motivation in sporting contexts (Benibou & Tirole, 2002). The same athlete also highlighted a specific type of confidence that no other athlete recognised; superstitions, (P8) “Urm I stuck to all my superstitions, I always

do my right boot first then left boot, and right sock left sock. Urm, I taped my shirt". Another athlete found her personality to be of great importance on her levels of confidence, and supposed her confidence off the pitch along with her positive outlook on life was a type of confidence:

(P6): "I think just general, jolliness, urm just like I never moan about training sessions, I try not to cos at the end of the day it's a choice not a sacrifice, so I'm always confident going into training sessions, and always aim to take positives out of it"

In keeping with the work of Hays et al. (2007) work as it recognised some types of confidence were based upon the individuals' beliefs and were specific to them. Additionally, Hays et al. (2007) recognised self-presentation as a type of confidence among the female world class performers, this is echoed in the current study, which advocates that self-appearance may not only be an athlete specific factor but can be generalised among the elite population.

Sources of Confidence

The sources of sport confidence identified by the elite female football players were categorized into 11 higher-order themes representing: Coaching, performance, preparation, training, experience, previous performance accomplishments, feedback, vicarious learning, superiority over opponents, testing and athlete specific factors. The results indicated that elite female football players generate their confidence predominantly from coaching, performance, and preparation; these are similar to the findings of Hays et al. (2007) who suggested that the world class performers in their study primarily attributed their sources of confidence to coaching and preparation though found the third main source of confidence was performance accomplishments (known as previous performance accomplishments in the respective study) rather than performance. It is likely performance accomplishments materialized as a more salient source of confidence in Hays et al.'s (2007) study as previous studies (e.g., Duda, 1986; White & Duda, 1994) have shown that male athletes put a greater emphasis on winning and beating

others than female athletes who gain their confidence from competition performance (as demonstrated in this study). Figure 2 provides an overview of the development of the sources of confidence from the raw data responses to higher-order themes. Table 2 demonstrates a summary of the data with percentages to emphasize each factors importance, as used by Hays et al (2009).

Coaching

Eight out of nine of the athletes interviewed identified the coach as a source of confidence, raw data responses related to experience of the coach, positive feedback, and having a number of different coaches. A number of the athletes suggested having an experienced coach helped their learning experience and gave them confidence, as stated by (P6) “our coach was really experienced in European football which made me confident going into the game”. In contrast, a number of athletes recognised having a number of different coaches increased their confidence, this is demonstrated by (P5) who, in accordance with four other athletes, stated “I’ve been able to work with a lot of different coaches, which has helped with my ability and confidence.” Out of the eight athletes that highlighted coaching as a source of confidence, four of the athletes indicated that positive feedback and encouragement from the coach lifted their confidence levels, as demonstrated by (P1) “I think the coach was the main factor to encourage people and get everyone up for the game and not to try and lower their confidence in the game or training sessions with negative comments”. Sources of confidence derived from experience of the coach and feedback from the coach are supported by Hays et al. (2007) results, yet this study failed to echo the same athletes’ belief in their coach to create an appropriate training program as a salient source of confidence; yet again it can be assumed these results are because of the nature of the sports the athletes in each study participated in, it would have been more appropriate for athletes that competed in individual sports to have individual training programmes than those that competed at team sports (the current study). According to Gould et al. (1999) the reliability, enthusiasm and knowledge of elite coaches have been identified as vital to an athlete’s success, this is exemplified in

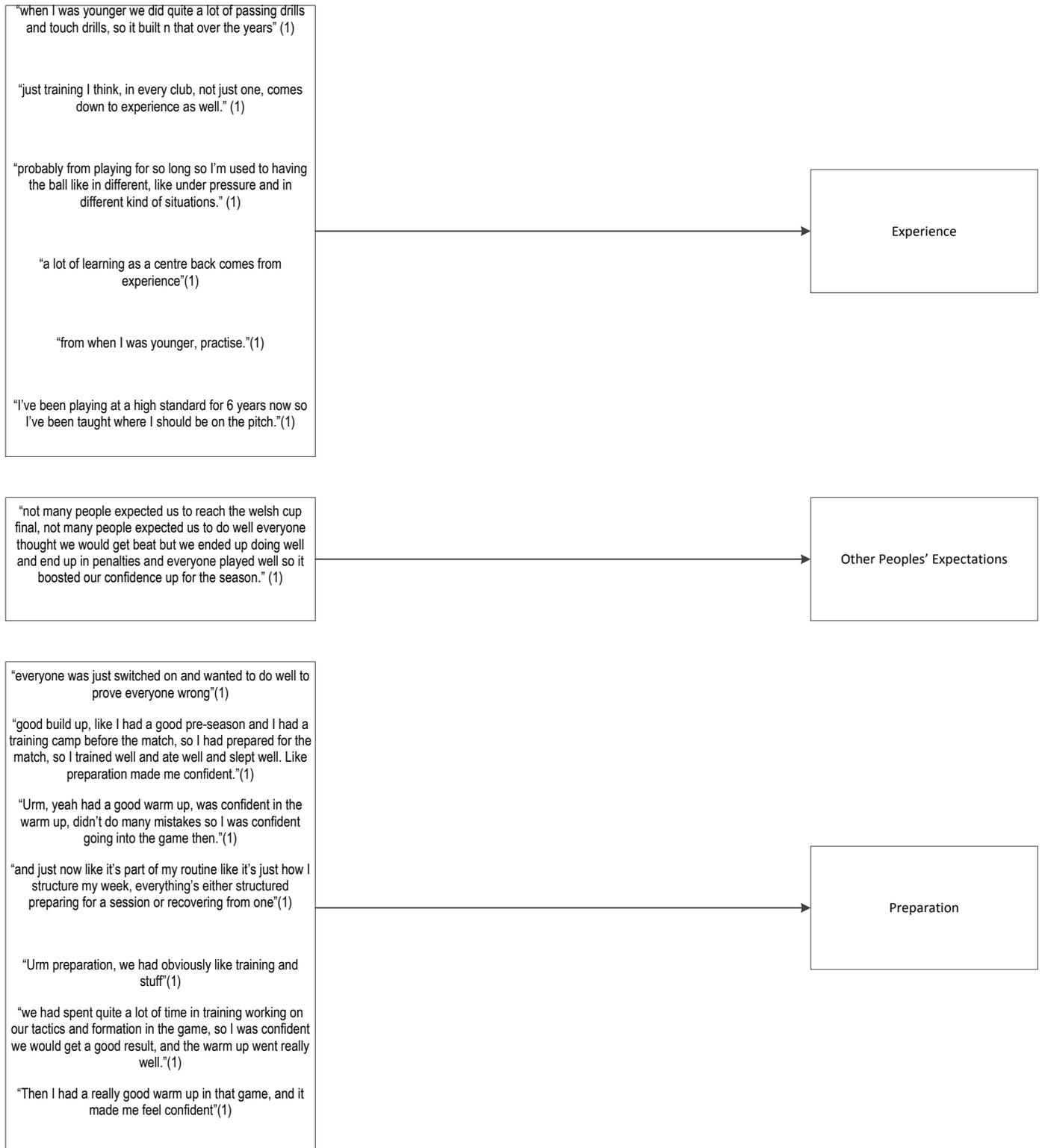


Figure 2. Themes and Categories for Sources of Confidence Identified by Elite Female Football Players

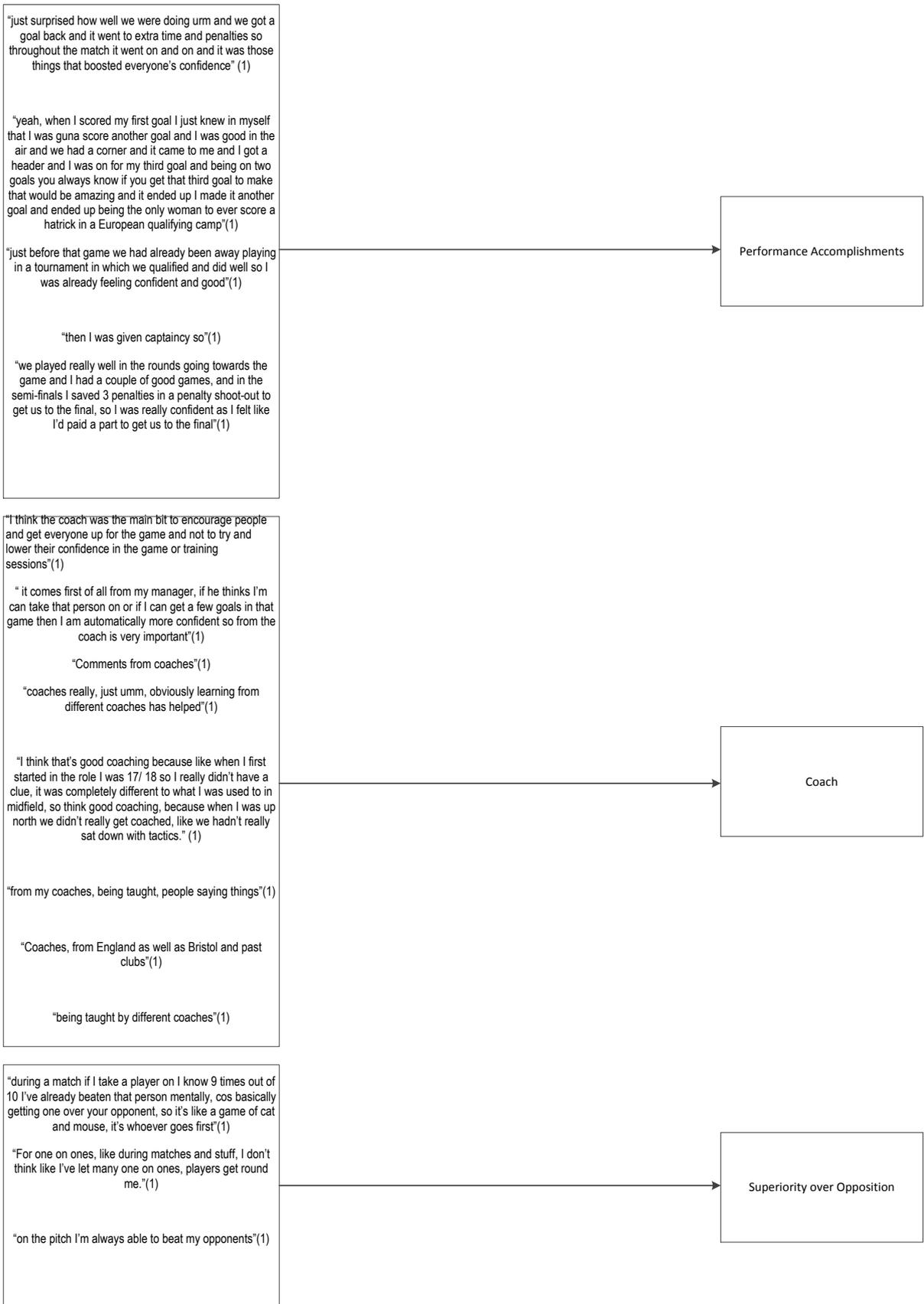


Figure 2. Continued

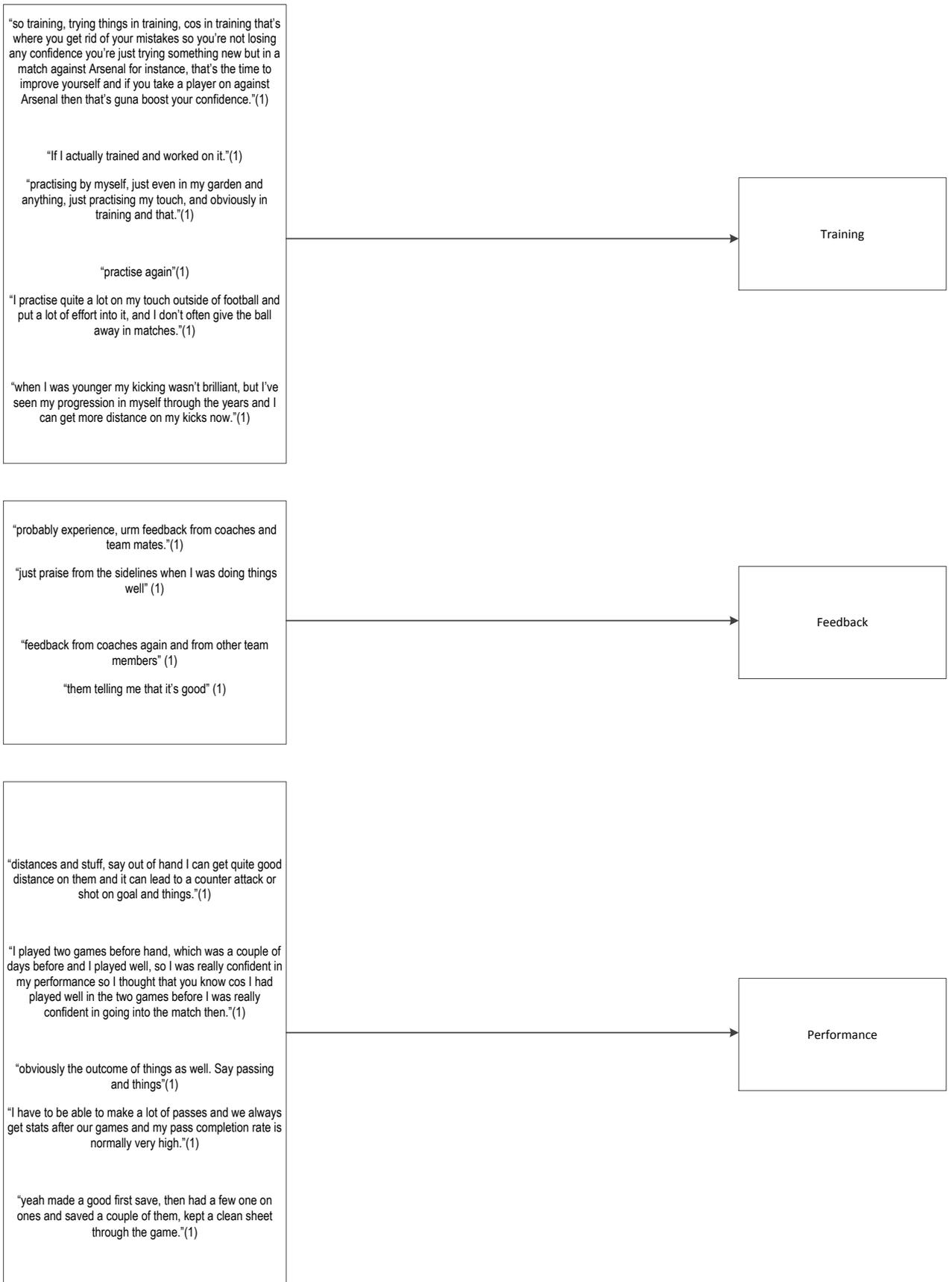


Figure 2. Continued



Figure 2. Continued

Table 2. Sources of Sport Confidence Identified by Elite Female Football Players

Sources Of Confidence	Number of Athletes Citing Types (N = 9)	Total % of Athletes
Coaching	8	88.8%
Performance	8	88.8%
Preparation	7	77.7%
Training	6	66.6%
Experience	6	66.6%
Previous Performance Accomplishments	4	44.4%
Feedback	4	44.4%
Vicarious Learning	4	44.4%
Superiority over Opponents	3	33.3%
Athlete Specific Factors	1	11.1%

the current study as every athlete, bar one, recognised their coach as an important source of confidence.

Performance

Performance emerged as a source of confidence for eight of the nine athletes and related to their current performances and technical ability. Each of the four athletes recalled specific moments in a recent game in which they had done well indicating why this performance was a source of confidence. For example, (P2) in their own words explained:

“When I scored my first goal I was confident in myself to score another goal. I was doing well in the air and we had a corner, it came to me and I scored a header, then I was on for my third goal ...I scored another goal and ended up being the first female to score a hatrick in a European qualifier.”

In comparison to Hays et al. (2007) study that categorised performance under the global dimension of performance accomplishments, the current study recognised ‘performance’ as a higher-order theme in its own right as every athlete bar one commented on factors during their performances that helped enhance their confidence, for example (P4; a goalkeeper) put forward: “distances out of hand; if I can get quite good distance on them and it can lead to a counter attack or shot on goal then I’m confident to do it again later in the game.” Along with (P8) who argued performance and technical ability during the game had a massive effect on confidence and how they played for the rest of the game: “We started the game really brightly and I had a lot of possession and a lot of shots on target, so I was confident for the rest of the game”. Such a positive relationship between performance and confidence has been extensively evidenced within literature (e.g. Moritz, Feltz, Fahrback, & Mack, 1998).

Preparation

Preparation was identified as a source of confidence by seven out of the nine athletes. Preparation related to the build-up, training and physical and mental

condition of the athlete before an upcoming sporting event. The words of (P3) were reverberated throughout all athletes' responses: "Preparation made me confident; I had a good build up as I had a training camp before the match, so I had prepared for the match, trained well, eaten well and slept well." Most of the athletes also ratified the importance of a good warm up just before a game: "I had a good warm up, was confident in the warm up, and didn't do many mistakes so I was then confident going into the game." These types of physical preparation have been acknowledged as a source of confidence in Vealey's (1998) work, which also depicted mental preparation as a source of confidence. This is maintained in the current study as three of the nine athletes reiterated the importance of being mentally "switched on" (P2). On the other hand, Hays et al. (2007) recognised a third form of preparation, holistic preparation, which included the use of additional resources such as video analysis to facilitate confidence. Such resources are more accessible for World Class athletes. For that reason the elite athletes in this study, along with the high school, collegiate and masters' athletes in previous studies (e.g. Vealey et al., 1998; Wilson et al., 2004) did not reveal holistic preparation as a source of confidence.

Training

Six out of the nine athletes elaborated on their belief of 'training' to be a crucial source of confidence in their sport. These views are stressed in (P2)'s response: "training is huge for confidence, trying things in training, cos in training that's where you get rid of your mistakes so you're not losing any confidence you're just trying something new". Training has been declared throughout as a source of confidence research (e.g. Vealey et al., 1998; Hays et al., 2007). Previous researchers included 'training' under the umbrella term of preparation – physical preparation. However, this study has exemplified training as a higher-order theme in its own right due to the number of athletes that avowed it as such a prominent source of confidence. Most of the athletes explained how training was an environment in which they could keep practising until they reached their targets, this is voiced in (P5)'s argument "I improve by practising by myself, just even in my garden and anything, just practising my touch, and obviously in training and

that, making sure I was getting better each time”. In keeping with the work of Durand-Bush and Salmela (2002), training and the setting of goals in athletes training programs were identified as a fundamental component of performance.

Experience

Six of the elite female football players argued that they generated confidence from their sporting experiences and consequently, the increased self-awareness they developed. All of these athletes spoke about gaining confidence after playing from a young age or from playing for time at a high level, as (P8) highlighted: “I’ve been playing at a high standard for 6 years now so I’ve learnt a number of things and got a lot of experience”. It is not surprising the athletes derived their confidence from experience given the length of time they had spent competing at an elite sporting level. Indeed, athletic ‘experience’ has been identified as a positive factor that facilitates athletic performance (Gould et al., 1999).

Previous Performance Accomplishments

As formerly mentioned ‘previous performance accomplishments’ was not one of the most prominent sources of confidence found when analysing the responses from the athletes, however four of the athletes recognised it to be a significant source of confidence. This source of confidence is associated with the outcome of previous games / competitions and previous accomplishments regarding the athletes’ careers, such as being given captaincy. (P3) demonstrated how previous performance had facilitated her confidence going into the next game: “Just before that game we had already been away playing in a tournament in which we qualified and did well so I was already feeling confident and good.” Hays et al. (2007) initiated the idea of performance accomplishments being divided into two subdivisions – competition outcomes and competition performance. Male athletes tended to derive their confidence from competition outcomes and female athletes were found to more commonly obtain their confidence from competition performance. The current study has reinforced these findings when looking at female athletes. Bandura’s (1997) self-efficacy theory identified performance

accomplishments a source of confidence, although the definition of performance accomplishments regarding a sporting context was very vague, the respective study supports these findings.

Feedback

Feedback materialized as a source of confidence for four of the nine athletes. Feedback accounted for any comment or form of positive communication given to the athlete by other people regarding their performance. Each of the athletes suggested a positive correlation between feedback and confidence. This was confirmed by (P7) who suggested: "Praise from the side-lines when I was doing things well always helped with confidence". Vealey et al. (1998) supported this finding as their study found female athletes obtain their confidence from their coach's encouragement, positive feedback and compliments akin to the social support source of confidence, which was also recognised by Hays et al. (2007).

Vicarious Learning

Four of the nine elite female performers identified 'vicarious learning' as a source of confidence, this related to learning through watching others, either role models or from experienced team mates, this is demonstrated in the remarks of (P6) who disputed "playing with and learning from very experienced players who know the game inside out because they've played at the top level for so long is invaluable". Vicarious experience was one of Bandura's (1997) efficacy predictors and it was recognised as an important means of enhancing confidence by a number of different researchers (e.g. Hardy et al., 2001; Jones et al., 2002). Conversely, Hays et al's (2007) study failed to incorporate vicarious learning as one of the sources of sport confidence; this may be due to the athletes' World Class status.

Superiority over Opponents

Three elite female football players identified having superiority over their opponents as a source of confidence, this meant they had belief in being better than their opponent in a given situation. This was reiterated in the comments of (P3) “For one on ones I’m confident, during matches and stuff, I don’t think like I’ve let many players get round me.” Hays et al. (2007) entitled ‘superiority over opponents’ as a perceived ‘competitive advantage’ this is because the majority of athletes in their study competed in individual sports so the athletes derived their confidence more from seeing opponents ‘crack’ under pressure or not perform as well, rather than being in a situation where they could be one on one with the opponent. In Hays et al’s (2007) study, competitive advantage was identified by female athletes only. Synonymous with previous research (e.g., Krane & Williams, 1994; Lirgg, 1991) the female athletes in this study depended more upon sources of confidence that are uncontrollable. Vealey et al. (1998) proposed that athletes that gain their confidence from uncontrollable sources are more likely to experience fluctuations in their levels of confidence. In accordance, previous research advocated that male athletes exhibit higher levels of confidence than female athletes (e.g., Krane & Williams, 1994; Lirgg, 1991) and are less vulnerable to variation in levels during pre-competition phase (Jones & Cale, 1989).

Athletic Specific Factors

The inductive qualitative approach employed by the present study allowed for much deeper insights into the athletes beliefs which resulted in the identification of additional sources of sport confidence not highlighted by previous research (e.g. Vealey, 1998; Hays et al, 2007). Two of the nine athletes acknowledged sources of confidence that were exclusive to them and not highlighted in the higher-order themes abovementioned. These sources were: ‘other peoples’ expectations’, which was associated with other people doubting the athlete’s ability to do well, yet they saw this more of a challenge and thrived from it, (P1):

“Not many people expected us to reach the welsh cup final, not many people expected us to do well everyone thought we would get beat but we ended up doing well and end up in penalties and everyone played well so it boosted our confidence up for the season.”

Previous research has not documented other peoples' expectations as a source of confidence yet one athlete in Hays et al.'s (2007) study expressed how being viewed as 'underdogs' did boost their confidence which is similar to this finding. Other peoples' expectations may not be seen as a source of confidence to the rest of the athletes in this study as they played at an elite level, thus it is logical to assume they would have always played well. The second source unique to an athlete was 'Personality', (P6) argued it was both environmental and innate factors that build up her personality, but recognised herself as an outgoing and happy individual, she claimed this facilitated her confidence: "well I think obviously a lot of it (confidence) comes down to genetics, like my Dad's quite an extrovert". Innate factors were accepted in Hays et al.'s (2007) study as a source of confidence yet 'personality' as such was not mentioned, as only one athlete in this study reported it to aid their confidence then it can be put down to individual difference.

Factors that Serve to Debilitate Confidence

Nine factors that serve to debilitate confidence emerged from the responses of the elite female football players: Performance, team selection, injury, team mates, negative feedback, poor preparation, coach, opponents' superiority and athlete specific factors. The confidence debilitating factors were gathered from players' raw-data responses, grouped into sub-themes and further higher-order themes. Figure 3 provides a summary of the development of the confidence debilitating factors from the raw-data themes to the higher-order themes. Table 3 demonstrates an overview of the data with percentages to emphasize each factors importance (Hays et al., 2009). Throughout this section there will be some overlap with sources of confidence this is because the sources and factors that serve to debilitate confidence are not always easily divorced from one another.

Performance

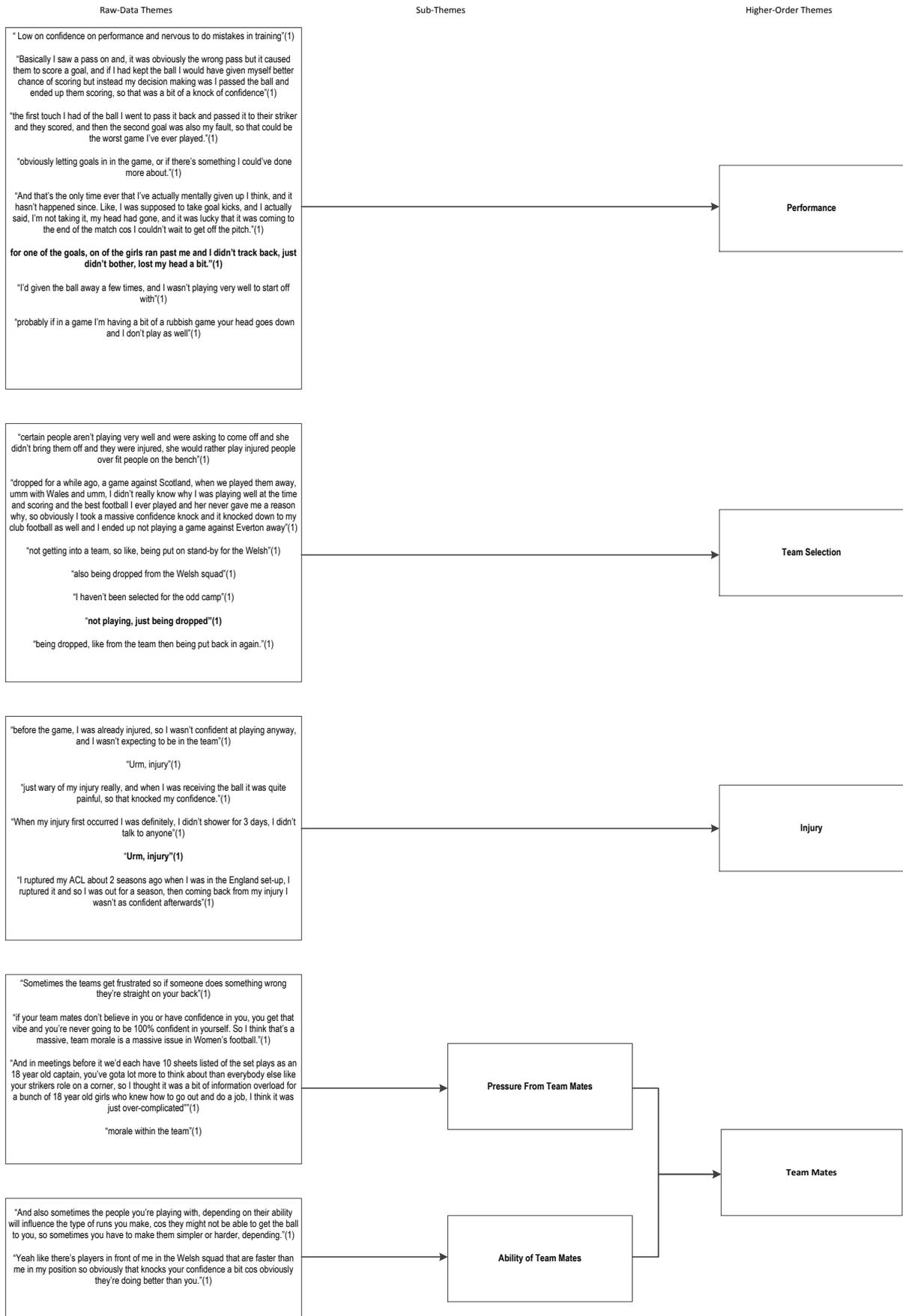


Figure 3. Themes and Categories for Factors that Serve to Debilitate Confidence Identified by Elite Female Football Players

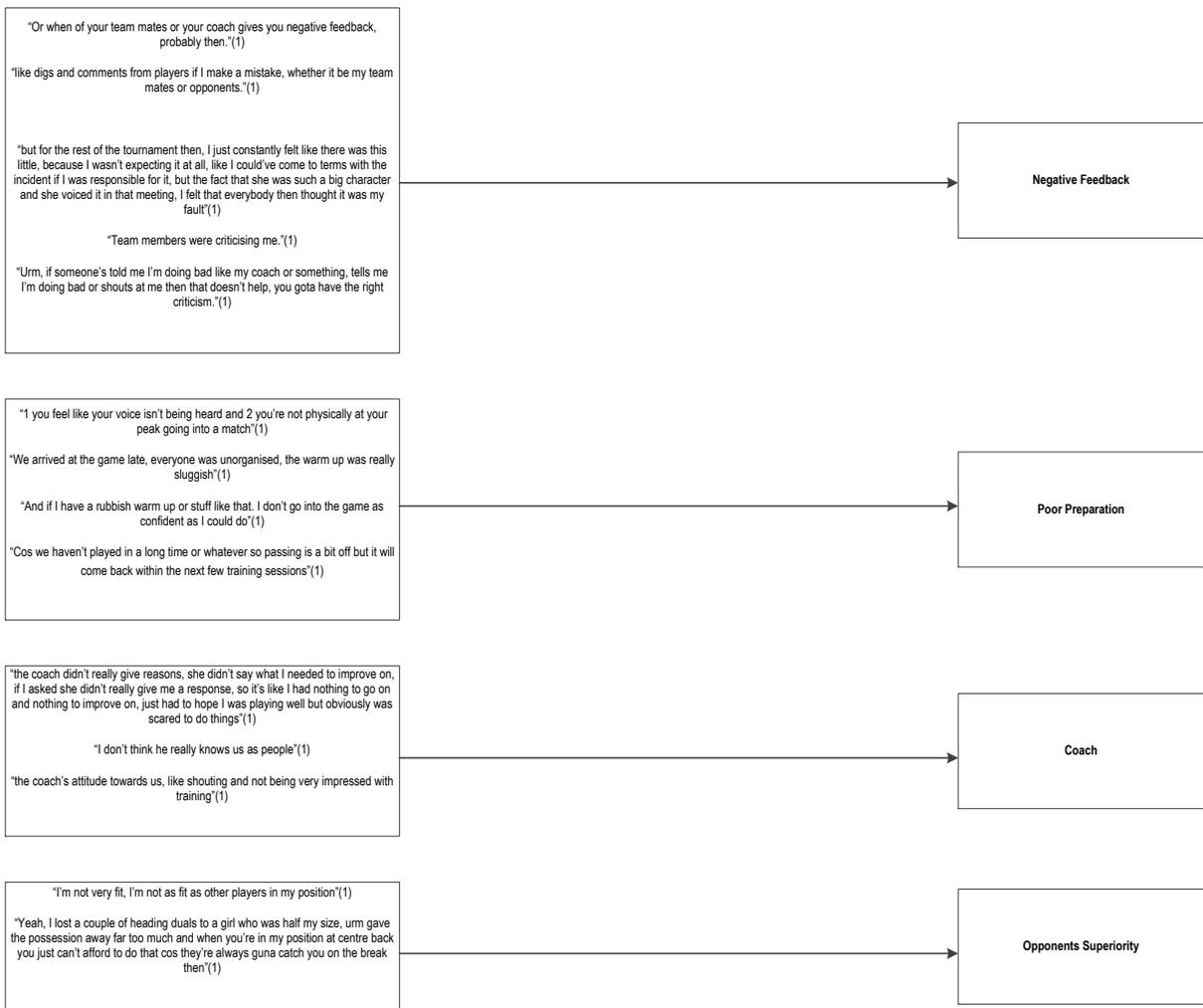


Figure 3. Continued

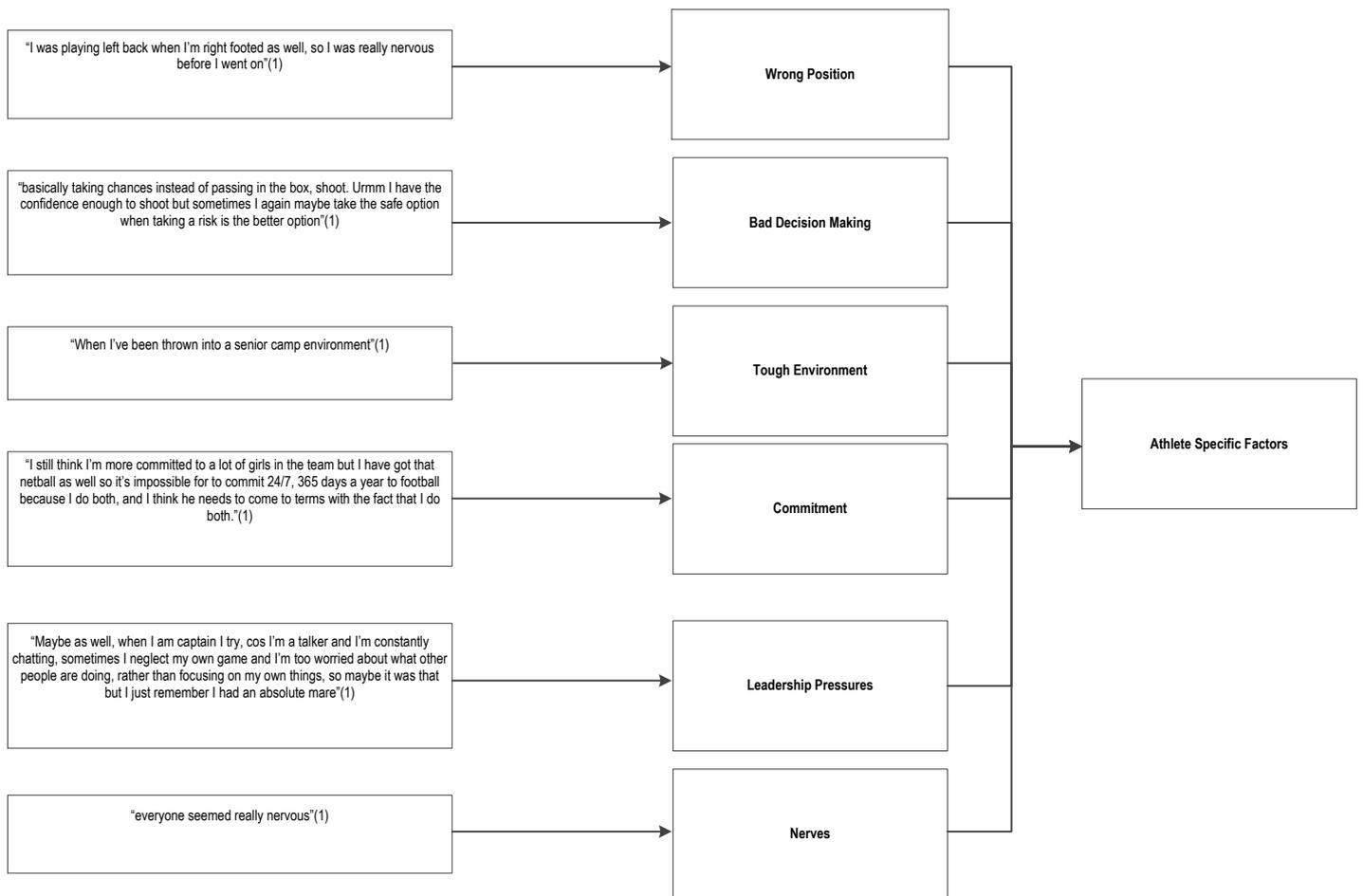


Figure 3. Continued

Table 3. Factors that Serve to Debilitate Confidence Identified by Elite Female Football Players

Debilitative Factors on Confidence	Number of Athletes Citing Types (N = 9)	Total % of Athletes
Performance	8	88.8%
Team Selection	7	77.7%
Injury	6	66.6%
Team Mates	6	66.6%
Negative Feedback	5	55.5%
Poor Preparation	4	44.4%
Coach	3	33.3%
Opponents Superiority	2	22.2%
Athlete Specific Factors	4	44.4%

Poor performance was responsible for eight of the nine athletes reduced confidence levels. This pertained either performance outcomes; for example losing a game. Or poor skill execution throughout the game, one of the athletes stated: (P3) “during a game when you do something wrong, like a bad pass or something, that knocks you down straight away”. These factors are supported by previous research; the inability to demonstrate completion of skill or ability relates directly to the sport confidence source of demonstration of ability (Vealey et al., 1998). Poor performance can also link to self-efficacy sources, such as performance accomplishment; achievement through performing well has been shown to enhance confidence levels (Maddux & Lewis, 1995; Moritz et al., 1996). Performance accomplishments are thought to elicit the most powerful effects on self-efficacy as they’re based upon personal mastery experiences (Hardy et al., 2001).

Team Selection

Seven of the nine athletes acknowledged team selection to have detrimental effects on their confidence levels. Team selection referred to either not being picked for a team, or being dropped from the team completely. This is reiterated in (P1)’s response: “I didn’t feel as confident because I had been dropped the previous game and I was scared to do the same mistakes that got me dropped again”. Being dropped from the team could potentially have been reported by the athletes to inhibit confidence as it could reflect performance from previous weeks, which would again effect self-efficacy (Bandura, 1990) and sport confidence (Vealey, 1998).

Injury

Injury was cited by six of the nine athletes as a factor to debilitate confidence in sport. These athletes described a reduced confidence in their physical ability to perform, which in turn affected their performance. As one football player

highlighted: (P5) “I was wary of my injury, and when I was receiving the ball it was quite painful, so that knocked my confidence.” Mastery is one of the sources of confidence identified by Vealey et al. (1998), injury has a direct effect on an athletes’ ability to carry out and master specific skills, consequently has a detrimental effect on the athletes’ confidence levels. Injury demonstrated a lack of preparation and performance accomplishment. Similar information was found in Hays et al.’s (2009) study indicating the negative effect injury can have on a variety of abilities.

Team Mates

In this study ‘team mates’ were a new finding and were identified by six of the female football players as a factor that can debilitate confidence. The higher-order theme of ‘team mates’ was developed from two sub-themes, ‘team mates pressure’ and ‘team mates’ ability’. Team mates pressure related to the feedback and criticism received by the athlete from a team mate, as (P1) described: “Sometimes the teams get frustrated so if you do something wrong they’re straight on your back”. Team mates also provide some support for collective efficacy regarding how the perception of the team can negatively affect individual confidence (Bandura, 1997). For example some athletes believed the ability of their team mates to affect their own performance and in turn confidence:

(P3) “Sometimes the people you’re playing with, depending on their ability will influence the type of runs you make, cos they might not be able to get the ball to you, so sometimes you have to make them simpler or harder.”

Negative Feedback

‘Negative feedback’ was seen as a factor that debilitates confidence by five of the nine football players, any form of criticism or negative comments were seen to be detrimental to the athletes’ confidence. This is elucidated in (P9)’s response: “if someone’s told me I’m doing bad like my coach or something, or shouts at me then that doesn’t help with confidence, you gotta have the right criticism, more constructive than negative.” The distinct social nature of sport suggests that social

support is an important source of confidence (Wilson et al., 2004). Receiving negative feedback could be associated with a lack of social support (lack of positive comments and backing from coaches or team mates) therefore being detrimental to performance.

Poor Preparation

'Poor preparation' was highlighted by four of the athletes as detrimental to confidence levels. Specifically, poor preparation was associated with a lack of or no training, poor warm-up, and a lack of games for match fitness. For example (P1) stated: "Having not played in a long time passing was a bit off". A perceived lack of physical capabilities due to ill preparation was highlighted in this study, Maddux (1995) suggested if the player is aware of this inadequate level of physical capability it can lead to a loss in confidence. Further previous findings also support poor preparation as a confidence debilitating factor (e.g. Hays et al., 2009) and related to the sources of sport confidence which demonstrated the significance preparation has on confidence (Vealey, 1998). Physical preparation specifically related to self-efficacy source, physiological states, based on the evaluation of the athletes' strength and fitness (Bandura, 1997).

Coach

Three of the nine female football players identified their coach as sometimes having a negative effect on confidence levels. The athletes that claimed the coach had a debilitating effect on their confidence felt that the coach failed to relate to players, failed to provide answers for why the player had been dropped and said they conveyed a negative attitude overall. This is demonstrated in (P6)'s argument: "I don't think he really knows us as people" and (P7)'s response: "the coach's attitude towards us was negative, like shouting and not being very impressed with training". Akin with this finding, Hays et al. (2009) study also found the female athletes emphasised the coach as a debilitating factor for confidence; this could indicate that female players rely on social support from their coach to enhance their confidence, if the athlete does not feel supported by their coach it

can lead to a lack of confidence. The World Class athletes in Hays et al.'s (2009) study and the elite athletes in this study have both established how the coach is recognised as a source of confidence yet can also be attributed to a loss in confidence (Vealey et al., 1998; Hays et al., 2007).

Opponents Superiority

Two athletes thought 'opponents superiority' to be unfavourable for their confidence levels. Raw data themes included opponents being fitter, and opponents winning in a 1 v 1 battle. (P4) revealed: "I'm not very fit; I'm not as fit as other players in my position". This made her feel unconfident in relation to her fitness as she knew others were better. These negative perceptions that could lead to a lack in confidence support vicarious learning in Bandura's (1997) self-efficacy theory, as opponents who are perceived as better can infuse lower self-efficacy beliefs within the individual.

Athlete Specific Factors

Four out of nine athletes imparted factors unique to themselves that served to debilitate confidence. These raw-data themes included; position on pitch, bad decision making, difficult environment, time for commitment, leadership pressures and nerves. Previous literature also name athlete specific factors as a confidence debilitating factor (Hays et al., 2009). Yet also found it to be a source of sport confidence (Vealey et al., 1998; Hays et al., 2007). Thus meaning it is vital for the coach and athlete to come to an understanding with athletes' individual differences in order to enhance confidence.

Strengths and Limitations

A key strength of this study is its primary focus on confidence debilitating factors, also looking into sources and types of confidence, providing significant discoveries for an area with limited previous research in the sport confidence literature. This research extended upon the work previously carried out by Hays and colleagues

(2009) by using elite female football players in comparison to World Class athletes in order to provide support and additional confidence debilitating factors. Nevertheless, the study was limited as it was only able to identify sources, types and debilitating factors of confidence, and not able to explain why and how these factors affect a player's confidence, or when the debilitating factors may occur. Although pre-interview booklets were provided in order to improve the accuracy of recall it is important to keep in mind the retrospective nature of this study; meaning accuracy of recall is a concern. This study has provided a foundation for confidence debilitating factors to be looked into in further detail across different athlete sample groups.

The method of this study was systematic, detailed and procedures were followed precisely. The players that were interviewed provided a high degree of thorough information which allowed for an interesting and informative insight into the sources and types of confidence along with the factors that serve to debilitate confidence in elite female football players. After reflection, the sample size of nine players was sufficient however additional information and comparisons could be made if players across a variety of sports or from a variety of abilities had been interviewed. The current method in the study of using only elite female football players in the sample means it is difficult to generalise results to other athlete groups.

Practical Implications

From a practical perspective with regards to the sources, types and debilitating factors of confidence the findings have implications for elite female football players and their coaches. The development of interventions aimed at protecting and improving an athlete's confidence is unmistakably merited. Nonetheless, the current study has provided additional evidence that demographical and organisational factors play a role in sources, types and debilitating factors of confidence used by athletes. Therefore, these need to be considered when analysing the confidence levels of performers; accordingly the development of applied instruments intended to assess a performers specific needs regardless of the demographical and organisational factors is warranted. The findings suggest

all athletes elicited multiple sources and types of confidence, meaning it is of importance to encourage athletes to obtain their confidence from a number of sources and to understand how and why they perform effectively, this might facilitate their development of a more robust sport confidence.

Future Research

Sources, types and factors said to debilitate confidence have been the primary focus of this study, confidence debilitating factors have not been the primary aim of any previous research (Hays et al., 2009). Evidentially further research is needed in order to gain a more comprehensive understanding of confidence debilitating factors. Demographical and organisational factors do influence sources, types and confidence debilitating factors, consequentially future research into other athlete samples would be beneficial to allow an understanding across a variety of sports. It would also be of merit to recognise what level of influence each debilitating factor has on confidence, coaches and athletes could then develop interventions to overcome the factors that are most detrimental to the athletes' confidence. Further research into what impact these debilitating factors have on performance would also be of credit, especially to the coaches and athletes. An understanding into which factor has the most negative effect on performance could then be established meaning the coach and athlete can focus on diminishing specific confidence debilitating factors, thus increasing confidence, in turn potentially improving performance. From this study it is apparent future research set to establish more information concerning the similarities between the factors that serve to debilitate confidence with self-efficacy (Bandura, 1997) and sources of sport confidence (Vealey et al., 1998; Hays et al., 2007). Increased understanding within this area could enhance knowledge regarding how the same factor can both increase and decrease a performer's sport confidence.

CHAPTER FIVE

CONCLUSION

The present study aimed to investigate one of the most important influences on sporting performance from the perspective of elite female football players, this study has provided comprehensive and valuable information with regards to the sources, types and factors that serve to debilitate confidence. In accordance with Hays et al.'s research, seven types of confidence were identified by elite female football players that were similar to those identified by the World Class performers. This study also recognised one extra type of confidence specific to elite female football players. Eleven sources of confidence were recognised by the elite female footballers, four sources supported Hays et al.'s (2007) findings, and an additional seven sources of confidence specific to elite female football players. Overall, this study identified nine factors that serve to debilitate confidence among elite female football players. These findings supported five previously identified confidence debilitating factors (Hays et al., 2009) and suggested four additional factors. Several of the nine factors have been identified as similar to sources of sport confidence (Vealey et al., 1998; Hays et al., 2007) and self-efficacy (Bandura, 1986, 1997). Through a thorough understanding of the importance confidence has on influencing performance these findings have highlighted the significance of facilitating sport confidence and reducing factors that are detrimental to it. As sources, types and debilitating factors for confidence have now been acknowledged both athletes and coaches will be able to recognise them with ease. This will enhance the intervention development process and enable the athlete to describe what factors increase or lower their confidence.

In addition to the sources, types and confidence debilitating factors associated with sport confidence sources (Vealey, 1998) and self-efficacy (Bandura, 1997) this study has acknowledged further factors, possibly influenced by demographical factors and organisational culture. Once these additional sources types and factors that debilitate confidence have been recognised interventions should be developed aimed at minimising the detrimental effect of confidence debilitating factors and facilitating the sources that increase sport confidence. Interventions could focus on the similarities of self-efficacy, sport confidence sources and the respective types, sources and debilitating factors of confidence highlighted in this

study. Subsequently, sources and debilitating factors for confidence can be manipulated using the associated sources to enhance confidence.

The comprehensive nature of this study using in-depth interviews enabled thorough information to be congregated exploring athletes experiences with regards to their confidence, also permitting individual differences to emerge. The chosen procedures resulted in important findings used to improve understanding of the types, sources and factors that serve to debilitate confidence, and would be suitable to replicate in other athlete sample groups.

CHAPTER SIX
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APPENDICES

APPENDIX A

Pre-Interview Booklet

The Types, Sources and Debilitating Factors of Sport Confidence in Elite Female Football Players

Name:

Age:

Ethnic Origin:

Position:

Subject Code (To be filled in by the researcher):

Date & Time of interview (To be filled in by the researcher):

Instructions:

The purpose of this pre-interview booklet is to get you to reflect and think about your sport confidence. Please write down your thoughts on each of the general questions below as it will help you answer the questions during the actual interview. Any notes you write in this booklet are entirely confidential.

Section 1: General Introductory Questions

1) How old were you when you first started playing football?

Notes:

2) How long have you been playing for your current Football Club?

Notes:

3) Have you played for any other football clubs?

Notes:

4) How many times a week do you usually train for at the club?

Notes:

5) How long do you usually train for at the club?

Notes:

6) Do you do any other training/practice outside of the club?
- If so how many hours do you spend a week practicing outside of the club?

Notes:

7) Do you compete in any sports other than football?

Notes:

8) What are your goals for your future in football?

Notes:

Section 2: Recalling Career Periods

9) Can you recall and write some notes on a period of your career when you have felt really confident? Why was this? and what were your thoughts and feelings during this period?

Career Period:

Why did you feel confident during this period?

What were your thoughts and feelings during this period?

10) Can you recall and write some notes on a period of your career when you have felt least confident? Why was this? and what were your thoughts and feelings during this period?

Career Period:

Why did you feel low on confidence during this period?

What were your thoughts and feelings during this period?

Section 3: General Confidence Questions:

9) Can you write some notes on what you think footballers need to be confident about?

Notes: _____

11) Using a confident football player as an example, can you write some notes on what you think they are confident about? and what they do that makes you think they are confident?

Player's _____ *Name:* _____

What do you think they are confident about?

What do they do that makes you think they are confident?

9) Can you write down some examples of the things you are confident about (e.g. what do you think you are good at) as a football player.

Notes: _____

10) Referring to your answer above, can you write some notes below on where you think those aspects of confidence in yourself as a footballer come from?

Notes: _____

11) Lastly, can you write down some of the things that cause you to lose your confidence?

Notes: _____

Thank you for completing the pre interview booklet – Please return it along with the signed informed consent form (in the envelope provided) to Hannah Billingham. Once this has been done the date and time for your interview will be arranged.

APPENDIX B
Interview Guide

Interview Guide

The Types, Sources and Debilitating Factors of Sport Confidence in Elite Female Football Players

Name:

Age:

Current teams (including international):

Content Page:

Section 1: Introduction

Section 2: Introductory questions regarding participant

Section 3: Introductory sport confidence questions

Section 4: Types, sources and levels of confidence

Section 5: Factors that serve to debilitate confidence and motivational interventions

Section 6: Conclusion and reflection upon interview

Section 1: Introduction

- Introduce myself
- Thanks for participation in study
- The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players
- This purpose of this being an interview is to and enhance your awareness and gain an in depth understanding of your sport confidence
- The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these
- The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

- Anything you say is entirely confidential which means that anything you say will not in any way is used in combination with your name.
- I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected.
- You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your football club.
- There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear.
- If at any point you don't understand a question or you need clarification please do not hesitate to ask.
- There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

Do you have any questions about what I have discussed about the interview so far?

Section 2: General Introductory Questions (Recorded)

- Please use your pre-interview booklet to help you answer each question during the interview.

- Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

12) How old were you when you first started playing football?

13) What club do you currently play for?

14) How long have you played at international level?

15) What country do you represent?

16) How many times a week do you usually train for your club team?

17) How long do you usually train for at the club?

18) Do you do any other training/practice outside of the club?

- If so how many hours do you spend a week training/practicing outside of the club?

19) Do you compete in any sports other than football?

20) What are your goals for your future in football?

Section 3: General Sport Confidence Questions (Recorded)

- 21) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?
- 22) Using a confident football player as an example, can you describe what you think they are confident about?
- Probe: What do they do that makes you think they are confident?

Section 4: Types, Sources & Levels of Sport Confidence (Recorded)

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

12) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player?

- Probe: What parts of your game are you confident about?
- Probe: What do you think you are good at?

Sources of Sport Confidence

- 13) For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?
each type may have more than one source
- Probe: Why are you confident about your _____ / Why do you think you are good at _____
 - How do you know your _____ is good?
- 14) Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?
- 15) Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

- 16) Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

Level of Sport Confidence

- 17) Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

Section 5: Confidence Debilitating Factors & Motivational Interventions (Recorded)

Confidence Debilitating Factors

- 18) Can you give me some examples as a football player of anything that has caused you to lose your confidence?
- 19) Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?
- 20) Referring to the same match, can you describe anything that happened during the match that made you lose your confidence?

Motivational Interventions

* If the type of confidence is given a rating between 1 and 4:

- 21) Why do you think you are a 1-4 rather than a 0?
- 22) What changes do you think you would have to make in order to be a 7 or an 8? How might you go about making these changes? What would be a good first step?

Section 6: Conclusion / Reflection upon the interview (Recorded)

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

- 23) Are there any areas that you think I failed to cover relating to your confidence as a football player?
- 24) Do you think this process improved your understanding or awareness of your sport confidence?
- 25) Do you think I led, or influenced your answers away from the things you wanted to say?
- 26) Do you think the interview could be improved in any way?
- 27) I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

APPENDIX C

Transcripts

Interview Number 1

HB) – Hannah Billingham

P1) – Participant 1

HB) Hi, My names Hannah Billingham thank you for your participation in this study. This study is looking into sources and types and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and gain and in depth understanding of your sport confidence, the interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions through the interview will be recorded using this Dictaphone as this is the best way to gather and collect accurate information, I am now going to read you your participant rights.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way is used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your team. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P1) No.

HB) Ok, please use your pre interview booklet to help you answer each question during the interview .

HB) This is the general introductory questions.

HB) Before we go into the main interview I will ask you a few general introductory questions in order to gain a better understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P1) Urr 8 years old.

HB) What club do you currently play for?

P1) UWIC.

HB) How long have you played at an international level?

P1) Urrr I had my first cap when I was 18.

HB) OK urr what country did you represent?

P1) Urrr Wales.

HB) How many times a week do you usually train for your club team?

P1) Urr twice a week.

HB) And how long do you usually train for at the club

P1) Hour and a half each session.

HB) Do you do any other training practise outside of the club? If so how many hours do you spend a week training outside the club?

P1) Urrm we do 2 weight sessions which is an hour each and I go to the gym sometimes so about 5.

HB) Ok, do you compete in any other sports than football?

P1) No.

HB) Urr then what are your goals for your future in football?

P1) Urr to get back into the Welsh squad.

Ok, urrr this is the General Sport Confidence questions

HB) To start, can you describe to me what you think footballers need to be confident about before or during a match

P1) Urrr they need to be confident in their ability so on the pitch like passing the ball right, their fitness and their team.

HB) Ok, using a confident player as an example can you describe what you think they are confident about?

P1) Urrr what they do on the pitch so make sure they're doing the right pass and when they do something wrong their heads don't go down.

OK, cool. Urrrm, next section is the types, sources and levels of sport confidence.

HB) From now on the answer you give will be entered into the appropriate column in your confidence profile, the types of confidence you identified into your pre-interview booklet have already been added.

HB) Types of sport confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile are there any specific examples of the types of things you're confident about as a football player, um so what part of the game are you confident about?

P1) Urm, When defending some of the players I can tackle them well, um passing, touch, just general play really I'm confident about.

HB) Ok, and the sources of sport confidence, for each of the types of confidence you have identified in your confidence profile, can you explain why each type of confidence in yourself as a footballer has come from so why are you confident about your defending ability? And why do you think you're good at your passing?

P1) Urrmm, when I was younger we did quite a lot of passing drills and touch drills, so it built n that over the years and just confident and I know when to go into tackle.

HB) Yeah.

P1) And if I miss it I know my team are there.

HB) Ok would you say it's through experience?

P1) Experience yeah.

HB) Ok

HB) First, referring to the match you identified in your pre-interview booklet when you first felt most confident urr can you describe anything that happened during the lead up to that match that made you feel confident

P1) Urrmm not many people expected us to reach the welsh cup final, not many people expected us to do well everyone thought we would get beat but we ended up doing well and end up in penalties and everyone played well so it boosted our confidence up for the season.

HB) Ok and is that for UWIC

P1) UWIC yeah.

HB) Ok so in the warm up did anything happen?

P1) No everyone was just switched on and wanted to do well to prove everyone wrong.

HB) And that made you feel confident?

P1) Yeah.

HB) Okay good.

HB) Urm referring to the same match can you describe anything that happened during the match that made your confidence increase?

P1) Urrrrmm, it's just surprised how well we were doing um and we got a goal back and it went to extra time and penalties so throughout the match it went on and on and it was those things that boosted everyone's confidence up, and played better.

HB) That's good, and what about you specifically as a person, did you do anything good that made your confidence grow?

P1) Ummm, we were just constantly defending to be honest.

HB) Ok quite a lot

P1) Yeah so we had a lot to do so just boosted confidence so every ball I got increased my confidence as no one was getting past me.

HB) Ok good, are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P1) Urm I think the coach was the main bit to encourage people and get everyone up for the game and not to try and lower their confidence in the game or training sessions.

Ok now to the level of your sport confidence

HB) Using the confidence profile we've been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence by rating yourself between 1-10 with 1 being not at all confident and 10 being extremely confident, please use the scale to help you.

HB) Ok so your first one to rate yourself on a scale of 1-10 is defending, urm how confident would you say you are now?

P1) Urm about, 8.

HB) 8 ok, good

HB) Urm and your passing?

P1) Urrmm about a 7.

HB) Ok good

HB) And your touch?

P1) 8.

HB) 8? Good

P1) And also I'm quite confident in fitness for welsh fitness training they're encouraging me to do extra things so I would put me at a 7.

HB) Ok thank you, Ill add that.

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence

P1) Sometimes the teams get frustrated so if someone does something wrong they're straight on your back, that's not often but....

HB) Ok and in your pre interview booklet you've mentioned something about being dropped from the team?

P1) Oh well I was meant to be in a game that everyone was looking forward to, then got dropped without really a reason so like lowers your confidence as no reason was given and you're wondering what you do that's so wrong and I thought I should be starting.

HB) Ok

HB) Referring to the match you identified in your pre interview booklet, when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P1) Urm, the following game I started again and was obviously didn't feel as confident because I had been dropped the previous game and you feel whatever I was doing wrong I was doing wrong and I'm scared to do the same things on the pitch, so now I'm not so confident about.

HB) Ok

HB) Urm, so what was it during the lead to that match that made you lose your confidence, was it the coach or was it the fact that you just weren't playing?

P1) Urm, the coach didn't really give reasons, she didn't say what I needed to improve on, if I asked she didn't really give me a response, so it's like I had nothing to go on and nothing to improve on, just had to hope I was playing well but obviously was scared to do things.

HB) Ok, urm referring to the same match can you describe anything that happened during the match that made you lose your confidence even more?

P1) Urm, if certain people aren't playing very well and were asking to come off and she didn't bring them off and they were injured, she would rather play injured people over fit people on the bench.

HB) Ok so you thought maybe that happened the same the last week that she would keep you on the bench even though you should have come on

P1) Yeah.

HB) Okay.

Okay this is motivational intervention, so strategies I can bring in to help your confidence

HB) Why do you think that you are a 7 rather than a 10 in your passing?

P1) Urm, Cos we haven't played in a long time or whatever so passing is a bit off but it will come back within the next few training sessions.

HB) Ok so training would help with your passing?

P1) Yeah

HB) Ok, in your fitness why are you a 7 rather than a 10, what would help?

P1) Its again cos we haven't played in a while, so you can be fit but doing a match is different, compared to just running

HB) Ok and what would you do if you didn't have match?

P1) Urm train go to the gym, do a blow out session.

HB) Okay with defending you're an 8 what could make you upto a 10?

P1) Urm a bit more experience and more games and harder games.

HB) Urm, and what about your touch?

P1) Again it's just games and training, doing touch work, and you pressure it.

Ok, last section, this is the conclusion

HB) Right that just about brings the interview to an end, however before we finish there, there are just a couple more questions I would like to ask

HB) Are there any areas you think I have failed to cover relating to your confidence as a football player?

P1) No.

HB) Thank you. Do you think this process improved your understanding of or awareness of your sport confidence?

P1) Yeah, it's made me realise.

HB) Good, do you think I led or influenced your answers away from the things you wanted to say?

P1) No.

HB) Do you think the interview could be improved in any way?

P1) No, it's fine.

HB) I think that that is everything I would like to ask you, is there anything you'd like to ask me or anything else you would like to add?

P1) No, nothing.

HB) Okay many thanks for your time and involvement in this interview, you will be given a copy of your confidence profile with feedback shortly

P1) Thank you.

HB) Pleasure

Interview 2

HB) – Hannah Billingham

P2) – Participant 2

Hi, my name's Hannah. Thanks for your participation in the study. The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. This purpose of this being an interview is to enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way be used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P2) No.

Section 2: General Introductory Questions

Please use your pre-interview booklet to help you answer each question during the interview.

Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P2) 4.

HB) What club do you currently play for?

P2) Urrr Bristol Academy and UWIC Women's football team.

HB) How long have you played at international level?

Urrr, since I was 18 and I'm 24 now.

HB) What country do you represent?

P2) Urrr Wales.

HB) How many times a week do you usually train for your club team?

P2) Urrr, three times a week with my uurm Bristol academy and twice a week with my University team.

HB) How long do you usually train for at the club?

P2) Normally two and a half hours, an hour and a half for UWIC.

HB) Do you do any other training/practice outside of the club? If so how many hours do you spend a week training/practicing outside of the club?

P2) Yeah I do, urm a conditioning and weight sessions with Wales, I do Mondays, Wednesdays and Fridays, an hour each.

HB) Do you compete in any sports other than football?

P2) No, just football.

HB) What are your goals for your future in football?

P2) Urm, hopefully to go to European Championships or World Cup with Wales, urrm yeah, or reach 50 Caps for my country.

Section 3: General Sport Confidence

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P2) Urrr, first of all, their own ability if they haven't got confidence in their own ability then I don't think they bring anything to the squad or the result or the team. To be confident in others around you, so if you're for instance I'm a winger, I have to have confidence in my full-back when I'm on the attack and how confident in your manager you are, if he makes a decision you have to go with that decision and believe that he's confident in that decision to affect the result. And if you're confident going into a warm up then that will carry through to your game so that carries into training just before a game too. I think confidence is a huge issue in a football match.

HB) Using a confident football player as an example, can you describe what you think they are confident about? What do they do that makes you think they are confident?

P2) Urm, Cristiano Ronaldo, I think he's nearly on the scale at arrogance, but I think you need arrogance as a player to be affective and for him being as confident as he is then he wouldn't have got to where he is without confidence and belief.

Section 4: Types, Sources & Levels of Sport Confidence

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player?

P2) Urrm, my own game, taking on people, I think if you're not confident then you never going to beat the full back and that's obviously an aim as a winger, so I'm confident in my own ability, I can take players on. And crossing the ball, that's what I'm there to do and I'm confident enough that I can get the ball where the striker wants it. And finishing, I've scored a few goals and I'm pretty confident now when I enter the box that 9 times out of 10 I'll finish that shot.

Sources of Sport Confidence

HB) For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

P2) Urrm, it comes first of all from my manager, if he thinks I'm can take that person on or if I can get a few goals in that game then I am automatically more confident so from the coach is very important. Urrm, again during a match if I take a player on I know 9 times out of 10 I've already beaten that person mentally, cos basically getting one over your opponent, so it's like a game of cat and mouse, it's whoever goes first so ummm, yeah, and when we score a goal once you've scored one goal then your confidence is higher and you think that you can score again, most games then whatever opportunity that you have or chance then you know and you have the confidence that 9 times out of 10 you get the first shot.

HB) Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P2) Urrm, yeah, it was the, urrm, European qualification camp and urrm we played Ireland away and Israel home and I got picked to start against Ireland which was obviously a massive confidence boost and going into that game I played really well 80 minutes and defensively worked well and I was much better and created a chance and we ended up winning 1-0 so umm, going into the next game we were pretty confident as a team and as individuals and going into the next game I believed I could have scored and I ended up scoring a hatrick, so, ha, was very confident.

HB) Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

P2) Urrm, yeah, when I scored my first goal I just knew in myself that I was guna score another goal and I was good in the air and we had a corner and it came to me and I got a header and I was on for my third goal and being on two goals you always know if you get that third goal to make that would be amazing and it ended up I made it another goal and ended up being the only woman to ever score a hatrick in a European qualifying camp

HB) Wow, amazing, OK. Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P2) Ummm, well having confidence of your own team mates, I think that's a massive boost if your team mates don't believe in you or have confidence in you, you get that vibe and you're never going to be 100% confident in yourself. So I think that's a massive, team morale is a massive issue in Women's football.

Level of Sport Confidence

HB) Okay, now using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

P2) Urm, for my dribbling ability I am a I'd say an 8.5 I can always get better I always believe that but this is the best I've been playing football ever. For scoring, urm, last season I scored 6 goals for Bristol Academy, urrm, and this season for UWIC I have scored over an average of a goal per game, so urm yeah pretty confident in that so that's a good 8 of 10 cos I can always get a bit better than that. And urmm, crossing urrm, there is opportunities where I should cross the ball but I've taken on players instead so I think that's an area of my game where I can always improve on better so that's about a 7, so like, decision making. Ummm, and experience making a decision there and then so that could be a type of confidence that could be a 7, and.. Superiority umm over opponents umm, I always try and get the better of my opponents so I it's kind of thriving off someone else's lack of confidence, so I would say that's a good 7 or an 8.

Section 5: Confidence Debilitating Factors & Motivational Interventions

Confidence Debilitating Factors

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P2) Ummm, yeah I got ummm, dropped for a while ago, a game against Scotland, when we played them away, umm with Wales and umm, I didn't really know why I was playing well at the time and scoring and the best football I ever played and her never gave me a reason why, so obviously I took a massive confidence knock and it knocked down to my club football as well and I ended up not playing a game against Everton away. Ummm, but I always believe that urmm, if you got something against you, always gotta come back for yourself. The game that I got dropped against, when I came on and scored a goal and that was a confidence boost but my confidence wasn't 100% so I was still no perfect.

HB) Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence? You've just done that, sorry.

HB) Referring to the same match, can you describe anything that happened during the match that made you lose your confidence? So maybe the next game you played.

P2) Basically I saw a pass on and, it was obviously the wrong pass but it caused them to score a goal, and if I had kept the ball I would have given myself better chance of scoring but instead my decision making was I passed the ball and ended up them scoring, so that was a bit of a knock of confidence.

Motivational Interventions

HB) Why do you think in dribbling you were an 8.5 not a 10?

P2) Cos I always think you can be a bit better, as you say there's always tricks that other people can do when taking on players, and I always think it's one of the biggest things in my game, and there's times where I should take players on but I turn back and pass and keep the ball as a safe option but I need to take more risks as a player and taking a risk comes down to dribbling and taking players on.

HB) So how would you go about improving your dribbling?

P2) Umm so training, trying things in training, cos in training that's where you get rid of your mistakes so you're not losing any confidence you're just trying something new but in a match against Arsenal for instance, that's the time to improve yourself and if you take a player on against Arsenal then that's guna boost your confidence.

HB) And scoring you were 8, how would you get that upto a 10?

P2) Ummm, basically taking chances instead of passing in the box, shoot. Ummm I have the confidence enough to shoot but sometimes I again maybe take the safe option when taking a risk is the better option

HB) Crossing was a 7? Why is that not a ten?

P2) Again it comes under decision making, urm, it interlinks with dribbling and trying to decide early to take a person on and there's a striker open in the box then that's my fault but that's the decision I have to make and have the confidence and that.

HB) Urm, and, superiority to your opponents, how could you get that up to a ten?

P2) Again, it's a game of cat and mouse and if I can beat her and knock her confidence then my confidence is going to be higher than hers so..

Section 6: Conclusion / Reflection upon the interview

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

HB) Are there any areas that you think I failed to cover relating to your confidence as a football player?

P2) No.

HB) Do you think this process improved your understanding or awareness of your sport confidence?

P2) Most definitely

HB) Do you think I led, or influenced your answers away from the things you wanted to say?

P2) No way

HB) Do you think the interview could be improved in any way?

P2) No, it's perfect

HB) I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P2) No.

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

Interview 3

HB) – Hannah Billingham

P3) – Participant 3

Hi my names Hannah, umm thanks for your participation in this study, the study is looking into the sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and to gain an in depth understanding of your sport confidence, the interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone as this is the best way to gather and collect accurate information. Now I'm going to read you your participant rights.

Anything you say will be entirely confidential which means that anything you say will not in any way be used in combination with your name. Um, I may use quotes when writing up the findings, however these will remain strictly anonymous and your identity will be protected, you have the right at any point to stop the interview, you are also entitled to refuse to answer any question, each of these decisions will not harm your relationship with the interviewer or your football club. There are no right or wrong answers to the questions you will be asked, your answers should be based entirely on your own opinion, I would much rather that you decline a question that you don't want to answer than to give an answer that sounds right or that you think I would like to hear. If at any point you don't understand a question or you need clarification, please do not hesitate to ask there is no time limit on the interview so please do not feel pressured by time, if at any point during the interview you would like a break please ask, at the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P3) No, that's fine.

HB) Thank you.

Ok, general introductory questions.

Please use your pre-interview booklet to help you answer each question in the interview, before we go into the main interview I would like to ask you a few general introductory questions in order to gain an understanding into your history as a footballer.

HB) How old were you when you first started playing football?

P3) umm, I started when I was about 8 years old.

HB) Ok, thank you, what club do you currently play for?

P3) Just UWIC uni team.

HB) How long have you played at international level? Or when you played at international level?

P3) When I was 14 til about 19 so 5 years.

HB) Thank you, and what country did you represent?

P3) Wales.

HB) How many times a week do you usually train for your club team?

P3) Urr, train twice a week and play twice a week.

HB) Ok, how long do you usually train for at the club?

P3) About an hour and a half to two hours.

HB) Ok, urr, do you do any other training practise outside the club?

P3) Yeah.

HB) And how many hours do you spend a week doing that?

P3) Probably about 4 or 5 hours.

HB) Do you compete in any other sports than football?

P3) No.

HB) Okay, and what are your goals for your future in football?

P3) Urr, probably to try and play for a super league team, maybe ha.

Right, ok, section 3; general sport confidence questions.

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P3) Urm, I think they need to be confident in their own ability and be confident in their team mates ability as well.

HB) Ok, good, urr, using a confident football player as an example, can you describe to me what you think they're confident about? So what do they do that makes you think they're confident?

P3) Urm, I think they're confident about their own ability and being able to be confident in taking on their opposition, not scared of doing it.

Ok, thank you, next section is types, sources and levels of sports confidence

From now on any answer you give will be put into the appropriate column in your confidence profile, the types of confidence you identified in your pre interview booklet have already been added.

HB) Ok, types of confidence, in addition to the types of confidence you've previously identified in your profile, are there any specific examples of things you're confident about as a football player? So what parts of your game are you confident about?

P3) Urm probably, urrm, like moving round to get the ball, and like making the runs for the ball maybe, would effort be one? Probably that. Urm, shooting on a good day ha. Urrr, probably good at holding the ball up, up the top.

HB) Ok, is that everything?

P3) Yep, I think so.

HB) Ok, so now your sources of sport confidence? For each of the types of confidence you have identified in your confidence profile, can you explain where each type of confidence in yourself as a footballer has come from? Urm, so why are you confident about your movement and your runs?

P3) Probably when we started playing at international level was probably the first time we ever got urrm, tactical information, where as I hadn't really had much of it before, and urrm, so that's probably made me more aware than maybe other people.

HB) Ok, excellent, why are you confident about your effort levels?

P3) Probably my competitiveness and that, I don't like losing, I won't stop until we win.

HB) Good yeah, and would you say it's from experience or your coaches shouting at you or anything like that?

P3) Probably my Dad, shouting at me from the side-line ha.

HB) Right ok, urm where have you got your confidence in your shooting from?

P3) Urm, just training I think, in every club, not just one, comes down to experience as well.

HB) Is that everything?

P3) Yeah

HB) Ok, and where have you got your confidence from in holding the ball up?

P3) Urm, I dunno, I probably know I'm a bit stronger than others so I know I won't get pushed off the ball. Then I've sort of adapted to that, used it to my strength. Also I'm quite confident in my skill level and technical ability.

HB) Ok, so that's types of confidence again, urm wait we will go back to sources, why would you say you're good, sorry where did you get that confidence from?

P3) Urm probably experience, urm feedback from coaches and team mates.

HB) Ok, good, is that all?

P3) Yeah.

HB) Ok, referring to the match you identified in your pre-interview booklet when you felt most confident can you describe anything that happened during to the lead up to that match that made you feel confident? So what in the lead up to that match made you feel confident?

P3) Well, just before that game we had already been away playing in a tournament in which we qualified and did well so I was already feeling confident and good, then we come back and urm the coach made me captain, which obviously boosted my confidence as well so urm, just that and my parents give me motivational talk and stuff so probably that.

HB) Ok, thank you, and referring to the same match, can you describe anything during that match that made your confidence increase?

P3) Urm, I scored 2, ha, urmm and I had man of the match as well but like I knew I was playing well through the game as well.

HB) Ok, so knowledge of your own performance as well, excellent. Are there any additional types or sources of confidence that you feel are important to you that you have not included within your confidence profile?

P3) No, I don't think so.

Ok cool, so now onto your level of confidence in sport, using your confidence profile that we've been building during the interview, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1 and 10, with 1 being not at all confident and 10 being extremely confident. Please use the scale to help you.

HB) Ok, so out of 10 what would you say your confidence levels are for movement?

P3) Urm, probably an 8

HB) Good, ok, and your effort levels?

P3) Urrr, 9

HB) Cool, and your shooting?

P3) 6

HB) And holding the ball up?

P3) 7

HB) And your skill level and technical ability?

P3) Probably a 7 as well.

Section 5: Your confidence debilitating factors and motivational interventions

HB) Urm, starting with your confidence debilitating factors can you give me some examples as a football player of anything that has caused you to lose your confidence before?

P3) Definitely injury, urmm probably during a game when you do something wrong, like a bad pass or something, that knocks you down straight away. Or when of your team mates or your coach gives you negative feedback, probably then.

HB) Yeah, ok anything else?

P3) No, that's it.

HB) Ok, urm, referring to the match you identified in your pre interview booklet when you felt least confident, can you describe anything that happened in the lead up to that match that made you lose your confidence?

P3) Urm, before the game, I was already injured, so I wasn't confident at playing anyway, and I wasn't expecting to be in the team, and then I was, and I was also playing out of position, I was playing left back when I'm right footed as well, so I was really nervous before I went on, and then the first touch I had of the ball I went to pass it back and passed it to their striker and they scored, and then the second goal was also my fault, so that could be the worst game I've ever played.

HB) Ok, big knock on the confidence then, Ok, and referring to the same match can you describe anything else that happened that match, so you already said about the pass back, that made you lose your confidence?

P3) Urm, probably not being able to run and jump because I was with an injury so I couldn't really, I was struggling to do my normal things, so that knocked my confidence as well, then just, I dunno, letting them score and knowing it was my own fault.

Ok, cool, right, next section is motivational interventions

HB) Urm ok, so why would you say for your movement you are and 8 rather than a 10? How could you improve?

P3) Probably, like sometimes towards the end of the game and things like tiredness and that, you're trying to make the easier runs, rather than doing your normal things, you're just tired you wana do the easy things.

HB) Ok, so that's to do with fitness type thing?

P3) Yeah. And also sometimes the people you're playing with, depending on their ability will influence the type of runs you make, cos they might not be able to get the ball to you, so sometimes you have to make them simpler or harder, depending.

HB) Ok, why was effort a 9 not a 10, I know it's not far off but what could include your effort levels?

P3) Sometimes I do too much and then that makes me not work as hard, like say before training say I'd do too much in the day then I can't put in all the effort cos I'm tired.

HB) Ok, cool, your shooting is only a 6 rather than a 10, how could you improve that?

P3) Urm, practise a lot more, urm composure in front of goal.

HB) Ok, yep. Good. And holding up the ball, 7 out of 10, how could you get that upto a 10?

P3) Urr, probably by urm, being a bit stronger, like sometimes you still get pushed off the ball, and probably the body part you use to hold up the ball, like technique you use.

HB) Ok, that all comes through training I guess?

P3) Yeah.

HB) And your skill level, that's a 7, how could you get that up?

P3) Training.

HB) Yeah ok, thank you.

Ok, section 6, the conclusion.

HB) Urm, right that just about brings the interview to an end, however before we finish there are just a couple of questions I would like to ask, are there any areas you think I missed relating to your confidence as a football player?

P3) No, not really.

HB) Ok, thanks, do you think this process improved your awareness or your understanding of your sport confidence?

P3) Urrm, probably made me more aware of a few different things.

HB) Good, ok, do you think I led or influenced your answers away from the things you wanted to say?

P3) No, not at all.

HB) Good, do you think the interview could be improved in any way?

P3) No, I don't really know, so..

HB) Ok, thanks I think that's everything I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P3) No that's it thanks.

HB) Ok, many thanks for your time and involvement in this interview, you will be given a copy of your confidence profile with feedback shortly, thank you!

Interview 4

HB) – Hannah Billingham

P4) – Participant 4

Section 1: Introduction

Hi my name is Hannah, thanks for your participation in this study, this study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way is used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P4) No, it's fine.

Okay, General Introductory Questions

Please use your pre-interview booklet to help you answer each question in the interview, before we go into the main interview I will ask you a few general introductory questions in order to gain a better understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P4) Urm, 13.

HB) Ok, and what club do you currently play for?

P4) UWIC

HB) How long have you or did you play at international level?

P4) Urrr, what? Full International orr?

HB) Yeah.

P4) Probably about 2 years.

HB) 2 years okay. Urm, what country did you represent?

P4) Wales

HB) How many times a week do you train for your club team?

P4) Urm, twice

HB) And how long do you usually train?

P4) Urm, 2 hours each.

HB) Yeah. Okay, do you do any other training outside the club?

P4) Noo.

HB) Do you compete in any other sports than football?

P4) No.

HB) What are your goals for future in football?

P4) I haven't got any.

General Sport Confidence Questions

HB) To start can you describe to me what you think football players need to be confident about in order to perform well during a match?

P4) Urrm, you need to be confident in their own ability and urm, the players and the teams' ability, urr, yeah.

HB) Okay. Um, using a confident football player as an example can you describe what you think they are confident about?

P4) Urm, like they're slightly cocky but not arrogant, like not overly confident but really confident in their own ability.

HB) Okay, so in their own ability, how do you know that? What do they do that shows they are confident?

P4) Like the way that they compose themselves and the confidence to do like skills and passes that other people wouldn't try.

HB) Okay, cool, is that everything?

P4) (Nod)

Okay, Section 4, Types, Sources and Levels of Sport Confidence.

From now on any answer you give will be entered into the appropriate column in your confidence profile, the types of confidence you identified in your pre-interview booklet have already been added.

HB) Urm, types of sport confidence, in addition to the types of sport confidence you have previously identified in your confidence profile are there any specific examples of the types of things you are confident about as a football player? So what part of your game are you confident about?

P4) Urr, so like one on ones and stuff?

HB) Yeah.

P4) As a goal keeper I'm quite confident on like one on ones and like coming for crosses and high balls.

HB) Okay. Anything else?

P4) Urm, I'm confident in like distribution like kicking out of hand and stuff like that.

HB) Okay. Anything else? What about like fitness wise?

P4) I'm not confident in fitness, like cardio.

HB) Okay, so you are confident in your speed?

P4) Yeah, over short distances.

HB) For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer has come from?

P4) For one on ones, like during matches and stuff, I don't think like I've let many one on ones, players get round me. Like one on ones, obviously it's you and one other person, your defence has gone so you're making the last, you're the last person to stop the goal.

HB) Okay. Urm, okay, crosses and high balls, where would you say you got your confidence from for them?

P4) Ummm, cos I tend to clear them? So like, previous games like. I tend to do well on crosses.

HB) Okay urm, what else has given you confidence in that like?

P4) Comments from coaches.

HB) Urm, your distribution, where have you got the confidence from for that? It can be the same thing if you think.

P4) Like, distances and stuff, say out of hand I can get quite good distance on them and it can lead to a counter attack or shot on goal and things.

HB) Okay, cool, urm your cardio, that's a type of confidence you said you weren't that confident in but where would you say you would get the confidence from?

P4) If I actually trained and worked on it.

HB) Okay, so training yeah. Your speed, where would you say you got your confidence from?

P4) Urm, testing um, I dunno like coming out for the ball and beating the striker to the ball.

HB) Okay, and you said you were good at short distances, I suppose like agility type thing, where would you say you got that from?

P4) Testing again and beating opponents.

HB) Yeah, okay. Thank you.

HB) Referring to the match you identified in your pre-interview booklet when you felt most confident can you describe anything that happened during the lead up to that match that made you feel confident?

P4) Like a good build up, like I had a good pre-season and I had a training camp before the match, so I had prepared for the match, so I trained well and ate well and slept well. Like preparation made me confident.

HB) Okay cool, um, referring to the same match can you describe anything that happened during the match that made your confidence increase?

P4) Urm, yeah like made a good save like literally in the first 5 minutes.

HB) Okay, anything else?

P4) No.

HB) Okay, are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P4) No, I don't think so.

Okay, now your level of sport confidence, using the confidence profile we've been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1 and 10 with 1 being not at all confident and 10 being extremely confidence, please use the scale to help you with your answers.

HB) So, one on ones, how much out of 10 would you say you're confident on them?

P4) 9

HB) Crosses and high balls?

P4) 9

HB) Good, distribution?

P4) Urm, 8

HB) Cardio?

P4) Haha, 1

HB) Speed?

P4) urrr, 7.

HB) And short distances so agility?

P4) urrm, 7.

Okay. Urm, okay and now Section 5, Confidence Debilitating Factors and Motivational Interventions.

HB) Urm, can you give me some examples as a football player of anything that has caused you to lose your confidence?

P4) Urm, injury

HB) Yep.

P4) And urm, not getting into a team, so like, being put on stand-by for the Welsh.

HB) Okay cool, anything else?

P4) Urm, obviously letting goals in in the game, or if there's something I could've done more about.

HB) Okay, anything else?

P4) Urm, like digs and comments from players if I make a mistake, whether it be my team mates or opponents.

HB) Okay, is there anything else?

P4) No.

HB) Okay, referring to the match that you identified in your pre interview booklet when you felt least confident, can you describe anything that happened during the lead up to that match that made you lose your confidence?

P4) Urm, I had a good preparation but I wasn't chosen for the game. I trained well and then I came on as a sub.

HB) So you weren't starting, so you weren't confident about that?

P4) Yeah.

HB) Okay, referring to the same match can you describe anything that happened during the match that made you lose your confidence?

P4) Urm, no I was okay when I came on the field but before that and before I actually touched the ball I was not very confident but I eased into the game.

HB) Okay, so then during the game nothing knocked your confidence or anything, you just played your game?

P4) Nod.

Okay, Motivational Interventions

HB) Right, why do you think for cardio you are a 1 rather than a 10 or 1 rather than a 5?

P4) Urm, I'm not very fit, I'm not as fit as other players in my position.

HB) Okay, urm and also, for your speed you're only a 7 out of 10, again why do you think you're only a 7 not a 9?

P4) Because obviously I'm not as fast as other players but I could be fast over short distances but I can't over longer distances, which maybe I need just as much as short distances.

HB) Okay, how would you improve that then?

P4) Training.

HB) Yeah okay, and for short distances you're only a 7 again, why is that, rather than a 10?

P4) Urrm, not sure.

HB) Is it to do with yourself needing to be better, other people being faster?

P4) Yeah like there's players in front of me in the Welsh squad that are faster than me in my position so obviously that knocks your confidence a bit cos obviously they're doing better than you.

HB) Okay, and again to improve that, what would you do?

P4) Training.

HB) Yeah okay, same again, cool.

So, Conclusion.

Urr, that just about brings the interview to an end however, before we finish there are just a couple of questions I would like to ask.

HB) Urm, are there any areas that you think I failed to cover relating to your confidence as a football player?

P4) No.

HB) Okay, thanks, do you think this process improved your understanding or awareness of your sport confidence?

P4) Yeah.

HB) Do you think I led or influenced your answers away from the things you wanted to say?

P4) No, not at all.

HB) Thank you. Do you think the interview could be improved in any way?

P4) No.

HB) Okay, I think that's everything I'd like to ask you. Is there anything you would like to ask me or anything you would like to add?

P4) No.

HB) Okay many thanks for your time and involvement in this interview, you will be given a copy of your profile with feedback shortly. Thank you.

Interview 5

HB) - Hannah Billingham

P5) - Participant 5

Hi, my names Hannah. Thanks for your participation in this study. This study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

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HB) Do you have any questions about what I have discussed about the interview so far?

P5) No.

Section 2: General Introductory Questions.

Please use your pre-interview booklet to help you answer each question during the interview. Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P5) Urm, about 9.

HB) What club do you currently play for?

P5) Cardiff City Ladies

HB) How long have you played at international level? Or like when you did, how long for?

P5) Urm, well since I was 12.

HB) What country do you represent?

P5) Wales

HB) Okay, and what position are you?

P5) Left back.

HB) How many times a week do you usually train for your club team?

P5) Urr twice

HB) How long do you usually train for at the club?

P5) About an hour and a half per session.

HB) Do you do any other training/practice outside of the club?

P5) Yeah.

HB) And how many hours do you spend doing that?

P5) Urr, 4 hours a week.

HB) Do you compete in any sports other than football?

P5) No.

HB) What are your goals for your future in football?

P5) Urm, to play at the highest level possible.

HB) Okay cool.

Section 3: General Sport Confidence Questions.

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P5) Urrm, obviously confident in their own ability and confidence in their team mates as well. Mmm. That's about it.

HB) Using a confident football player as an example, can you describe what you think they are confident about?

P5) Urm, their own ability and confidence having the ball. Urm.

HB) Is that it?

P5) Yeah.

HB) Okay, that's cool.

Section 4: Types, Sources & Levels of Sport Confidence.

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you're confident about as a football player? So what parts of your game are you confident about?

P5) My positioning on the pitch, so when we're defending, where I need to be in relation to the ball and my team mates.

HB) Okay, cool.

P5) Urm, when I have the ball at my feet so if I'm receiving a pass from someone, and my body positioning.

HB) Okay, and your touch yeah?

P5) Yeah.

HB) Okay, anything else? Say as many as you can think of, even if you're not that good at them.

P5) So when I'm playing a match?

HB) Yeah.

P5) Urm, my heading of the ball, so being able to head it in the right direction or away from the goal, defensively.

HB) Okay. Is that everything?

P5) Yeah I think so.

Sources of Sport Confidence

For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

HB) Okay, so why are you good at your positioning? Where did you get that confidence from?

P5) Urm, obviously from playing from a young age, it just helped, urm I've been able to work with a lot of different coaches urm, obviously my team mates help as well, learning from people around me, especially when I've played for Wales, I've had the benefit of learning from older players.

HB) Urm, good okay, and when the balls at your feet, where do you get your confidence in that?

P5) Urm, probably from playing for so long so I'm used to having the ball like in different, like under pressure and in different kind of situations.

HB) Yeah okay. Okay, and your positioning?

P5) From coaches really, just umm, obviously learning from different coaches has helped.

HB) Yeah okay, and different teams and stuff? Okay and your touch?

P5) Probably practising by myself, just even in my garden and anything, just practising my touch, and obviously in training and that.

HB) Okay. Cool. And your heading as well?

P5) Urm, yeah probably just practising in training the most.

Okay, that's all for that.

HB) Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P5) Urm, okay, urm, I played two games before hand, which was a couple of days before and I played well, so I was really confident in my performance so I thought that you know cos I had played well in the two games before I was really confident in going into the match then.

HB) Okay cool. And urm, your preparation and your warm up?

P5) Urm, yeah had a good warm up, was confident in the warm up, didn't do many mistakes so I was confident going into the game then.

HB) Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

P5) Yeah, I was winning my one v one battle against the winner, and I was confident then that you know she wasn't going to get past me when she had the ball.

HB) Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P5) What do you mean sources?

HB) So, for example, your coach and your experience.

P5) You mean in that game or?

HB) No not in that game, just in general?

P5) No, I don't think so.

Level of Sport Confidence

Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

HB) Okay, so for your positioning what would you say out of 10?

P5) 8

HB) And ball at your feet?

P5) 8

HB) Yep, body positioning?

P5) 7

HB) Your touch?

P5) 9

HB) And your heading?

P5) 6

Section 5: Confidence Debilitating Factors & Motivational Interventions

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P5) Urm, injury and also being dropped from the Welsh squad.

HB) Okay, anything else?

P5) No, I don't think so.

HB) Okay, referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P5) Urm, so I had been out with an injury for about six weeks and it was my first game going back, so obviously I wasn't very confident, I was worried about getting injured again. Um, the warm up wasn't that successful, obviously in the back of my mind I had the injury playing on my mind.

HB) Okay, umm, okay and referring to the same match, can you describe anything that happened during the match that made you lose your confidence even more?

P5) Urm, just wary of my injury really, and when I was receiving the ball it was quite painful, so that knocked my confidence.

Okay, so now we're going onto Motivational Interventions.

HB) Why do you think you are a 6 rather than a 0 for heading, what's made you think you are alright at it?

P5) Urm, probably because I've been in different situations where I've had to head the ball like against a player um, so, my success rate has been quite good over the last few months.

HB) Yeah, okay, good. Okay, and your touch a 9 rather than a 0?

P5) I am comfortable receiving the ball, if it comes from out the air or a strong pass along the floor.

HB) And your positioning is a 7 not a 0?

P5) Urm, probably from experience, I know where to stand in relation to the ball and my team mates.

HB) And the ball at your feet why an 8 rather than a 0?

P5) Urm, because I'm comfortable on the ball and I have confidence in myself.

Okay, and what changes do you think you would have to make in order to be a 10 for example in them? And how might you go about making these changes.

HB) Okay how would you get from an 8 to a 10 in positioning?

P5) Speaking to my coach probably.

HB) And the ball at your feet how would you get up to a 10?

P5) Just more practise, putting myself in difficult situations.

HB) And your body positioning?

P5) Again, speaking to team mates making sure I'm in the right position for them in order to help them out.

HB) And your touch?

P5) Just more practise really. Urm, receiving the ball in difficult situations and using my left foot as well as right foot.

HB) And your heading?

P5) Urm, try and put myself into new situations where I have to head the ball. Getting used to taking it from different heights as well.

Section 6: Conclusion

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

HB) Are there any areas that you think I failed to cover relating to your confidence as a football player?

P5) I don't think so.

HB) Do you think this process improved your understanding or awareness of your sport confidence?

P5) Yeah.

HB) Do you think I led, or influenced your answers away from the things you wanted to say?

P5) No, not at all.

HB) Do you think the interview could be improved in any way?

P5) No.

HB) Excellent, I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P5) No.

HB) Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

Interview 6

HB – Hannah Billingham

P6 – Participant 6

Hi, my name's Hannah. Thanks for your participation in the study. The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way be used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P6) No.

Section 2: General Introductory Questions

Please use your pre-interview booklet to help you answer each question during the interview. Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P6) Urr, think I was about 7, in year 3 I think.

HB) What club do you currently play for?

P6) Cardiff City Ladies.

HB) How long have you played at international level? Or when you did how long did you play for?

P6) Urm, I started playing for the U17's when I was 16 then I played for those and the U19's but I didn't get my senior call up til November 2010, so coming up 2 and a half years.

HB) What country do you represent?

P6) Wales.

HB) How many times a week do you usually train for your club team?

P6) Ur, for my club team we only have 2 technical sessions a week but they're both 2 hours long.

HB) Do you do any other training/practice outside of the club?

P6) Yep, um, I also play netball as well so I have urm, I train with Welsh netball 4 hours a week and then for my club team an additional 3 hours, so that's 7 hours of netball and also we have strength and conditioning sessions, or weights or plyometric and that's urr, 3 times a week and each an hour each so an extra 3 hours.

HB) What are your goals for your future in football?

P6) Urm, I'd like to establish myself as a starting 11 player for the senior Welsh team. And also compete or qualify for a major championship with Wales.

Section 3: General Sport Confidence Questions

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P6) Urm, I think, your fitness, so knowing you've put in the hours before you've actually got to the match because otherwise you're guna be stuffed and you're not guna last the whole 90 minutes, urrm, confidence in your ability in that position, so knowing that, you know, if you need to ping a 40 yard ball that you've got the ability to do it, and when you're under pressure. Also not being afraid to make mistakes, and knowing that if you do make mistakes it's not going to tarnish the rest of your match, so um, and in your team mates and your coach of course.

HB) Okay, is that everything?

P6) Yeah, all that I can think of at this minute.

HB) Okay, using a confident football player as an example, can you describe what you think they are confident about?

P6) Okay, I'm gonna say David Luis, who plays for Chelsea, I just think that he's got a really good attitude, like a really optimistic laid back attitude but not so laid back that it's like loafing, he's really not afraid to make mistakes and express himself, and he knows he's got the ability and he knows he can do it under pressure, even in adversity when people are laughing at him. So I think that's a really good example, he's a role model to me.

HB) Okay, nice.

Section 4: Types, Sources & Levels of Sport Confidence

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player? So what are you confident about?

P6) Okay, so the things that I'm confident about at the moment, I think, general fitness, like I'm nowhere near as technically gifted as a lot of players or team mates but I know that I can always fall back on my fitness, like I always come out on top in the fitness test aspects, and as well that's that's one thing you can always work on, you can't teach technique a lot of the time after a certain age, but there's no excuse for anybody to not be fit cos it's just the hours you put in. I think the fact that I'm a confident person off the pitch helps a lot as well. And urm, I like to take on like, leadership roles so I'm, not bossy as such, but I'm driven. So it takes a lot, urm to bring me down. I feel that, for my age I know my position quite well now, like I've got um, 18 caps at senior level in the centre back position, and that's quite a lot for somebody of my age, cos for my position you generally have to be a bit older but that's me just being fortunate with selections and injuries of more experienced players that I've actually been given my opportunity. But having been around people like Jane Ludlow, like, it's just, incomparable, coaching tips she's given me, so I feel that I can read the game a lot better than I could when I first started that position cos I was actually moved to centre back only when I was 18, I played midfield all the way up through my youth, so I'm quite confident in my ability to read that now, it's just, it can always be improved and female footballers don't actually reach their peak until, I think it's about 27, so I'm optimistic and I'm always looking forward to learning and improving more. Urm, I think, getting more technical, are you just after positives at the moment?

HB) Yeah, well what you think you're good at?

P6) I think that my stature is quite good for women's football, I think that my height and sort of strength is kind of like my position found me more than I found it. And I feel that I can use my upper body strength and my heading ability quite well during matches, cos a lot of girls in our day and age

don't like heading the ball or being muscled off the ball. Urm, I think just general, jolliness, urm just like I never moan about training sessions, I try not to cos at the end of the day it's a choice not a sacrifice, so I'm always confident going into training sessions, and always aim to take positives out of it. You know you can learn with every training session and with every day so I'm always confident, you know there's always someone worse off. And I know that I'm actually injured, but you know I've got team mates that have been told they're out for a season or 2 seasons, there's always someone out there worse off than you, and everything does get better with time.

Sources of Sport Confidence

For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

HB) Urm, so where has your fitness come from?

P6) Urm, I think, it sounds cheesy, but when I was growing up, we lived proper out in the sticks so there's like no gym, like I had to walk or run a fair distance to actually get to my friends' houses and it's really really mountainous so whatever training I did was always on mountainous really high ground. So I think it came from that, like my familiarisation with fitness. Urm, and just now like it's part of my routine like it's just how I structure my week, everything's either structured preparing for a session or recovering from one, so and as I said previously, you can't teach technique, I'm 20 now, my technique isn't going to really improve that much. Urm, where as you can always improve and work on your fitness.

HB) Okay, your personality, where's the confidence in that come from?

P6) Urm, well I think obviously a lot of it comes down to genetics, like my Dad's quite an extrovert, urm, but I think it's a lot of how you were brought up, the environments you were brought up in, you know I was always in really small schools, my primary school only had 60 odd pupils in it, so we were always seen as individuals and taught to express ourselves if you like, rather than be a number and just blending in. I also like to take anything physical I take charge of, it may be perceived as bossy but just eagerness and being a keeno really.

HB) Okay, your positional awareness, so as a centre back, your confidence in that?

P6) Urm, I think that's good coaching because like when I first started in the role I was 17/ 18 so I really didn't have a clue, it was completely different to what I was used to in midfield, so think good coaching, because when I was up north we didn't really get coached, like we hadn't really sat down with tactics. Like with a clipboard and where the ball moves you need to adapt and also, playing with very experienced players like Jane Ludlow and Jess Fishlock who know the game inside out because they've played at the top level for so long. Urm, their advice is invaluable. And sounds lame but watching people on the tele, like, for a long time I think that as a kid you just watch football and you don't actually see what's going on, whereas if you actually watch, like I know it's un-realistic to watch men footballers cos it's a completely different game really, but even just to watch the lines that they run and the angles that they create is a really good example to look at.

HB) Okay, and confidence in your stature, where has that come from?

P6) Urm, I'm taller than both my parents so I don't know where that came from, but yeah I do a lot of upper body work so maybe it's that, and I've got a meat head haha. So maybe my heading ability is down to that.

HB) And your strength again, same sort of thing?

P6) Yeah, similar sort of thing really.

HB) And where has your confidence in your happiness and jolliness come from?

P6) Urm, well obviously everyone has down days, and you've always got both pessimistic thoughts and optimistic thoughts, and it's just which ones you carry through and which ones you choose to follow, so I try and follow the positive one, cos I as I say, I'm so fortunate to be playing both sports at the elite level I do and like when people say, you know "you've had to sacrifice so much" well, it's not a sacrifice because I don't feel like I'm missing out on anything, it's more of a choice, so I just feel really fortunate to be in the position that I am, when I've seen people end careers earlier than they should of, and people miss 2 seasons because they've gotten injured and they've not followed rehabilitation programs like they should have so I just feel really fortunate and want to get the most of my playing days as I can.

HB) Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P6) Urm, one specific match that stands out for me is, urm we played Wales played Germany U19's, think it was 2011, we had had a really good build up because we'd actually won the campaign to host the U19's finals 2 years later, so there was a bit of extra funding being put into women's football, especially the U19 squad, we were under a lot of scrutiny, a new National team manager had just come in as well so there was really good fluidity between U17's, U19's and the senior girls, so you knew that you were putting in exactly the same hours as the senior girls which filled you with confidence anyway, confidence in the training sessions, in that you know, that you were training at best standard that you could, urm we'd had a fair few camps leading up to that match, urm our coach was really experienced in European football anyway so we had watched loads of videos on them, they were current European champions, so we knew what they were all about, there'd been loads of footage on them um so yeah we all felt really prepared going into the match, and we were playing at parc y scarlets, we all had loads of family coming to watch, we knew we had nothing to lose, we just had to go out. If we weren't confident in our own ability, if any of the 11 on that pitch weren't confident in their ability, we could've got hammered that day, but we didn't, we came out and we drew 1 – 1. I scored too.

HB) Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

P6) Yeah, I scored, that's 1, I don't score very often. There was 1 incident when we were playing their captain who was there striker, I don't remember her name but I know she was number 9 and

she was wearing yellow F50 boots, and there was a loose ball going towards the corner flag, and I'm not the fastest player by a long way but I beat her to a loose ball and it sounds stupid, but just laid it back off to the keeper, but I knew then that I could beat her in a foot race, so that filled me with confidence.

HB) Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P6) Urm, I think as well, knowing that I've played at International level at another sport maybe, that's a definite advantage that I have over everybody else that I've played with, like I've been playing International competitions with netball since I was 14/15, so I was already used to you know, playing in front of a crowd, representing your country, being captain of your country, so I was captain of the U19's team as well. That filled me with confidence, you know, I not only, I couldn't fret over my own performance, I had to go out with a group of players, and I was the oldest in that group of players as well so I knew they sort of looked up to me. But yeah, the netball thing, like I definitely would not be as agile at all going back to the stature thing, as I would have been without the netball, so I think it can be quite deceiving.

Level of Sport Confidence

Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

HB) So, with your fitness, what would you say you are?

P6) Probably, now that I've been out of full contact for about 4 weeks now so and for a week and a half I did absolutely nothing to let the cartilage in my knee settle down but everything's normal about my training regime apart from contact, or intervals are on a bike or a cross-trainer rather than treadmill, so I'd, it's hard for me to measure my fitness but I'd probably say, whereas I'm normally an 8 or a 9, I'm probably a 6 or a 7 right now.

HB) Okay, personality?

P6) When my injury first occurred I was definitely, I didn't shower for 3 days, I didn't talk to anyone, but it sort of, like I haven't removed myself from the team environment at all, I've been to every training session urm, I've done everything I can, I've been feeding I've been playing, I've been chasing balls and filling water bottles up, so I'm obviously no wehre near as happy as I am when I'm playing, but I'm still up to a decent level now, cos if you're down in the dumps then you're never guna get out of it, so I'd probably say I'm about a 7.

HB) Your positional awareness and ability?

P6) Again, I think that if you've missed a few games you can lose the sharpness of reading the game quite quickly, especially in my position when you know you're the last line of defence. Urm, I played

a training match on Wednesday, and it even got better in the 20 minutes I was playing, so I would say again, about a 6.5.

HB) Urm, your stature?

P6) Urm, that's probably better cos I've been able to focus on upper body, urm and I've lost a bit of weight as well, so I'll say, 7.5.

HB) Urm, your strength?

P6) Urm, muscular strength I think has improved, it's hard because I'm comparing before and after my injury, but I'm probably like in a match sense probably less strong but on a how much I can lift and how many reps I can do, more strong.

HB) So how's your actual confidence in it right now then?

P6) Ah, strong yes, out of 10, urm probably a I'd say 9. My size and that I can't be jogging round a pitch like a muscle man, so there's a limit on it.

HB) And your happiness and that?

P6) I'd say 7, I'm a lot more positive now than I was in the start and I'm confident in my attitude, like I don't wake up in the morning and think ooo how am I going to cope today. I know that I'll be alright, so I'll say 7/8. 7 actually, 7.

Section 5: Confidence Debilitating Factors & Motivational Interventions

Confidence Debilitating Factors

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P6) Urm, I think, urm, in games, I don't know, especially if it's happened early on I tend to just think right, get through the first 20 minutes, anything that happens in that you can save yourself, whereas I have been in a couple of matches where I have just had a mare. Urm, I don't even think it's your head that's gone, you're just having one of those days and the luck is going against you, but I think like, a couple of incidents. When I've been thrown into a senior camp environment, like we've been doing performance analysis, and the captain, I've been 18, it was actually my second cap, and she's just absolutely grilled me and blamed me for 1 of the goals, when I. There was actually 2 goals conceded, I was to blame for 1 of them cos it was the person I was marking who headed the ball in, so I took full responsibility for that, but then started to relax in the meeting thinking yes, I can relax now, I'm not going to get shouted at, and then, she actually said I was to blame for another goal where I was playing full back, the centre back tried to clear the ball, it hit the striker and then she

went on 1 on 1 with the goal, so I really didn't feel at fault for that. But then apparently I should have asked for a square pass rather than her clearing it. Anyway, that's just 1 incident, but for the rest of the tournament then, I just constantly felt like there was this little, because I wasn't expecting it at all, like I could've come to terms with the incident if I was responsible for it, but the fact that she was such a big character and she voiced it in that meeting, I felt that everybody then thought it was my fault, but having speaking to the coach after the camp and a couple of other girls I realised it wasn't and I should've just believed in what I knew was happening, because she was on the opposite side of the pitch to me so she couldn't really see. Other incidents have been when urm, you know, I haven't been selected for the odd camp. Like since this new guy has come in, I've not been selected for 2 of those camps. And there was a couple of reasons surrounding those. I don't feel, because he's foreign, you know, he's really busy, he covers all 3 squads, you know he's hard working. I do feel like sometimes a bit of a number, urm because he is so focused on results and who's available for what camp when I think it's very easy to fall out of the system, I've seen players fall out of the system when they really shouldn't have based on ability. I don't think he really knows us as people. That's where I can compare it to netball because we have so many, team bonding sessions and theory sessions and 1 to 1's that they can instantly tell if there's something wrong, or you know, they're constantly checking if your training's going okay, whereas it's really hard to converse and portray how you're feeling to a coach over email, once a month. So I think there's been a couple of instances if I'm not available for a certain camp, as well, he's a little bit funny with my commitment towards football, I still think I'm more committed to a lot of girls in the team but I have got that netball as well so it's impossible for to commit 24/7, 365 days a year to football because I do both, and I think he needs to come to terms with the fact that I do both. Urm, so my confidence sometimes in approaching him, or explaining, like sometimes I'm afraid to say the word netball, my confidence in talking to him and him understanding me as a person, and what I'm about is nowhere near as confident I am as when I approach my netball coaches.

HB) Okay, that's good, thank you. Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P6) Urm, there was 1 particular match I was playing at U19's level, we had a qualifying campaign match out in Slovenia and we were playing urm, Portugal, urm they were decent, and we played them in a friendly a few weeks before and we had drawn with them, so we knew we were a similar ability, I don't know what it was going into it, I think it was the different coach again, it was a temporary coach before Yamo came in, so he was very used to Men's football. So his tactics and his rapport with the players was unfamiliar to everybody I think, and so I don't know whether going into the match we were a bit, I don't know, unfamiliar, and unsure of. And in meetings before it we'd each have 10 sheets listed of the set plays as an 18 year old captain, you've got a lot more to think about than everybody else like your strikers role on a corner, so I thought it was a bit of information overload for a bunch of 18 year old girls who knew how to go out and do a job, I think it was just over-complicated. Maybe as well, when I am captain I try, cos I'm a talker and I'm constantly chatting, sometimes I neglect my own game and I'm too worried about what other people are doing, rather than focusing on my own things, so maybe it was that but I just remember I had an absolute mare and I was even embarrassed to come down for breakfast the next morning, we hadn't even

lost the game, but I just I think I didn't signal to the bench to come off but after the match I asked them why didn't they take me off and I even spoke to them about not playing the next game, I came on at half time in the next match but I was understandably dropped for it, but I was just absolutely shocking. And that's the only time ever that I've actually mentally given up I think, and it hasn't happened since. Like, I was supposed to take goal kicks, and I actually said, I'm not taking it, my head had gone, and it was lucky that it was coming to the end of the match cos I couldn't wait to get off the pitch.

HB) What else in the lead up? Was there anything different in the warm up or in your actual preparation?

P6) Yeah, I understand it was U19's because you haven't actually established yourself and you don't actually know what's best for your body there's just a generic robotic warm up and they are far too intense like, I'm pretty fit and I'm always blowing after the warm up. Cos they just think that were girls and we haven't got a mind of our own, they just give us this generic warm up whereas like I warm up completely different to what our winger warms up. And it's just what you're confident in, like somebody might want to stand and do static stretches whereas I know I need to hit some long balls and do some headers before coming on, so if it's just a standard generic thing, 1 you feel like your voice isn't being heard and 2 you're not physically at your peak going into a match, so maybe it was that as well. Unfamiliarity of, like that coach athlete relationship sort of thing.

HB) Referring to the same match, can you describe anything that happened during the match that made you lose your confidence?

P6) Yeah, I lost a couple of heading duels to a girl who was half my size, um gave the possession away far too much and when you're in my position at centre back you just can't afford to do that cos they're always gonna catch you on the break then, we were fortunate enough to not concede, like it could of actually been a hell of a lot worse, like we didn't concede any goals off it and we didn't actually lose the match, but still I just felt like I'd let all my team mates down.

Motivational Interventions

HB) Why would you say you are a 6/7 rather than a 10 for your fitness?

P6) That's really specific at the moment cos I'm out injured so you know, I'm not as, you can stay in the gym for however long you want but it doesn't compare to match fitness. Urm, and I'm still putting in the work but it's not out on the pitch, it's different, um, as I say if we go back to before my injury that my fitness is one of my most confident aspects that I have in myself, cos I know that, like as I said earlier the most skilful player next to me, she's going to burn out after 70 minutes, whereas I know I won't. So that is one aspect that I'm pretty confident in. Rather than a 10, I think, that's a good question, I think it might be down to the fact that I don't dedicate 100% of my leisure time to football, and I have such a busy schedule anyway that I probably don't recuperate and recover like I should and my training program isn't as specific or as high in quality as it could be for like I dunno, a centre back for the US women's National team, cos her week will literally revolve around being a full

time centre back whereas I've gotta worry about Uni, working on my speed on my power, on my agility, court sprints, pitch runs, pffft, upper body strength, how long can you hold a plank for, there's too many, it's sort of being a jack of all trades and master of none cos it's impossible to spread all the quality out over all of those, and that's something I need to deal with like time management wise, I tend to give quantity not quality, but that's just a choice I made by playing 2 international sports I suppose.

HB) Urm, your personality is a 7 rather than a 10, is that due to your injury again?

P6) Yeah, without the injury it would probably be about a 9.

HB) Oh okay, well go for that then, why is it a 9 not a 10?

P6) I think because I'm, there's a fine line between confidence and arrogance, and I'm a very confident individual but I know I've still got so much to learn, um and like, a lot of learning as a centre back comes from experience, so you know, I don't go into a game fully confident that I'm going to boss it, I'll tell myself I am but there are certain aspects of my game that I know are weaker than others, but I don't voice them to other people, um so I don't think you can ever be a 10 out of 10 for personality cos I think you would be a cocky little shit, that's just my opinion.

HB) Yeah, that's good. And your positional awareness as a centre back, again when you're not injured what would you say you are?

P6) Probably a 7.5

HB) Okay, so why a 7.5 not a 10?

P6) I think that in the grand scheme of things I'm still relatively new to the position, um, and again it comes down to experience. I'm playing with my centre back partner's got over 50 caps, so she has faced so many more types of opponents than me, so many more different countries, you know, been taught by so many different coaches than me, whereas I've just had this 1 full international coach, and only a couple of centre back partnerships, only faced a number of different countries, still got a lot to learn, so yeah.

HB) Okay, good. And your stature? What's that when you're not injured?

P6) Urm, yeah same, 7.5.

HB) How could you improve that then?

P6) I think probably lose a couple of pounds, um, I mean my BMI isn't out but if I, it doesn't affect my endurance but if I wanted to get quicker um, faster and more agile then I could be leaner.

HB) And your strength is a 9 out of 10, what could you do?

P6) I think when I'm in full training again it will be an even stronger 9, cos I will feel strong to cope with different explosive movements on the pitch, rather than just seeing how many more reps I can do day by day.

HB) And your happiness and your enjoyment? That's a 7, what would you be without your injury?

P6) Urm, when I'm playing well and I've got everything sorted, and limited uni work then I am at my happiness most definitely, I'd definitely say I was a 9 or a 10, that's when I'm most confident, without, that's like my identity I struggled to, even though my routine is really chaotic, that's still my routine, the chaos is my routine, so when I'm, you know, don't come to training at 8am cos we're doing stuff you can't do I just don't know how to function really.

HB) Okay, so you would say you're a really high 9 for when you're not injured and in your routine?

P6) Yeah, that's what I'm known for, when people say to me, "what else do you like doing other than football and netball?" I'm like ummm, "cinema?" haha. So yeah, that's when I'm most confident, like if I have a good match on a Sunday it puts me in an awesome mood for the rest of the week, whereas if I don't have that match then I struggle to find the same buzz.

HB) Okay, thank you. Onto the last section.

Section 6: Conclusion / Reflection upon the interview

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

HB) Are there any areas that you think I failed to cover relating to your confidence as a football player?

P6) Urm, think maybe, urm, it's hard because I haven't been given a definite time scale for my injury, so maybe looking into confidence going back into full sport? I haven't really paid it much attention and as well I think it's because I've been drip feeding myself back into it and not realising, probably being going back earlier than I should have, whereas if there's a massive gap where I haven't done anything then I was like right okay this is your due date for return, I think it would be a lot more daunting. Urm, and as well like, I've missed a couple of international camps and knowing that girls who are in my position have been playing well, I know it will make it that little bit harder, I've been in exactly the same position as them, if they're not doing anything wrong then they shouldn't be

dropped, you know. My confidence in my ability hasn't changed but my confidence of being picked has.

HB) Okay, I get that yeah. Okay. Do you think this process improved your understanding or awareness of your sport confidence?

P6) Yeah, definitely. I didn't realise there were so many different aspects that make up your confidence, from somebody who didn't pay much attention to it you'd be like oh confidence how good are you at football, but there's a lot more to it than that.

HB) Do you think I led, or influenced your answers away from the things you wanted to say?

P6) No, you dug for more but it just made me go deeper into my answers.

HB) Okay, good. Do you think the interview could be improved in any way?

P6) No, I think it was good.

HB) Good, okay.

HB) I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P6) No thank you, I'm fine, I'm confident it's all been done...

HB) Excellent.

P6) Thanks.

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

Interview 7

HB) – Hannah Billingham

P7) – Participant 7

Hi, my name's Hannah. Thanks for your participation in the study. The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to and enhance your awareness and gain an in

depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way be used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

Do you have any questions about what I have discussed about the interview so far?

Section 2: General Introductory Questions

Please use your pre-interview booklet to help you answer each question during the interview. Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P7) Ummm, 8 or 9.

HB) What club do you currently play for?

P7) Urr, UWIC

HB) How long have you played at international level? Or when you did how long did you play for?

P7) From the age of 14 to 18

HB) What country do you represent?

P7) Wales

HB) How many times a week do you usually train for your club team?

P7) Twice, three times.

HB) How long do you usually train for at the club?

P7) An hour and a half.

HB) Do you do any other training/practice outside of the club?

P7) Urrm, gym.

HB) And how many hours do you spend in the gym?

P7) About an hour

HB) Do you compete in any sports other than football?

P7) No.

HB) What are your goals for your future in football?

P7) Urm, keep playing.

Section 3: General Sport Confidence Questions

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P7) Urm, being able to carry out urm, the things that they need to be able to do like passing and tackling. Dunno, just like belief in themselves basically.

HB) Using a confident football player as an example, can you describe what you think they are confident about?

P7) Urm, passing, urr they can use like both feet and stuff so they're quite confident they can do that, urm tackling, fairly strong as well so they win the ball.

HB) Okay is that all?

P7) Yeah.

HB) Okay, good.

Section 4: Types, Sources & Levels of Sport Confidence

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player? So what are you confident about?

P7) Urr, passing, urrm, tackling. Ability to see a pass.

HB) Anymore?

P7) Footwork. Urr, heading.

Sources of Sport Confidence

For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

HB) So, why are you confident about your passing?

P7) Urr, cos I use both feet so it's fairly easy.

HB) Okay, where did you learn to pass and stuff, so where did you get the confidence from?

P7) Urm, dunno, from when I was younger, practise.

HB) Excellent, and tackling, where do you get that type of confidence from, where have you got the confidence in your tackling from?

P7) Dunno, practise again.

HB) Okay, urr, sight for passing, where have you got the confidence to do that from?

P7) Prac, yeah practising. Urm, from my coaches, being taught, people saying things.

HB) And your footwork as well?

P7) Just from like being able to do it basically, urm

HB) So experience?

P7) Yeah.

HB) Okay, good. Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P7) Urm preparation, we had obviously like training and stuff, then I was given captaincy so..

HB) Okay, cool, that all for that one?

P7) Yeah.

HB) Okay. Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

P7) Urm, just praise from the sidelines when I was doing things well.

HB) Okay, good so feedback? Anything else?

P7) Urm, obviously the outcome of things as well. Say passing and things.

HB) Okay, excellent.

HB) Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P7) No.

Level of Sport Confidence

Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

HB) Okay, so how confident are you at passing?

P7) 8 or 9

HB) Tackling?

P7) Urr, 7

HB) Sight for your passing?

P7) Urrr, 7

HB) Footwork?

P7) Urr, 7 ha.

HB) Okay and heading?

P7) Urm, 5 or 6.

Section 5: Confidence Debilitating Factors & Motivational Interventions

Confidence Debilitating Factors

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P7) Urm, injury. Urm, not playing, just being dropped maybe or a loss.

HB) Yep, that's good. Anything else?

P7) No.

HB) Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P7) Urm, just not playing, urm then being asked to warm up and go and play basically.

HB) Okay, so, not playing the last match?

P7) Yeah, not playing the first two matches then going in for the third game of the tournament.

HB) Okay, and did you not get the proper preparation cos you weren't expecting it or?

P7) Yeah, well I had been injured so.

HB) Oh okay, so that's injury as well. Okay cool.

HB) Referring to the same match, can you describe anything that happened during the match that made you lose your confidence?

P7) Urm, for one of the goals, on of the girls ran past me and I didn't track back, just didn't bother, lost my head a bit.

HB) Okay so that made you lose your confidence?

P7) Yeah.

Motivational Interventions

HB) Why do you think you are an 8 rather than a 0 for passing?

P7) Cos I'm confident I can do it well.

HB) Okay, good. And same again for tackling?

P7) Yeah.

HB) And your sight for pass?

P7) Yeah, be the same, experience.

HB) And footwork and heading the same?

P7) Yeah.

HB) Okay, and why are you an 8 not a 10 in passing?

P7) Urm, cos it doesn't always come off.

HB) Okay, and why is tackling only a 7 not a 10?

P7) Urm, cos um, obviously sometimes you don't get the tackle.

HB) And how would you make it a 10 then?

P7) Urm, just practising and getting stronger.

HB) Why is your sight for pass a 7 not a 10?

P7) Urm, because sometimes there is an easy pass that I don't see or make.

HB) And how would you make it upto a 10?

P7) Urm, just vision basically, looking up. Look up maybe or something.

HB) And your footwork is 7 why not a 10?

P7) Urm, cos sometimes I do lose the ball.

HB) Yep, good and how would you make it a 10?

P7) Urm, practise again.

HB) Good, and your heading is a 5 not a 10?

P7) Urm, cos sometimes I duck out of it or it doesn't come off.

HB) And how would you make it a 10?

P7) Urm, practise again.

Section 6: Conclusion / Reflection upon the interview

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

HB) Are there any areas that you think I failed to cover relating to your confidence as a football player?

P7) No.

HB) Do you think this process improved your understanding or awareness of your sport confidence?

P7) Yeah.

HB) Do you think I led, or influenced your answers away from the things you wanted to say?

P7) No, not at all.

HB) Do you think the interview could be improved in any way?

P7) Urm, no.

HB) I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P7) No.

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

Interview 8

HB) – Hannah Billingham

P8) – Participant 8

Hi, my name's Hannah. Thanks for your participation in the study. The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to increase and enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way be used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

HB) Do you have any questions about what I have discussed about the interview so far?

P8) No.

Section 2: General Introductory Questions

Please use your pre-interview booklet to help you answer each question during the interview. Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

HB) How old were you when you first started playing football?

P8) 10

HB) What club do you currently play for?

P8) Bristol Academy.

HB) How long have you played at international level?

P8) Since under 17's, so 6 years.

HB) What country do you represent?

P8) England.

HB) How many times a week do you usually train for your club team?

P8) Twice a week.

HB) How long do you usually train for at the club?

P8) About an hour and a half.

HB) Do you do any other training/practice outside of the club?

P8) Yes.

HB) And how many hours a week roughly would you say you spend doing that?

P8) 5 hours.

HB) Do you compete in any sports other than football?

P8) No.

HB) What are your goals for your future in football?

P8) To continue playing at an International level.

Section 3: General Sport Confidence Questions

HB) To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P8) Urr, their own ability, their team, their coach, umm that's about it really.

HB) Okay. Using a confident football player as an example, can you describe what you think they are confident about?

P8) Umm, their own abilities, how good their team are, um confidence in their coach and manager, I think that's it.

HB) Okay, that's cool.

Section 4: Types, Sources & Levels of Sport Confidence

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player? So what are you confident about in your game?

P8) My pace, speed, um, my movements and tackling.

HB) Okay, yep, anymore?

P8) Noo, yeah, um, passing and my touch too.

HB) Good, okay. Cool.

Sources of Sport Confidence

For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

HB) Urm, so why are you confident about your speed? Why do you think you're fast?

P8) Urm, because in testing I always record one of the highest results, and on the pitch I'm always able to beat my opponents. And um, from feedback from coach's and other players.

HB) Okay cool, thank you. Okay, and why are you confident about your movement?

P8) Urm, because I've been playing at a high standard for 6 years now so I've been taught where I should be on the pitch.

HB) Taught by who?

P8) Coaches, from England as well as Bristol and past clubs.

HB) Okay, why are you confident about your tackling?

P8) Urm, feedback from coaches again and from other team members.

HB) Good. Yep, why else?

P8) I don't know.

HB) Okay, that's cool. Okay why are you confident about your passing?

P8) Because I play in centre mid I have to be able to make a lot of passes and we always get stats after our games and my pass completion rate is normally very high.

HB) Okay, and why are you confident about your touch?

P8) I practise quite a lot on my touch outside of football and put a lot of effort into it, and I don't often give the ball away in matches.

HB) Okay. Okaay.

HB) Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P8) Um, I did everything in my normal pre game routine, so appearance wise I always fake tan before games, so I was tanned. Urm I stuck to all my superstitions, I always do my right boot first then left boot, and right sock left sock. Urm, I taped my shirt. And um, we had spent quite a lot of time in training working on our tactics and formation in the game, so I was confident we would get a good result, and the warm up went really well. Everyone was buzzing for the game. And urm, the coach was really confident in us, that's about it really.

HB) Cool. Referring to the same match, can you describe anything that happened during the match that made your confidence increase?

P8) Urr we started the game really brightly and I had a lot of possession and a lot of shots on target, and they didn't really put any pressure on us so we got more confident as the game went on.

HB) Okay. Is that all?

P8) Yes.

HB) Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P8) No.

Level of Sport Confidence

Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

Okay so how confident would you say you are on speed out of 1 to 10.

P8) 9

HB) And your movement?

P8) 8

HB) And your tackling?

P8) 8

HB) Urr, passing?

P8) 9

HB) And your touch?

P8) 8

Urrm, okay. Section 5: Confidence Debilitating Factors & Motivational Interventions

Starting with Confidence Debilitating Factors

HB) Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P8) Urm, poor performances in training and previous urm exercise. And urm, the coach's attitude towards us, like shouting and not being very impressed with training. And then like, morale within the team.

HB) Okay, yeah, anything else?

P8) Urr, and being dropped, like from the team then being put back in again.

Just writing that down.

HB) Okay, that's cool thank you. Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P8) We arrived at the game late, everyone was unorganised, the warm up was really sluggish. The coaches were very angry and everyone seemed really nervous.

HB) Okay is that everything?

P8) Yeah.

HB) Referring to the same match, can you describe anything that happened during the match that made you lose your confidence?

P8) Urm, I'd given the ball away a few times, and I wasn't playing very well to start off with. Team members were criticising me.

HB) Okay, thank you, okay.

Motivational Interventions

Why do you think you are a 9 rather than a 0 for your speed? So you're a 9 out of 10 for your speed, why are you not a 0 for speed? What makes you 9?

P8) Because I'm fast?

HB) Okay, and what makes you fast? How have you become fast?

P8) Urm, spent a lot of time training and doing speed work.

HB) Urm, and why would you say you are a 9 rather than a 10? How could you get to a 10?

P8) Focus more on my technique with regards to sprinting, I could be quicker with the ball instead of just normal running.

HB) Okay, your movement is an 8 out of 10 rather than a 0 out of 10, why is that?

P8) Cos I've spent a lot of time learning about movements in football.

HB) Okay, urm, how have you learnt about the movements?

P8) By watching videos, urm by coach's feedback, and urm, practising during games.

HB) Urmm, and why would you say you're an 8 rather than a 10, what would make you a 10?

P8) Urm, I don't know, urm.

HB) How could you improve your movement even more? In what ways? More movement orr?

P8) Urm, yeah, be a bit more consistent, because some games my movement can be really good, I've still got a lot more to learn though cos centre mid is a very hard position.

HB) Okay, so through practise and stuff yeah? And with your tackling why are you an 8 not a 0?

P8) Urm, cos I've played for a very long time and I'm experienced.

HB) Okay, and why are you not at a 10?

P8) Ur, sometimes I foul people or urm, come in with late challenges or I should make a tackle but other players get past me.

HB) Okay, how could you improve this? Stop yourself being late? Or making sure you know when to make the tackle?

P8) Urm, in training, being put into more game realistic situations?

HB) Yeah, okay good. And your passing is a 9 rather than a 0, why is that?

P8) Urr, we work on passing every training session for at least 20 minutes, and then I do passing work outside of training as well, in my own time.

HB) Good, why are you a 9 not a 10 for passing?

P8) You can always improve on passing, and sometimes when tired I make sloppy passes.

HB) Okay, so how would you improve?

P8) Urm, working on fitness as well as passing accuracy.

HB) Nice, okay. And for your touch, you're an 8 not a 0 out of 10, why is that?

P8) Because of how much I train I'm always practising and trying to improve my touch.

HB) Okay good, and why are you not at a 10?

P8) Sometimes I have loose touches and give away possession.

HB) And how could you improve that?

P8) By spending longer working on my touch outside of training as well as in training.

HB) Okay, that's it for that, thank you.

Right, okay. Section 6: Conclusion / Reflection upon the interview

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

HB) Are there any areas that you think I failed to cover relating to your confidence as a football player?

P8) No.

HB) Do you think this process improved your understanding or awareness of your sport confidence?

P8) Yes.

HB) Do you think I led, or influenced your answers away from the things you wanted to say?

P8) Noo.

HB) Do you think the interview could be improved in any way?

P8) Not in the slightest.

HB) I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P8) No thank you.

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

Interview 9

HB) – Hannah Billingham

P9) – Participant 9

Hi, my name's Hannah. Thanks for your participation in the study. The study is looking into sources and types of confidence and factors that serve to debilitate confidence in elite female football players. The purpose of this being an interview is to enhance your awareness and gain an in depth understanding of your sport confidence. The interview will make you aware of the factors that debilitate your confidence and potentially identify motivational interventions to overcome these. The interview will be recorded using a Dictaphone, as this is the best way to gather and collect accurate information.

Participant Rights

Anything you say is entirely confidential which means that anything you say will not in any way be used in combination with your name. I may use quotes when writing up the findings, however, these will remain strictly anonymous and your identity will be protected. You have the right at any point to stop the interview - You are also entitled to refuse to answer any question. Each of these decisions

will not harm your relationship with the interviewer or your Football Club. There are no right or wrong answers to the questions you will be asked. Your answers should be based entirely on your own opinion. I would much rather that you declined a question you don't want to answer than to give an answer that you think sounds right or that I would like to hear. If at any point you don't understand a question or you need clarification please do not hesitate to ask. There is no time limit on the interview so please do not feel pressured by time. If at any point during the interview you would like a break please ask. At the end of the interview there will be an opportunity for you to add anything that you thought we missed.

Do you have any questions about what I have discussed about the interview so far?

Section 2: General Introductory Questions

Please use your pre-interview booklet to help you answer each question during the interview. Before we go into the main interview I will ask you a few general introductory questions, in order to gain an understanding of your history as a footballer.

How old were you when you first started playing football?

P8) 8 ... Years old.

What club do you currently play for?

P8) UWIC

How long have you played at international level? Or when you did how long did you play for?

P8) Urr, 4 years

What country do you represent?

P8) England

How many times a week do you usually train for your club team?

P8) Twice

How long do you usually train for at the club?

P8) About an hour and a half ish.

Do you do any other training/practice outside of the club?

P8) Sometimes I go to the gym but I don't do football on my own.

And how many hours do you spend in the gym?

P8) About 3

Do you compete in any sports other than football?

P8) No, just football

What are your goals for your future in football?

P8) To stay at a high standard, maybe get back into the England squad

Section 3: General Sport Confidence Questions

To start, can you describe to me what you think footballers need to be confident about in order to perform well during a match?

P8) I think they need to be confident as part of a team, cos if you're not confident the rest of the team will feel that and you won't be confident as a team and they won't have confidence in you.

Using a confident football player as an example, can you describe what you think they are confident about?

P8) Urm, I'd say, Peter Chec cos he's quite confident, he's obviously played for his country many times and he's obviously got a lot of press saying that he's a good keeper and stuff, so with people telling him he's good, he knows he's good.

Section 4: Types, Sources & Levels of Sport Confidence

From now on any answer you give will be entered into the appropriate column in your confidence profile. The types of confidence you identified in your pre interview booklet have already been added.

Types of Sport Confidence

HB) In addition to your types of sport confidence that you have previously identified in your confidence profile, are there any specific examples of the type of things you confident about as a football player? So what are you confident about?

P8) I think I work well in a team, what do you mean like? Parts of the game? I think I work well as part of a team, urm I think I'm quite big for my position, so my height helps me a bit. Urm, my kicking probably out of my hands. Also, probably my positioning, and I think my footwork is quite quick.

Sources of Sport Confidence

For each of the types of confidence you have identified in your confidence profile can you explain where each type of confidence in yourself as a footballer comes from?

So what makes you confident being part of a team?

P8) When I was younger I used to get like players awards, so they enjoyed having me in their team. And also, I don't mind like sitting on the bench or whatever, I won't hold a grudge.

Okay, so good attitude, okay and your stature, you said you were big, where's that confidence come from?

P8) Urm, other keepers that have obviously been smaller, like they won't play off their line as much or anything like that cos they're afraid of getting lobbed, whereas I'm taller, I feel a bit more confident to stand further up the pitch, have better views and stuff.

Good, better views, good. Okay, where has your confidence for kicking out of your hands come from?

P8) Urm, when I was younger my kicking wasn't brilliant, but I've seen my progression in myself through the years and I can get more distance on my kicks now.

Good, and your positioning, where's that come from? How do you know it's good?

P8) Urm, being taught by different coaches, them telling me that it's good and obviously, when I was younger, my positioning wasn't great and that was causing letting in loads of goals, but now my positionings got better I've sorted myself out.

Okay, and your footwork?

P8) Urm, I'm quick across my line, sometimes, and urm, yeh, quick across my line and urm, and I think that helps cos like, if the ball comes across the pitch, I know what position to stand in and stuff.

Referring to the match you identified in your pre interview booklet when you felt most confident, can you describe anything that happened during the lead up to that match that made you feel confident?

P8) Urr, probably a cup final I played in, we played really well in the rounds going towards the game and I had a couple of good games, and in the semi-finals I saved 3 penalties in a penalty shoot-out to get us to the final, so I was really confident as I felt like I'd paid a part to get us to the final. Then I had a really good warm up in that game, and it made me feel confident, got a good early save in, then I was alright.

Referring to the same match, can you describe anything that happened during the match that made your confidence increase? So you said about your early save, anything else?

P8) No, yeah made a good first save, then had a few one on ones and saved a couple of them, kept a clean sheet through the game.

Good, is that everything? Are there any additional types or sources of confidence that you feel are important to you that have not been included within your confidence profile?

P8) No.

Level of Sport Confidence

Using the confidence profile that we have been building during the interview thus far, can you now assess how confident you currently consider yourself to be for each type of sport confidence you identified by rating yourself between 1-10, with 1 being 'not at all confident' and 10 being 'extremely confident' . Please use the scale to help you.

Okay, so part of a team?

P8) 8

Your stature, your build?

P8) Urr, 7

Your kicking out of hand?

P8) 7

Your positioning?

P8) 7

And your footwork?

P8) 6

Section 5: Confidence Debilitating Factors & Motivational Interventions

Confidence Debilitating Factors

Can you give me some examples as a football player of anything that has caused you to lose your confidence?

P8) I ruptured my ACL about 2 seasons ago when I was in the England set-up, I ruptured it and so I was out for a season, then coming back from my injury I wasn't as confident afterwards. Urm, probably if in a game I'm having a bit of a rubbish game your head goes down and I don't play as well. And if I have a rubbish warm up or stuff like that. I don't go into the game as confident as I could do. Urm, if someone's told me I'm doing bad like my coach or something, tells me I'm doing bad or shouts at me then that doesn't help, you gotta have the right criticism.

Referring to the match you identified in your pre interview booklet when you felt least confident can you describe anything that happened during the lead up to that match that made you lose your confidence?

P8) Probably my match where I came back from injury like the first match back, I hadn't done preseason I had literally just come in at the start of the season, I was really not very confident cos I was still a bit scared in case someone was gonna come in and challenge my knee or something like that so I wasn't playing to my full potential, but once I knew it was okay my confidence went back up.

Good, referring to the same match, can you describe anything that happened during the match that made you lose your confidence?

P8) Yeah, urm, I came out one on one and this girl came in studs up and I totally bottled it and tried to jump over her where I should've gone through and got the ball, so I totally jumped over and missed it.

Okay, and after that your confidence was low?

P8) Yeah.

Motivational Interventions

Why do you think you are an 8 rather than a 0 for being part of a team?

P8) Cos I think people enjoy me being part of a team

Why are you a 7 not a 0 for your stature?

P8) Cos I think I'm quite tall, I've seen a lot of people who are smaller than me, and I think being tall is good for a keeper.

Good, okay, and kicking out of hands, 7 not a 0?

P8) I don't really spoon it really, I'm quite consistent with my kicks.

How could you get it upto a 10?

P8) More direction on it, different types of kicks, through training.

Okay, your positioning a 7 not a 0?

P8) Cos I do come off my line and I do work the angles quite well, where as people just stand on their line or in the middle of their goal.

Okay and how would you get it up to a 10?

P8) Probably on like set pieces and stuff, my positioning's not the best, like on a free kick I will stand behind the wall rather than looking from the side.

So through practise you would sort that out, and your footwork is a 6 not a 0?

P8) Could be quicker, that's probably fitness levels and stuff like that, but yeah I am quite quick with my footwork, in training and stuff through the ladders I do quite well.

Section 6: Conclusion / Reflection upon the interview

Right, that just about brings the interview to an end, however, before we finish there are just a couple more questions I would like to ask.

Are there any areas that you think I failed to cover relating to your confidence as a football player?

P8) No

Do you think this process improved your understanding or awareness of your sport confidence?

P8) I think it helped a lot cos you can see the areas that I'm good at and what I maybe need to improve on.

Do you think I led, or influenced your answers away from the things you wanted to say?

P8) No.

Do you think the interview could be improved in any way?

P8) No, I thought it was good.

I think that is everything that I would like to ask you, is there anything you would like to ask me or anything else you would like to add?

P8) No, it was good.

Many thanks for your time and involvement in this interview. You will be given a copy of your confidence profile with feedback shortly.

APPENDIX D
Confidence Profile

Current Levels of each type of confidence	Types of Confidence (What are you confident about?)	Sources of Sport Confidence (Where do you get that type of confidence from?)	Confidence Debilitating Factors	Strategies to Increase confidence
/10 ←	▪	▪ ▪ ▪	▪ ▪ ▪	▪ ▪ ▪ →
/10 ←	▪	▪ ▪ ▪	▪ ▪ ▪	▪ ▪ ▪ →
/10 ←	▪	▪ ▪ ▪	▪ ▪ ▪	▪ ▪ ▪ →
/10 ←	▪	▪ ▪ ▪	▪ ▪ ▪	▪ ▪ ▪ →
/10 ←	▪	▪ ▪ ▪	▪ ▪ ▪	▪ ▪ ▪ →

APPENDIX E

Data Matrix

Types of Confidence

Ability of Team Mates

“I think they need to be confident as part of a team, cos if you’re not confident the rest of the team will feel that and you won’t be confident as a team and they won’t have confidence in you”

“if I miss it I know my team are there”

“going into the next game we were pretty confident as a team”

“well having confidence of your own team mates”

“confident in their team mates’ ability as well.”

“the players and the teams’ ability”

“confidence in their team mates as well.”

“in your team mates and your coach of course.”

“If we weren’t confident in our own ability, if any of the 11 on that pitch weren’t confident in their ability, we could’ve got hammered that day, but we didn’t, we came out and we drew 1 – 1.”

“their team”

“how good their team are”

Physical Factors

“I’m quite big for my position, so my height helps me a bit”

“Cos I think I’m quite tall, I’ve seen a lot of people who are smaller than me, and I think being tall is good for a keeper.”

“I probably know I’m a bit stronger than others so I know I won’t get pushed off the ball. Then I’ve sort of adapted to that, used it to my strength.”

“I think that my stature is quite good for women’s football, I think that my height and sort of strength is kind of like my position found me more than I found it. And I feel that I can use my upper body strength and my heading ability quite well during matches, cos a lot of girls in our day and age don’t like heading the ball or being muscled off the ball”

Superiority over Opposition

“taking on people, I think if you’re not confident then you never going to beat the full back and that’s obviously an aim as a winger”

“confident in taking on their opposition, not scared of doing it.”

“For one on ones, like during matches and stuff, I don’t think like I’ve let many one on ones, players get round me.”

“Yeah, I was winning my one v one battle against the winner, and I was confident then that you know she wasn’t going to get past me when she had the ball”

“You know you can learn with every training session and with every day so I’m always confident, you know there’s always someone worse off. And I know that I’m actually injured, but you know I’ve got team mates that have been told they’re out for a season or 2 seasons, there’s always someone out there worse off than you, and everything does get better with time.”

“other keepers that have obviously been smaller, like they won’t play off their line as much or anything like that cos they’re afraid of getting lobbed, whereas I’m taller, I feel a bit more confident to stand further up the pitch, have better views and stuff”

“on the pitch I’m always able to beat my opponents”

Psychological Factors

“I think if you’re not confident then you never going to beat the full back and that’s obviously an aim as a winger”

“match if I take a player on I know 9 times out of 10 I’ve already beaten that person mentally, cos basically getting one over your opponent, so it’s like a game of cat and mouse”

“I always try and get the better of my opponents so I it’s kind of thriving off someone else’s lack of confidence”

“Again, it’s a game of cat and mouse and if I can beat her and knock her confidence then my confidence is going to be higher than hers so..”

Achievement / Experience

“yeah, it was the, urrm, European qualification camp and urrm we played Ireland away and Israel home and I got picked to start against Ireland”

“So it takes a lot, urrm to bring me down. I feel that, for my age I know my position quite well now, like I’ve got um, 18 caps at senior level in the centre back position, and that’s quite a lot for somebody of my age, cos for my position you generally have to be a bit older but that’s me just being fortunate with selections and injuries of more experienced players that I’ve actually been given my opportunity”

“I played midfield all the way up through my youth, so I’m quite confident in my ability to read that now, it’s just, it can always be improved and female footballers don’t actually reach their peak until, I think it’s about 27, so I’m optimistic and I’m always looking forward to learning and improving more.”

Performance Accomplishments

“going into the next game we were pretty confident as a team and as individuals and going into the next game I believed I could have scored and I ended up scoring a hatrick, so, ha, was very confident.”

“it ended up I made it another goal and ended up being the only woman to ever score a hatrick in a European qualifying camp”

Tactical Awareness

“at international level was probably the first time we ever got urrm, tactical information, where as I hadn’t really had much of it before, and urrm, so that’s probably made me more aware and confident than maybe other people

My positioning on the pitch, so when we’re defending, where I need to be in relation to the ball and my team mates.”

Coach

“in your team mates and your coach of course.”

“their coach”

“urrm confidence in their coach and manager”

Personality Type

“I think the fact that I’m a confident person off the pitch helps a lot as well”

“I like to take on like, leadership roles so I’m, not bossy as such, but I’m driven.”

“my competitiveness and that, I don’t like losing, I won’t stop until we win.”

“I think just general, jolliness, um just like I never moan about training sessions, I try not to cos at the end of the day it’s a choice not a sacrifice, so I’m always confident going into training sessions, and always aim to take positives out of it”

“I also like to take anything physical I take charge of, it may be perceived as bossy but just eagerness and being a keeno really.”

“Um I stuck to all my superstitions, I always do my right boot first then left boot, and right sock left sock. Um, I taped my shirt”

“so appearance wise I always fake tan before games, so I was tanned”

Attitude

“well obviously everyone has down days, and you’ve always got both pessimistic thoughts and optimistic thoughts, and it’s just which ones you carry through and which ones you choose to follow, so I try and follow the positive one, cos I as I say, I’m so fortunate to be playing both sports at the elite level”

Knowledge of Opponents

“anyway so we had watched loads of videos on them, they were current European champions, so we knew what they were all about, there’d been loads of footage on them um so yeah we all felt really prepared going into the match”

“I was the oldest in that group of players as well so I knew they sort of looked up to me”

Leadership

“being captain of your country, so I was captain of the U19’s team as well. That filled me with confidence”

Own Ability / Performance

“Urm, my kicking probably out of my hands. Also, probably my positioning, and I think my footwork is quite quick”

“I’m quick across my line, sometimes, and urm, yeh, quick across my line and urm, and I think that helps cos like, if the ball comes across the pitch, I know what position to stand in and stuff”

“When I was younger I used to get like players awards, so they enjoyed having me in their team. And also, I don’t mind like sitting on the bench or whatever, I won’t hold a grudge.”

“When defending some of the players I can tackle them well, urm passing, touch, just general play really”

“Ummm, my own game”

“so I’m confident in my own ability”

“crossing the ball, that’s what I’m there to do and I’m confident enough that I can get the ball where the striker wants it.”

“And finishing, I’ve scored a few goals and I’m pretty confident now when I enter the box that 9 times out of 10 I’ll finish that shot.”

“Cos I do come off my line and I do work the angles quite well, whereas people just stand on their line or in the middle of their goal.”

“like moving round to get the ball, and like making the runs for the ball maybe, would effort be one? Probably that. Urm, shooting on a good day ha. Urrr, probably good at holding the ball up, up the top.”

“Also I’m quite confident in my skill level and technical ability.”

“confident about their own ability.”

“you need to be confident in their own ability”

“Like the way that they compose themselves and the confidence to do like skills and passes that other people wouldn’t try.”

“I’m confident in like distribution like kicking out of hand and stuff like that.”

“Like one on ones, obviously it’s you and one other person, your defence has gone so you’re making the last, you’re the last person to stop the goal”

“As a goal keeper I’m quite confident on like one on ones and like coming for crosses and high balls.”

“obviously confident in their own ability”

“their own ability and confidence having the ball”

“when I have the ball at my feet so if I’m receiving a pass from someone, and my body positioning.”

“my heading of the ball, so being able to head it in the right direction or away from the goal, defensively.”

“I am comfortable receiving the ball, if it comes from out the air or a strong pass along the floor”

“because I’m comfortable on the ball and I have confidence in myself.”

“fitness is one of my most confident aspects that I have in myself, cos I know that, like as I said earlier the most skilful player next to me, she’s going to burn out after 70 minutes, whereas I know I won’t”

“your fitness, so knowing you’ve put in the hours before you’ve actually got to the match because otherwise you’re guna be stuffed and you’re not guna last the whole 90 minutes”

“confidence in your ability in that position, so knowing that, you know, if you need to ping a 40 yard ball that you’ve got the ability to do it, and when you’re under pressure”

“general fitness, like I’m nowhere near as technically gifted as a lot of players or team mates but I know that I can always fall back on my fitness, like I always come out on top in the fitness test aspects, and as well that’s that’s one thing you can always work on”

“Footwork. Urr, heading.”

being able to carry out urm, the things that they need to be able to do like passing and tackling. Dunno, just like belief in themselves basically.”

“passing, urr they can use like both feet and stuff so they’re quite confident they can do that, urm tackling, fairly strong as well so they win the ball.”

“passing, urrm, tackling. Ability to see a pass.”

“their own ability”

“their own abilities”

“My pace, speed, urm, my movements and tackling”

“passing and my touch too”

Sources of Confidence

Experience / Practise

“when I was younger we did quite a lot of passing drills and touch drills, so it built n that over the years”

“ and I know when to go into tackle”

“bit more experience and more games and harder games”

(when asked confidence in shooting?) “just training I think, in every club, not just one, comes down to experience as well.”

“practise a lot more, urm composure in front of goal”

“obviously from playing from a young age, it just helped”

“probably from playing for so long so I’m used to having the ball like in different, like under pressure and in different kind of situations.”

“probably from experience, I know where to stand in relation to the ball and my team mates.”

“So I think it came from that, like my familiarisation with fitness.”

“a lot of learning as a centre back comes from experience”

“from when I was younger, practise.”

“I’ve been playing at a high standard for 6 years now so I’ve been taught where I should be on the pitch.”

Expectations of Others

“not many people expected us to reach the welsh cup final, not many people expected us to do well everyone thought we would get beat but we ended up doing well and end up in penalties and everyone played well so it boosted our confidence up for the season.”

Preparation

“everyone was just switched on and wanted to do well to prove everyone wrong”

“good build up, like I had a good pre-season and I had a training camp before the match, so I had prepared for the match, so I trained well and ate well and slept well. Like preparation made me confident.”

“Urm, yeah had a good warm up, was confident in the warm up, didn’t do many mistakes so I was confident going into the game then.”

“and just now like it’s part of my routine like it’s just how I structure my week, everything’s either structured preparing for a session or recovering from one”

“we had had a really good build-up”

“we’d had a fair few camps leading up to that match”

“Urm preparation, we had obviously like training and stuff”

"I did everything in my normal pre-game routine"

"we had spent quite a lot of time in training working on our tactics and formation in the game, so I was confident we would get a good result, and the warm up went really well."

"Then I had a really good warm up in that game, and it made me feel confident"

Performance Accomplishments

"going into that game I played really well 80 minutes and defensively worked well and I was much better and created a chance and we ended up winning 1-0 so umm, going into the next game we were pretty confident as a team and as individuals and going into the next game I believed I could have scored and I ended up scoring a hatrick, so, ha, was very confident."

"just before that game we had already been away playing in a tournament in which we qualified and did well so I was already feeling confident and good"

"coach made me captain, which obviously boosted my confidence"

"then I was given captaincy so"

"we played really well in the rounds going towards the game and I had a couple of good games, and in the semi-finals I saved 3 penalties in a penalty shoot-out to get us to the final, so I was really confident as I felt like I'd paid a part to get us to the final"

"Then I had a really good warm up in that game, and it made me feel confident"

Coach

"I think the coach was the main bit to encourage people and get everyone up for the game and not to try and lower their confidence in the game or training sessions"

" it comes first of all from my manager, if he thinks I'm can take that person on or if I can get a few goals in that game then I am automatically more confident so from the coach is very important"

"Comments from coaches"

"urm I've been able to work with a lot of different coaches"

"coaches really, just umm, obviously learning from different coaches has helped"

"Speaking to my coach probably."

"I think that's good coaching because like when I first started in the role I was 17/ 18 so I really didn't have a clue, it was completely different to what I was used to in midfield, so think good coaching, because when I was up north we didn't really get coached, like we hadn't really sat down with tactics."

"a new National team manager had just come in as well so there was really good fluidity between U17's, U19's and the senior girls, so you knew that you were putting in exactly the same hours as the senior girls which filled you with confidence"

"urm our coach was really experienced in European football"

"from my coaches, being taught, people saying things"

"Coaches, from England as well as Bristol and past clubs"

"And urm, the coach was really confident in us, that's about it really."

"being taught by different coaches"

Superiority over Opposition

"during a match if I take a player on I know 9 times out of 10 I've already beaten that person mentally, cos basically getting one over your opponent, so it's like a game of cat and mouse, it's whoever goes first"

"For one on ones, like during matches and stuff, I don't think like I've let many one on ones, players get round me."

"I dunno like coming out for the ball and beating the striker to the ball."

"Testing again and beating opponents."

"on the pitch I'm always able to beat my opponents"

"they didn't really put any pressure on us so we got more confident as the game went on."

Training

"so training, trying things in training, cos in training that's where you get rid of your mistakes so you're not losing any confidence you're just trying something new but in a match against Arsenal for instance, that's the time to improve yourself and if you take a player on against Arsenal then that's guna boost your confidence."

"If I actually trained and worked on it."

"practising by myself, just even in my garden and anything, just practising my touch, and obviously in training and that."

“yeah probably just practising in training the most”

“more practise, putting myself in difficult situations.”

“practise really. Urm, receiving the ball in difficult situations and using my left foot as well as right foot.”

“practise again”

“I practise quite a lot on my touch outside of football and put a lot of effort into it, and I don’t often give the ball away in matches.”

“spent a lot of time training and doing speed work”

“we work on passing every training session for at least 20 minutes, and then I do passing work outside of training as well, in my own time.”

“when I was younger my kicking wasn’t brilliant, but I’ve seen my progression in myself through the years and I can get more distance on my kicks now.”

Feedback

“probably experience, urm feedback from coaches and team mates.”

“my Dad, shouting at me from the side-line”

“coach made me captain, which obviously boosted my confidence”

“my parents give me motivational talk and stuff so probably that.”

“from my coaches, being taught, people saying things”

“just praise from the sidelines when I was doing things well”

“from feedback from coach’s and other players”

“feedback from coaches again and from other team members”

“them telling me that it’s good”

Performance

“just surprised how well we were doing urm and we got a goal back and it went to extra time and penalties so throughout the match it went on and on and it was those things that boosted everyone’s confidence”

“we were just constantly defending to be honest”... “so we had a lot to do so just boosted confidence so every ball I got increased my confidence as no one was getting past me”

“when I came on and scored a goal and that was a confidence boost”

“and when we score a goal once you’ve scored one goal then your confidence is higher and you think that you can score again, most games then whatever opportunity that you have or chance then you know and you have the confidence that 9 times out of 10 you get the first shot.”

“yeah, when I scored my first goal I just knew in myself that I was gonna score another goal and I was good in the air and we had a corner and it came to me and I got a header and I was on for my third goal and being on two goals you always know if you get that third goal to make that would be amazing and it ended up I made it another goal and ended up being the only woman to ever score a hatrick in a European qualifying camp”

“I tend to clear them? So like, previous games like. I tend to do well on crosses”

“distances and stuff, say out of hand I can get quite good distance on them and it can lead to a counter attack or shot on goal and things.”

“yeah like made a good save like literally in the first 5 minutes.”

“I played two games before hand, which was a couple of days before and I played well, so I was really confident in my performance so I thought that you know cos I had played well in the two games before I was really confident in going into the match then.”

“probably because I’ve been in different situations where I’ve had to head the ball like against a player urm, so, my success rate has been quite good over the last few months”

“Urm, I scored 2, ha, urmm and I had man of the match as well but like I knew I was playing well through the game as well.”

“obviously the outcome of things as well. Say passing and things”

“I have to be able to make a lot of passes and we always get stats after our games and my pass completion rate is normally very high.”

“we started the game really brightly and I had a lot of possession and a lot of shots on target”

“yeah made a good first save, then had a few one on ones and saved a couple of them, kept a clean sheet through the game.”

Testing

“Testing again and beating opponents.”

“in testing I always record one of the highest results”

Team Mates / Vicarious Learning

“if your team mates don’t believe in you or have confidence in you, you get that vibe and you’re never going to be 100% confident in yourself. So I think that’s a massive, team morale is a massive issue in Women’s football.”

“obviously my team mates help as well, learning from people around me, especially when I’ve played for Wales, I’ve had the benefit of learning from older players.”

“speaking to team mates making sure I’m in the right position for them in order to help them out.”

“playing with very experienced players like Jane Ludlow and Jess Fishlock who know the game inside out because they’ve played at the top level for so long. Urm, their advice is invaluable”

“But having been around people like Jane Ludlow, like, it’s just, incomparable, coaching tips she’s given me”

Environmental Factors

“but when I was growing up, we lived proper out in the sticks so there’s like no gym, like I had to walk or run a fair distance to actually get to my friends’ houses and it’s really really mountainous so whatever training I did was always on mountainous really high ground”

“but I think it’s a lot of how you were brought up, the environments you were brought up in, you know I was always in really small schools, my primary school only had 60 odd pupils in it, so we were always seen as individuals and taught to express ourselves if you like, rather than be a number and just blending in”

Innate Factors

“well I think obviously a lot of it comes down to genetics, like my Dad’s quite an extrovert”

Role Models

“watching people on the tele, like, for a long time I think that as a kid you just watch football and you don’t actually see what’s going on, whereas if you actually watch, like I know it’s un-realistic to watch men footballers cos it’s a completely different game really, but even just to watch the lines that they run and the angles that they create is a really good example to look at”

Factors that Serve to Debilitate Confidence

Performance

“Low on confidence on performance and nervous to do mistakes in training”

“Basically I saw a pass on and, it was obviously the wrong pass but it caused them to score a goal, and if I had kept the ball I would have given myself better chance of scoring but instead my decision making was I passed the ball and ended up them scoring, so that was a bit of a knock of confidence”

“urmm probably during a game when you do something wrong, like a bad pass or something, that knocks you down straight away”

“the first touch I had of the ball I went to pass it back and passed it to their striker and they scored, and then the second goal was also my fault, so that could be the worst game I’ve ever played.”

“being a bit stronger, like sometimes you still get pushed off the ball, and probably the body part you use to hold up the ball, like technique you use.”

“obviously letting goals in in the game, or if there’s something I could’ve done more about.”

“And that’s the only time ever that I’ve actually mentally given up I think, and it hasn’t happened since. Like, I was supposed to take goal kicks, and I actually said, I’m not taking it, my head had gone, and it was lucky that it was coming to the end of the match cos I couldn’t wait to get off the pitch.”

“maybe or a loss.”

for one of the goals, on of the girls ran past me and I didn’t track back, just didn’t bother, lost my head a bit.”

“obviously sometimes you don’t get the tackle.”

“poor performances in training and previous urm exercise”

“I’d given the ball away a few times, and I wasn’t playing very well to start off with”

“sometimes I foul people or urm, come in with late challenges or I should make a tackle but other players get past me”

“probably if in a game I’m having a bit of a rubbish game your head goes down and I don’t play as well”

“Probably on like set pieces and stuff, my positioning’s not the best, like on a free kick I will stand behind the wall rather than looking from the side.”

“Could be quicker, that’s probably fitness levels and stuff like that, but yeah I am quite quick with my footwork, in training and stuff through the ladders I do quite well.”

“be a bit more consistent, because some games my movement can be really good, I’ve still got a lot more to learn though”

“I’m not confident in fitness, like cardio”

“Sometimes I do too much and then that makes me not work as hard, like say before training say I’d do too much in the day then I can’t put in all the effort cos I’m tired.”

“Probably, like sometimes towards the end of the game and things like tiredness and that, you’re trying to make the easier runs, rather than doing your normal things, you’re just tired you wana do the easy things.”

“probably not being able to run and jump because I was with an injury so I couldn’t really, I was struggling to do my normal things, so that knocked my confidence as well, then just, I dunno, letting them score and knowing it was my own fault.”

Team Selection

“certain people aren’t playing very well and were asking to come off and she didn’t bring them off and they were injured, she would rather play injured people over fit people on the bench”

“well I was meant to be in a game that everyone was looking forward to, then got dropped without really a reason so like lowers your confidence as no reason was given and you’re wondering what you do that’s so wrong and I thought I should be starting”

“didn’t feel as confident because I had been dropped the previous game and you feel whatever I was doing wrong I was doing wrong and I’m scared to do the same things on the pitch”

“dropped for a while ago, a game against Scotland, when we played them away, umm with Wales and umm, I didn’t really know why I was playing well at the time and scoring and the best football I ever played and her never gave me a reason why, so obviously I took a massive confidence knock and it knocked down to my club football as well and I ended up not playing a game against Everton away”

“not getting into a team, so like, being put on stand-by for the Welsh”

“I had a good preparation but I wasn’t chosen for the game. I trained well and then I came on as a sub.”

“no I was okay when I came on the field but before that and before I actually touched the ball I was not very confident but I eased into the game.”

“also being dropped from the Welsh squad”

“I haven’t been selected for the odd camp”

“not playing, just being dropped”

“just not playing, urm then being asked to warm up and go and play basically”

“being dropped, like from the team then being put back in again.”

Injury

“Definitely injury”

“before the game, I was already injured, so I wasn’t confident at playing anyway, and I wasn’t expecting to be in the team”

“Urm, injury”

“Urm, injury”

“so I had been out with an injury for about six weeks and it was my first game going back, so obviously I wasn’t very confident, I was worried about getting injured again. Um, the warm up wasn’t that successful, obviously in the back of my mind I had the injury playing on my mind”

“just wary of my injury really, and when I was receiving the ball it was quite painful, so that knocked my confidence.”

“When my injury first occurred I was definitely, I didn’t shower for 3 days, I didn’t talk to anyone”

(Missing Games)

“I think that if you’ve missed a few games you can lose the sharpness of reading the game quite quickly, especially in my position when you know you’re the last line of defence”

“Urm, injury”

“I ruptured my ACL about 2 seasons ago when I was in the England set-up, I ruptured it and so I was out for a season, then coming back from my injury I wasn’t as confident afterwards”

“I was really not very confident cos I was still a bit scared in case someone was guna come in and challenge my knee or something like that so I wasn’t playing to my full potential, but once I knew it was okay my confidence went back up.”

Team Mates Pressure

“Sometimes the teams get frustrated so if someone does something wrong they’re straight on your back”

“if your team mates don’t believe in you or have confidence in you, you get that vibe and you’re never going to be 100% confident in yourself. So I think that’s a massive, team morale is a massive issue in Women’s football.”

“And in meetings before it we’d each have 10 sheets listed of the set plays as an 18 year old captain, you’ve got a lot more to think about than everybody else like your strikers role on a corner, so I thought it was a bit of information overload for a bunch of 18 year old girls who knew how to go out and do a job, I think it was just over-complicated”

“but still I just felt like I’d let all my team mates down.”

“morale within the team”

Ability of Team Mates

“And also sometimes the people you’re playing with, depending on their ability will influence the type of runs you make, cos they might not be able to get the ball to you, so sometimes you have to make them simpler or harder, depending.”

“Yeah like there’s players in front of me in the Welsh squad that are faster than me in my position so obviously that knocks your confidence a bit cos obviously they’re doing better than you.”

Negative Feedback

“Or when of your team mates or your coach gives you negative feedback, probably then.”

“like digs and comments from players if I make a mistake, whether it be my team mates or opponents.”

like we've been doing performance analysis, and the captain, I've been 18, it was actually my second cap, and she's just absolutely grilled me and blamed me for 1 of the goals, when I... she actually said I was to blame for another goal where I was playing full back, the centre back tried to clear the ball, it hit the striker and then she went on 1 on 1 with the goal, so I really didn't feel at fault for that. But then apparently I should have asked for a square pass rather than her clearing it.”

“but for the rest of the tournament then, I just constantly felt like there was this little, because I wasn't expecting it at all, like I could've come to terms with the incident if I was responsible for it, but the fact that she was such a big character and she voiced it in that meeting, I felt that everybody then thought it was my fault”

“Team members were criticising me.”

“Urm, if someone's told me I'm doing bad like my coach or something, tells me I'm doing bad or shouts at me then that doesn't help, you gotta have the right criticism.”

Poor Preparation

“I understand it was U19's because you haven't actually established yourself and you don't actually know what's best for your body there's just a generic robotic warm up and they are far too intense like, I'm pretty fit and I'm always blowing after the warm up”

“1 you feel like your voice isn't being heard and 2 you're not physically at your peak going into a match, so

“We arrived at the game late, everyone was unorganised, the warm up was really sluggish”

“And if I have a rubbish warm up or stuff like that. I don't go into the game as confident as I could do”

“I hadn't done preseason I had literally just come in at the start of the season, I was really not very confident”

“Cos we haven't played in a long time or whatever so passing is a bit off but it will come back within the next few training sessions”

“cos we haven't played in a while, so you can be fit but doing a match is different, compared to just running”

Coach

“the coach didn't really give reasons, she didn't say what I needed to improve on, if I asked she didn't really give me a response, so it's like I had nothing to go on and nothing to improve on, just had to hope I was playing well but obviously was scared to do things”

“Like since this new guy has come in, I've not been selected for 2 of those camps”

“I don't feel, because he's foreign, you know, he's really busy, he covers all 3 squads, you know he's hard working. I do feel like sometimes a bit of a number, urm because he is so focused on results and who's

available for what camp when I think it's very easy to fall out of the system, I've seen players fall out of the system when they really shouldn't have based on ability."

"I don't think he really knows us as people"

"so my confidence sometimes in approaching him, or explaining, like sometimes I'm afraid to say the word netball, my confidence in talking to him and him understanding me as a person, and what I'm about is nowhere near as confident I am as when I approach my netball coaches."

"I think it was the different coach again, it was a temporary coach before Yamo came in, so he was very used to Men's football. So his tactics and his rapport with the players was unfamiliar to everybody I think, and so I don't know whether going into the match we were a bit, I don't know, unfamiliar, and unsure of"

maybe it was that as well. Unfamiliarity of, like that coach athlete relationship sort of thing."

"the coach's attitude towards us, like shouting and not being very impressed with training"

"The coaches were very angry"

Opponents Superiority

"I'm not very fit, I'm not as fit as other players in my position"

"I'm not as fast as other players but I could be fast over short distances but I can't over longer distances, which maybe I need just as much as short distances."

"Yeah, I lost a couple of heading duels to a girl who was half my size, urm gave the possession away far too much and when you're in my position at centre back you just can't afford to do that cos they're always gonna catch you on the break then"

Athlete Specific Factors

Position on Pitch

"I was playing left back when I'm right footed as well, so I was really nervous before I went on"

Bad Decision Making

"basically taking chances instead of passing in the box, shoot. Ummm I have the confidence enough to shoot but sometimes I again maybe take the safe option when taking a risk is the better option"

"scoring but instead my decision making was I passed the ball and ended up them scoring, so that was a bit of a knock of confidence."

"Again it comes under decision making, urm, it interlinks with dribbling and trying to decide early to take a person on and there's a striker open in the box then that's my fault but that's the decision I have to make and have the confidence and that."

Difficult Environment

“When I’ve been thrown into a senior camp environment”

Time for Commitment

“I still think I’m more committed to a lot of girls in the team but I have got that netball as well so it’s impossible for to commit 24/7, 365 days a year to football because I do both, and I think he needs to come to terms with the fact that I do both.”

“busy schedule anyway that I probably don’t recuperate and recover”

Leadership Pressures

“Maybe as well, when I am captain I try, cos I’m a talker and I’m constantly chatting, sometimes I neglect my own game and I’m too worried about what other people are doing, rather than focusing on my own things, so maybe it was that but I just remember I had an absolute mare”

Nerves

“everyone seemed really nervous”