

Superordinate Competence	Competence Factor	No.	Item	Item Text
Professional Competence	<i>Tactical Knowledge</i>	1)	TW1	My expertise in football is so high that I could become a coach.
		2)	TW2	I know a lot about tactical nuances in football.
		3)	TW3	I have a very high understanding of different football tactics.
	<i>Knowledge of Nutrition and Health</i>	4)	EG1	Healthy nutrition is an important topic for me.
		5)	EG2	I pay a lot of attention to eating healthy.
		6)	EG3	I am aware of how my diet can protect me from injuries.
Method Competence	<i>Use of Resilience Methods</i>	7)	RM1	When great stress distracts me from my goals, I use certain methods to help me focus again.
		8)	RM2	I use relaxation techniques whenever things get too much for me.
		9)	RM3	Certain procedures help me to rank my goals in order of importance.
	<i>Dealing with Media</i>	10)	ME1	I feel confident in dealing with the media.
		11)	ME2	I am competent in dealing with journalists and reporters.
		12)	ME3	I am good at giving public interviews.
Social Competence	<i>Communication Skills</i>	13)	KO1	I solve problems by talking directly to my teammates.
		14)	KO2	If I have a problem with a teammate, I bring it up with him.
		15)	KO3	When I have difficulties with teammates, it helps me to talk to them.
	<i>Team Supporting Adaptability</i>	16)	TA1	I always respect the decision of the coach.
		17)	TA2	If I watch the game from the bench or the stands, I am just as happy about the success of my team as if I would play myself.
		18)	TA2	I do not care about my success—as long as the team is successful.
Personal Competence	<i>Mental Strength</i>	19)	MS1	I doubt myself when I make mistakes in the game. (<i>inverse</i>)
		20)	MS2	I manage to perform to the best of my ability in the game, even under enormous pressure.
		21)	MS3	Nervousness weighs on me a lot during the game. (<i>inverse</i>)
	<i>Criticism Capacity</i>	22)	KR1	I use every form of criticism to improve my game.
		23)	KR2	I cannot stand being criticised at all. (<i>inverse</i>)
		24)	KR3	Every form of criticism helps me to improve in football.

Note. English items were translated from original German items using a translation/backtranslation procedure; empirical evidence regarding the English version is still pending. This measure is non-proprietary (free) and may be used without permission if the source is cited properly.