

Table S1. Global dimensions and themes for types of confidence (numbers in parentheses illustrate the number of participants citing the source when >1).

Raw Data Themes.		Higher Order Themes		Global Dimension
Winning	}	Outcome	}	ACHIEVEMENT
Scoring goals (3)				
Confidence to play well				
Passing (4)	}	Performance	}	
Passing in the final third (1)				
		Passing	}	
Shooting (2)	}			
Tackling (3)				
Keeping possession				
Using both feet				
Body movement				
Receiving the ball		General Skills		
Dribbling				
Coming back from mistakes				
Attitude				PSYCHOLOGICAL FACTORS
Handling pressure				
Mentality				
Beating other players				SUPERIORITY TO OPPOSITION
Playing against weaker teams				
Knowing opposition's play				
Good judgement				TACTICAL AWARENESS
Decision making				
Communication				ATHLETE SPECIFIC FACTORS

Table S2. Themes and categories for sources of confidence identified by the academy youth athletes (numbers in parentheses illustrate the number of participants citing the source when >1).

Raw Data Themes	Sub-Themes	Lower Order Themes	Higher Order Themes	Global Dimensions
Good condition Injury status (2) Muscles feeling good (2) Warming up properly (2) Being rested (2)		Physical State	Physical Preparation	PREPARATION
Having your 5 a day Eating breakfast Eating well		Diet		
Looking good		Self-presentation		

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