



House Team Skills Rubric

Effective through: January 31st 2021

TECHNICAL & MENTAL

	Poor	Good	Excellent
Footwork	<ul style="list-style-type: none"> - Use of middle section of shoe. - Jump/hop for foot match. - No pivoting observed. - No trust of, or reliance on, feet. 	<ul style="list-style-type: none"> - No use of middle section of shoe. - No jump/hop for foot match. - Some pivoting observed. - Some trust & reliance on feet. 	<ul style="list-style-type: none"> - Use of heel hooks and toe hooks. - Successful no-hands matching on slab. - Pivoting consistently used. - Trust & reliance on feet.
Sequencing	<ul style="list-style-type: none"> - Unable to identify crux section. - Unable to visualize "Plan A" for movement. - Unable to recognize/ adapt sequence between attempts. 	<ul style="list-style-type: none"> - Able to sometimes identify crux sequence. - Able to visualize "Plan A" for movement; visualization not correct. - Able to sometimes adapt sequence between attempts. 	<ul style="list-style-type: none"> - Able to identify crux sequence. - Able to visualize "Plan A" for movement; visualization often correct. - Able to adapt sequence between attempts.
Body Positioning	<ul style="list-style-type: none"> - Does not establish optimal body position for successful movement. - Movement is uncontrolled. 	<ul style="list-style-type: none"> - Often establishes optimal body position for successful movement. - Movement is intentional, mostly controlled. 	<ul style="list-style-type: none"> - Always establishes optimal body position for successful secure & controlled movement. - Movement is intentional, controlled.
Risk & Commitment			
Technique Tool Kit			
Mental Resilience			

PHYSICAL

	Poor	Good	Excellent
Body Awareness			
Upper Body			
Lower Body			
Core			

HOLISTIC

	Poor	Good	Excellent
Self Talk			
Time Management			
Independence			
Communication			