



## Performance4Life Skills Rubric

Effective through: June 30th 2021

### TECHNICAL & MENTAL

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

<b>Technique Tool Kit</b>	<ul style="list-style-type: none"> <li>- Does not demonstrate a varied toolkit of movement.</li> <li>- No specialized skills applied.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates a slightly varied toolkit of movement.</li> <li>- Some obvious specialized skills applied.</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstrates wide range of techniques of movement.</li> <li>- Specialized skills applied.</li> </ul>
<b>Mental Resilience</b>	<ul style="list-style-type: none"> <li>- Quickly frustrated at first signs of struggle or failure.</li> <li>- Reluctant to return to challenging objectives.</li> </ul>	<ul style="list-style-type: none"> <li>- Shows some frustration at first signs of struggle or failure; will continue to try.</li> <li>- Will return to challenging objectives with coach support.</li> </ul>	<ul style="list-style-type: none"> <li>- Shows increased determination at first signs of struggle or failure.</li> <li>- Charges at challenging objective.</li> </ul>

## PHYSICAL

	<b>Poor</b>	<b>Good</b>	<b>Excellent</b>
<b>Upper Body</b>	<ul style="list-style-type: none"> <li>- Unable to generate pull and hold lock-off position with arms beyond 90°.</li> <li>- Unable to hold on to small edges, pinches or slopers.</li> </ul>	<ul style="list-style-type: none"> <li>- Able to generate pull and hold lock-off position with arms beyond 90°, with help of legs.</li> <li>- Able to hold on to medium-sized edges, some pinches and some slopers.</li> </ul>	<ul style="list-style-type: none"> <li>- Able to generate pull with arms beyond 90°, without help of legs.</li> <li>- Able to hold on to small edges and most pinches and slopers.</li> </ul>
<b>Lower Body</b>	<ul style="list-style-type: none"> <li>- Cannot generate adequate push from a single leg.</li> <li>- Unable to touch toes.</li> <li>- Unable to step up with knees beyond 90°.</li> </ul>	<ul style="list-style-type: none"> <li>- Can generate some push from single leg, with struggle.</li> <li>- Able to almost touch toes.</li> <li>- Can step up with knees between 90-120°.</li> </ul>	<ul style="list-style-type: none"> <li>- Can generate push from single leg.</li> <li>- Able to touch toes.</li> <li>- Can step up with knees beyond 120°.</li> </ul>
<b>Core</b>	<ul style="list-style-type: none"> <li>- Cannot engage core during movement; unable to climb steep angles.</li> <li>- Can maintain hollow hold for less than 30s.</li> </ul>	<ul style="list-style-type: none"> <li>- Some engagement of core during movement; ability to climb with "wobble" on steep angles.</li> <li>- Can maintain hollow hold for 30-60s.</li> </ul>	<ul style="list-style-type: none"> <li>- Able to engage core during movement; ability to climb solidly on steep angles.</li> <li>- Can maintain hollow hold for 60s+</li> </ul>

## HOLISTIC

	<b>Poor</b>	<b>Good</b>	<b>Excellent</b>
<b>Self Talk</b>	<ul style="list-style-type: none"> <li>- Speaks negatively about skill and performance.</li> <li>- Uses negative language, such as "I can't", "too hard", "there's no way", "that's dumb", "that's impossible".</li> </ul>	<ul style="list-style-type: none"> <li>- Occasionally speaks negatively about skill and performance.</li> <li>- Uses combination of negative and positive language when expressing challenges.</li> </ul>	<ul style="list-style-type: none"> <li>- Speaks constructively about opportunities for improvement.</li> <li>- Uses positive language when expressing challenges.</li> </ul>
<b>Time Management</b>	<ul style="list-style-type: none"> <li>- Does not transition between activities without distraction or coach support.</li> </ul>	<ul style="list-style-type: none"> <li>- Generally transitions between activities efficiently, with some coach support.</li> </ul>	<ul style="list-style-type: none"> <li>- Transitions between activities efficiently and with minimal distractions.</li> </ul>
<b>Independence</b>	<ul style="list-style-type: none"> <li>- Unable to select appropriate climbs for activities.</li> <li>- Does not stay on task.</li> </ul>	<ul style="list-style-type: none"> <li>- Selects appropriate climbs for activities with coach support.</li> <li>- Stays on task with coach support.</li> </ul>	<ul style="list-style-type: none"> <li>- Selects appropriate climbs for activities.</li> <li>- Remains on task.</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>- Does not seek out coach for feedback.</li> <li>- Does not speak with coach with regards to injuries, challenges, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Occasionally seeks out coach for feedback.</li> <li>- Speaks with coach with regards to injuries, challenges, etc upon prompting.</li> </ul>	<ul style="list-style-type: none"> <li>- Seeks out coach for feedback consistently.</li> <li>- Speaks with coach with regards to injuries, challenges, etc.</li> </ul>
<b>Coachability</b>	<ul style="list-style-type: none"> <li>- Reluctant/unresponsive to feedback or corrections.</li> <li>- Unwilling to step outside of comfort zone.</li> </ul>	<ul style="list-style-type: none"> <li>- Receptive to feedback and corrections with mixed response to application.</li> <li>- Willing to step outside comfort zone with support of coach.</li> </ul>	<ul style="list-style-type: none"> <li>- Applies feedback and corrections without hesitation.</li> <li>- Willing to step outside comfort zone with no support.</li> </ul>