



Spiders Skills Rubric

Effective through: June 30th 2021

TECHNICAL & MENTAL

| | Poor | Good | Excellent |
|------------------------------|---|--|---|
| Footwork | <ul style="list-style-type: none"> - Frequent use of middle section of shoe. - Jump/hop for foot match. - No trust of, or reliance on, feet. | <ul style="list-style-type: none"> - Some use of middle section of shoe. - Demonstrates correct foot match in controlled environment. - Some pivoting used. - Some trust & reliance on feet. | <ul style="list-style-type: none"> - No use of middle section of shoe. - No jump/hop for foot match. - Able to demonstrate secondary footwork skills such as heel hooks, with cueing. - Trust & reliance on feet. |
| Sequencing | <ul style="list-style-type: none"> - Unable to recognize large versus small moves from preview. - Unable to visualize movement. - Unable to recall & repeat sequence between attempts. | <ul style="list-style-type: none"> - Able to recognize large versus small moves from preview. - Able to visualize movement; visualization rarely correct. - Able to recall & repeat successful sequence between attempts. | <ul style="list-style-type: none"> - Able to sometimes identify crux sequence. - Able to visualize movement; visualization sometimes correct. - Able to sometimes 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"> - Occasionally establishes optimal body position for successful movement. - Movement is intentional, sometimes controlled. | <ul style="list-style-type: none"> - Often establishes optimal body position for successful movement. - Movement is intentional, mostly controlled. |
| Risk & Commitment | <ul style="list-style-type: none"> - Does not take risk for movement that is at physical limit, scary, etc. | <ul style="list-style-type: none"> - Takes occasional risk for movement that is at physical limit, scary, etc. with coach support. | <ul style="list-style-type: none"> - Takes risk for movement that is at physical limit, scary, etc. with coach support. |

| | | | |
|--------------------------|---|---|--|
| Mental Resilience | <ul style="list-style-type: none"> - Quickly frustrated at first signs of struggle or failure. - Uncoachable to return to challenging objectives. | <ul style="list-style-type: none"> - Shows some frustration at first signs of struggle or failure; will continue to try. - Sometimes reluctant to return to challenging objectives. | <ul style="list-style-type: none"> - Shows increased determination at first signs of struggle or failure. - Will return to challenging objectives. |
|--------------------------|---|---|--|

PHYSICAL

| | Poor | Good | Excellent |
|-------------------|--|---|---|
| Upper Body | <ul style="list-style-type: none"> - Unable to generate pull with arms beyond 90°. - Unable to hold on to small edges, pinches or slopers. | <ul style="list-style-type: none"> - Able to generate pull with arms beyond 90°, with help of legs. - Able to hold on to medium-sized edges, few pinches and slopers. | <ul style="list-style-type: none"> - Able to generate pull with arms beyond 90°, without help of legs. - Able to hold on to small edges and some pinches and slopers. |
| Lower Body | <ul style="list-style-type: none"> - Cannot generate adequate push from a single leg. - Unable to touch toes or step up with single leg. | <ul style="list-style-type: none"> - Can generate some push from single leg, with struggle. - Able to almost touch toes and can step up with knees from 90°. | <ul style="list-style-type: none"> - Can generate push from single leg. - Able to touch toes and can step up with knees between 90°-120°. |
| Core | <ul style="list-style-type: none"> - Cannot engage core during movement; unable to climb steep angles. - Can maintain hollow hold for less than 10s. | <ul style="list-style-type: none"> - Some engagement of core during movement; ability to climb with "wobble" on steep angles. - Can maintain hollow hold for 25-30s. | <ul style="list-style-type: none"> - Able to engage core during movement; ability to climb solidly on steep angles. - Can maintain hollow hold for 30s+ |

HOLISTIC

| | Poor | Good | Excellent |
|---------------------|--|---|--|
| Self Talk | <ul style="list-style-type: none"> - Speaks negatively about skill and performance. - Uses negative language, such as "I can't", "too hard", "there's no way", "that's dumb", "that's impossible". | <ul style="list-style-type: none"> - Occasionally speaks negatively about skill and performance. - Uses combination of negative and positive language when expressing challenges. | <ul style="list-style-type: none"> - Speaks constructively about opportunities for improvement. - Uses positive language when expressing challenges. |
| Independence | <ul style="list-style-type: none"> - Unable to select appropriate climbs for activities. - Does not stay on task. | <ul style="list-style-type: none"> - Selects appropriate climbs for activities with coach support. - Stays on task with coach support. | <ul style="list-style-type: none"> - Selects appropriate climbs for activities. - Remains on task with no coach support. |

| | | | |
|---------------------|---|---|---|
| Coachability | <ul style="list-style-type: none">- Reluctant/unresponsive to feedback or corrections.- Unwilling to step outside of comfort zone. | <ul style="list-style-type: none">- Receptive to feedback and corrections with mixed response to application.- Willing to step outside comfort zone on occasion, with support. | <ul style="list-style-type: none">- Applies feedback and corrections with minimal hesitation/reluctance.- Willing to step outside comfort zone with support. |
|---------------------|---|---|---|