



Monkeys Skills Rubric

Effective through: June 30th 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 used. - 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. - 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 often identify crux sequence. - Able to visualize "Plan A" for movement; visualization sometimes 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"> - 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. - Reluctant 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. - Will return to challenging objectives with coach support. 	<ul style="list-style-type: none"> - Shows increased determination at first signs of struggle or failure. - Charges at challenging objective.

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 knees beyond 90°. 	<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 between 90-120°. 	<ul style="list-style-type: none"> - Can generate push from single leg. - Able to touch toes and can step up with knees beyond 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 20s. 	<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 20-45s. 	<ul style="list-style-type: none"> - Able to engage core during movement; ability to climb solidly on steep angles. - Can maintain hollow hold for 45s+

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.