



18U/16U Beach Provincial Team Selection Camp Rubric

The following rubric is used as a guide in the identification of athletes for the Learn to Compete developmental level athlete for the 18U & 16U Beach Provincial Team.

This rubric could be used as a good basis for club & community coaches to help prepare their athletes for the 18U/16U Beach Provincial Team.

	Exemplary	Accomplished	Developing	Beginning	Notes
Serving					
Serve Intent	Includes a jump spin / jump float, accurate & purposeful.	Includes a jump spin / jump float, missing accuracy & purpose.	Stand Float with purpose, accurate and powerful.	Stand float missing purpose. Requires more float.	
Passing					
Forearm Passing	Tracks well, able to execute pass to intended location. Ability to pass both from midline and outside body on various planes.	Generally able to execute pass to intended location. General ability to pass both from midline and outside body on various planes. Tracking is considerate of some planes but not all.	Pass execution misses intended location more often than hits it. Somewhat demonstrates tracking but is inconsistent.	Pass execution misses intended location, or intended location not evident. Tracking effectiveness is low.	
Setting					
Hand Setting	Uses hand setting in competition.	Capable of using hands in competition, however mainly bump sets or is more effective bump setting.	Able to perform hand setting in drills but did not demonstrate in competition.	Hand set does not exist, or still learning to set without lifting or doubling.	
Bump Setting	Bump set is accurate, generally tracks well, uses legs, faces, and has minimal twisting.	Bump set is generally accurate however occasionally mistracks ball. Technically does not yet consistently face or use legs, creating a twist using arms.	Bump set accuracy is inconsistent but demonstrates ability to be accurate. Technically does not yet consistently face or use legs, creating a twist using arms.	Bump set misses intended location. Ball is mistracked. Technically twists and uses arms. Contact is deflative	
Attacking					
Hard Hit	Hard driven attack is a part of tool kit. Tracks ball well, keeps ball in front, max jumps, does not float, able to attack intended location.	Hard driven attack is a part of tool kit. Generally tracks ball well, keeps ball in front, sometimes is misaligned or floats, able to terminate rally with hard driven attack. Does not necessarily hit intended location.	Demonstrated ability to produce a hard driven attack, or has potential to (eg. Has high contact if technically improved). Currently has difficulty tracking ball, ball is too far behind, or not aligned appropriately to hit consistently.	Did not sufficiently demonstrate a hard driven attack or ability to produce a hard driven attack.	
Roll shots	Roll shot is accurate and purposeful and is not predetermined. Roll shot is from a max jump and high contact.	Roll shot terminates rallies in open space, but is predetermined and not from max jump. Roll shot technique is from a low contact like a shot put.	Roll shot execution is to open space but does not necessarily terminate rallies. Roll shot technique is from low contact and is predictable.	Rollshot execution is missing purpose to score in open space. Rollshot technique does not spin the ball, or put in.	
Blocking					
Block Peel Decisions	Decision to block peel appropriate and based on attack. Peels sharp with weight forward.	Decision to block peel generally appropriate and based on attack. Back pedals on peel.	Decision to block peel based on set.	Decision to block peel based not appropriate or does not block/peel.	
Blocking	Block alignment appropriately angled to intended court coverage.	Block alignment follows athlete but is straight up.	Block alignment generally follows athlete but is small.	Block is misaligned to attacker and or small.	

Defence					
Dig Hard Driven	Positioning shifts relative to blocker and attacker even's out responsibility of the court. Able to control hard driven digs to intended location.	Position starts appropriately relative to blocker and attacker. Generally even's out the responsibility of the court. Generally able to control hard driven digs to intended location. Contact is sometimes deflctive.	Position generally starts appropriately relative to blocker and attacker. Leaves holes in rally. Dig is up but not to an intended location. Contact is deflctive.	Positioning is not relative to blocker and attacker. Court responsibility is not evened out. Contact is deflctive and does not go to a intended location.	
Chasing Shots	Demonstrates regularly all 3 components, takes off, runs fast, dives. Minimal "cheating". Ball is dug to an intended location.	Demonstrates regularly all 3 components, takes off, runs fast, dives. Caught "cheating" regularly on defence, indicating unclear priorities. Ball is generally dug to an intended location and playable.	Though, demonstrated, does not regularly complete all 3 components of take off, run fast, and dive. Or ball is not dug to an intended location.	Does not take off, or run fast to get to the dive portion of the 3 components of a chase.	
Movement & Coordination					
	Moves coordinated, manages centre of gravity well. Strong sense of body awareness. Strong sense of spatial awareness.	Generally moves coordinated managing centre of gravity. Sense of body awareness limited by strength. Sense of spatial awareness limited by strength.	Sparks of coordinated movements managing centre of gravity. Minimal sense of spatial awareness effecting movements. Minimal sense of body awareness effecting tracking.	Uncoordinated movements. Spatial awareness not demonstrated, effecting movements. Body awareness not demonstrated, effecting tracking.	
Physicality					
Above net, strong	Physically strong, high above net on attack, or ability to be high only limited by technique.	Ability to be high above net on attack, limited by strength or by technique.	Above net on attack.	At or below net on attack.	
Character					
Leadership	Support is contagious. Connected with partner. Leads through quality of personal performance. Communicates genuinely and regularly.	Supportive of partner. Can "Double Clap". Personal performance is maintained.	Demonstrated some blame of external factors.	Blames external factors, partner, environment, situation. Disconnected from partner. Unable to perform or assist team.	
Competitiveness & Stress Management	Demonstrated high competitive drive. Fiesty, fights, will to win, stays engaged. Manages mental/emotional state effectively.	Demonstrated competitive drive. Signs of attempt to manage mental/emotional state.	Demonstrated some competitive sparks, then selective in play through anger, mood.	Demonstrated very low competitive nature. Content with mediocracy.	
Coachability	Demonstrates willingness to make immediate changes. Demonstrates ability to make immediate improvements	Demonstrates willingness to make immediate changes. Ability to make immediate improvements limited by physicality.	Willing to attempt changes. Improvements are slow.	Unwilling to attempt to make changes. Demonstrated inability to make improvements.	