

Levels of Performance

PERFORMANCE RANKING RUBRIC

LEVEL 1

- Athlete can perform the skill (copy and drill)
- Athlete performs all the skills of the series very well (performance and regular feedback) from memory

LEVEL 2

- Athlete Performs the skill set very well and at speed in class
- Athlete performs the skill set very well, at speed and under fatigue

LEVEL 3

- Athlete performs the skill set well, at speed, fatigued and under pressure
- Athlete has all necessary attributes to perform skill set optimally

LEVEL 4

- Athlete performs skill set very well, under pressure, fatigued, under competition conditions
- Athlete has made techniques "their own" and improves technique