

# STEEL CITY VOLLEYBALL LEAGUE RATING RUBRIC—UPDATED AUGUST 2018

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
SERVING	<ul style="list-style-type: none"> <li>★ Inconsistent underhand serve                             <ul style="list-style-type: none"> <li>○ Easily passed by experienced opponent</li> </ul> </li> <li>★ Uncontrolled overhand serve                             <ul style="list-style-type: none"> <li>○ Not often in play</li> <li>○ Passed easily with control by Intermediate opponent</li> <li>○ Sometimes disruptive for Recreational player to receive</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Executes underhand serves that are:                             <ul style="list-style-type: none"> <li>○ Served with strategy and consistently in play</li> <li>○ Disruptive for a Recreational player to receive</li> <li>○ Passed easily by opponent</li> </ul> </li> <li>★ Executes overhand serves that are:                             <ul style="list-style-type: none"> <li>○ Over the net and frequently in play</li> <li>○ Sometimes disruptive for Intermediate player to receive</li> <li>○ Passed easily with control by Competitive opponent</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Executes overhand serves that are:                             <ul style="list-style-type: none"> <li>○ Over the net and consistently in play</li> <li>○ Disruptive for Intermediate player to receive</li> <li>○ Sometimes disruptive for Competitive player to receive</li> <li>○ Passed easily with control by Power opponent</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Executes overhand serves that are:                             <ul style="list-style-type: none"> <li>○ Over the net and consistently in play</li> <li>○ Lower trajectory</li> <li>○ Sometimes disruptive for Power player to receive</li> <li>○ Passed easily with control by Power Plus opponent</li> <li>○ Served with some sense of strategic placement</li> <li>○ Show advanced technique (e.g. top-spin, float, etc)</li> </ul> </li> <li>★ If jump serving:                             <ul style="list-style-type: none"> <li>○ A serve with lesser force is served with control</li> <li>○ A more-forceful serve stays in play inconsistently</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Executes overhand serves that are:                             <ul style="list-style-type: none"> <li>○ Over the net and consistently in play</li> <li>○ Lower trajectory</li> <li>○ Often disruptive for opponent to receive</li> <li>○ Served consistently with precise, strategic placement</li> <li>○ Show advanced technique (e.g. top-spin, float, etc.)</li> </ul> </li> <li>★ If jump serving:                             <ul style="list-style-type: none"> <li>○ Served with control and force</li> <li>○ Consistently in play</li> </ul> </li> </ul>
SERVE-RECEIVE & BACK-ROW DEFENSE (PASSING)	<ul style="list-style-type: none"> <li>★ For a ball hit/served by a Recreational opponent:                             <ul style="list-style-type: none"> <li>○ Passes the ball to the setter on most occasions</li> <li>○ Technique may be poor/awkward</li> <li>○ Cannot read the opponent's offense</li> </ul> </li> <li>★ For a ball hit/served by an Intermediate opponent:                             <ul style="list-style-type: none"> <li>○ Struggles to keep the ball in play</li> <li>○ Ball may not be controlled</li> <li>○ Passing form often is discarded/sacrificed</li> <li>○ Cannot read the opponent's offense</li> </ul> </li> <li>★ Technique/Strategy:                             <ul style="list-style-type: none"> <li>○ Poor technique results in overpass/mis-pass</li> <li>○ Resorts to sending ball over unnecessarily on 1st or 2nd hit</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ For a ball hit/served by an Intermediate opponent:                             <ul style="list-style-type: none"> <li>○ Passes the ball to the setter with control and proper platform/technique</li> <li>○ Controls an overhead pass to the setter</li> <li>○ Positions properly after reading the opponent's offense</li> </ul> </li> <li>★ For a ball hit/served by a Competitive opponent:                             <ul style="list-style-type: none"> <li>○ Is able to keep the ball in play</li> <li>○ Ball may not be controlled</li> <li>○ Ball may not go to the setter or may be an overpass</li> <li>○ Struggles to understand opponent's offense</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ For a ball hit/served by a Competitive opponent:                             <ul style="list-style-type: none"> <li>○ Passes the ball to the setter with control and proper platform/technique</li> <li>○ Controls an overhead pass to the setter</li> <li>○ Positions properly after reading the opponent's offense</li> </ul> </li> <li>★ For a ball hit/served by a Power opponent:                             <ul style="list-style-type: none"> <li>○ Is able to keep the ball in play</li> <li>○ Ball may not be controlled</li> <li>○ Ball may not go to the setter or may be an overpass</li> <li>○ Struggles to keep up with a fast-paced opponent's offense</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ For a ball hit/served by a Power opponent:                             <ul style="list-style-type: none"> <li>○ Passes the ball to the setter with control and ease</li> <li>○ Controls an overhead pass to the setter</li> <li>○ Positions properly after reading the opponent's offense</li> </ul> </li> <li>★ For a ball hit/served by a Power Plus opponent:                             <ul style="list-style-type: none"> <li>○ Is able to keep slower-hit balls in play</li> <li>○ Ball may not be controlled in a fast-paced game</li> <li>○ Ball may not go to the setter or may be an overpass</li> <li>○ Positions properly after reading the opponent's offense</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ In a <b>fast-paced</b> game:                             <ul style="list-style-type: none"> <li>○ Easy balls kept in play consistently, are passed with ease/control with all passes to setter</li> <li>○ Hard balls kept in play consistently, and most passes are settable</li> </ul> </li> <li>★ Technique:                             <ul style="list-style-type: none"> <li>○ Ball is controlled consistently</li> <li>○ Ball rarely is overpassed/mis-passed</li> <li>○ Positions properly after reading the opponent's offense</li> </ul> </li> </ul>
SETTING	<ul style="list-style-type: none"> <li>★ Does not move to ball unless it is nearby</li> <li>★ Technique and form:                             <ul style="list-style-type: none"> <li>○ Often lifts/doubles on overhead sets</li> <li>○ Usually bump-sets</li> <li>○ A bad pass usually ends rally</li> </ul> </li> <li>★ Hitters struggle to predict where set will be placed                             <ul style="list-style-type: none"> <li>○ Never precise</li> <li>○ Usually is high</li> </ul> </li> <li>★ Unable to control balls passed tight to net                             <ul style="list-style-type: none"> <li>○ Overpass usually results in loss of rally</li> </ul> </li> <li>★ Struggles to take control of any play that is unusual</li> <li>★ Setting demonstrates no strategy</li> </ul>	<ul style="list-style-type: none"> <li>★ Generally moves to ball and attempts a set</li> <li>★ Technique and form:                             <ul style="list-style-type: none"> <li>○ Attempts to overhead set on most passes</li> <li>○ Sometimes lifts/doubles on overhead sets</li> <li>○ Often bump-sets to avoid double on bad pass</li> <li>○ Struggles when handling a reasonable bad pass</li> </ul> </li> <li>★ Struggles to react to mis-passes in most situations</li> <li>★ Predictable set placement with little strategy                             <ul style="list-style-type: none"> <li>○ Rarely precise</li> <li>○ Usually is high</li> <li>○ Easily read by Competitive opponents</li> <li>○ Ball never is set with opponents' defense in mind</li> </ul> </li> <li>★ Struggles to control balls passed tight to net                             <ul style="list-style-type: none"> <li>○ Overpass often results in loss of rally</li> </ul> </li> <li>★ Functions effectively in simpler, <b>slower-paced</b> game</li> </ul> <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and control of the ball</i></p>	<ul style="list-style-type: none"> <li>★ Usually moves to ball and executes a set</li> <li>★ Technique and form:                             <ul style="list-style-type: none"> <li>○ Generally overhead sets, knows when not to</li> <li>○ Infrequently lifts/doubles</li> <li>○ Sets hittable ball from the right/middle on a reasonable pass</li> <li>○ Occasionally bump-sets to avoid double on bad pass</li> <li>○ Accommodates reasonable bad passes</li> <li>○ Attempts to control balls passed tight to net</li> </ul> </li> <li>★ Slow to react/adjust to mis-passes</li> <li>★ Placement of set sometimes predictable                             <ul style="list-style-type: none"> <li>○ Not always precise</li> <li>○ Usually is high</li> <li>○ Easily read by Power opponents</li> <li>○ Set shows awareness of opponents' defense</li> </ul> </li> <li>★ Tempo:                             <ul style="list-style-type: none"> <li>○ Makes strategic decisions in slow-paced game</li> <li>○ Functions effectively with some strategic control in a simpler, faster-paced game</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and strategic awareness/control</i></p>	<ul style="list-style-type: none"> <li>★ Always moves to ball and executes a set</li> <li>★ Technique and form:                             <ul style="list-style-type: none"> <li>○ Rarely lifts/doubles</li> <li>○ Usually sets ball to intended target</li> <li>○ Sets hittable ball from <i>reasonable</i> bad passes from anywhere on court</li> <li>○ Skills include back-setting and ease of handling balls passed tight to net</li> </ul> </li> <li>★ Slow to react/adjust in fast-paced play, but makes proper/complex decisions in slower-paced game</li> <li>★ Placement of set is strategic/precise                             <ul style="list-style-type: none"> <li>○ In control of ball height/speed</li> <li>○ Awareness of opponent's front-/back-row defense</li> <li>○ Uses second ball over in an attempt to gain points</li> </ul> </li> <li>★ Communicates with hitters to plan offense</li> <li>★ Tempo:                             <ul style="list-style-type: none"> <li>○ Functions effectively/strategic in slow-paced game</li> <li>○ Predictable/struggles at faster pace</li> </ul> </li> <li>★ Understands, but sometimes fails to execute, complex offenses                             <ul style="list-style-type: none"> <li>○ Easily read by Power Plus opponents</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is tempo of game/decision making and execution of complex strategy</i></p>	<ul style="list-style-type: none"> <li>★ Always moves to ball and executes a set</li> <li>★ Technique and form:                             <ul style="list-style-type: none"> <li>○ Rarely lifts/doubles</li> <li>○ Consistently sets ball to intended target</li> <li>○ Sets hittable ball from bad passes anywhere on court</li> <li>○ Skills include back-setting and ease of handling balls passed tight to net, and may include jump sets</li> </ul> </li> <li>★ Quickly reacts and makes sound, strategic decisions while executing complex offenses</li> <li>★ Placement of set is strategic/precise                             <ul style="list-style-type: none"> <li>○ In control of ball height/speed</li> <li>○ Is difficult to read</li> <li>○ Placement based on reading opponent's front-/back-row defense</li> <li>○ Uses second ball over strategically to gain points</li> </ul> </li> <li>★ Communicates with hitters to plan offense</li> <li>★ Tempo:                             <ul style="list-style-type: none"> <li>○ Functions effectively/strategic in <b>fast-paced</b> game</li> </ul> </li> <li>★ Executes complex offenses that are difficult to read with strong, strategic control in a <b>fast-paced</b> game</li> </ul>

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
HITTING	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ ~50% chance a hit ball goes over the net/in</li> <li>○ Never is aggressive</li> <li>○ Slow pace of hitting makes hit predictable</li> <li>○ Often forearm- or overhead-passes attack</li> <li>○ Often sends ball over on 1st or 2nd hit</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ Lacks appropriate approach</li> <li>○ Sometimes contacts net during attack</li> <li>○ Lacks control, timing and form</li> <li>○ Often ends up underneath the ball</li> <li>○ Cannot adjust to sets</li> <li>○ Does not adjust to hit around Intermediate blockers</li> <li>○ Often loses focus on game during attack to think about executing proper form/technique</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ Hits ball in most of the time on weaker attacks</li> <li>○ Rarely results in a point</li> <li>○ Rarely is aggressive</li> <li>○ Often is out if hit is aggressive</li> <li>○ Slow pace of hitting makes hit predictable</li> <li>○ Forearm passes the attack only when needed</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ Drops off net to execute an approach</li> <li>○ Sometimes contacts net during attack</li> <li>○ Demonstrates consistent control and form, but inconsistent timing may interfere with approach</li> <li>○ Able to adjust to reasonable sets</li> <li>○ Shows ability to adjust hit against Intermediate blockers</li> <li>○ Can't adjust to hit around Competitive blockers</li> <li>○ Form/technique are ingrained (focus is on game)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ Hits ball in on weaker attacks</li> <li>○ Less ball control on more-aggressive attacks</li> <li>○ Aggressive hits are out with some frequency or are hit into net</li> <li>○ May result in kill against Competitive defense</li> <li>○ Hit can be read easily by a Power opponent</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ Drops off net to execute an approach</li> <li>○ Usually does not contact net</li> <li>○ Demonstrates consistent control and form, and generally has good timing on high sets</li> <li>○ Able to adjust to most sets</li> <li>○ Shows ability to adjust hit against Competitive blockers</li> <li>○ Struggles to adjust hit against Power blockers</li> </ul> </li> <li>★ Demonstrates ability to execute simple attacks (4/5, 2, 32) with ease but lacks knowledge/ease of more-complex attacks</li> </ul>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ Ball mostly is in</li> <li>○ Ball is controlled</li> <li>○ Attack generally is aggressive</li> <li>○ Often results in a kill against Power defense</li> <li>○ Hit sometimes is unpredictable</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ Executes approach and timing fluidly</li> <li>○ Avoids contacting the net</li> <li>○ Adjusts to all sets</li> <li>○ Shows ability to adjust hit against Power blockers</li> <li>○ Struggles to adjust hit against Power Plus blockers</li> </ul> </li> <li>★ Shows ease executing simpler attacks (4/5, 2, 31/32) <ul style="list-style-type: none"> <li>○ May be inconsistent on complex attacks (including shoot, back 1/2, slide, tandem, back-row, etc.)</li> </ul> </li> </ul> <p><i>Distinction between this level and next one up is pace. ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>	<ul style="list-style-type: none"> <li>★ Character of attack: <ul style="list-style-type: none"> <li>○ Ball usually is in and often results in a kill</li> <li>○ Attack is aggressive/strategic by reading opponent's court space and defense</li> <li>○ Hit often is unpredictable and difficult to read</li> </ul> </li> <li>★ Form/Technique of attack: <ul style="list-style-type: none"> <li>○ Executes approach and timing fluidly</li> <li>○ Avoids contacting the net</li> <li>○ Adjusts to all sets</li> <li>○ Shows consistent ability to adjust hit to blockers</li> </ul> </li> <li>★ Shows ease executing attacks from among multitude of simple and complex plays (including 4/5, shoot, 31/32, back 1/2, slide, tandem, back-row, etc.)</li> </ul> <p><i>Distinction between this level and next one down is pace, ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>
FRONT-ROW DEFENSE & BLOCKING	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Rarely attempts to block or can't block <ul style="list-style-type: none"> <li>○ Stands at net and doesn't move</li> </ul> </li> <li>★ Blocking form/action, if blocking: <ul style="list-style-type: none"> <li>○ Hands not open or pressed</li> <li>○ Uncontrolled body (under/touches net regularly)</li> </ul> </li> <li>★ Blocking strategy, if blocking: <ul style="list-style-type: none"> <li>○ Does not understand block placement or purpose</li> </ul> </li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Never anticipates a tip/deflection <ul style="list-style-type: none"> <li>○ Rarely covers the proper zone for play at net</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Against an Intermediate opponent: <ul style="list-style-type: none"> <li>○ Forms a single block that penetrates or soft blocks their region of the net</li> </ul> </li> <li>★ Against a Competitive opponent: <ul style="list-style-type: none"> <li>○ Struggles to anticipate opponent's offense</li> <li>○ Does not always execute a block</li> </ul> </li> <li>★ Blocking form/action: <ul style="list-style-type: none"> <li>○ Hands not open or pressed</li> <li>○ Semi-controlled (sometimes under/touches net)</li> </ul> </li> <li>★ Blocking strategy: <ul style="list-style-type: none"> <li>○ Does not demonstrate consistent skill at taking away court space from opponent's hitter</li> </ul> </li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Tips/deflections: <ul style="list-style-type: none"> <li>○ Anticipates and moves to cover against Intermediate opponent</li> <li>○ Slow to react against Competitive opponent</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Against a Competitive opponent: <ul style="list-style-type: none"> <li>○ Forms effective single block that penetrates or soft blocks their region of the net</li> </ul> </li> <li>★ Against a Power opponent: <ul style="list-style-type: none"> <li>○ Struggles to anticipate opponent's offense</li> <li>○ Slow to react, but makes blocking attempt</li> </ul> </li> <li>★ Blocking form/action: <ul style="list-style-type: none"> <li>○ Hands usually open/pressed</li> <li>○ With control (under/touches net infrequently)</li> </ul> </li> <li>★ Blocking strategy: <ul style="list-style-type: none"> <li>○ Understands how to set a block</li> <li>○ Reads simpler offense and blocks as needed</li> <li>○ Often takes away appropriate part of court space from Competitive hitter</li> </ul> </li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Tips/deflections: <ul style="list-style-type: none"> <li>○ Usually anticipates/drops off net to cover</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Against a Power opponent: <ul style="list-style-type: none"> <li>○ Participates in effective collective block that penetrates or soft blocks their region of the net</li> </ul> </li> <li>★ Against a Power Plus opponent: <ul style="list-style-type: none"> <li>○ Participates in effective collective block, but may be slow to react/adjust to a faster-paced offense</li> </ul> </li> <li>★ Blocking form/action: <ul style="list-style-type: none"> <li>○ Hands open/pressed with complete body control</li> </ul> </li> <li>★ Blocking strategy: <ul style="list-style-type: none"> <li>○ Reads complex offense and blocks as needed in <b>slower-paced</b> game</li> <li>○ Always takes away appropriate part of court</li> </ul> </li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Tips/deflections: <ul style="list-style-type: none"> <li>○ Anticipates and drops off net routinely to cover</li> </ul> </li> </ul>	<p><b>BLOCKING</b></p> <ul style="list-style-type: none"> <li>★ Against a Power opponent: <ul style="list-style-type: none"> <li>○ With consistency, effectively reads and limits/prevents Power opponent's attack</li> </ul> </li> <li>★ Against a PowerPlus opponent: <ul style="list-style-type: none"> <li>○ Participates in effective collective or single blocks against a complex, fast-paced offense</li> </ul> </li> <li>★ Blocking form/action: <ul style="list-style-type: none"> <li>○ Hands open/pressed with complete body control</li> </ul> </li> <li>★ Blocking strategy: <ul style="list-style-type: none"> <li>○ Reads complex offense/unusual attack strategies and blocks as needed in <b>fast-paced</b> game</li> <li>○ Always takes away appropriate part of court</li> </ul> </li> </ul> <p><b>FRONT-ROW DEFENSE</b></p> <ul style="list-style-type: none"> <li>★ Tips/deflections: <ul style="list-style-type: none"> <li>○ Anticipates and drops off net routinely to cover</li> </ul> </li> </ul> <p><i>Distinction between Power Plus and Power is fluidity and ease of consistent execution in a fast-paced game</i></p>
KNOWLEDGE & PURSUIT	<ul style="list-style-type: none"> <li>★ Knowledge: <ul style="list-style-type: none"> <li>○ May show knowledge of standard rotation</li> <li>○ Starting to learn 4-2 rotation</li> <li>○ Shows limited strategy</li> <li>○ Lacks court awareness</li> </ul> </li> <li>★ Pursuit: <ul style="list-style-type: none"> <li>○ Difficulty reading opponent's offense</li> <li>○ Difficulty knowing where to position for defense</li> <li>○ Primary goal is to return ball to opponent's side</li> <li>○ Does not lunge, dive or run for ball</li> </ul> </li> <li>★ Pace: <ul style="list-style-type: none"> <li>○ Slow to react</li> <li>○ Intensity may be diminished by end of match</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Knowledge: <ul style="list-style-type: none"> <li>○ Shows comfort/ease with 4-2 rotation</li> <li>○ May be starting to learn 5-1/6-2 rotations</li> <li>○ Uses simple offensive/defensive strategies</li> <li>○ Demonstrates court awareness</li> </ul> </li> <li>★ Pursuit: <ul style="list-style-type: none"> <li>○ Sometimes out of position in 4-2 rotation, but corrects with coaching</li> <li>○ Shows understanding of defensive positioning</li> <li>○ Consistently tries to execute offense strategy</li> </ul> </li> <li>★ Pace: <ul style="list-style-type: none"> <li>○ Slower to react against Competitive opponent</li> <li>○ Reacts properly in <b>slower-paced</b> game to Intermediate/Competitive opponents' offense</li> <li>○ Intensity may slow by end of fast-paced match</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Knowledge: <ul style="list-style-type: none"> <li>○ Shows comfort/ease with 5-1/6-2 rotations</li> <li>○ Uses simpler offensive/defensive strategies</li> <li>○ Demonstrates complete court awareness</li> </ul> </li> <li>★ Pursuit: <ul style="list-style-type: none"> <li>○ Rarely out of position in 5-1/6-2 rotation, but corrects with minimal coaching</li> <li>○ Shows understanding of defensive positioning against Competitive and Power opponents</li> <li>○ Consistently tries to execute offense strategy</li> </ul> </li> <li>★ Pace: <ul style="list-style-type: none"> <li>○ Reacts reasonably in <b>faster-paced</b> game to Competitive/Power opponents' offense</li> <li>○ Intensity usually consistent by end of match</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Knowledge: <ul style="list-style-type: none"> <li>○ Shows complete understanding of 5-1 rotation</li> <li>○ Executes complex offense/defense strategies</li> <li>○ Demonstrates complete court awareness</li> </ul> </li> <li>★ Pursuit: <ul style="list-style-type: none"> <li>○ Rarely out of position in 5-1 rotation</li> <li>○ Reads other team's offense and fills defensive gaps</li> <li>○ Routinely moves to, and with, the ball</li> <li>○ Capable of independent play and of offering constructive guidance to other players as needed</li> </ul> </li> <li>★ Pace: <ul style="list-style-type: none"> <li>○ Reacts reasonably in a <b>slower-paced</b> game to Power/PowerPlus opponents' offense</li> <li>○ Intensity is mostly consistent by end of match</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>★ Knowledge: <ul style="list-style-type: none"> <li>○ Shows complete understanding of 5-1 rotation</li> <li>○ Executes complex offense/defense strategies</li> <li>○ Demonstrates complete court awareness</li> </ul> </li> <li>★ Pursuit: <ul style="list-style-type: none"> <li>○ Consistently in correct position in 5-1 rotation</li> <li>○ Consistently reads opponent's offense and fills defensive gaps</li> <li>○ Routinely moves to, and with, the ball</li> <li>○ Capable of independent play and of offering constructive guidance to other players as needed</li> </ul> </li> <li>★ Pace: <ul style="list-style-type: none"> <li>○ Reacts reasonably in a <b>fast-paced</b> game</li> <li>○ Intensity is maintained throughout match</li> </ul> </li> </ul>