



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

AMAAN ROY

TOTAL SCORE: 42/90

Sports Arena : DPS international

Grade : 2A

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Competent	★ ★ ★
Good decision making	Foundational Understanding	★ ★
Focused	Competent	★ ★ ★
Enthusiastic	Foundational Understanding	★ ★
Committed	Foundational Understanding	★ ★
Disciplined	Competent	★ ★ ★



02 Dribbling

Criteria	Benchmark	Remark	Rating
Basic Control	Dribble 10 meters in under 15 seconds without losing control	Competent	★ ★ ★



03 Shooting



Criteria	Benchmark	Remark	Rating
Basic Form	Makes 2 out of 5 free throws on a lowered hoop	Competent	★ ★ ★

04 Passing



Criteria	Benchmark	Remark	Rating
Two-handed chest pass	Passes accurately to a partner 5 meters away 4 out of 5 times	Foundational Understanding	★ ★

05 Catching



Criteria	Benchmark	Remark	Rating
Hand-Eye Coordination	Catches a passed ball 4 out of 5 times from 5 meters distance	Foundational Understanding	★ ★

06 Basic Defense



Criteria	Benchmark	Remark	Rating
Stance & Movement	Demonstrates proper defensive stance and slides 3 meters side-to-side in under 6 seconds	Competent	★ ★ ★

07 Jumping



Criteria	Benchmark	Remark	Rating
Vertical Leap	Jumps and touches a mark set at 20 cm above their reach 3 out of 5 times	Foundational Understanding	★ ★

08 **Layups**

Criteria	Benchmark	Remark	Rating
Basic Motion	Executes a two-step layup and scores 2 out of 5 times on a lowered net	Emerging Awareness	★



09 **Understanding of the Game**

Criteria	Benchmark	Remark	Rating
Basic Rules	Identifies 3 out of 5 basic rule violations (like traveling) shown by the coach	Competent	★★★



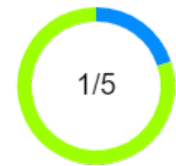
10 **Teamwork**

Criteria	Benchmark	Remark	Rating
Passing & Movement	Completes a 3-pass sequence with teammates without interception 3 out of 5 times	Competent	★★★



11 **Enthusiasm & Participation**

Criteria	Benchmark	Remark	Rating
Engagement & Sportsmanship	Displays active participation and positive behavior in 2 out of 2 assessed drills	Emerging Awareness	★



12 **Physical Fitness**

Criteria	Benchmark	Remark	Rating



Stamina Maintains active participation in a 5- minute game scenario without excessive fatigue

Foundational Understanding



13 Listening Skills

Criteria	Benchmark	Remark	Rating
Coachability	Follows coach's instructions and completes assigned tasks 4 out of 5 times	Foundational Understanding	★★



Level beginner

Coach Notes has good caliber, can perform well in future competetions. has to work more on dribble control and ball movements

Proposed plan for the next three months:

Here is a monthly plan for three months of basketball coaching:

Month 1:

- Focus on improving dribble control and ball movements
- Work on enhancing shooting skills
- Practice passing techniques to improve accuracy
- Emphasize on catching the ball effectively
- Teach basic defensive strategies and positioning
- Introduce jumping exercises to enhance vertical leap
- Work on layup techniques to improve scoring ability
- Discuss and enhance understanding of the game
- Encourage teamwork and collaboration
- Provide guidance to boost enthusiasm and participation
- Include physical fitness exercises for better performance
- Focus on improving listening skills during training sessions

Month 3:

- Reinforce dribble control and emphasize advanced ball movements

Month 2:

- Continue working on dribble control and ball movements
- Provide additional shooting drills and exercises
- Implement passing drills to improve accuracy and decision-making
- Practice catching techniques under pressure
- Enhance defensive skills through various drills and scenarios
- Continue working on jumping exercises for better rebounding
- Focus on layup techniques and finishing at the rim
- Analyze game situations to improve understanding and decision-making
- Encourage teamwork through scrimmages and team-building activities
- Motivate and engage the player to increase participation and enthusiasm
- Continue physical fitness training to improve overall performance
- Provide opportunities to apply listening skills during game simulations

Introduce more challenging shooting drills to enhance accuracy and range

Focus on advanced passing techniques and decision-making skills

Practice catching difficult passes and improving hand-eye coordination

Advance defensive skills through drills and game simulations

Continue working on jumping ability for better rebounds and blocked shots

Refine layup techniques and introduce new scoring moves

Enhance basketball IQ through game analysis and strategic discussions

Promote effective teamwork and communication on and off the court

Maintain high levels of enthusiasm and participation through challenging drills

Focus on improving physical fitness for increased endurance and performance

Encourage active listening and quick decision-making during game situations