



DEVYANI JAIPURIA  
SPORTS  
academy



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**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

HRIDAAN

TOTAL SCORE: 45/90

Sports Arena : DPS international

Grade : 2A

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



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	Foundational Understanding	★ ★

**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	Competent	★ ★ ★

**06 Basic Defense**

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

**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	Competent	★ ★ ★

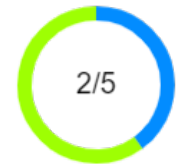
08 **Layups**

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



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	Foundational Understanding	★ ★



10 **Teamwork**

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



11 **Enthusiasm & Participation**

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



12 **Physical Fitness**

Criteria	Benchmark	Remark	Rating



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

Competent



### 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** very enthusiastic student, has good physical fitness ,has to work more on dribbling, basic movements with ball and without ball movements.

## Proposed plan for the next three months:

### Month 1:

- Focus on improving dribbling skills through drills and exercises
- Practice basic movements with the ball, such as crossovers and spin moves
- Work on without ball movements, like cutting and screening
- Improve shooting technique with shooting drills
- Enhance passing skills through passing drills and game situations
- Work on catching and securing the ball consistently
- Introduce basic defensive concepts and techniques
- Practice jumping exercises to improve vertical leap
- Focus on developing layup skills with proper footwork and finishing techniques
- Discuss and analyze game situations to enhance understanding of the game
- Encourage teamwork and emphasize its importance during drills and scrimmages
- Motivate and engage the student through enthusiastic coaching and participation
- Incorporate physical fitness exercises and conditioning drills to improve overall fitness level
- Provide guidance on listening skills and encourage active listening during coaching sessions

### Month 3:

### Month 2:

- Continue working on dribbling skills with more advanced drills and challenges
- Focus on improving basic movements with ball, such as change of speed and direction
- Introduce more complex without ball movements, like backdoor cuts and V-cuts
- Further refine shooting technique with shooting drills and game-like scenarios
- Enhance passing accuracy and decision-making through various passing drills
- Improve catching skills under pressure and in game situations
- Progress basic defensive concepts to include positioning and communication
- Continue working on jumping ability and incorporate rebounding drills
- Advance layup skills by introducing different finishes and contested layups
- Analyze game film to enhance understanding of the game and decision-making
- Emphasize teamwork through team drills and small-sided games
- Maintain high level of enthusiasm and participation during sessions
- Include strength and conditioning exercises to further improve physical fitness
- Provide continuous guidance on listening skills and encourage active engagement

Continue challenging dribbling skills with advanced drills and game-like situations

Focus on executing basic movements with ball at higher speed and under pressure

Master without ball movements, such as off-ball screens and cutting patterns

Refine shooting technique through repetition and game-specific shooting drills

Develop passing skills to include advanced passes and decision-making in game scenarios

Improve catching ability in various game situations and under defensive pressure

Advance defensive skills by introducing different defensive strategies and concepts

Continue working on jumping ability and incorporate blocking and contesting drills

Enhance layup skills by incorporating finishing under contact and acrobatic finishes

Analyze advanced game situations to improve understanding of complex game strategies

Encourage advanced team tactics and strategies through team drills and scrimmages

Maintain high level of enthusiasm, motivation, and participation

Continue physical fitness training to enhance endurance and overall performance

Consistently reinforce and improve listening skills during coaching sessions