



DEVYANI JAIPURIA  
SPORTS  
academy



powered by  
**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

ALISHA SAROHA

TOTAL SCORE: 62/105

Sports Arena : DPS international

Grade : 2B

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



02 Grip

| Criteria               | Benchmark                                 | Remark                     | Rating |
|------------------------|-------------------------------------------|----------------------------|--------|
| Correct racket holding | Demonstrates a proper basic forehand grip | Competent                  | ★★★    |
| Correct racket holding | Demonstrates a proper basic backhand grip | Foundational Understanding | ★★     |



**03 Footwork**

| Criteria        | Benchmark                              | Remark    | Rating |
|-----------------|----------------------------------------|-----------|--------|
| Movement basics | Moves forward and backward efficiently | Competent | ★ ★ ★  |
| Movement basics | Moves laterally with balance           | Competent | ★ ★ ★  |

**04 Serve**

| Criteria                | Benchmark                                          | Remark    | Rating |
|-------------------------|----------------------------------------------------|-----------|--------|
| Basic Service Technique | Consistently gets underhand serve into service box | Competent | ★ ★ ★  |

**05 Clear Shot**

| Criteria           | Benchmark                                       | Remark    | Rating |
|--------------------|-------------------------------------------------|-----------|--------|
| Technique & height | Achieves a basic overhead motion and clears net | Competent | ★ ★ ★  |
| Technique & height | Shuttlecock reaches the mid-court region        | Competent | ★ ★ ★  |

**06 Net Play**

| Criteria          | Benchmark                                        | Remark    | Rating |
|-------------------|--------------------------------------------------|-----------|--------|
| Basic net control | Successfully taps shuttlecock over net 3/5 times | Competent | ★ ★ ★  |

**07 Drop Shot**

| Criteria  | Benchmark                                               | Remark    | Rating |
|-----------|---------------------------------------------------------|-----------|--------|
| Technique | Makes the shuttlecock drop closely to the net 3/5 times | Competent | ★ ★ ★  |



**08 Smash Shot**

| Criteria                | Benchmark                                   | Remark    | Rating |
|-------------------------|---------------------------------------------|-----------|--------|
| Basic power & technique | Attempts overhead smash with correct motion | Competent | ★ ★ ★  |

**09 Backhand Shot**

| Criteria        | Benchmark                                                 | Remark    | Rating |
|-----------------|-----------------------------------------------------------|-----------|--------|
| Basic technique | Successfully returns shuttlecock using backhand 3/5 times | Competent | ★ ★ ★  |

**10 Rally Duration**

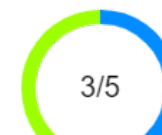
| Criteria       | Benchmark                                   | Remark    | Rating |
|----------------|---------------------------------------------|-----------|--------|
| Sustained play | Can engage in a 4-shot rally without errors | Competent | ★ ★ ★  |

**11 Rules Knowledge**

| Criteria                     | Benchmark                                          | Remark                     | Rating |
|------------------------------|----------------------------------------------------|----------------------------|--------|
| Understanding of basic rules | Knows basic scoring, boundaries, and service rules | Foundational Understanding | ★ ★    |

**12 Sportsmans hip**

| Criteria | Benchmark | Remark | Rating |
|----------|-----------|--------|--------|
|----------|-----------|--------|--------|



Behavior and attitude on court

Demonstrates positive attitude, respects opponents

Competent

★ ★ ★

### 13 Safety Awareness

| Criteria  | Benchmark                                        | Remark    | Rating |
|-----------|--------------------------------------------------|-----------|--------|
| Safe play | Avoids dangerous swings, maintains safe distance | Competent | ★ ★ ★  |



**Level** Beginner

**Coach Notes** Alisha has a good caliber in Badminton, She has a good contact with the shuttle and she needs to work on strength and speed .

## Proposed plan for the next three months:

### Month 1:

- Focus on improving strength and speed
- Work on improving grip (5/10)
- Focus on improving footwork (6/10)
- Practice and improve serve (3/5)
- Work on improving clear shot (6/10)
- Focus on improving net play (3/5)
- Practice and improve drop shot (3/5)
- Work on improving smash shot (3/5)
- Focus on improving backhand shot (3/5)
- Work on increasing rally duration (3/5)
- Review and improve rules knowledge (2/5)
- Focus on developing good sportsmanship (3/5)
- Enhance safety awareness (3/5)

### Month 2:

- Continue working on strength and speed
- Improve grip (6/10)
- Focus on enhancing footwork (7/10)
- Practice and refine serve (4/5)
- Improve clear shot (7/10)
- Focus on enhancing net play (4/5)
- Practice and refine drop shot (4/5)
- Improve smash shot (4/5)
- Focus on enhancing backhand shot (4/5)
- Work on increasing rally duration (4/5)
- Review and improve rules knowledge (3/5)
- Continue developing good sportsmanship (4/5)
- Enhance safety awareness (4/5)

### Month 3:

- Maintain strength and speed
- Refine grip (7/10)
- Enhance footwork (8/10)
- Refine serve (4.5/5)
- Enhance clear shot (8/10)
- Refine net play (4.5/5)
- Enhance drop shot (4.5/5)
- Refine smash shot (4.5/5)
- Enhance backhand shot (4.5/5)
- Work on increasing rally duration (4.5/5)
- Review and improve rules knowledge (4/5)
- Continue developing good sportsmanship (4.5/5)
- Enhance safety awareness (4.5/5)

