



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

YUVAAN SHARMA

TOTAL SCORE: 36/115

Sports Arena : DPS international

Grade : 2B

Sports : Cricket

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Grip & Stance	Holds the bat correctly; stands with feet shoulder-width apart	Emerging Awareness	★
Front Foot Shot	Steps forward to meet the ball; head over the ball	Emerging Awareness	★
Back Foot Shot	Transfers weight to back foot; plays with a straight bat	Emerging Awareness	★



Grip & Run-up	Holds the ball with fingers (not palm); smooth run-up	Emerging Awareness	★
Arm Action	High-arm action; follows through after delivery	Emerging Awareness	★
Ground Fielding	Bends to pick up the ball; uses both hands	Foundational Understanding	★★
Catching	Watches the ball into hands; uses fingers to grasp	Emerging Awareness	★
Stance	Squat position; hands ready to receive	Emerging Awareness	★



03 Physical Development

Criteria	Benchmark	Remark	Rating
Agility	Navigates simple obstacle course in under 30 seconds	Foundational Understanding	★★
Balance	Stands on one foot for 10 seconds without falling	Foundational Understanding	★★
Coordination	Bounces a tennis ball and catches it 5 times consecutively	Foundational Understanding	★★



04 Tactical Awareness

Criteria	Benchmark	Remark	Rating
Basic Rules	Identifies wickets, bails, bat, and ball	Foundational Understanding	★★
Role Play	Differentiates between a batsman, bowler, and fielder	Foundational Understanding	★★



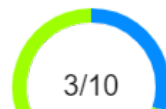
05 Mental Skills

Criteria	Benchmark	Remark	Rating
Focus	Listens to instructions for 3 minutes without distraction	Foundational Understanding	★★
Resilience	Tries a task again after initial failure	Competent	★★★



06 Personal Development

Criteria	Benchmark	Remark	Rating
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Teamwork Collaborates in group tasks/games

Foundational Understanding



Communication Responds to basic game cues like "Run!" or "Stop!"

Emerging Awareness



Level

Coach Notes

yuvaan is learning the basics.

Proposed plan for the next three months:

Month 1:

- Focus on developing basic batting technique
- Work on improving footwork and shot selection
- Practice playing straight and defensive shots
- Introduce and practice playing drives and cuts
- Work on improving hand-eye coordination
- Increase strength and flexibility through physical conditioning
- Develop tactical awareness by understanding field placements and situational play
- Introduce mental skills training through visualization exercises
- Encourage personal development by setting short-term goals

Month 2:

- Continue working on batting technique, focusing on consistency and timing
- Introduce and practice playing lofted shots and sweeps
- Work on playing spin bowling effectively
- Improve running between wickets and communication with the partner
- Enhance physical fitness through agility and speed drills
- Develop tactical awareness by analyzing game situations and making quick decisions
- Implement mental skills training by managing pressure and maintaining focus
- Encourage personal development by reflecting on performance and identifying areas for improvement

Month 3:

- Refine batting technique by addressing any weaknesses
- Focus on scoring runs and building partnerships

Practice playing different bowling styles and adapting to different conditions

Improve fielding skills, including catching, throwing, and agility

Increase physical strength and endurance through targeted training

Enhance tactical awareness by studying opposition and developing game plans

Continue mental skills training by building resilience and maintaining concentration

Encourage personal development by setting long-term goals and planning for the future