



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

ABEER AGGARWAL

TOTAL SCORE: 36/90

Sports Arena : DPS international

Grade : 2C

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



02 Dribbling

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



03 Shooting

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

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	Foundational Understanding	★★

07 Jumping

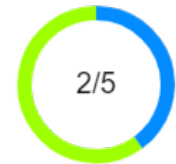
Criteria	Benchmark	Remark	Rating
Vertical Leap	Jumps and touches a mark set at 20 cm above their reach 3 out of 5 times	Competent	★★★

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	Foundational Understanding	★ ★

**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 he have more energy level but have to work on basic movements passing, shooting and defence.

Proposed plan for the next three months:

Month 1:

- Focus on improving dribbling skills through drills and exercises
- Work on basic shooting techniques, emphasizing proper form and accuracy
- Practice passing drills to improve accuracy and decision-making
- Work on catching exercises to improve hand-eye coordination
- Introduce basic defensive concepts and drills
- Include jumping exercises to improve overall athleticism
- Practice layup techniques to improve scoring ability near the basket
- Review game strategies and rules to enhance understanding of the game
- Encourage teamwork through various drills and activities
- Provide opportunities for enthusiastic participation during sessions
- Incorporate physical fitness exercises to improve overall conditioning
- Reinforce listening skills through clear instructions and communication

Month 2:

- Continue working on dribbling skills with more advanced drills
- Focus on shooting techniques and increasing shooting accuracy
- Progress to more complex passing drills to improve decision-making under pressure
- Advance catching exercises to incorporate game-like scenarios
- Build on basic defensive concepts and introduce more advanced defensive strategies
- Enhance jumping abilities through plyometric exercises
- Refine layup techniques and introduce more challenging finishing moves
- Deepen understanding of the game through video analysis and discussions
- Strengthen teamwork skills through competitive drills and small-sided games
- Encourage active participation and enthusiasm during training sessions
- Increase physical fitness training to improve endurance and agility
- Continuously reinforce listening skills in a fast-paced basketball environment

Month 3:

- Provide advanced dribbling drills to challenge ball-handling skills
- Focus on shooting techniques with game-like scenarios and simulated pressure

Emphasize advanced passing skills, including quick decision-making and accuracy

Implement challenging catching exercises under difficult conditions

Introduce more complex defensive strategies and incorporate live game situations

Further develop jumping abilities through advanced plyometric exercises

Master layup techniques with various finishing moves and contested situations

Deepen understanding of the game through tactical discussions and game analysis

Promote advanced teamwork concepts through strategic drills and team-building activities

Foster high levels of enthusiasm and participation during training sessions and team events

Focus on maintaining and improving physical fitness levels for peak performance

Continuously reinforce listening skills in a competitive and intense basketball environment