



DEVYANI JAIPURIA  
**SPORTS**  
*academy*



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

**ARADHYA AJANA**

**TOTAL SCORE: 63/90**

**Sports Arena :** DPS international

**Grade :** 2C

**Sports :** Basketball

**01 PSYCHOLOGICAL FACTOR**

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

**04 Passing**

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

**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 | 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 | Proficient | ★★★★   |

08 **Layups**

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



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 | Proficient | ★★★★   |



10 **Teamwork**

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



11 **Enthusiasm & Participation**

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



12 **Physical Fitness**

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



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

Proficient



### 13 Listening Skills

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



**Level** beginner

**Coach Notes** very energetic and enthusiastic player. but she have to work continue on their skills and movements with ball to enhance her level.

## Proposed plan for the next three months:

### Month 1:

- Focus on improving dribbling skills through drills and exercises
- Work on shooting technique and accuracy
- Practice passing skills and decision-making in game-like situations
- Develop catching abilities through various drills
- Strengthen basic defensive positioning and footwork
- Include jumping exercises to enhance vertical leap
- Work on layup form and finishing at the rim
- Continuously emphasize understanding of the game and basketball strategy
- Encourage teamwork and active participation in drills and scrimmages
- Incorporate physical fitness exercises to improve overall conditioning
- Reinforce listening skills during coach instructions and feedback sessions

### Month 3:

- Implement advanced dribbling drills to enhance ball control and creativity
- Focus on shooting under pressure and from various game situations
- Develop advanced passing skills, including alley-oops and no-look passes

### Month 2:

- Continue to refine dribbling skills with more advanced drills
- Focus on shooting off the dribble and from different spots on the court
- Implement more complex passing drills to improve accuracy and speed
- Work on catching in game-like scenarios with added difficulty
- Enhance defensive capabilities through positioning and anticipation drills
- Incorporate plyometric exercises to further improve jumping ability
- Advance layup techniques with different finishes and angles
- Introduce more complex offensive and defensive strategies
- Emphasize effective communication and collaboration within the team
- Continue to prioritize physical fitness with challenging workouts
- Encourage active listening and prompt execution of coach instructions

Practice catching in high-intensity game-like scenarios

Refine defensive techniques and introduce more complex defensive schemes

Continue to improve jumping ability through plyometric exercises

Master advanced layup techniques with different finishes and contested situations

Deepen understanding of advanced offensive and defensive strategies

Promote seamless teamwork and chemistry within the team

Maintain high physical fitness levels with intense conditioning drills

Encourage active listening and quick decision-making on the court