



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

KYNA GUPTA

TOTAL SCORE: 32/90

Sports Arena : DPS international

Grade : 2C

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



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	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	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	★ ★

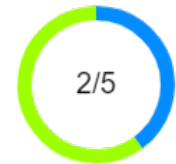
07 Jumping



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

08 Layups

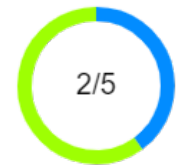
Criteria	Benchmark	Remark	Rating
Basic Motion	Executes a two-step layup and scores 2 out of 5 times on a lowered net	Foundational Understanding	★ ★

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 She 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 basic movements: passing, shooting, and defense

Work on dribbling skills - increase to 3/5

Practice shooting techniques - increase to 3/5

Enhance passing accuracy and technique - increase to 3/5

Improve catching ability - increase to 3/5

Introduce basic defensive strategies and positioning - increase to 3/5

Work on jumping ability and vertical leap - increase to 3/5

Practice layup techniques - increase to 3/5

Enhance understanding of the game - increase to 3/5

Encourage teamwork and communication - increase to 3/5

Boost enthusiasm and active participation - increase to 3/5

Focus on improving physical fitness - increase to 3/5

Provide listening skills development exercises - increase to 3/5

Month 2:

Continue refining basic movements: passing, shooting, and defense

Further improve dribbling skills - increase to 4/5

Refine shooting techniques - increase to 4/5

Enhance passing accuracy and decision-making - increase to 4/5

Improve catching consistency and agility - increase to 4/5

Develop advanced defensive strategies and rotations - increase to 3/5

Work on explosive jumping ability and rebounding - increase to 3/5

Focus on layup variations and finishing under pressure - increase to 3/5

Enhance overall understanding of the game - increase to 3/5

Encourage effective teamwork and communication - increase to 4/5

Maintain high enthusiasm and active participation - increase to 4/5

Provide challenging physical fitness drills - increase to 4/5

Continuously improve listening and decision-making skills - increase to 3/5

Month 3:

Consolidate and master basic movements: passing, shooting, and defense

Attain advanced dribbling skills - increase to 5/5

Perfect shooting techniques - increase to 5/5

Attain exceptional passing accuracy and decision-making - increase to 5/5

Achieve consistent catching ability and agility - increase to 5/5

Master advanced defensive strategies and rotations - increase to 4/5

Develop exceptional jumping ability and rebounding skills - increase to 4/5

Perfect layup variations and finishing under pressure - increase to 4/5

Attain excellent understanding of the game - increase to 4/5

Promote seamless teamwork and communication - increase to 5/5

Maintain high enthusiasm and active participation - increase to 5/5

Focus on maintaining exceptional physical fitness - increase to 5/5

Strengthen listening and decision-making skills - increase to 4/5