



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

KRISH GUPTA

TOTAL SCORE: 90/115

Sports Arena : DPS international

Grade : 2C

Sports : Cricket

01 PSYCHOLOGICAL FACTOR

Tasks	Remarks	Rating
Play with confidence	Proficient	★★★★★
Good decision making	Proficient	★★★★★
Focused	Proficient	★★★★★
Enthusiastic	Proficient	★★★★★
Committed	Competent	★★★☆☆
Disciplined	Proficient	★★★★★



02 Technical Skills

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

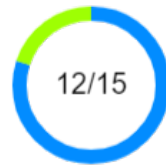


Grip & Run-up	Holds the ball with fingers (not palm); smooth run-up	Proficient	★★★★★
Arm Action	High-arm action; follows through after delivery	Proficient	★★★★★
Ground Fielding	Bends to pick up the ball; uses both hands	Proficient	★★★★★
Catching	Watches the ball into hands; uses fingers to grasp	Competent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



03 Physical Development

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



04 Tactical Awareness

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



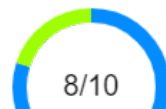
05 Mental Skills

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



06 Personal Development

Criteria	Benchmark	Remark	Rating
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Teamwork	Collaborates in group tasks/games	Proficient	★★★★
Communication	Responds to basic game cues like "Run!" or "Stop!"	Proficient	★★★★



Level

Coach Notes

krish is a good all round player. he need to learn different shot selection.

Proposed plan for the next three months:

Month 1:

- Focus on improving shot selection
- Work on technical skills to increase accuracy and power
- Develop tactical awareness by analyzing game situations and making appropriate decisions
- Enhance mental skills through concentration and visualization exercises
- Personal development: Set specific goals for the month and track progress

Month 2:

- Continue practicing shot selection in different game scenarios
- Refine technical skills to ensure consistency and adaptability
- Improve tactical awareness by studying opponents and strategizing accordingly
- Work on mental skills by managing pressure and maintaining focus under challenging situations
- Personal development: Reflect on strengths and areas for improvement, seek feedback from coach and peers

Month 3:

- Master various shot selections and execute them effectively in match situations
- Polish technical skills to achieve optimal performance
- Deepen tactical awareness by analyzing game patterns and making quick decisions
- Strengthen mental skills by building resilience and maintaining a positive mindset
- Personal development: Create a long-term development plan and set new goals for future improvement