



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

CYRAA JUNEJA

TOTAL SCORE: 38/90

Sports Arena : DPS international

Grade : 3A

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



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	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	Emerging Awareness	★



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	Emerging Awareness	★



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	Competent	★★★



12 Physical Fitness

Criteria	Benchmark	Remark	Rating



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

Competent



13 Listening Skills

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



Level beginner

Coach Notes Great enthusiastic level but have to work on basic movements passing, shooting and defence on enhance her level.

Proposed plan for the next three months:

Month 1:

- Focus on improving basic movements and fundamentals
- Work on dribbling skills through drills and exercises
- Practice shooting techniques and form
- Introduce passing drills to enhance passing skills
- Work on basic defense techniques and positioning
- Incorporate jumping exercises to improve vertical leap
- Introduce layup drills to work on layup technique
- Begin to develop understanding of the game through game scenarios
- Encourage teamwork and participation during drills and scrimmages
- Focus on improving physical fitness through conditioning exercises
- Provide constructive feedback to enhance listening skills

Month 3:

- Consolidate basic movements and fundamentals
- Challenge dribbling skills with more complex drills
- Focus on shooting under pressure and game-like situations

Month 2:

- Continue to reinforce basic movements and fundamentals
- Further develop dribbling skills with more challenging drills
- Focus on shooting accuracy and consistency
- Progress to more advanced passing drills
- Improve defensive techniques and strategies
- Continue to work on jumping ability and explosiveness
- Refine layup technique and incorporate different layup variations
- Enhance understanding of the game through game simulations
- Promote teamwork and communication on and off the court
- Maintain physical fitness through varied conditioning exercises
- Encourage active listening and quick response to instructions

Advance passing skills with more advanced drills and decision-making exercises

Enhance defensive skills with team defense drills and individual matchups

Continue to improve jumping ability and incorporate blocking techniques

Master layup technique and introduce finishing moves at the rim

Deepen understanding of the game through game analysis and strategy discussions

Emphasize the importance of teamwork and chemistry within the team

Maintain high physical fitness through intense conditioning sessions

Encourage active listening and quick execution of game plans