



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

AHANA OJHA

TOTAL SCORE: 71/105

Sports Arena : DPS international

Grade : 3C

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



02 Grip

| Criteria | Benchmark | Remark | Rating |
|------------------------|---|------------|--------|
| Correct racket holding | Demonstrates a proper basic forehand grip | Proficient | ★★★★★ |
| Correct racket holding | Demonstrates a proper basic backhand grip | Competent | ★★★☆☆ |



03 Footwork

| Criteria | Benchmark | Remark | Rating |
|-----------------|--|-----------|--------|
| Movement basics | Moves forward and backward efficiently | Competent | ★ ★ ★ |
| Movement basics | Moves laterally with balance | Competent | ★ ★ ★ |

**04 Serve**

| Criteria | Benchmark | Remark | Rating |
|-------------------------|--|-----------|--------|
| Basic Service Technique | Consistently gets underhand serve into service box | Competent | ★ ★ ★ |

**05 Clear Shot**

| Criteria | Benchmark | Remark | Rating |
|--------------------|---|-----------|--------|
| Technique & height | Achieves a basic overhead motion and clears net | Competent | ★ ★ ★ |
| Technique & height | Shuttlecock reaches the mid-court region | Competent | ★ ★ ★ |

**06 Net Play**

| Criteria | Benchmark | Remark | Rating |
|-------------------|--|------------|---------|
| Basic net control | Successfully taps shuttlecock over net 3/5 times | Proficient | ★ ★ ★ ★ |

**07 Drop Shot**

| Criteria | Benchmark | Remark | Rating |
|-----------|---|-----------|--------|
| Technique | Makes the shuttlecock drop closely to the net 3/5 times | Competent | ★ ★ ★ |



08 **Smash Shot**

| Criteria | Benchmark | Remark | Rating |
|-------------------------|---|--------------------|--------|
| Basic power & technique | Attempts overhead smash with correct motion | Emerging Awareness | ★ |



09 **Backhand Shot**

| Criteria | Benchmark | Remark | Rating |
|-----------------|---|----------------------------|--------|
| Basic technique | Successfully returns shuttlecock using backhand 3/5 times | Foundational Understanding | ★★ |



10 **Rally Duration**

| Criteria | Benchmark | Remark | Rating |
|----------------|---|------------|--------|
| Sustained play | Can engage in a 4-shot rally without errors | Proficient | ★★★★ |



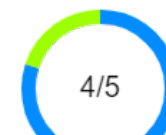
11 **Rules Knowledge**

| Criteria | Benchmark | Remark | Rating |
|------------------------------|--|------------|--------|
| Understanding of basic rules | Knows basic scoring, boundaries, and service rules | Proficient | ★★★★ |



12 **Sportsmans hip**

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



Behavior and attitude on court

Demonstrates positive attitude, respects opponents

Proficient

★★★★

13 Safety Awareness

| Criteria | Benchmark | Remark | Rating |
|-----------|--|------------|--------|
| Safe play | Avoids dangerous swings, maintains safe distance | Proficient | ★★★★ |



Level Beginner

Coach Notes Ahana has a good contact with the shuttle and performs well in training. She needs to focus on Strokes and service with some strength

Proposed plan for the next three months:

Month 1:

- Focusing on improving strokes and service
- Drills and exercises to strengthen grip
- Intensive footwork training to improve footwork score
- Dedicated practice sessions for improving serve accuracy
- Special attention to improving clear shot technique
- Net play drills to enhance net play score
- Working on improving drop shot accuracy
- Introduction to smash shot technique
- Backhand shot practice to improve backhand score
- Increasing rally duration through practice matches
- Reviewing and reinforcing badminton rules knowledge
- Encouraging sportsmanship and fair play
- Emphasizing safety awareness during training

Month 3:

- Consolidating strokes and service technique

Month 2:

- Continuing to refine strokes and service technique
- Advanced drills to further strengthen grip
- Intensive footwork training to improve footwork score
- Focusing on improving serve accuracy and power
- Practicing clear shots under pressure situations
- Net play drills to enhance net play score
- Working on improving drop shot accuracy and deception
- Intensive training on smash shot technique
- Backhand shot practice to improve backhand score
- Incorporating longer rally duration in practice matches
- Periodic review of badminton rules knowledge
- Emphasizing sportsmanship and fair play
- Continuing to prioritize safety awareness during training

Advanced drills to maintain and improve grip strength

Continued focus on enhancing footwork score

Mastering serve accuracy and adding variations

Practicing clear shots with tactical approach

Net play drills to enhance net play score and strategy

Improving drop shot accuracy and deception skills

Intensive training on smash shot technique and power

Backhand shot practice to improve backhand score

Increasing rally duration and stamina in practice matches

Regular reinforcement of badminton rules knowledge

Promoting sportsmanship and fair play in all aspects

Maintaining a strong focus on safety awareness during training