



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

AVYAA GUPTA

TOTAL SCORE: 64/110

Sports Arena : DPS international

Grade : 3C

Sports : Table Tennis

01 PSYCHOLOGICAL FACTOR

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



02 Serve

Criteria	Benchmark	Remark	Rating
Technique	Consistent low toss, basic spin	Foundational Understanding	★ ★
Accuracy	Lands the ball on opponent's side 3/5 times	Foundational Understanding	★ ★



03 Forehand

Criteria	Benchmark	Remark	Rating
Technique	Basic grip, starts & finishes in ready position	Foundational Understanding	★ ★
Accuracy	Hits target 3/5 times	Emerging Awareness	★



04 Backhand

Criteria	Benchmark	Remark	Rating
Technique	Basic grip, starts & finishes in ready position	Competent	★ ★ ★
Accuracy	Hits target 3/5 times	Foundational Understanding	★ ★



05 Rally

Criteria	Benchmark	Remark	Rating
Consistency	Can maintain a 5-hit rally	Competent	★ ★ ★



06 Movement

Criteria	Benchmark	Remark	Rating
Footwork	Basic side-to-side and forward backward steps	Foundational Understanding	★ ★



07 Game Understanding

Criteria	Benchmark	Remark	Rating
Rules Knowledge	Understands basic scoring, serve rotation	Foundational Understanding	★ ★
Strategy	Uses basic tactics like aiming for open spaces	Foundational Understanding	★ ★



08 Physical Fitness

Criteria	Benchmark	Remark	Rating
Stamina	Can play continuously for 10 minutes	Proficient	★★★★
Hand-Eye Coordination	Can bounce and catch a ball 5 times consistently	Competent	★★★



09 Mental Skills

Criteria	Benchmark	Remark	Rating
Focus	Pays attention to ball and opponent's movements	Competent	★★★
Attitude	Demonstrates eagerness and positive behavior	Proficient	★★★★



10 Enjoyment and Participation

Criteria	Benchmark	Remark	Rating
Participation in Drills	Actively participates in all drills/games	Competent	★★★
Enthusiasm	Shows excitement and interest in the sport	Proficient	★★★★



Level	Beginner
Coach Notes	Improving forehand push and head to see increasing her skills more over

Proposed plan for the next three months:

Month 1:

Focus on improving forehand push technique

Work on increasing head movement to track the ball better

Month 2:

Continue working on forehand push technique

Focus on improving head movement and tracking the ball

Work on increasing head movement and tracking the ball better.

Practice serving to improve serve rating (4/10)

Work on improving forehand stroke rating (3/10)

Work on improving backhand stroke rating (5/10)

Focus on rally practice to improve consistency (3/5)

Work on improving movement on the table (2/5)

Introduce game understanding strategies to improve rating (4/10)

Continue with physical fitness training (7/10)

Work on mental skills training (7/10)

Ensure enjoyment and participation in training sessions (7/10)

Focus on improving head movement and tracking the ball.

Dedicate practice time to serve improvement (4/10)

Intensify training for forehand stroke improvement (3/10)

Work on backhand stroke improvement (5/10)

Increase rally practice to further enhance consistency (3/5)

Continue working on movement on the table (2/5)

Further develop game understanding strategies (4/10)

Maintain physical fitness training (7/10)

Continue mental skills training (7/10)

Promote enjoyment and participation in training sessions (7/10)

Month 3:

Consolidate forehand push technique

Ensure consistent head movement and ball tracking

Refine serving technique for improved rating (4/10)

Continue intensive training for forehand stroke improvement (3/10)

Work on enhancing backhand stroke (5/10)

Focus on maintaining consistency through increased rally practice (3/5)

Consolidate movement on the table (2/5)

Enhance game understanding strategies (4/10)

Maintain physical fitness training (7/10)

Continue mental skills training (7/10)

Prioritize enjoyment and participation in training sessions (7/10)