



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

SABISHA BHASIN

TOTAL SCORE: 66/105

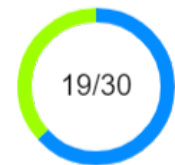
Sports Arena : DPS international

Grade : 3C

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



02 Grip

Criteria	Benchmark	Remark	Rating
Correct racket holding	Demonstrates a proper basic forehand grip	Competent	★★★
Correct racket holding	Demonstrates a proper basic backhand grip	Foundational Understanding	★★



03 Footwork

Criteria	Benchmark	Remark	Rating
Movement basics	Moves forward and backward efficiently	Proficient	★★★★
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	Foundational Understanding	★★

**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	Foundational Understanding	★ ★

09 Backhand Shot

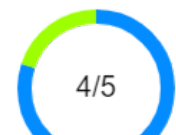
Criteria	Benchmark	Remark	Rating
Basic technique	Successfully returns shuttlecock using backhand 3/5 times	Foundational Understanding	★ ★

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	Competent	★ ★ ★

12 Sportsmans hip

Criteria	Benchmark	Remark	Rating
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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	Mastery	★★★★★

5/5

Level Beginner

Coach Notes Sabisha has a good game sense and she has good contact with the shuttle. she performs well while practicing, she just needs to work on variation in strokes and some strength while hitting the shots.

Proposed plan for the next three months:

Month 1:

- Focus on developing variation in strokes
- Work on improving grip strength through specific exercises
- Introduce drills to enhance footwork
- Practice serving techniques to improve accuracy
- Work on improving clear shot technique
- Emphasize net play skills and strategies
- Introduce and practice drop shot technique
- Work on developing smash shot power and accuracy
- Focus on improving backhand shot technique
- Engage in longer rally durations to build endurance
- Review badminton rules and enhance knowledge
- Encourage good sportsmanship during practice
- Reinforce safety awareness on the court

Month 2:

- Continue practicing variation in strokes
- Work on increasing grip strength through targeted exercises
- Further enhance footwork agility and speed
- Refine serving techniques for better consistency
- Focus on improving clear shot accuracy and power
- Continue developing net play skills and tactics
- Practice and refine drop shot technique
- Dedicate time to improving smash shot power and placement
- Continue working on backhand shot technique and accuracy
- Increase rally durations to challenge endurance
- Review and reinforce badminton rules knowledge
- Encourage consistent sportsmanship during practice
- Reiterate safety awareness and precautions

Month 3:

Consolidate variation in strokes through match-like scenarios

Maintain and improve grip strength through advanced exercises

Further refine footwork techniques for quick and precise movements

Master serving techniques with increased accuracy and power

Enhance clear shot technique for effective offensive and defensive play

Continue advancing net play skills and strategies

Focus on perfecting drop shot technique for deceptive play

Develop smash shot into a weapon with improved power and placement

Refine backhand shot technique for consistency and accuracy

Challenge endurance with extended rally durations

Review and reinforce comprehensive understanding of badminton rules

Promote excellent sportsmanship and fair play during practice

Ensure safety awareness remains a priority during training