



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

SEUNG JUN LEE

TOTAL SCORE: 76/105

Sports Arena : DPS international

Grade : 3C

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



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	Proficient	★★★★
Movement basics	Moves laterally with balance	Competent	★★★

**04 Serve**

Criteria	Benchmark	Remark	Rating
Basic Service Technique	Consistently gets underhand serve into service box	Proficient	★★★★

**05 Clear Shot**

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

**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	Proficient	★★★★



08 **Smash Shot**

Criteria	Benchmark	Remark	Rating
Basic power & technique	Attempts overhead smash with correct motion	Competent	★ ★ ★



09 **Backhand Shot**

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



10 **Rally Duration**

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



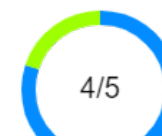
11 **Rules Knowledge**

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



12 **Sportsmans hip**

Criteria	Benchmark	Remark	Rating
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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	Proficient	★★★★



Level Beginner

Coach Notes Seung plays very well and has good contact with the shuttle. he performs well during the training just required more attention ,speed and strength .

Proposed plan for the next three months:

Month 1:

- Focus on improving speed and strength through specific drills and exercises
- Work on refining Seung's grip to enhance control and accuracy
- Pay extra attention to footwork techniques and encourage quick movements on the court
- Provide additional training on serving techniques to improve consistency and power (4/5)
- Further develop Seung's clear shot and net play skills (8/10 and 4/5 respectively)
- Work on improving Seung's drop shot and backhand shot abilities (4/5 and 3/5 respectively)
- Encourage longer rally durations by practicing endurance and tactics (4/5)
- Continue enhancing Seung's knowledge of badminton rules (4/5)
- Promote good sportsmanship and fair play (4/5)
- Ensure Seung's safety awareness during training sessions (4/5)

Month 2:

- Continue focusing on speed and strength development, gradually increasing intensity
- Regularly assess and provide feedback on Seung's grip, emphasizing improvements
- Strengthen footwork techniques and encourage agility on the court
- Refine serving skills to reach a higher level of consistency and power (4/5)

Further enhance Seung's clear shot and net play abilities (8/10 and 4/5 respectively)

Work on perfecting Seung's drop shot and backhand shot techniques (4/5 and 3/5 respectively)

Continue practicing longer rally durations and focus on tactical play (4/5)

Consolidate Seung's knowledge of badminton rules (4/5)

Reinforce good sportsmanship and encourage a positive attitude (4/5)

Maintain a strong emphasis on safety awareness during training sessions (4/5)

Month 3:

Maintain a balance between speed, strength, and refinement of skills

Continuously monitor and provide guidance on Seung's grip to achieve optimal performance

Reinforce footwork techniques and ensure precise movements on the court

Consolidate serving skills to consistently deliver powerful and accurate serves (4/5)

Further excel in Seung's clear shot and net play capabilities (8/10 and 4/5 respectively)

Work towards mastering drop shots and backhand shots (4/5 and 3/5 respectively)

Focus on maintaining longer rally durations and strategic play (4/5)

Assess and reinforce Seung's knowledge of badminton rules (4/5)

Promote exemplary sportsmanship and encourage leadership qualities (4/5)

Continue prioritizing safety awareness and ensure adherence to safety protocols (4/5)