



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

SHYAAM ARORA

TOTAL SCORE: 23/90

Sports Arena : DPS international

Grade : 4A

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



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	Emerging Awareness	★



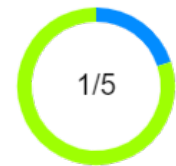
05 Catching

Criteria	Benchmark	Remark	Rating
Hand-Eye Coordination	Catches a passed ball 4 out of 5 times from 5 meters distance	Emerging Awareness	★



06 Basic Defense

Criteria	Benchmark	Remark	Rating
Stance & Movement	Demonstrates proper defensive stance and slides 3 meters side-to-side in under 6 seconds	Emerging Awareness	★



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	Emerging Awareness	★



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**

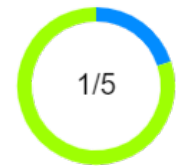
Criteria	Benchmark	Remark	Rating
Basic Rules	Identifies 3 out of 5 basic rule violations (like traveling) shown by the coach	Emerging Awareness	★

**10 Teamwork**

Criteria	Benchmark	Remark	Rating
Passing & Movement	Completes a 3-pass sequence with teammates without interception 3 out of 5 times	Emerging Awareness	★

**11 Enthusiasm & Participation**

Criteria	Benchmark	Remark	Rating
Engagement & Sportsmanship	Displays active participation and positive behavior in 2 out of 2 assessed drills	Emerging Awareness	★

**12 Physical Fitness**

Criteria	Benchmark	Remark	Rating



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

Emerging Awareness



13 Listening Skills

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



Level beginner

Coach Notes has good potential , can participate in future tournaments, need to work more on basic stance and movements..

Proposed plan for the next three months:

Month 1:

- Create a personalized training plan for the player
- Focus on improving basic stance and movements
- Work on dribbling drills to improve his dribbling skills
- Practice shooting techniques and provide feedback for improvement
- Teach passing techniques and encourage passing drills with teammates
- Work on catching and teach proper catching techniques
- Introduce basic defensive strategies and practice defensive drills
- Teach jumping techniques and incorporate jumping exercises
- Practice layups and provide guidance on improving layup skills
- Explain the game concepts and rules to enhance understanding
- Emphasize the importance of teamwork and encourage participation in team activities
- Design a fitness program to improve physical fitness
- Encourage active listening during training sessions

Month 3:

- Review and reinforce basic stance and movements

Month 2:

- Continue working on basic stance and movements
- Provide more advanced dribbling drills to enhance dribbling skills
- Focus on shooting techniques and provide targeted shooting practice
- Incorporate passing drills with increased difficulty and challenge
- Reinforce catching techniques and introduce game-like catching scenarios
- Progress with defensive strategies and incorporate defensive drills
- Further develop jumping techniques and include plyometric exercises
- Refine layup skills through repetitive practice and game-like situations
- Teach game strategies and decision-making skills
- Encourage active participation and communication within the team
- Continue with the fitness program and monitor progress
- Promote attentive listening and provide opportunities for player feedback

Implement advanced dribbling drills and focus on speed and control

Dedicate time to shooting practice and provide individualized feedback

Emphasize advanced passing techniques and incorporate game-like passing scenarios

Improve catching skills through challenging drills and varying speeds

Continue refining defensive strategies and incorporate team defensive drills

Further enhance jumping abilities through specialized exercises

Work on layup variations and incorporate defensive challenges

Develop basketball IQ through game analysis and mental preparation

Encourage teamwork and foster a positive team culture

Maintain the fitness program and introduce additional conditioning exercises

Promote active listening and implement player-led drills