



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

AARAV SURI

TOTAL SCORE: 27/115

Sports Arena : DPS international

Grade : 4C

Sports : Cricket

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Grip & Stance	Maintains stable stance; correctly grips bat	Emerging Awareness	★
Drive (Front & Back Foot)	Executes with a straight bat; follows through	Emerging Awareness	★
Pull & Hook Shot	Transfers weight; plays with a horizontal bat	Foundational Understanding	★★



Seam Position	Consistently holds for either swing or seam movement	Emerging Awareness	★
Variation (e.g., Spin/Slower ball)	Demonstrates at least one variation	Emerging Awareness	★
Slip & Outfield Catching	Catches high balls confidently; uses soft hands in slips	Emerging Awareness	★
Direct Hit	Hits stumps directly from 10m away, 3 out of 5 times	Emerging Awareness	★
Diving Catches	Dives to either side to stop balls; catches cleanly	Emerging Awareness	★



03 Physical Development

Criteria	Benchmark	Remark	Rating
Stamina	Runs 400m in under 2 minutes	Emerging Awareness	★
Strength	Performs 15 consecutive push-ups	Emerging Awareness	★
Flexibility	Touches toes easily without bending knees	Emerging Awareness	★



04 Tactical Awareness

Criteria	Benchmark	Remark	Rating
Game Awareness	Demonstrates understanding of field placements and rotations	Emerging Awareness	★
Decision Making	Chooses appropriate shots or deliveries in match scenarios	Emerging Awareness	★



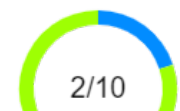
05 Mental Skills

Criteria	Benchmark	Remark	Rating
Concentration	Maintains focus in fielding drills for 10 minutes	Emerging Awareness	★
Handling Pressure	Stays calm in practice match situations e.g., tight run chases	Emerging Awareness	★



06 Personal Development

Criteria	Benchmark	Remark	Rating
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Leadership & Initiative

Guides peers in group tasks; leads by example

Emerging Awareness



Respect for Rules & Fair Play

Demonstrates sportsmanship; respects umpire decisions

Emerging Awareness



Level

1

Coach Notes

He has good potential to learn more about football skills.

Proposed plan for the next three months:

Month 1:

Focus on improving technical skills:

Work on basic football techniques like passing, shooting, and dribbling.

Introduce advanced techniques such as tackling, heading, and volleys.

Regularly practice ball control and first touch skills.

Physical development:

Engage in strength and conditioning exercises to improve overall fitness.

Implement speed and agility drills to enhance quickness and agility.

Work on endurance through running and cardiovascular exercises.

Month 2:

Continue improving technical skills:

Refine passing and shooting techniques with more precision and accuracy.

Focus on improving dribbling skills in tight spaces and under pressure.

Practice advanced techniques like long-range passing and free kicks.

Tactical awareness:

Introduce basic tactical concepts like positioning and movement off the ball.

Teach the importance of teamwork and communication on the field.

Implement small-sided games to improve decision-making and game understanding.

Month 3:

Further develop technical skills:

Focus on improving weak areas and enhancing overall technique.

Work on advanced skills like one-touch passing and aerial control.

Practice shooting with different techniques and from various positions.

Mental skills and personal development:

Provide guidance on building confidence and mental resilience.

Teach strategies for staying focused and handling pressure during matches.

Encourage self-reflection and goal setting for continuous improvement.