



DEVYANI JAIPURIA  
SPORTS  
academy



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**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

**AISHNA JAIN**

**TOTAL SCORE: 69/105**

Sports Arena : DPS international

Grade : 4D

Sports : Badminton

**01 PSYCHOLOGICAL FACTOR**

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



**02 Grip**

Criteria	Benchmark	Remark	Rating
Advanced racket holding	Demonstrates switch between grips in under 2 seconds	Competent	★★★☆☆



**03 Footwork**

Criteria	Benchmark	Remark	Rating
Advanced Movement	Covers full court in under 15 seconds	Competent	★ ★ ★

**04 Serve**

Criteria	Benchmark	Remark	Rating
High & Low Serve	High serve lands past mid-court 4/5 times; low serve reaches service line 4/5 times	Competent	★ ★ ★

**05 Clear Shot**

Criteria	Benchmark	Remark	Rating
Technique & Power	Clears from baseline to baseline 4/5 times	Proficient	★ ★ ★ ★

**06 Net Play**

Criteria	Benchmark	Remark	Rating
Net Spin & Control	Spins net shots to drop within 1m of the net 3/5 times	Proficient	★ ★ ★ ★

**07 Drop Shot**

Criteria	Benchmark	Remark	Rating
Precision	Drops shuttlecock within 1m of net from midcourt 3/5 times	Competent	★ ★ ★

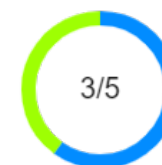
08 **Smash Shot**

Criteria	Benchmark	Remark	Rating
Power & Technique	Smashes with shuttlecock speed >200 km/h 3/5 times	Foundational Understanding	★★



09 **Backhand Shot**

Criteria	Benchmark	Remark	Rating
Backhand Clear & Smash	Clears half-court with backhand 4/5 times, and attempts backhand smash reaching 3/4 court	Competent	★★★



10 **Drive Shot**

Criteria	Benchmark	Remark	Rating
Speed & Control	Drives shuttlecock with speed >150 km/h and parallel to ground 3/5 times	Competent	★★★



11 **Rally Duration**

Criteria	Benchmark	Remark	Rating
Extended play	Maintains a 10-shot rally with coach/opponent 3/5 times	Competent	★★★



12 **Tactical Play**

Criteria	Benchmark	Remark	Rating



Shot Placement

Demonstrates 3 varied shots in a 5-shot sequence

Competent

★ ★ ★

### 13 Rules Knowledge

Criteria	Benchmark	Remark	Rating
Advanced rules	Scores 8/10 in a basic badminton rules quiz	Proficient	★ ★ ★ ★



### 14 Sportsmanship

Criteria	Benchmark	Remark	Rating
Behavior on and off-court	Zero penalties/warnings in 3 consecutive matches	Competent	★ ★ ★



### 15 Match Play

Criteria	Benchmark	Remark	Rating
Competitive Play	Wins 2 out of 5 matches against peer of similar skill	Competent	★ ★ ★



### 16 Physical Fitness

Criteria	Benchmark	Remark	Rating
Endurance & Agility	Completes a 20m shuttle run in under 6 seconds	Proficient	★ ★ ★ ★



**Level** Beginner

**Catch Notes** Aishna has good contact with the shuttle and good caliber. She performs well in training. She needs to work on speed and strength to enhance her game.

## Proposed plan for the next three months:

### Month 1:

- Focus on improving speed and strength through conditioning exercises
- Work on grip and footwork techniques to enhance overall game performance
- Practice serving drills to improve accuracy and consistency
- Work on perfecting clear shots and net play techniques
- Introduce specific drills to enhance drop shot and drive shot skills
- Work on improving backhand shot technique
- Incorporate tactical play exercises to enhance overall game strategy
- Review and reinforce rules knowledge
- Encourage good sportsmanship during training sessions
- Simulate match play situations to improve match performance
- Continue maintaining physical fitness through regular workouts

### Month 2:

- Continue focusing on speed and strength training with advanced exercises
- Refine grip and footwork techniques to achieve higher proficiency
- Further enhance serving skills with targeted drills
- Work on perfecting clear shots and net play with increased accuracy
- Introduce more advanced drop shot and drive shot drills
- Emphasize backhand shot improvement through specialized exercises
- Enhance tactical play through game simulations and strategic discussions
- Review and reinforce rules knowledge, with an emphasis on specific scenarios
- Continue promoting good sportsmanship and fair play
- Provide more match play opportunities to improve competitive skills
- Maintain physical fitness through a varied and challenging workout regime

### Month 3:

- Focus on maintaining and further improving speed and strength levels
- Refine grip and footwork techniques to achieve optimal performance
- Continuously practice serving to achieve consistent and accurate serves
- Work on advanced clear shots and net play techniques with precision
- Master more advanced drop shot and drive shot skills
- Further enhance backhand shot proficiency through specialized drills
- Implement advanced tactical play strategies in training sessions
- Conduct comprehensive rules knowledge review and quizzes
- Emphasize sportsmanship and fair play in all training activities
- Provide ample match play opportunities to refine competitive skills
- Maintain physical fitness through a balanced and targeted workout routine