



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

ARUHI TIWARI

TOTAL SCORE: 73/105

Sports Arena : DPS international

Grade : 4D

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



02 Grip

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



03 Footwork

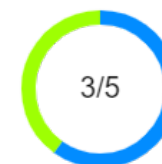
Criteria	Benchmark	Remark	Rating
Advanced Movement	Covers full court in under 15 seconds	Competent	★ ★ ★

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	Competent	★ ★ ★

06 Net Play

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

07 Drop Shot

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

08 **Smash Shot**

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



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	Mastery	★ ★ ★ ★ ★



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

Proficient

★★★★

13 Rules Knowledge

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



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	Proficient	★★★★



16 Physical Fitness

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



Level Beginner

Coach Arubi has a good interest in Badminton. She is an active and energetic kid. She performs well during play and in training. She needs to work on Strengthening and

Aruni has a good interest in badminton. She is an active and energetic kid. She performs well during play and in training. She needs to work on strengthening and right technique to improve the game.

Proposed plan for the next three months:

Month 1:

- Focus on improving grip strength
- Work on proper technique for footwork
- Practice serving with more accuracy and power
- Develop a stronger clear shot
- Improve net play skills
- Work on increasing speed and accuracy of drop shots
- Focus on strengthening smash shots
- Continue to refine backhand shot technique
- Practice driving shots with more power
- Increase rally duration during training sessions
- Develop tactical play strategies
- Review badminton rules knowledge
- Emphasize sportsmanship during play
- Increase match play opportunities
- Incorporate physical fitness exercises into training

Month 2:

- Continue to work on grip strength
- Refine footwork techniques
- Practice serving with consistency and accuracy
- Focus on improving clear shot accuracy and power
- Develop more advanced net play skills
- Work on variations of drop shots
- Continue to strengthen smash shots
- Refine backhand shot technique
- Practice driving shots with more accuracy
- Increase rally duration and intensity
- Develop more complex tactical play strategies
- Review badminton rules knowledge
- Emphasize sportsmanship and fair play
- Increase match play opportunities
- Continue to focus on physical fitness

Month 3:

- Further strengthen grip
- Master footwork techniques
- Serve with consistency, accuracy, and power
- Refine clear shot technique for maximum effectiveness
- Develop advanced net play skills
- Work on deceptive drop shots
- Improve smash shot accuracy and power
- Continue to master backhand shot technique
- Perfect driving shots with precision
- Increase rally duration and intensity to build endurance
- Implement complex tactical play strategies in matches
- Review badminton rules knowledge and understand nuances
- Emphasize good sportsmanship and fair play
- Participate in competitive match play to apply learned skills
- Maintain and further improve physical fitness