



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

DEMIRA MITTAL

TOTAL SCORE: 79/105

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	Proficient	★★★★★
Committed	Proficient	★★★★★
Disciplined	Mastery	★★★★★★



02 Grip

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



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	Proficient	★★★★

**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	Competent	★★★

**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	Proficient	★★★★



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	Proficient	★★★ ★



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	Proficient	★★★★



12 **Tactical Play**

Criteria	Benchmark	Remark	Rating
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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	Proficient	★★★★



14 Sportsmanship

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



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

Coach Demira has good contact with the shuttle and a better understanding of the game, she performs better in Training and during play. She needs to work on

Proposed plan for the next three months:

Month 1:

Focus on improving speed:

- Introduce agility ladder drills
- Incorporate interval training
- Implement circuit training for explosive movements

Strengthening exercises:

- Include resistance band exercises for upper body and lower body
- Integrate plyometric exercises for power
- Engage in regular weightlifting sessions

Footwork drills:

- Practice side-to-side movements with ladder drills
- Focus on quick directional changes
- Incorporate shadow footwork exercises

Month 2:

Speed and agility refinement:

- Implement sport-specific speed drills
- Focus on quick acceleration and deceleration
- Incorporate reaction drills for increased speed and agility

Strength and power:

- Continue with progressive weightlifting sessions
- Incorporate explosive exercises like box jumps and medicine ball throws
- Include plyometric exercises specific to badminton movements

Footwork and court coverage:

- Focus on court positioning and anticipation
- Incorporate shadow footwork exercises with added complexity
- Practice on-court drills with specific shot placements

Month 3:

Continued focus on speed:

- Increase intensity of interval training
- Implement sprint drills
- Incorporate ladder drills with added complexity

Strength training:

- Progressively increase weights in weightlifting sessions
- Incorporate resistance band exercises with higher resistance
- Add stability exercises for core strength

Footwork and agility:

- Introduce ladder drills with various foot patterns
- Focus on explosive movements and quick recovery
- Incorporate on-court footwork drills with shuttle placement

