



DEVYANI JAIPURIA

SPORTS

academy



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SPORTS
A Shikhar Dhawan Initiative

KRISTEEN GUPTA

TOTAL SCORE: 26/105

Sports Arena : DPS international

Grade : 4D

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



02 Dribbling

Criteria	Benchmark	Remark	Rating
Right-hand control	Dribble in a straight line for 20 meters without losing control	Foundational Understanding	★★
Left-hand control	Dribble in a straight line for 20 meters without losing control	Foundational Understanding	★★
Crossover	Successfully perform 10 crossovers in 15 seconds	Emerging Awareness	★



03 Shooting

Criteria	Benchmark	Remark	Rating
Free Throw Consistency	Makes 4 out of 5 free throws	Emerging Awareness	★
Jump Shot Technique	Uses correct form for 4 out of 5 jump shots from 12 feet	Emerging Awareness	★
Layups (Right & Left)	Scores 3 out of 5 times with both right and left hands	Emerging Awareness	★

**04 Passing**

Criteria	Benchmark	Remark	Rating
Chest, Bounce, & Overhead pass consistency	Passes accurately to a partner 15 feet away 4 out of 5 times for each type of pass	Emerging Awareness	★

**05 Catching**

Criteria	Benchmark	Remark	Rating
Under pressure	Catches a fast-paced pass 4 out of 5 times under defensive pressure	Emerging Awareness	★

**06 Defense**

Criteria	Benchmark	Remark	Rating
Man-to-Man Stance	Maintains correct defensive stance and movement in a 1-on-1 drill for 60 seconds	Foundational Understanding	★★

**07 Jumping**

Criteria	Benchmark	Remark	Rating



Criteria	Benchmark	Remark	Rating
Rebounding	Successfully rebounds 4 out of 6 simulated missed shots	Emerging Awareness	★



08 Ball Handling

Criteria	Benchmark	Remark	Rating
Spin & Behind the-back	Successfully completes 4 out of 5 tries for each skill	Emerging Awareness	★



09 Footwork

Criteria	Benchmark	Remark	Rating
Pivoting & Post Moves	Executes 3 distinct post moves with correct footwork	Emerging Awareness	★



10 Understanding of the Game

Criteria	Benchmark	Remark	Rating
Game Position Role	Demonstrates correct positioning and role understanding during a game simulation	Emerging Awareness	★



11 Teamwork

Criteria	Benchmark	Remark	Rating
Off-ball Movement	Demonstrates 3 off-ball movement strategies effectively	Emerging Awareness	★



12 Physical Fitness



Criteria	Benchmark	Remark	Rating
Endurance & Agility	Completes a 4-minute agility course without errors	Emerging Awareness	★



Level	beginner
Coach Notes	has good potential, can participate in future, but have to regular and keep practicing.

Proposed plan for the next three months:

Month 1:

- Focus on improving dribbling skills through drills and exercises.
- Practice shooting techniques and form to enhance shooting accuracy.
- Work on basic passing skills and understanding of different types of passes.
- Focus on improving catching ability through various catching drills.
- Introduce basic defensive principles and techniques.
- Work on increasing jumping ability through plyometric exercises.
- Conduct ball handling drills to improve overall ball control.
- Emphasize footwork and agility exercises to enhance mobility on the court.
- Teach basic concepts of the game and increase understanding of basketball strategies.
- Promote teamwork through team-building activities and drills.
- Include physical fitness exercises to improve overall conditioning.

Month 2:

- Continue to focus on dribbling skills, gradually increasing difficulty and incorporating game-like situations.
- Work on shooting drills to improve shooting percentage and range.
- Introduce more advanced passing techniques and decision-making skills.
- Practice catching in various game scenarios to enhance game awareness.
- Further develop defensive skills, including positioning, communication, and anticipation.
- Continue plyometric exercises to improve jumping ability and explosiveness.
- Progress ball handling drills to include more complex moves and combos.
- Focus on refining footwork and agility to enhance quickness and court movement.

Expand understanding of game strategies and increase basketball IQ.

Continue to emphasize teamwork and foster effective communication among players.

Incorporate more intense physical fitness exercises to enhance endurance and strength.

Month 3:

Reinforce dribbling skills through advanced drills and game-like simulations.

Focus on shooting under pressure and in different game situations.

Enhance passing skills through advanced drills and decision-making exercises.

Practice catching in high-pressure scenarios to improve reliability during games.

Further develop defensive skills, including one-on-one defense and help defense.

Continue to work on jumping ability and incorporate rebounding drills.

Advance ball handling drills to include advanced moves and situational ball control.

Refine footwork and agility to enhance overall court movement and speed.

Expand understanding of complex game strategies and increase basketball IQ.

Promote team cohesion through advanced team-building activities and drills.

Include intense physical fitness exercises to maintain and improve overall conditioning.