



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

SEONGHA PARK

TOTAL SCORE: 65/150

Sports Arena : DPS international

Grade : 5A

Sports : Football

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Ball Control	Keeps the ball close during a 30m run with minimal touches	Foundational Understanding	★★
Change of Direction	Successfully changes direction to avoid static obstacles	Foundational Understanding	★★
1v1 Skills	Beats a defender in a 1v1 scenario >60% of the time	Competent	★★★

Short Pass Accuracy	Completes >80% of passes within a 10m radius	Competent	★ ★ ★
Long Pass Strength & Accuracy	Hits targets >20m away with >60% accuracy	Foundational Understanding	★ ★
Through Balls	Successfully threads a pass between defenders >50% of the time	Competent	★ ★ ★
Technique	Uses inside of the foot and laces with proper technique	Foundational Understanding	★ ★
Power & Accuracy	Hits the target (goal frame) in >50% of attempts	Competent	★ ★ ★
Volleys & Half Volleys	Strikes the ball before it hits the ground >50% of the time	Foundational Understanding	★ ★
Safety & Efficacy	Retrieves the ball without fouling >70% of the time	Emerging Awareness	★
Control under Pressure	Controls passes while under pressure, keeping the ball close	Foundational Understanding	★ ★
Aerial Control	Brings aerial balls under control using feet, thighs, and chest	Foundational Understanding	★ ★
Protecting Ball & Change of Dir.	Uses turns to shield ball and change direction effectively	Competent	★ ★ ★
Defensive	Clears aerial threats with headers effectively	Foundational Understanding	★ ★
Offensive	Directs headers towards goal or teammates	Foundational Understanding	★ ★



03 Physical Attributes

Criteria	Benchmark	Remark	Rating
20m Dash	Completes 20m dash under a set time (varies by age/gender)	Foundational Understanding	★ ★
Zig-Zag Run	Successfully navigates a zig-zag run in a set time	Foundational Understanding	★ ★
Distance Run	Covers a specific distance within a set time	Foundational Understanding	★ ★
Positioning	Maintains proper position during game scenarios	Emerging Awareness	★
Decision Making	Makes correct passing/shooting/defending choices >70% of the time	Foundational Understanding	★ ★
Concentration & Focus	Maintains involvement and awareness throughout a match/session	Emerging Awareness	★
Resilience	Continues to strive even when faced with challenges or setbacks	Foundational Understanding	★ ★
Passing & Movement	Communicates and moves effectively to support teammates	Foundational Understanding	★ ★
Defensive Cohesion	Coordinates with team to maintain defensive structure	Foundational Understanding	★ ★



Level

2

Coach Notes

He has good passing abilities, needs to work on fitness And game awareness.

Proposed plan for the next three months:

Month 1:

- Focus on improving passing accuracy and technique
- Incorporate passing drills and exercises into training sessions
- Work on improving overall fitness level through conditioning drills and exercises
- Introduce game awareness drills to improve decision-making abilities during matches

Month 2:

- Refine passing skills, focusing on long-range and through passes
- Incorporate interval training to further improve fitness level
- Simulate game scenarios in training sessions to enhance game awareness and decision-making
- Analyze game footage and provide feedback to improve overall performance

Month 3:

- Continue to work on passing abilities, emphasizing speed and accuracy
- Increase intensity of fitness training to improve physical attributes
- Implement small-sided games to enhance game awareness and decision-making skills
- Introduce tactical drills to improve positioning and understanding of the game