



DEVYANI JAIPURIA  
SPORTS  
academy



powered by  
**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

## NIAH DHAWAN

TOTAL SCORE: 79/105

Sports Arena : DPS international

Grade : 5B

Sports : Badminton

### 01 PSYCHOLOGICAL FACTOR

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



### 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	Proficient	★★★★

**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	Proficient	★★★★

**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	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	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	Proficient	★★★★



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	Mastery	★★★★★



### 14 Sportsmanship

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



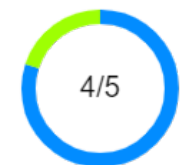
### 15 Match Play

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** Intermediate

**Coach** Nia has a great interest in Badminton, she has a great sense of the game. She performs better during play and in Training. She needs to focus on strokes

## Proposed plan for the next three months:

### Month 1:

Focus on improving strokes: forehand, backhand, and overhead shots.

Work on enhancing footwork techniques: side-to-side movement, forward and backward movement, and quick changes in direction.

Improve overall technique: emphasize on proper grip, body positioning, and timing of shots.

Enhance leadership skills: involve Nia in leading warm-up exercises and small group drills.

### Month 2:

Continue refining strokes: focus on accuracy, power, and consistency.

Further develop footwork techniques: practice split-step movements, recovery steps, and lunging.

Work on specific shot techniques: improve serve, clear shots, net play, drop shots, and smash shots.

Encourage Nia to take charge during practice matches and lead her team in tactical play.

### Month 3:

Consolidate and reinforce all previous skills: strokes, footwork, and technique.

Increase rally duration and endurance: focus on maintaining a high level of play for extended periods.

Enhance tactical play: work on strategies, shot selection, and decision making during matches.

Participate in friendly matches and tournaments to improve match play skills.

Continue to emphasize physical fitness: incorporate strength and conditioning exercises specific to badminton.