



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

SAMAR FOUJDAR

TOTAL SCORE: 69/105

Sports Arena : DPS international

Grade : 5B

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



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	Competent	★ ★ ★

05 Clear Shot

Criteria	Benchmark	Remark	Rating
Technique & Power	Clears from baseline to baseline 4/5 times	Mastery	★ ★ ★ ★ ★

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	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	Foundational Understanding	★ ★



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

Competent

★ ★ ★

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 Samar has a good interest in Badminton. He is an active and energetic kid. He performs well during play and in training. He needs to work on his strengths and

Proposed plan for the next three months:

Month 1:

- Focus on improving grip strength and technique
- Introduce advanced footwork exercises to enhance agility
- Work on serving technique and accuracy
- Practice clear shots to maintain consistency
- Develop net play skills and improve anticipation
- Train on drop shots to add variety to gameplay
- Work on improving smash shots and power
- Introduce backhand shot techniques and practice
- Focus on drive shots for better control
- Increase rally duration to build endurance
- Discuss and implement tactical play strategies
- Reinforce rules knowledge and ensure fair play
- Encourage good sportsmanship during practice and matches
- Participate in match play to apply learned skills
- Incorporate physical fitness activities to improve overall stamina and strength

Month 2:

- Continue working on grip strength and technique
- Advance footwork exercises to enhance speed and agility
- Further refine serving technique and accuracy
- Master clear shots for consistent performance
- Enhance net play skills and anticipation abilities
- Improve drop shots for better execution in game situations
- Focus on increasing power and precision in smash shots
- Dedicate more time to practicing backhand shots
- Refine drive shots for better control and placement
- Increase rally duration to improve endurance and concentration
- Implement more advanced tactical play strategies
- Review and reinforce rules knowledge
- Promote sportsmanship values during practice and matches
- Participate in competitive match play to test skills
- Continue physical fitness activities for overall conditioning

Month 3:

- Maintain grip strength and technique
- Master advanced footwork exercises for quick movements
- Consistently execute accurate serves
- Perfect clear shots for optimal performance
- Excel in net play with excellent anticipation and reactions
- Show proficiency in executing drop shots
- Emphasize power and precision in smash shots
- Improve backhand shots to a satisfactory level
- Refine drive shots for better control and placement
- Increase rally duration to enhance endurance and focus
- Implement advanced tactical play strategies effectively
- Ensure comprehensive knowledge of rules

Exhibit exemplary sportsmanship during practice and matches

Participate in competitive match play to refine skills under pressure

Maintain physical fitness activities for optimal performance