



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

SAMAR YADAV

TOTAL SCORE: 61/105

Sports Arena : DPS international

Grade : 5B

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



02 Grip

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



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	Competent	★ ★ ★

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	Foundational Understanding	★ ★

08 **Smash Shot**

Criteria	Benchmark	Remark	Rating
Power & Technique	Smashes with shuttlecock speed >200 km/h 3/5 times	Foundational Understanding	★★



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	Competent	★★★



12 **Tactical Play**

Criteria	Benchmark	Remark	Rating
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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	Competent	★ ★ ★



16 Physical Fitness

Criteria	Benchmark	Remark	Rating
Endurance & Agility	Completes a 20m shuttle run in under 6 seconds	Competent	★ ★ ★



Level Beginner

Catch Notes Saman performs well in playing he needs to put more attention into training and he needs to focus on speed and strength to hit shots harder

Proposed plan for the next three months:

Month 1:

- Focus on improving Samar's grip strength to enhance shot power
- Work on footwork drills to improve agility and speed on the court
- Devote time to practicing and refining the serve technique
- Work on developing a stronger and more accurate clear shot
- Focus on improving net play skills and positioning
- Work on developing a more effective drop shot
- Devote time to practicing and improving the smash shot
- Work on developing a stronger backhand shot
- Focus on improving the drive shot technique
- Allocate time to longer rallies to improve endurance and rally duration
- Introduce tactical play strategies and decision making during practice sessions
- Enhance Samar's knowledge of badminton rules
- Emphasize good sportsmanship and fair play during matches and practice
- Provide opportunities for match play and analysis of performance
- Include physical fitness exercises to improve overall conditioning

Month 2:

- Continue working on improving Samar's grip strength for maximum shot power
- Focus on fine-tuning footwork skills and increasing speed and agility
- Allocate sufficient time for practicing and refining the serve technique
- Continue developing a stronger and more accurate clear shot
- Devote time to perfecting net play skills and positioning
- Work on consistently executing effective drop shots
- Continue practicing and refining the smash shot for optimal power
- Enhance Samar's backhand shot technique and shot selection
- Focus on improving the drive shot technique and shot placement
- Allocate time for longer rallies to further improve endurance and rally duration
- Implement advanced tactical play strategies and decision making in practice
- Reinforce and review badminton rules knowledge
- Emphasize good sportsmanship and fair play during matches and practice

Month 3:

- Continue working on improving Samar's grip strength to enhance shot power
- Focus on refining footwork skills and increasing speed on the court
- Allocate more time for practicing and refining the serve technique
- Continue developing a stronger and more accurate clear shot
- Devote time to improving net play skills and positioning
- Work on developing a more consistent and effective drop shot
- Continue practicing and refining the smash shot
- Work on developing a stronger and more reliable backhand shot
- Focus on improving the drive shot technique and shot placement
- Allocate more time to longer rallies to improve endurance and rally duration
- Continue implementing tactical play strategies and decision making in practice
- Review and reinforce badminton rules knowledge
- Emphasize good sportsmanship and fair play during matches and practice
- Provide additional opportunities for match play and analysis of performance
- Include challenging physical fitness exercises to enhance overall conditioning

Emphasize good sportsmanship and fair play during matches and practice

Provide regular opportunities for match play and analysis of performance

Include intensive physical fitness training to maximize overall conditioning