



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

SHUBH CHAUDHARY

TOTAL SCORE: 63/105

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	Proficient	★ ★ ★ ★
Committed	Competent	★ ★ ★
Disciplined	Proficient	★ ★ ★ ★



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	Foundational Understanding	★ ★

**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	Foundational Understanding	★ ★

**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	Competent	★ ★ ★

09 **Backhand Shot**

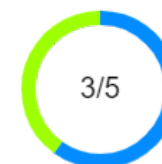
Criteria	Benchmark	Remark	Rating
Backhand Clear & Smash	Clears half-court with backhand 4/5 times, and attempts backhand smash reaching 3/4 court	Foundational Understanding	★ ★

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	Competent	★ ★ ★

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	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 Shubh is quite passionate about badminton. She is an active and energetic child. She does well in training and playing. She needs to concentrate on her

**Coach
Notes**

Shabir is quite passionate about badminton, she is an active and energetic child. She does well in training and playing. She needs to concentrate on her strength and proper technique to improve the game.

Proposed plan for the next three months:

Month 1:

- Focus on improving grip and footwork
- Work on serving technique
- Practice clear shots and net play
- Introduce and practice drop shots
- Improve backhand shot technique
- Work on rally duration and physical fitness

Month 2:

- Continue to refine grip and footwork
- Focus on improving smash shot technique
- Practice drive shots and net play
- Work on rally duration and physical fitness
- Enhance tactical play and rules knowledge
- Encourage good sportsmanship

Month 3:

- Continuously work on grip and footwork
- Refine serve technique
- Practice clear shots, drop shots, and net play
- Improve backhand and drive shot technique
- Focus on rally duration and physical fitness
- Enhance match play skills
- Strengthen tactical play and rules knowledge
- Emphasize good sportsmanship