



DEVYANI JAIPURIA  
SPORTS  
academy



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**DA ONE**  
SPORTS  
A Shikhar Dhawan Initiative

AYANNA JAIN

TOTAL SCORE: 39/105

Sports Arena : DPS international

Grade : 5D

Sports : Basketball

01 PSYCHOLOGICAL FACTOR

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



02 Dribbling

Criteria	Benchmark	Remark	Rating
Right-hand control	Dribble in a straight line for 20 meters without losing control	Foundational Understanding	★★
Left-hand control	Dribble in a straight line for 20 meters without losing control	Foundational Understanding	★★
Crossover	Successfully perform 10 crossovers in 15 seconds	Emerging Awareness	★



**03 Shooting**

Criteria	Benchmark	Remark	Rating
Free Throw Consistency	Makes 4 out of 5 free throws	Foundational Understanding	★★
Jump Shot Technique	Uses correct form for 4 out of 5 jump shots from 12 feet	Emerging Awareness	★
Layups (Right & Left)	Scores 3 out of 5 times with both right and left hands	Foundational Understanding	★★

**04 Passing**

Criteria	Benchmark	Remark	Rating
Chest, Bounce, & Overhead pass consistency	Passes accurately to a partner 15 feet away 4 out of 5 times for each type of pass	Foundational Understanding	★★

**05 Catching**

Criteria	Benchmark	Remark	Rating
Under pressure	Catches a fast-paced pass 4 out of 5 times under defensive pressure	Foundational Understanding	★★

**06 Defense**

Criteria	Benchmark	Remark	Rating
Man-to-Man Stance	Maintains correct defensive stance and movement in a 1-on-1 drill for 60 seconds	Foundational Understanding	★★

**07 Jumping**

Criteria	Benchmark	Remark	Rating



Criteria	Benchmark	Remark	Rating
Rebounding	Successfully rebounds 4 out of 6 simulated missed shots	Foundational Understanding	★★



## 08 Ball Handling

Criteria	Benchmark	Remark	Rating
Spin & Behind the-back	Successfully completes 4 out of 5 tries for each skill	Foundational Understanding	★★



## 09 Footwork

Criteria	Benchmark	Remark	Rating
Pivoting & Post Moves	Executes 3 distinct post moves with correct footwork	Foundational Understanding	★★



## 10 Understanding of the Game

Criteria	Benchmark	Remark	Rating
Game Position Role	Demonstrates correct positioning and role understanding during a game simulation	Foundational Understanding	★★



## 11 Teamwork

Criteria	Benchmark	Remark	Rating
Off-ball Movement	Demonstrates 3 off-ball movement strategies effectively	Foundational Understanding	★★



## 12 Physical Fitness



Criteria	Benchmark	Remark	Rating
Endurance & Agility	Completes a 4-minute agility course without errors	Foundational Understanding	★★



<b>Level</b>	beginner
<b>Coach Notes</b>	good passion for the game. She needs to work on speed and strength to hit the shots more efficiently

## Proposed plan for the next three months:

### Month 1:

Focus on improving speed and strength:

- Incorporate speed and agility drills into practice sessions
- Implement strength training exercises to build muscle and improve power
- Work on explosive movements like jumps and sprints

Work on shooting technique:

- Break down shooting form and correct any flaws
- Practice shooting from different distances and angles
- Work on shooting off the dribble and catch-and-shoot situations

Improve dribbling skills:

- Focus on dribbling drills that emphasize speed and control
- Practice dribbling with both hands to improve ambidexterity
- Work on dribbling in game-like situations with defenders

### Month 3:

Maintain and improve speed and strength:

- Continue with advanced speed and agility drills
- Incorporate interval training to improve cardiovascular endurance
- Focus on power exercises to further enhance strength

Refine ball handling and footwork:

- Practice dribbling drills that involve complex movements and change of direction
- Emphasize footwork in various game situations (driving to the basket, defending)

### Month 2:

Continue working on speed and strength:

- Increase intensity and difficulty of speed and agility drills
- Progressively add weight and resistance to strength training exercises
- Focus on plyometric exercises to enhance explosiveness

Develop better passing and catching skills:

- Practice various passing techniques (chest pass, bounce pass, overhead pass)
- Work on accuracy and timing of passes
- Improve hand-eye coordination for better catching ability

Enhance defensive skills:

- Teach proper defensive stance and footwork
- Practice defensive drills to improve positioning and reaction time
- Stress the importance of communication and teamwork on defense

Work on quick decision making and reaction time

Improve overall understanding of the game and teamwork:

Study game strategies and tactics

Teach players to read and react to different game situations

Emphasize the importance of communication and teamwork on both ends of the court