



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

AARYAN BHANSALI

TOTAL SCORE: 77/105

Sports Arena : DPS international

Grade : 5E

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



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	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	Proficient	★★★★★

**05 Clear Shot**

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

**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	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	Proficient	★★★★ ★



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
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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 Intermediate

Catch Notes Arvan is very active and has good potential. He performs well in training he needs to work on Footwork and variation in strokes

Proposed plan for the next three months:

Month 1:

Focus on improving footwork:

- Drills and exercises to enhance agility and speed on the court

- Emphasis on proper positioning and movement during shots

Work on variation in strokes:

- Practice different types of shots like drop shots, clears, and smashes

- Develop the ability to surprise opponents with unexpected shots

Strengthen grip:

- Exercises and drills to improve grip strength and control

- Focus on maintaining a firm grip on the racket

Month 2:

Refine serving technique:

- Work on accuracy and consistency in serving

- Develop different types of serves like low, high, and flick serves

Improve net play:

- Practice quick reactions and anticipation at the net

- Focus on executing precise net shots and net kills

Enhance backhand shots:

- Drills to improve backhand technique and power

- Focus on generating more speed and control in backhand shots

Month 3:

Work on driving shots:

- Practice accurate and powerful drives

- Focus on maintaining control and consistency in driving shots

Develop tactical play:

- Analyze opponents' weaknesses and adapt strategies accordingly

- Focus on shot selection and court positioning during matches

Improve overall sportsmanship:

- Emphasize fair play, respect, and positive attitude towards opponents

- Encourage good sportsmanship during training and matches