



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

KANUPRIYA ARORA

TOTAL SCORE: 61/105

Sports Arena : DPS international

Grade : MYP 1A

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



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	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	Foundational Understanding	★ ★

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	★★



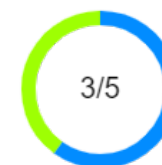
10 **Drive Shot**

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	Foundational Understanding	★ ★



14 Sportsmanship

Criteria	Benchmark	Remark	Rating
Behavior on and off-court	Zero penalties/warnings in 3 consecutive matches	Proficient	★ ★ ★ ★



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

Coach Kanupriya has good contact with the shuttle. She performs well in playing. She has the potential to do better in sports. She just needs to focus on Speed and

**Coach
Notes**

Kandhya has good contact with the shuttle, she performs well in playing. She has the potential to do better in sports. She just needs to focus on speed and strength to hit shots more frequent and harder.

Proposed plan for the next three months:

Month 1:

- Focus on improving speed and strength
- Work on grip and footwork to enhance control and agility
- Practice serving techniques to improve accuracy
- Develop a stronger clear shot and net play
- Work on improving drop shots and smash shots

Month 2:

- Continue focusing on speed and strength training
- Work on backhand shots and drive shots
- Improve rally duration and tactical play
- Enhance rules knowledge and sportsmanship
- Practice match play to apply learned techniques

Month 3:

- Refine speed and strength training
- Work on improving grip and footwork
- Continue practicing serve techniques
- Focus on perfecting clear shots, net play, and drop shots
- Enhance smash shots and drive shots