



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

AARAV KUMAR

TOTAL SCORE: 93/125

Sports Arena : DPS international

Grade : MYP 1B

Sports : Table Tennis

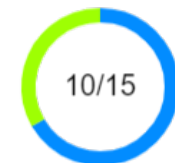
01 PSYCHOLOGICAL FACTOR

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



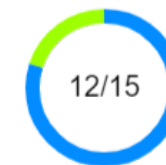
02 Serve

Criteria	Benchmark	Remark	Rating
Technique	Uses different spins, controlled low toss	Competent	★ ★ ★
Accuracy	Lands the ball on the opponent's side 4/5 times	Proficient	★ ★ ★ ★
Variation	Uses at least 2 different types of serves	Competent	★ ★ ★



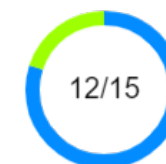
03 Forehand

Criteria	Benchmark	Remark	Rating
Technique	Consistent grip, correct swing and follow-through	Competent	★ ★ ★
Accuracy	Hits target 4/5 times	Proficient	★ ★ ★ ★
Power	Demonstrates strong forehand shots	Mastery	★ ★ ★ ★ ★



04 Backhand

Criteria	Benchmark	Remark	Rating
Technique	Consistent grip, correct swing and follow-through	Proficient	★ ★ ★ ★
Accuracy	Hits target 4/5 times	Proficient	★ ★ ★ ★
Power	Demonstrates strong backhand shots	Proficient	★ ★ ★ ★



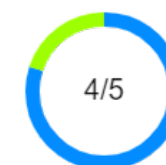
05 Rally

Criteria	Benchmark	Remark	Rating
Consistency	Can maintain a 15-hit rally	Proficient	★ ★ ★ ★



06 Movement

Criteria	Benchmark	Remark	Rating
Footwork	Demonstrates shuffle, crossover, and pivot	Proficient	★ ★ ★ ★



07 Game Understanding

07 **Game Understanding**

Criteria	Benchmark	Remark	Rating
Rules Knowledge	Understands advanced rules, e.g., specific serves	Competent	★ ★ ★
Strategy	Uses varied tactics, understands opponent's weaknesses	Competent	★ ★ ★



08 **Physical Fitness**

Criteria	Benchmark	Remark	Rating
Stamina	Can play continuously for 20 minutes	Proficient	★ ★ ★ ★
Agility	Completes agility ladder drill in 15 seconds	Proficient	★ ★ ★ ★



09 **Mental Skills**

Criteria	Benchmark	Remark	Rating
Focus	Consistently attentive to game nuances	Proficient	★ ★ ★ ★
Resilience	Recovers quickly from lost points	Competent	★ ★ ★



10 **Enjoyment and Participation**

Criteria	Benchmark	Remark	Rating
Participation in Drills	Actively participates, takes initiative in practice	Proficient	★ ★ ★ ★
Sportsmanship	Demonstrates respect, positive attitude	Proficient	★ ★ ★ ★



Level	Intermediate
Coach Notes	Good in game and wanted to learn every thing when I tell in class so need to improve his shots and action

Proposed plan for the next three months:

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Month 1:

- Focus on improving shots and action
- Work on improving serve technique
- Practice forehand and backhand shots
- Work on rally consistency
- Increase movement speed and agility
- Enhance game understanding and strategy
- Continue physical fitness training
- Work on mental skills and concentration
- Ensure enjoyment and active participation

Month 2:

- Continue improving shots and action
- Refine serve technique and accuracy
- Focus on developing stronger forehand and backhand
- Practice longer and more intense rallies
- Improve movement efficiency and footwork
- Enhance game understanding and decision-making
- Maintain physical fitness and endurance
- Work on mental skills and focus under pressure
- Promote enjoyment and active participation

Month 3:

- Consolidate and perfect shots and action
- Master serve technique and placement
- Achieve consistent and powerful forehand and backhand
- Practice various types of rallies and shots
- Refine movement fluidity and court coverage
- Enhance game understanding and tactical awareness
- Maintain and improve physical fitness levels
- Strengthen mental skills and resilience
- Ensure continued enjoyment and active participation