



DEVYANI JAIPURIA SPORTS academy



powered by
DA ONE
SPORTS
A Shikhar Dhawan Initiative

VEDANT KAPOOR

TOTAL SCORE: 72/115

Sports Arena : DPS international

Grade : MYP 1C

Sports : Cricket

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Grip & Stance	Maintains stable stance; correctly grips bat	Proficient	★★★★★
Drive (Front & Back Foot)	Executes with a straight bat; follows through	Proficient	★★★★★
Pull & Hook Shot	Transfers weight; plays with a horizontal bat	Competent	★★★



Seam Position	Consistently holds for either swing or seam movement	Foundational Understanding	★★
Variation (e.g., Spin/Slower ball)	Demonstrates at least one variation	Competent	★★★
Slip & Outfield Catching	Catches high balls confidently; uses soft hands in slips	Proficient	★★★★
Direct Hit	Hits stumps directly from 10m away, 3 out of 5 times	Proficient	★★★★
Diving Catches	Dives to either side to stop balls; catches cleanly	Competent	★★★



03 Physical Development

Criteria	Benchmark	Remark	Rating
Stamina	Runs 400m in under 2 minutes	Competent	★★★
Strength	Performs 15 consecutive push-ups	Foundational Understanding	★★
Flexibility	Touches toes easily without bending knees	Proficient	★★★★



04 Tactical Awareness

Criteria	Benchmark	Remark	Rating
Game Awareness	Demonstrates understanding of field placements and rotations	Competent	★★★
Decision Making	Chooses appropriate shots or deliveries in match scenarios	Competent	★★★



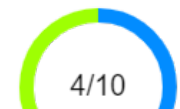
05 Mental Skills

Criteria	Benchmark	Remark	Rating
Concentration	Maintains focus in fielding drills for 10 minutes	Competent	★★★
Handling Pressure	Stays calm in practice match situations e.g., tight run chases	Competent	★★★



06 Personal Development

Criteria	Benchmark	Remark	Rating
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Leadership & Initiative

Guides peers in group tasks; leads by example

Foundational Understanding



Respect for Rules & Fair Play

Demonstrates sportsmanship; respects umpire decisions

Foundational Understanding



Level

Coach Notes

he has good skills overall in fielding , batting and bowling. he needs to be more disciplined.

Proposed plan for the next three months:

Month 1:

Focus on improving technical skills by conducting regular drills and practice sessions

Work on enhancing physical development through strength and conditioning exercises

Introduce tactical awareness by discussing game strategies and analyzing match situations

Implement mental skills training to improve focus, concentration, and decision-making abilities

Encourage personal development by setting goals and providing feedback

Emphasize discipline in training sessions and maintain a structured routine

Month 2:

Continue to refine technical skills through specialized drills and simulated match scenarios

Increase intensity and variety in physical development exercises to enhance overall fitness levels

Continuously assess and improve tactical awareness by analyzing previous matches and discussing game plans

Focus on mental skills training to enhance confidence, resilience, and adaptability

Provide opportunities for personal development by assigning leadership roles and responsibilities within the team

Maintain strict discipline in training sessions and reinforce the importance of adherence to rules and regulations

Month 3:

Refine technical skills through specialized drills and match simulations, with a focus on individual weaknesses

Implement a comprehensive physical development program that includes strength, speed, and agility training

Enhance tactical awareness by analyzing opponents' strategies, studying match footage, and conducting team discussions

Continue mental skills training to improve focus, resilience, and decision-making under pressure

Encourage personal development by providing opportunities for self-reflection and goal setting

Maintain discipline by enforcing team rules and emphasizing the importance of teamwork and sportsmanship

