



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

VEDANT KAPOOR

TOTAL SCORE: 70/115

Sports Arena : DPS international

Grade : MYP 1C

Sports : Cricket

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Grip & Stance	Maintains stable stance; correctly grips bat	Competent	☆☆☆

Drive (Front & Back Foot)	Executes with a straight bat; follows through	Competent	☆☆☆
Pull & Hook Shot	Transfers weight; plays with a horizontal bat	Competent	☆☆☆
Seam Position	Consistently holds for either swing or seam movement	Competent	☆☆☆
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	Competent	☆☆☆
Flexibility	Touches toes easily without bending knees	Competent	☆☆☆



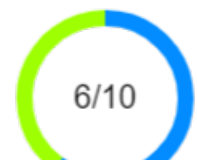
04 Tactical Awareness

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
Leadership & Initiative	Guides peers in group tasks; leads by example	Competent	☆☆☆
Respect for Rules & Fair Play	Demonstrates sportsmanship; respects umpire decisions	Competent	☆☆☆



Level beginner

Coach Notes Vedant is good at bowling and batting. he need more practice. he is a good allrounder. he need to work on his fitness and discipline.

Proposed plan for the next three months:

Month 1:

- Focus on improving overall batting technique
- Work on developing consistent bowling action
- Implement regular fitness training sessions to improve endurance and strength
- Emphasize the importance of discipline and punctuality during coaching sessions
- Introduce tactical drills to enhance on-field decision making
- Incorporate mental skill exercises to improve concentration and focus
- Encourage Vedant to set personal goals and track progress throughout the month

Month 2:

- Continue refining batting technique with specific drills and practice sessions
- Provide specialized bowling drills to enhance accuracy and variations
- Increase intensity and duration of fitness training sessions to improve overall physical development

Reinforce the importance of discipline and maintaining a positive attitude

Introduce game scenarios and tactical challenges to improve decision making under pressure

Implement mental skill exercises to enhance resilience and composure

Encourage Vedant to reflect on his personal development and identify areas for further improvement

Month 3:

Focus on match simulations and game-based practice to apply learned techniques

Provide individualized coaching for batting and bowling to address specific areas of improvement

Continue fitness training with a focus on maintaining peak performance throughout matches

Reinforce the importance of discipline, teamwork, and sportsmanship

Analyze match situations and discuss tactical strategies to further enhance decision making

Implement mental skill exercises to improve confidence and resilience in high-pressure situations

Encourage Vedant to set long-term goals and create a plan for continued personal development beyond the coaching period

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