



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

KIYAN AHUJA

TOTAL SCORE: 73/105

Sports Arena : DPS international

Grade : MYP 1D

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



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	Competent	★★★

**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	★★★



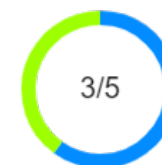
08 **Smash Shot**

Criteria	Benchmark	Remark	Rating
Power & Technique	Smashes with shuttlecock speed >200 km/h 3/5 times	Competent	★ ★ ★



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	Competent	★ ★ ★



10 **Drive Shot**

Criteria	Benchmark	Remark	Rating
Speed & Control	Drives shuttlecock with speed >150 km/h and parallel to ground 3/5 times	Proficient	★ ★ ★ ★



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



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	Proficient	★ ★ ★ ★



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	Proficient	★ ★ ★ ★



Level Intermediate

Coach Kivan does well both throughout training and competition. He plays badminton with a lot of interest. He can improve; to do so, he must focus on his strength

Proposed plan for the next three months:

Month 1:

Focus on improving strength:

- Incorporate strength training exercises into the coaching sessions
- Emphasize on building upper body and lower body strength
- Introduce resistance training and weightlifting

Work on speed:

- Include agility drills and speed training exercises
- Focus on quick footwork and reaction time
- Incorporate sprinting and interval training

Enhance stroke variety:

- Teach different types of shots, such as drop shots, smashes, and drives
- Focus on improving technique and accuracy in executing different strokes
- Provide drills and practice sessions to reinforce stroke variety

Month 2:

Continue working on strength:

- Increase the intensity and difficulty of strength training exercises
- Introduce circuit training to improve overall strength and endurance

Further develop speed:

- Incorporate ladder drills and cone exercises for agility and quickness
- Focus on explosive movements and acceleration

Refine stroke variety:

- Provide specific drills to improve accuracy and consistency in different shots
- Work on combining different shots in various game situations
- Encourage experimentation and creativity in shot selection

Month 3:

Maintain and strengthen physical fitness:

- Continue with strength and speed training exercises
- Incorporate endurance training to improve rally duration
- Focus on overall conditioning and stamina

Enhance tactical play:

- Provide specific game scenarios and strategies to improve decision making
- Work on analyzing opponents and adapting gameplay accordingly

Consolidate rule knowledge and sportsmanship:

- Review badminton rules and ensure understanding
- Emphasize fair play, respect, and good sportsmanship
- Encourage positive behavior on and off the court

