



DEVYANI JAIPURIA
SPORTS
academy



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SPORTS
A Shikhar Dhawan Initiative

PULKIT KATARIA

TOTAL SCORE: 85/105

Sports Arena : DPS international

Grade : MYP 3B

Sports : Badminton

01 PSYCHOLOGICAL FACTOR

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



26/30

02 Grip

Criteria	Benchmark	Remark	Rating
Advanced racket holding	Demonstrates switch between grips in under 2 seconds	Proficient	★★★★



4/5

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	Mastery	★ ★ ★ ★ ★

**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	Proficient	★ ★ ★ ★

**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	Proficient	★★★★



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	★★★★



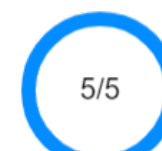
11 **Rally Duration**

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

Mastery



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	Mastery	★★★★★



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 Pulkit is an enthusiastic sportsman who possesses excellent game sense and energy to improve his performance. Although Pulkit has a great desire to get

Proposed plan for the next three months:

Month 1:

- Focus on building overall strength and endurance
- Implement a specific strength training program
- Work on improving footwork and agility
- Practice various types of shots, paying extra attention to backhand and drop shots
- Continue to refine serve technique
- Increase rally duration during training sessions
- Review and discuss badminton rules and tactical play
- Participate in friendly match play to improve game strategy

Month 3:

- Maintain strength and endurance through consistent training
- Emphasize on improving footwork and agility further
- Continue practicing all types of shots, with special attention to net play and drop shots
- Focus on refining backhand shot technique
- Work on improving serve accuracy and placement
- Increase match play sessions to enhance overall performance under pressure
- Participate in higher-level tournaments to challenge and expose weaknesses
- Regularly review and discuss tactical play and sportsmanship

Month 2:

- Continue with strength training program, focusing on increasing power and explosiveness
- Work on improving speed and quickness on the court
- Dedicate time to practicing net play and improving grip strength
- Focus on perfecting smash shot technique
- Refine drive shot and clear shot execution
- Incorporate more match play sessions to enhance game strategy and decision-making skills
- Participate in local tournaments to gain competitive experience