



DEVYANI JAIPURIA  
**SPORTS**  
*academy*



powered by  
**DA ONE**  
**SPORTS**  
A Shikhar Dhawan Initiative

**AVI SACHDEVA**

**TOTAL SCORE: 72/105**

**Sports Arena :** DPS international

**Grade :** MYP 3C

**Sports :** Badminton

**01 PSYCHOLOGICAL FACTOR**

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

**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	★★★

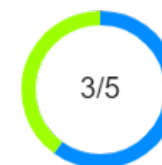
08 **Smash Shot**

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	Competent	★ ★ ★



12 **Tactical Play**

Criteria	Benchmark	Remark	Rating



Shot Placement

Demonstrates 3 varied shots in a 5-shot sequence

Proficient

★★★★

### 13 Rules Knowledge

Criteria	Benchmark	Remark	Rating
Advanced rules	Scores 8/10 in a basic badminton rules quiz	Competent	★★★



### 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	Proficient	★★★★



### 16 Physical Fitness

Criteria	Benchmark	Remark	Rating
Endurance & Agility	Completes a 20m shuttle run in under 6 seconds	Competent	★★★



**Level** Intermediate

**Coach** Avi contact with the shuttle is good. He enjoys practicing and competing. He is gregarious and vibrant. To hit more and hit it better, he needs to strengthen

## Proposed plan for the next three months:

### Month 1:

- Focus on improving grip strength through specific exercises and drills
- Work on footwork agility and speed through ladder drills
- Practice serving techniques and accuracy
- Improve clear shot technique and power
- Develop net play skills through various drills and exercises
- Work on drop shot accuracy and control
- Strengthen smash shot technique and power
- Practice backhand shot technique and consistency
- Focus on drive shot accuracy and power
- Increase rally duration through endurance training
- Discuss and analyze tactical play strategies
- Review and reinforce badminton rules knowledge
- Emphasize good sportsmanship and fair play
- Participate in match play to apply learned skills
- Incorporate physical fitness training to improve overall strength and stamina

### Month 2:

- Continue strengthening grip through targeted exercises
- Refine footwork technique and speed through ladder drills
- Focus on serving accuracy and placement
- Improve clear shot power and precision
- Enhance net play skills through various drills and exercises
- Work on drop shot placement and control
- Increase smash shot power and speed
- Practice backhand shot technique and consistency
- Refine drive shot accuracy and power
- Continue building endurance for longer rally durations
- Discuss and implement advanced tactical play strategies
- Review and reinforce badminton rules knowledge
- Emphasize good sportsmanship and fair play
- Participate in match play to apply learned skills and tactics
- Continue physical fitness training with focus on agility and speed

### Month 3:

- Maintain grip strength through regular exercises
- Fine-tune footwork technique and speed through ladder drills
- Focus on serving consistency and variety
- Master clear shot technique and power
- Enhance net play skills through advanced drills and exercises
- Work on drop shot deception and control
- Maximize smash shot power and accuracy
- Refine backhand shot technique and consistency
- Perfect drive shot accuracy and power
- Sustain endurance for extended rally durations
- Implement advanced tactical play strategies in match situations
- Review and reinforce badminton rules knowledge

Emphasize good sportsmanship and fair play

Participate in competitive match play to apply learned skills and tactics

Continue physical fitness training with focus on strength and agility