



DEVYANI JAIPURIA
SPORTS
academy



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DA ONE
SPORTS
A Shikhar Dhawan Initiative

VIRAJ DUA

TOTAL SCORE: 84/115

Sports Arena : DPS international

Grade : MYP 4B

Sports : Football

01 PSYCHOLOGICAL FACTOR

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



02 Technical Skills

Criteria	Benchmark	Remark	Rating
Ball Control in Pace	Can dribble 20m under pressure without losing possession	Proficient	★★★★★
1v1 Evasion	Successfully evades 1-on-1 defender 4 out of 5 times	Proficient	★★★★★
Long Pass Accuracy	Successfully delivers a 20m pass to a moving target 7 out of 10 times	Proficient	★★★★★

Short Pass Precision	Achieves 90% accuracy in quick-pass drills over 5 minutes	Proficient	★★★★★
Power & Accuracy	Scores from outside the box 4 out of 7 times	Competent	★★★
Volley & Half-volley	Connects cleanly and directs a volley or half-volley towards goal 3 out of 5 times	Competent	★★★
Ground & Aerial Balls	Traps and controls an aerial ball within two touches 8 out of 10 times	Proficient	★★★★★
Under Pressure	Maintains possession under tight marking for 5 seconds 7 out of 10 times	Competent	★★★
Timing & Technique	Successfully tackles without fouling in 4 out of 5 attempts	Competent	★★★
Defensive & Offensive	Wins aerial duels during corners or crosses 7 out of 10 times	Competent	★★★



03 Physical Attributes

Criteria	Benchmark	Remark	Rating
Stamina	Completes a 2km run in under 9 minutes	Proficient	★★★★★
Sprint	Covers 100m in under 13 seconds	Proficient	★★★★★
Game Understanding	Properly positions and repositions during offensive and defensive transitions	Proficient	★★★★★
Pressure Management	Maintains composure and technique during penalty and free-kick situations	Proficient	★★★★★
Consistency in Training & Matches	Demonstrates consistent effort and engagement in 95% of sessions	Proficient	★★★★★
Strategic Play	Successfully executes tactical plays or set-pieces as rehearsed in training	Proficient	★★★★★
Leadership & Coordination	Directs and organizes teammates during defensive walls or offensive runs	Competent	★★★



Level	Intermediate
Coach Notes	He is technically sound ,needs to be more consistent.

Proposed plan for the next three months:

Month 1:

Focus on improving technical skills

Month 2:

Continue technical skill development with more advanced exercises

Design drills to enhance consistency in performance

Increase practice time for technical exercises

Provide individual feedback and corrections

Introduce video analysis to identify areas for improvement

Implement strength and conditioning program to enhance physical attributes

Emphasize consistency in executing game-related situations

Create competitive training sessions to simulate match conditions

Work on decision-making and problem-solving abilities on the field

Utilize video analysis for self-reflection and evaluation

Strengthen physical attributes through targeted exercises and conditioning

Month 3:

Refine technical skills through repetition and refinement

Implement tactical awareness and positioning training

Incorporate small-sided games to enhance decision-making abilities

Provide opportunities for leadership and communication development

Conduct regular performance evaluations and progress tracking

Maintain physical attributes through consistent training and conditioning