

KNOW EVERY CHILD'S SPORTING POTENTIAL WITH KHILADI PRO

INDIA'S FIRST SPORTS FITNESS ASSESSMENTS

VERIFIED PHYSICALLY ATTRIBUTES · ATHLETIC ABILITY TESTS · SPORTING TALENT IDENTIFICATION



HARNESSING THE POWER OF AI

KhiladiPro's cutting-edge **AI technology** ensures that each component of the test is delivered with unparalleled accuracy, consistency, and reliability. Our **advanced VisualAI system captures and analyzes your performance** with precision, **providing detailed feedback** that you can trust to guide your training and development. This test evaluates key aspects of your game, helping you understand your strengths and identify areas for improvement.

METHODOLOGY OF THE TEST



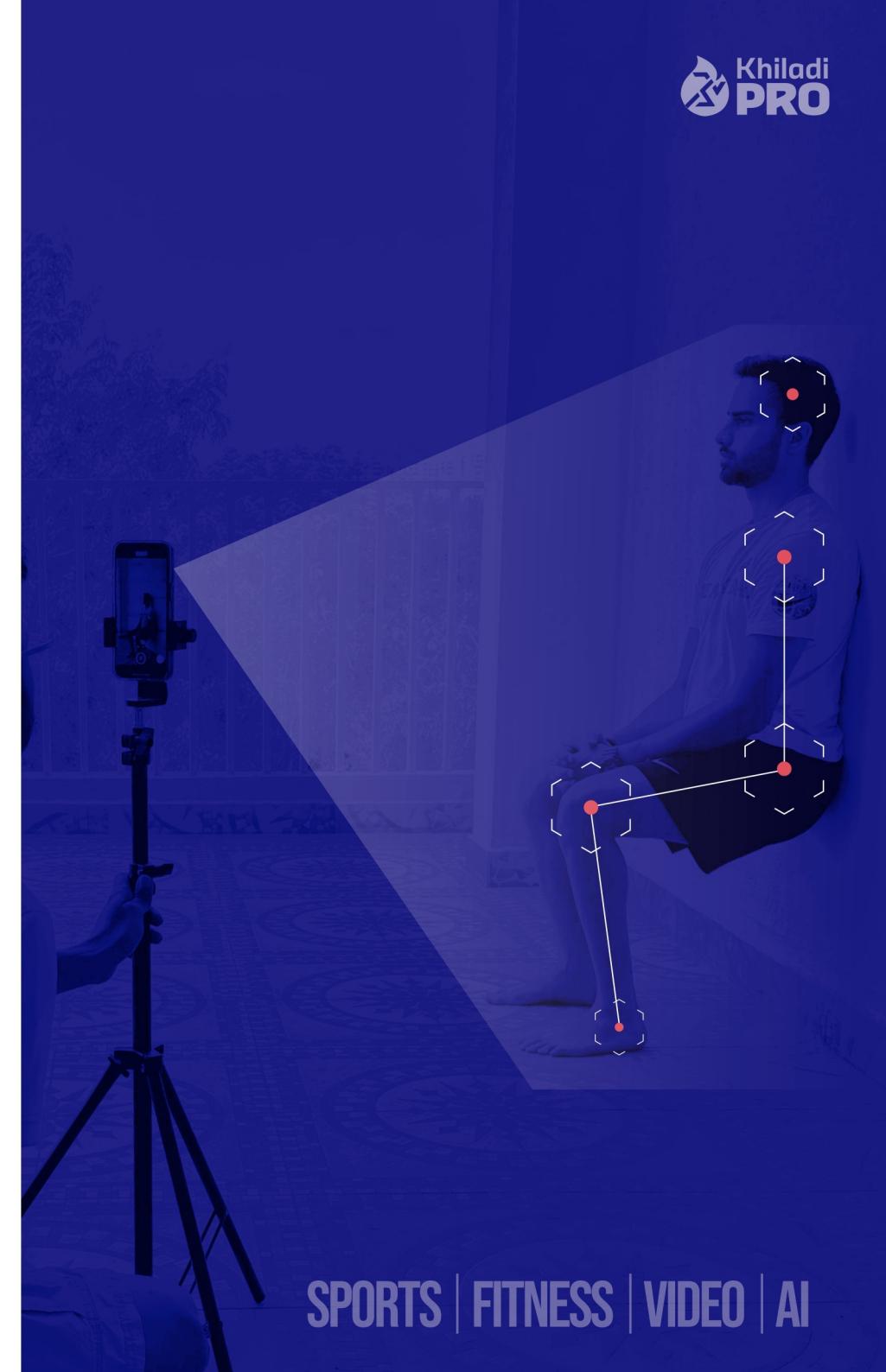
Visual Ai Technology

The KhiladiPro Cricket Bowling Evaluation employs **state-of-the-art VisualAI technology to capture and analyze your performance**. During the test, your movements, techniques, and shots are recorded and evaluated.



Comparison With Extensive Database Library

Your scores are then **compared with a vast database of participants**, taking into account factors such as age and gender. This percentile-based comparison provides a clear picture of where you stand relative to other athletes in your category.



Mar 2025

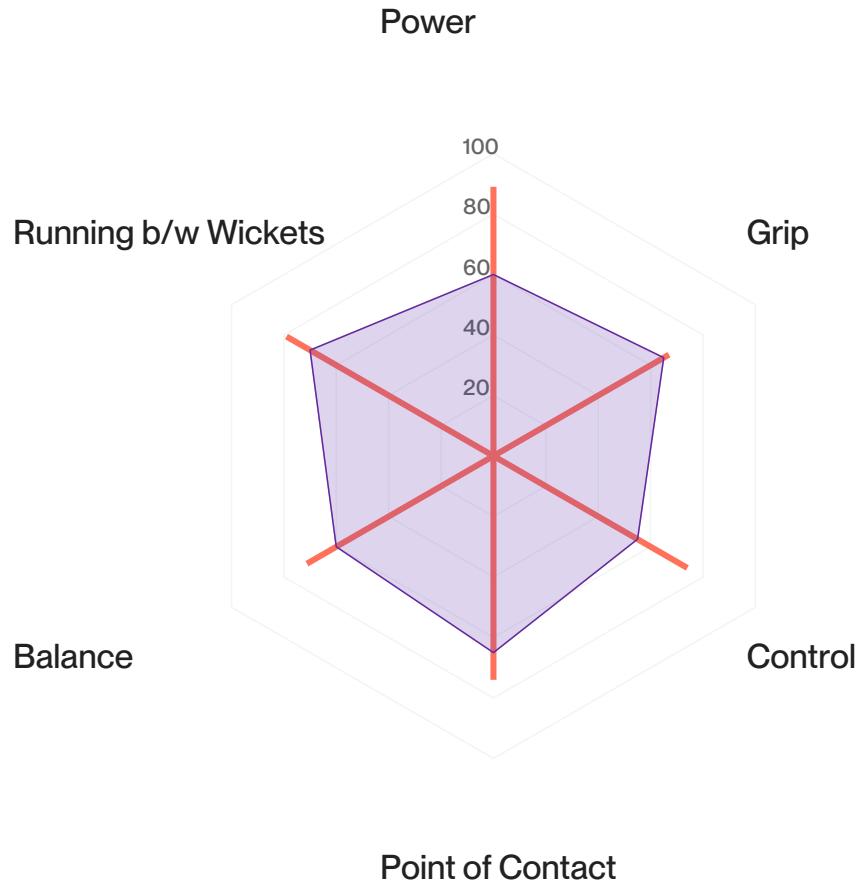
Batting Evaluation

KhiladiPro's visual AI technology, here's a detailed analysis of your cricket batting performance.

The player excels in power and running but needs to improve balance, bottom-hand grip, and feet planting. Backfoot technique and top-hand control are good but could be better. Focusing on these areas will enhance performance.

Sr No	Name of test
01	Top hand drill
02	Bottom hand drill
03	Feet planted drill
04	Backfoot drill
05	Power Hitting drill
06	Running b/w the wickets
07	Hold your pose

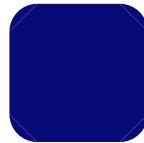
A+ A B+ B C+ C D



Vihaan chaudhary | male | 12 Years |

Academy: Master Class Cricket Club, Assessment Date: None

Batting Evaluation



The player excels in power and running but needs to improve balance, bottom-hand grip, and feet planting. Backfoot technique and top-hand control are good but could be better. Focusing on these areas will enhance performance.

Top hand drill

7.3/10

The Top Hand Drill in cricket strengthens the top hand's control, enhancing shot stability, precision, and balance for better stroke play.

Bottom hand drill

6.6/10

Builds bottom-hand strength for added power and control, improving bat speed and stroke execution, especially in aggressive shots.

Feet planted drill

6.7/10

Improves balance and stability by ensuring a firm base, enabling precise shot execution and better adaptability to various deliveries.

Backfoot drill

7.3/10

Enhances backfoot play, focusing on balance and precision for executing defensive and attacking shots against short deliveries.

Power hitting drill

8.8/10

Develops explosive batting power through proper body rotation and timing, boosting boundary-hitting ability and overall scoring potential.

Running b/w the wickets

7.8/10

Refines speed, coordination, and decision-making, optimizing quick singles and converting runs efficiently during gameplay.

Top hand drill

B+

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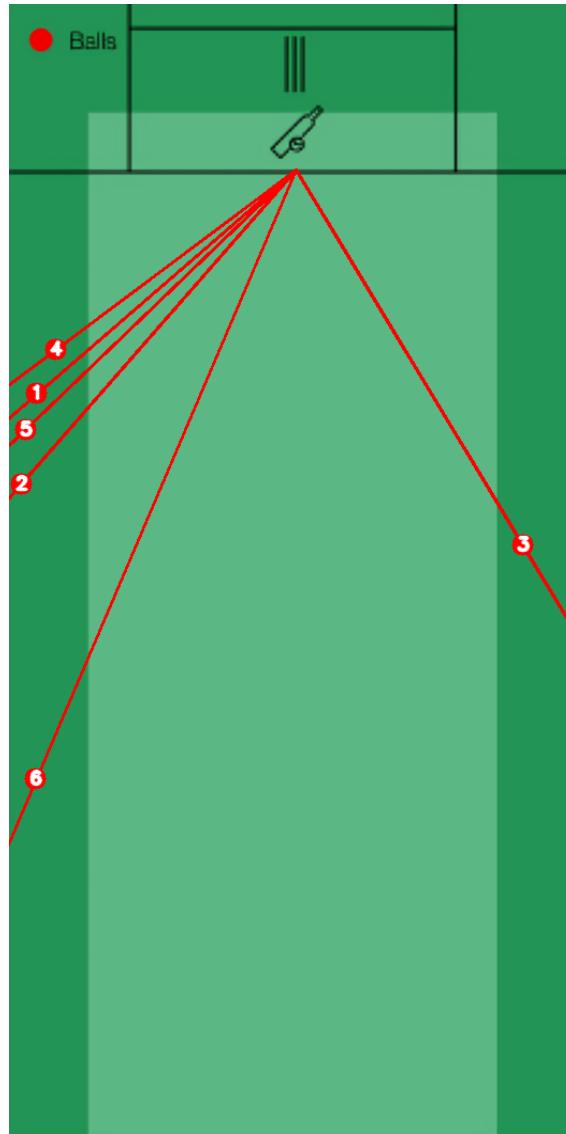


Scan to view the video

Top hand drill



Top hand drill map



Insights:

Ball 1	Good
--------	------

Accurate: Outside Off Stump Ball Hit to Cover.

Ball 2	Good
--------	------

Accurate: Outside Off Stump Ball Hit to Cover.

Ball 3	Bad
--------	-----

Inaccurate: Outside Off Stump Ball Hit to Square Leg.

Ball 4	Bad
--------	-----

Inaccurate: Off Stump Ball Hit to Cover.

Ball 5	Good
--------	------

Accurate: Outside Off Stump Ball Hit to Cover.

Ball 6	Good
--------	------

Accurate: Off Stump Ball Hit to Mid Off.

Improvements:

Focus on improving shot selection and accuracy for off-stump deliveries by practicing targeted drills. Work on maintaining a consistent grip and stance, holding the bat slightly higher as in a match situation.

Bottom hand drill

B

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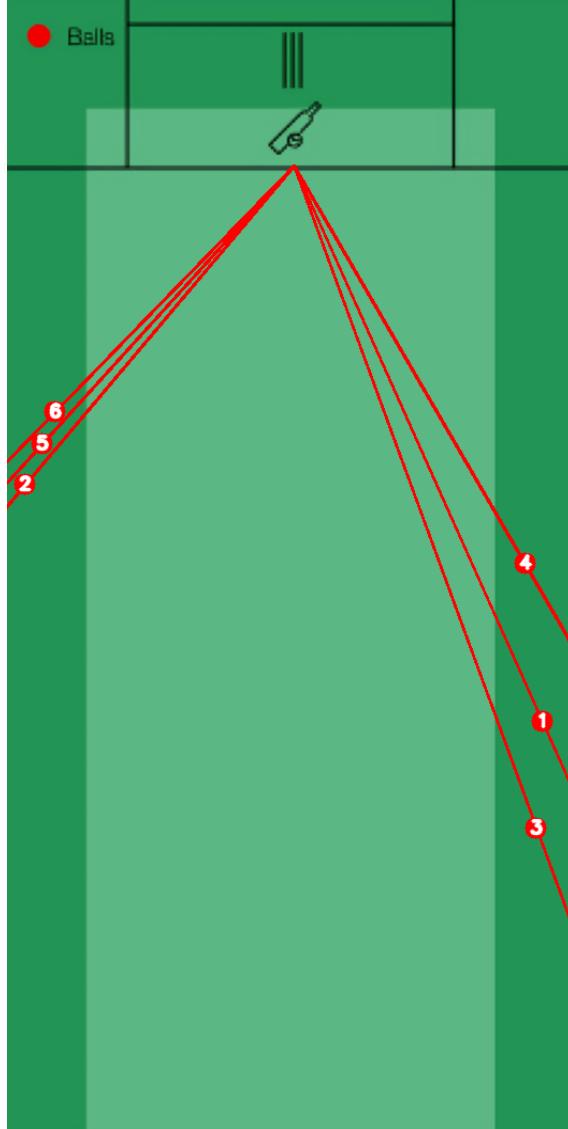


Scan to view the video

Bottom hand drill



Bottom hand drill map



Insights:

Ball 1	Good
--------	------

Accurate: Leg Stump Ball Hit to Mid On.

Ball 2	Average
--------	---------

Inaccurate: Off Stump Ball Hit to Cover.

Ball 3	Average
--------	---------

Inaccurate: Middle Stump Ball Hit to Mid On.

Ball 4	Bad
--------	-----

Inaccurate: Off Stump Ball Hit to Square Leg.

Ball 5	Good
--------	------

Accurate: Outside Off Stump Ball Hit to Cover.

Improvements:

Focus on softening the bottom-hand grip to prevent bat face rotation, as noted by the coach. Practice off-stump deliveries to improve accuracy and direction, ensuring shots are played to Mid Off. Work on balance and alignment to maintain consistency across all delivery types.

Feet Planted drill

B

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Ball 1



Ball 2



Ball 3



Ball 4



Ball 5



Ball 6



Insights:

Ball 1 | Average

Average Connection, Cover Drive, Feet Planted

Ball 2 | Good

Improper Feeding, Late Cut, Feet Planted

Ball 3 | Good

Good Connection, Off Drive, Feet Planted

Ball 4 | Average

Average Connection, Straight Drive, Feet Planted

Ball 5 | Good

Good Connection, Straight Shot, Feet Planted

Ball 6 | Average

Average Connection, Straight Drive, Feet Planted

Improvements:

Vihaan's hands are moving well, and impact positioning is good. However, he should focus on playing more in the front V, ensuring the hands stay close to the body during the backlift. Consistently aligning shots in this direction will improve control and shot execution.

Backfoot drill

B+

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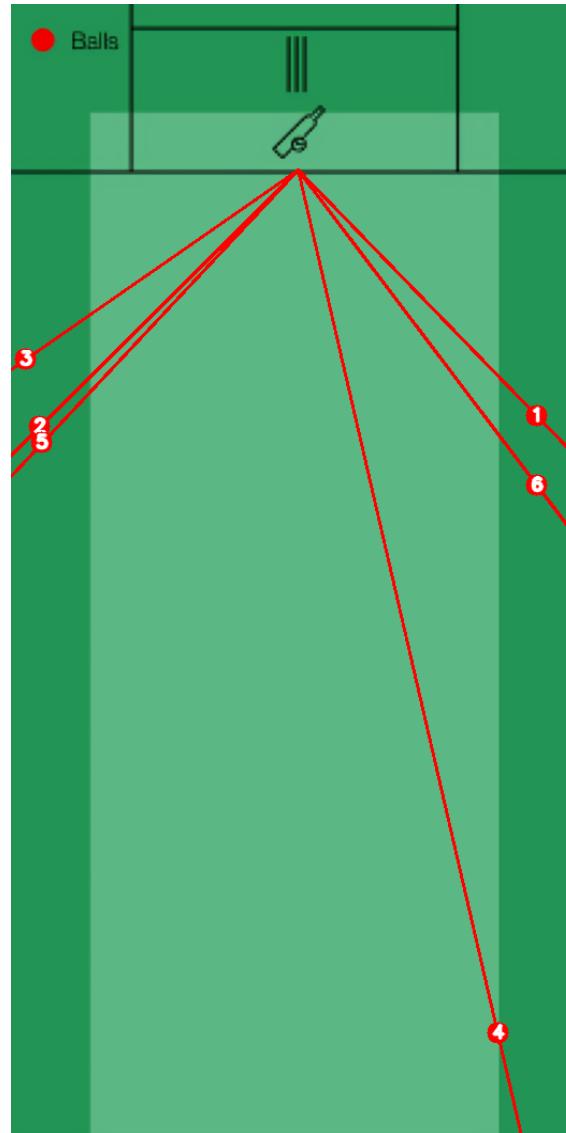


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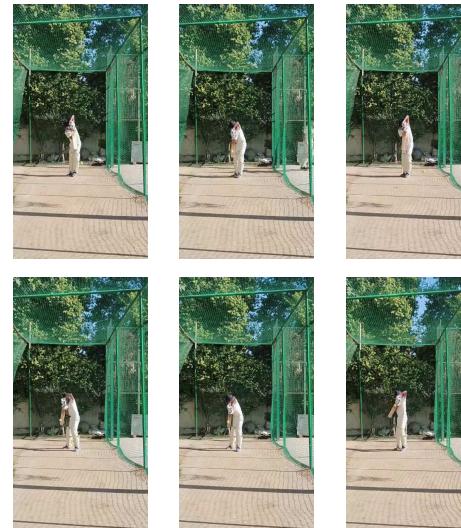
Backfoot drive



Backfoot drive map



Backfoot defence



Insights:

The batter had mixed accuracy on the backfoot drive drill. Balls 2, 3, and 5 were accurate, but balls 1, 4, and 6 were not. Ball 6 scored 0, showing significant misexecution, particularly with leg and off stump deliveries.

Improvements:

Focus on a side-on position, keeping hands closer to the body while driving. Practice alignment and balance for better shot direction, especially for leg and off stump deliveries. A consistent grip and stance will help avoid wide shots.

Power hitting drill

A

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Power hitting



Balls	Launch angle	Ball speed before	Ball speed after	Bat speed
Ball 1	32.75°	16.01 Kmph	67.84 Kmph	73.21 Kmph
Ball 2	32.21°	15.95 Kmph	59.43 Kmph	66.32 Kmph
Ball 3	16.66°	15.93 Kmph	44.39 Kmph	50.78 Kmph
Ball 4	18.34°	15.93 Kmph	61.18 Kmph	70.65 Kmph
Ball 5	15.36°	17.07 Kmph	51.62 Kmph	60.96 Kmph
Ball 6	22.83°	15.49 Kmph	71.23 Kmph	82.43 Kmph

Insights:

The batter displays excellent bat speed for his age, with a peak of 82.43, indicating strong swing mechanics and power. However, fluctuations in ball speed suggest inconsistent energy transfer, which may impact shot effectiveness.

Improvements:

Refining weight transfer and timing will help maximize energy conversion, leading to more consistent power hitting. Focused drills on hip rotation and follow-through can further enhance shot efficiency and ball striking.

Running b/w wickets

B+

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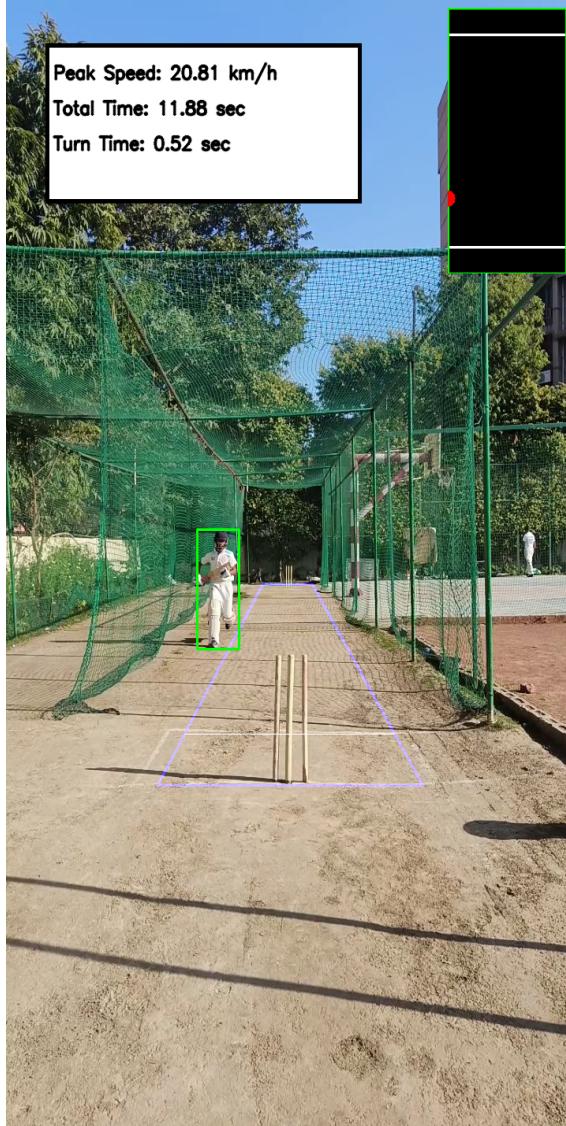


Scan to view the video

Running b/w wickets set 1



Run a 3: 11.88 secs



Running b/w wickets

Insights:

Vihaan completed the drill in 11.82 seconds, slightly above the 11-second baseline. His running is efficient, but a minor delay in acceleration after each run is affecting his overall time. Closing this gap will help him reach the target and improve his running between wickets.

Avg Timing Benchmark:



Improvements:

To reduce his time, Vihaan should focus on quick acceleration after each turn. Maintaining a low center of gravity, explosive first few steps, and strong arm drive will enhance speed. Sprint drills and interval training can help him develop better acceleration and reach the baseline target more consistently.

Hold your pose

C

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Ball 1



Ball 2



Ball 3



Insights:

Ball 1 | 3.55 Sec

Ball 2 | 3.62 Sec

Ball 3 | 3.37 Sec

Improvements:

To improve consistency in hold times, incorporating core stability drills will enhance endurance and post-shot balance. Strengthening lower-body stability with single-leg balance exercises can help sustain posture longer, leading to better overall shot control.

SPORTS ABILITY TESTS

The Sport Ability Tests are a suite of standardised assessment that evaluates an individual's sport specific abilities like specific skills and game sense. It encompasses components such as technique evaluation, ball/bat/racket tracking, and sport-specific game sense tests.

ATHLETIC ABILITY

The Athletic Ability Test is a standardised assessment that evaluates an individual's physical fitness, athletic potential, and overall ability. It encompasses components such as speed, agility, strength, endurance, balance, and more.

BADMINTON

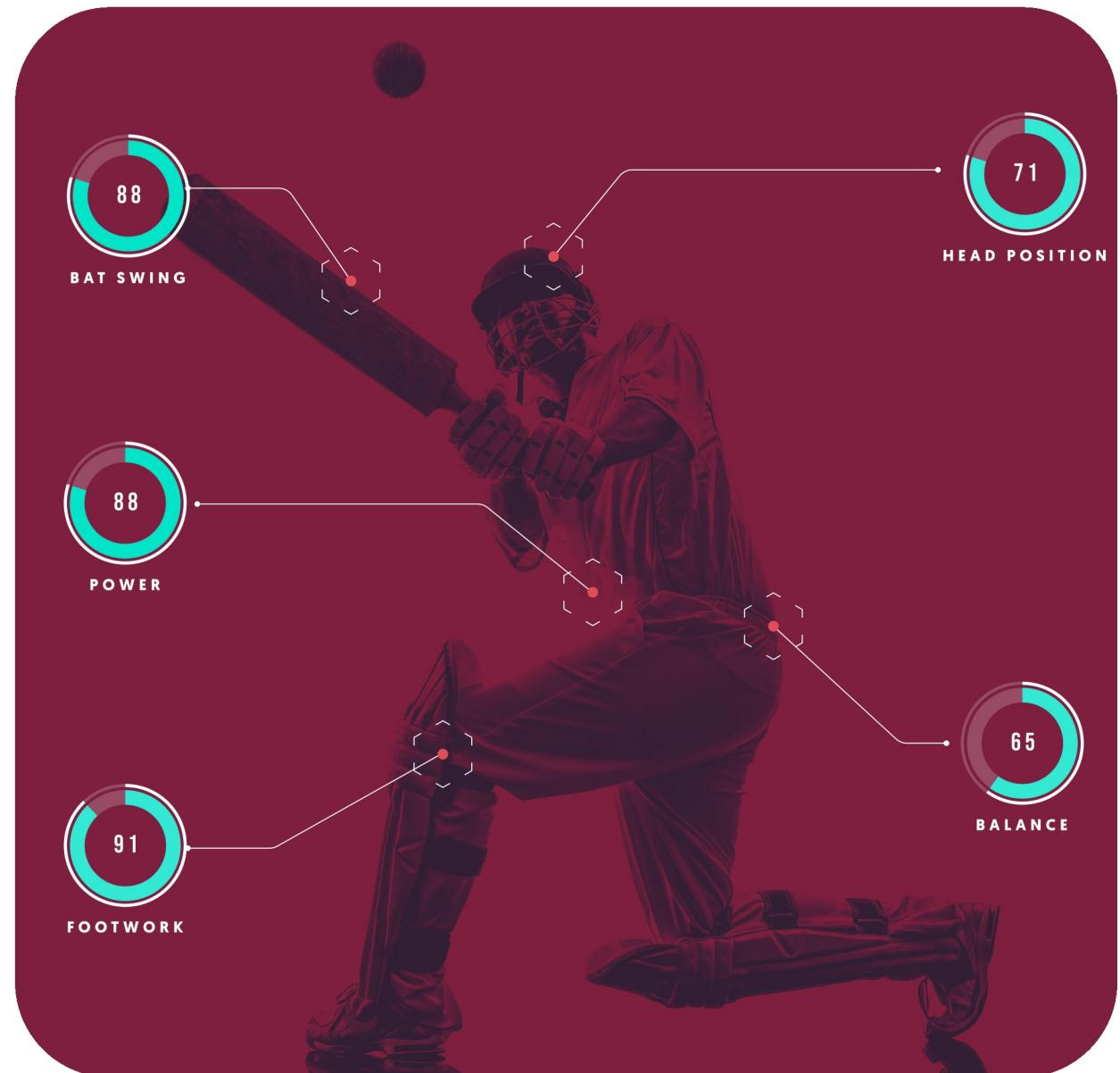
Standardised tests to evaluate the varying skills within badminton like court coverage, stroke technique and game sense.

FOOTBALL

Standardised tests to evaluate the varying skills within football like ball control, shooting and game sense.

OTHER SPORTS

Our sport agnostic technology enables us to easily build standardised tests for any other sport.



STANDARDISED SPORTS AND FITNESS TESTING

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Advanced Athletic Ability	₹ 1,800/-
DNA Test - 112 Markers	Contact Us

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