



Sports For Life

Strengthening Grassroots Sports in India

PLAY TO
PROGRESS



In-School Sports Program

A comprehensive, structured sports program for every student from movement basics to competitive sport. Students build coordination, fitness, and essential athletic skills while exploring a variety of sports.

60+

Active centres, Mumbai & Pune

5-Stage

Program Framework

15+

Sports We Deliver

Who we are What drives us

Building India's next generation of athletes
one school at a time.

*"We believe every child deserves structured, expert-led sport.
Play To Progress is not a tagline it is our operating philosophy."*

SFL at a Glance

2000+

Students trained
annually

60+

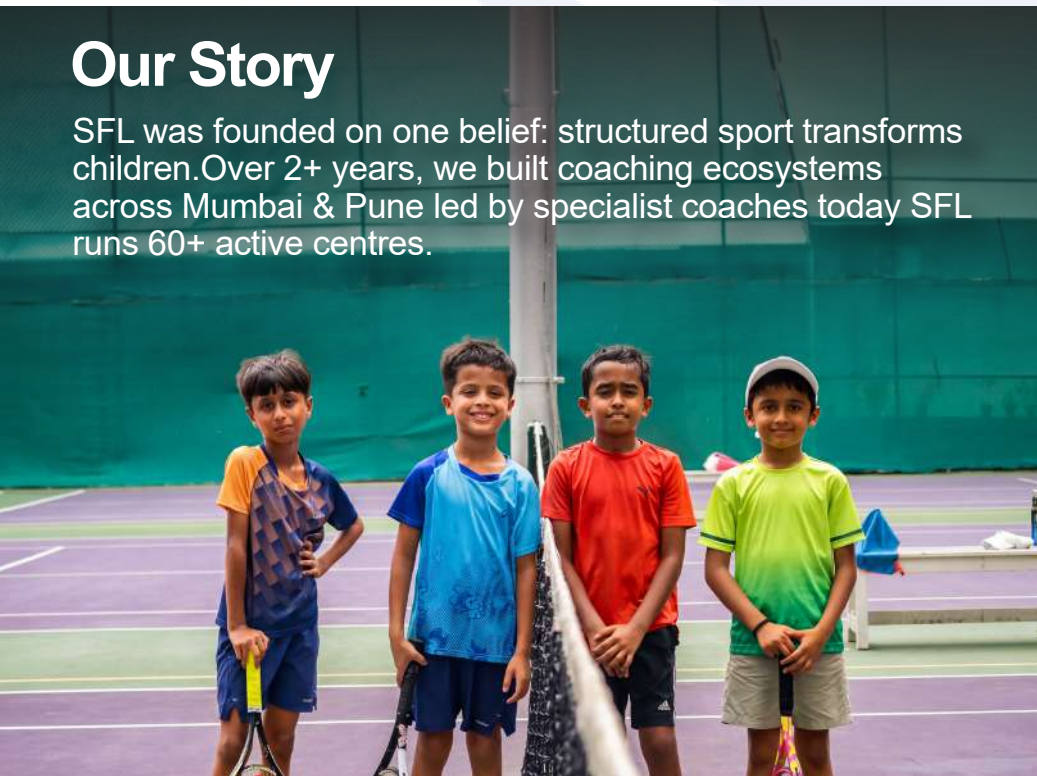
Active centres,
Mumbai & Pune

10 +

Specialist program
heads

Our Story

SFL was founded on one belief: structured sport transforms children. Over 2+ years, we built coaching ecosystems across Mumbai & Pune led by specialist coaches today SFL runs 60+ active centres.



What Makes SFL Different



Specialist Coaches

Every sport led by a
qualified specialist
not a generalist PT
teacher.



Structured Curriculum

Term-wise
progressions, skill
milestones, and
assessment reports.



Any Sport We Deliver

Not a fixed-menu
provider. We build
around your school's
sport needs.



End-to-End Delivery

A complete school sports
solution, including
coaches, equipment,
structured lesson plans,
assessments, and
performance tracking.

The Problem We Solve

What most schools are missing and why it matters.

Physical activity in Indian schools is under-structured, under-coached, and under-prioritised.

The Four Gaps in School Sports Today



No Structure

PT periods exist but lack curriculum, progressions, or assessments. Students repeat the same activity year after year with no skill framework.



Generalist Coaches

Most schools rely on one PT teacher to cover all sports for all ages. No specialist depth means students never develop real competency.



No Multi-Sport Exposure

Children are rarely given access to more than one or two sports. Without exposure, they cannot discover what they are suited to.



No Tracking or Reports

Parents have zero visibility into their child's physical development. Schools have no data; sport stays invisible in outcomes.



< 45 min

Actual active time in most school PT periods

1 in 4

Indian children meet daily activity guidelines

Age 12

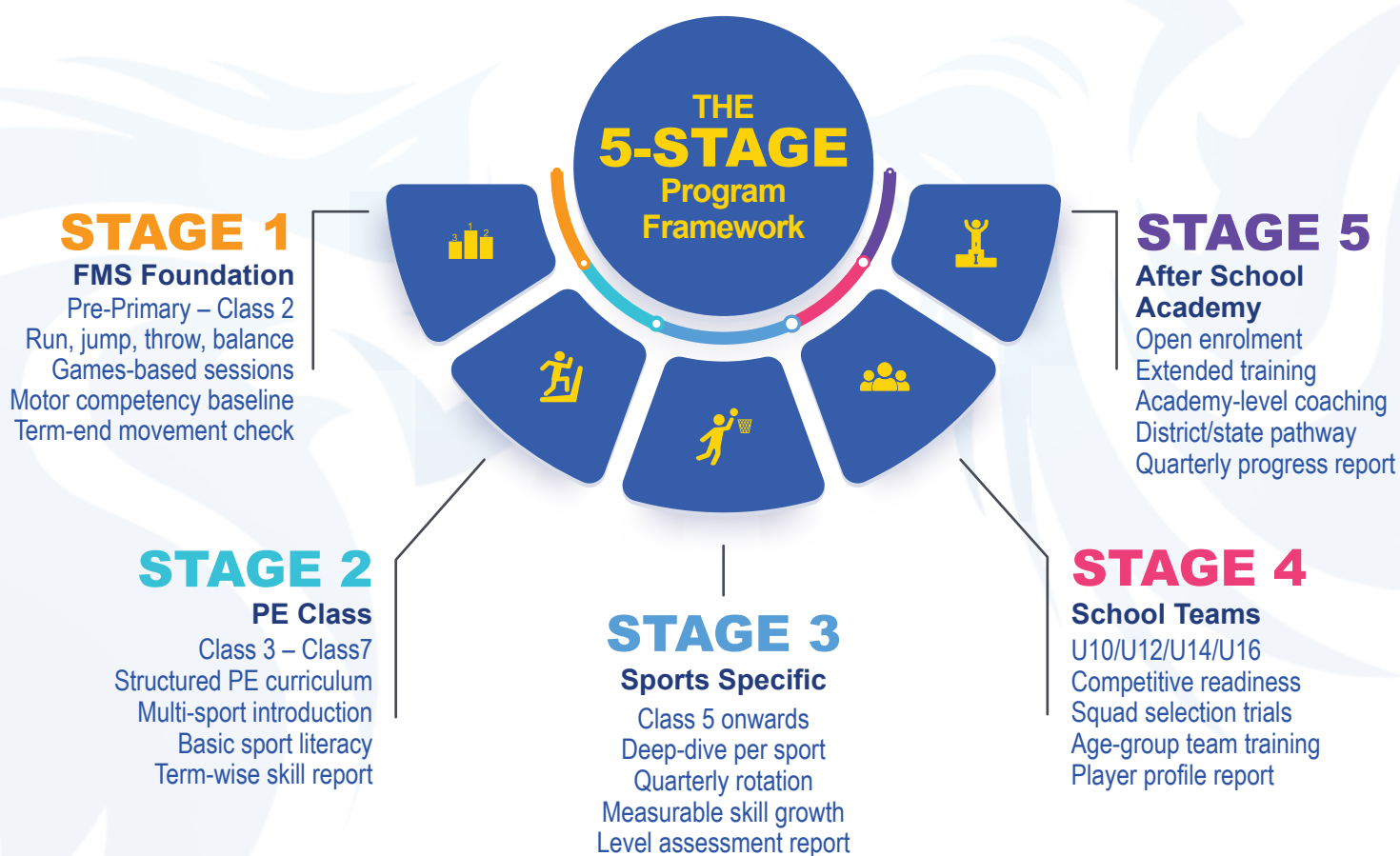
Motor skill gaps formed before this: hard to fix

The Opportunity for Schools

Schools that invest in structured sports see measurable gains in student wellbeing, discipline, and academic engagement. SFL turns your sports period into a structured, coach-led program that is tracked, reported, and valued by parents and principals.



THE 5-STAGE Program Framework



**A structured pathway
from movement basics
to competitive sport.**

Every stage is coached, assessed, and designed to help students progress to the next level.



Program Specifications

Batch Size:	<i>20–30 students per coach per session</i>
Frequency:	<i>2–3 sessions per week per sport</i>
Coach Ratio:	<i>1 specialist coach per batch</i>
Session Length:	<i>45–60 minutes per session</i>
Year 1 Sports:	<i>School selects, we guide the mix</i>
Reporting:	<i>Monthly progress + term-end assessments</i>

Any sport. Expert-coached. Built around your school.

Sports SFL Can Deliver For Your School

If your sport isn't listed, contact us. If your school needs a sport not listed just speak to us.



Football



Tennis



Badminton



Basketball



Table Tennis



Chess



Cricket



Athletics



Volleyball



Gymnastics



Swimming



Kabaddi



Kho-Kho



Yoga



+ Your Sport

How SFL Structures Each Sport's Curriculum

Term 1 - Foundation

Core movement patterns
Rules and safety Basic skill
drills Fun-first approach
Baseline assessment.

Term 2 - Development

Build on Term 1 skills Game
situation drills Positional
awareness Peer practice
Mid-term check.

Term 3 - Application

Full game formats Tactical
understanding Mini-leagues
Individual feedback
Term-end level report.

Term 4 - Progression

Advanced skill work Lead-
ership roles Inter-squad
competitions Level promo-
tion review Next stage
planning.

Expert coaches. Proven credentials.

SFL Coaching Philosophy

We believe the coach makes the program. Every SFL coach is a specialist in their sport not a generalist. Coaches follow SFL's curriculum and report on every student.

Program Heads & Lead Coaches



Football



Heimir Hallgrímsson

Head coach of the Ireland Men's National Football Team.



International pedigree,
UEFA certified



Football



Satyajeeet Saaini

Founder of MH Oranje and FA Certified Coach



National-level player,
structured youth dev.



Badminton



Deep Rambhiya

India Rank-1 in Doubles and Rank-2 in Mixed Doubles



Shiv Chhatrapati
Awardee



Badminton



Siddharth Nageshkar

Bronze in All India University Nationals, Chennai 2018.



Winner in Men's Doubles
and Mix Doubles in
Smash masters Mumbai
District 2025.



Basketball



Yadwinder Singh

India Men's Asst. Coach & Mentor to multiple state teams



Ex-India Captain.

Table Tennis



Shailaja Gohad



Coach of Madhurika Patkar, developed 100+ national players till date

Coach to Commonwealth Games medalists

Table Tennis



Chaitanya Udare



National Medalists produced - 10

Coach to Maharashtra Team & National/International Medalists

Table Tennis



Moonmoon Mukherjee



World Masters Table Tennis Championship Bronze Medallist

Former International Table Tennis Player

Tennis



Aditya Chougule



AITA certified, tournament experience

ITF International Coaches Conference, Thailand 2019.

Tennis



Aniket Wakankar



18 years coaching experience
ITF Level 2 certified

Represented Maharashtra in Boys U14 & U17 National Games.

SFL Coaching Standards, What Every Coach Delivers



Structured Sessions

Every session: warm-up, skill block, game application, cool-down.



Student Tracking

Coaches log individual student progress every term against SFL rubrics.



Parent Communication

Coaches contribute to term-end reports shared with parents.



Curriculum Adherence

All coaches trained on SFL's 36-week calendar and skill milestones.



Safeguarding

Every coach undergoes background verification, POCSO certification, and fire safety training to ensure a safe sporting environment.



Continuous Learning

Regular coach huddles and peer observations ensure quality standards.

Track progress. Measure growth. Shape champions.

SFL's assessment system gives schools and parents full visibility into student sporting progress.

SFL's 4-Tier Assessment System



Tier 1 - Movement Screening

- Pre-Primary – Class 2
- Basic motor skill check
- Run, jump, throw, balance
- Games-based evaluation
- Identifies needs early



Tier 2 - Sport Literacy

- Class 3 – 7
- Multi-sport baseline
- Rules & basic technique
- Game awareness check
- First formal sport report



Tier 3 - Skill Proficiency

- Class 5+
- Sport-specific rubric
- Technical assessment
- Drives level promotions
- Coach-reviewed result



Tier 4 - Performance Review

- Physical + Tactical attributes
- Full player profile
- Teams & Academy
- Squad selection input
- Development plan created



Backed by Sports Science

Talent needs the right support system.

Every SFL student benefits from a dedicated sports science approach keeping them fit, fuelled, and mentally sharp.



Strength & Conditioning
Age-appropriate athletic development for power, speed & injury resilience.



Nutrition
Guidance that fuels growth, energy & focus.



Physiotherapy
Injury prevention, recovery, and safe return-to-play.



Sports Psychology
Building confidence, focus & a winning mindset.



Trusted by Leading Schools



Nahar
International
School

**Nahar International
School**



**Chatrabhuj Narsee
School**



**Bombay Scottish
School**



**Don Bosco High
School**

Proven on the Bigger Stages

The same SFL ecosystem behind these athletes now comes to your school.

Football



Mumbai Champions
- MPL
2025-26

Only academy
with 2 YPL titles
(U7 & U9
Champions)

DPDL
Champions

MSSA
Champions U14
(also CISCE) &
U8

2 players
signed for
top-division pro
football in Europe

Table Tennis



Commonwealth
Games Team Gold
2018 & Team Silver
2010 (Women's)

4x Gold - South Asian
Games (Junior & Senior)

Trained an Arjuna &
Shiv Chhatrapati
awardee

12 players represented
India · 35+ national
players

Current India
No. 3 player

5 National titles
20+ State titles · 500+
titles overall

Tennis



Represented India
as No.1 player - ITF
Billie Jean King Cup
2023 (Kazakhstan)

Junior Rod Laver
Cup 2023 Winners
(Team India, USA)

Former U14 &
U16 National
Champions

French Bowl
& Dubai Bowl
Finalists

Winner - AITA
₹1 Lakh
Tournament,
Pune (2026)

We handle the program. You provide the space.

Your School Provides

-  Sports ground, court, or indoor hall
-  Dedicated PT period or sports slot
-  Student batch coordination
-  Parent communication support
-  Basic equipment storage space

SFL Provides

-  Certified specialist coaches
-  Full sports equipment (balls, nets, gear)
-  Structured curriculum & session plans
-  Term-wise student assessment reports
-  Parent communication kit
-  SFL Parent App access (coming soon)
-  Annual sports day planning support



Pathways Beyond the Field

**Helping talented athletes
unlock opportunities
beyond the game.**

For athletes who demonstrate exceptional potential, SFL provides access to pathways that support sporting, academic, and career growth.



COMPETITIVE EXPOSURE

- District, State & National Tournaments
- International Tournament Exposure
- Elite Competition Readiness



INTERNATIONAL TRAINING

- Overseas Training Camps
- International Coaches & Clubs
- Global Playing Experience



SCOUTING & CAREER PATHWAYS

- Talent Identification
- Academy & Club Scouting
- Professional Sporting Opportunities



EDUCATION THROUGH SPORT

- Guidance for Sports-Based Admissions
- Indian & International Universities
- Higher Education Pathways



ELITE ATHLETE SUPPORT

- Nutrition & Performance Support
- Equipment Assistance
- Athlete Sponsorship Opportunities*

**Available for selected elite athletes based on performance.*



From Local Talent to Global Opportunities.

How We Get Started

3 SIMPLE STEPS

01

Discovery Meeting

- 30-min visit to your school
- Understand PT schedule & space
- Discuss student age groups
- Choose sports to start with
- No obligation, just a conversation

02

Custom Proposal

- SFL prepares a tailored plan
- Sports, batches, coach names
- Yearly calendar & schedule
- Delivered within 5 working days
- Reviewed together with school

03

Program Launch

- MOA / agreement signed
- Equipment delivered to school
- Parent communication sent
- Coaches inducted with school
- First session within 2 weeks

Notes

Why Schools Choose SFL?

Turnkey Delivery

We bring everything: coaches, curriculum, equipment, reports.

Any Sport

You choose the sport. We build the program. No compromise.

Structured & Reported

Parents and principals see results, not just activity.

Proven Track Record

60 + centres 2000 + kids, we know school sport.



Ready to bring SFL to your school?

Let's start with a **30-minute discovery meeting**.
No obligations, no pitch just a conversation.

Book a Discovery Meeting

 **Contact us - +91 97735 41223 / +91 84607 49709**



Scan to Enquire