



Premier
League



BRITISH
COUNCIL

Celebrating the British Council and Premier League partnership in India



India 2007 to 2025



Foreword

The partnership between the British Council and the Premier League has supported 7,500 teachers and coaches and benefited more than 180,000 children and young people across India.

It has been incredible to see these teachers and coaches grow in skill and confidence, driven by their commitment to creating more inclusive and fun experiences for the children and young people they work with. This document celebrates their achievements and shares what the training has meant to them.

Together, we are proud to have delivered Premier Skills and Premier League Primary Stars in India, and the Premier League is equally proud to have recently opened its new office in Mumbai. We believe football is more than a game – it has a unique ability to bring people together, open doors and create opportunities far beyond the pitch. It also connects people across borders, with Premier League club coaches and their Indian counterparts learning as much from each other as they share.

We would like to thank everyone who took part in and supported the programme, and all those who have shared their stories.

Alison Barrett, Country Director India, British Council

Nick Perchard, Director of Community, Premier League



Transforming practice

Teachers' and coaches' experiences

The British Council and the Premier League have worked together to create positive change in schools and communities in India. We're proud of our work together delivering football coaching, referee training, coach education and support for youth enterprise.

This booklet celebrates the impact on the teachers and coaches who took part, in their own words. It shows how football and sport can support young people and help them develop the skills that matter both on and off the pitch.

Teachers and coaches described how the football coaching programme

influenced their ability to adapt lessons, ensure full participation, and create safe, supportive learning environments where all children could engage meaningfully.

Teachers and coaches described how for young people, the programme fostered confidence, teamwork, resilience, wellbeing, and social-emotional development through enjoyable, game-based activities that promoted positive values and life skills.

The emphasis on girls' participation helped challenge gender stereotypes, increasing

confidence, visibility, and engagement in sport.

Sustainability was reinforced through strong communities of practice, with teachers and coaches mentoring peers and sharing resources to embed approaches beyond the programme.

Collectively, the accounts of teachers and coaches in this booklet highlight the impact of Premier Skills and Premier League Primary Stars as a catalyst for lasting professional growth, inclusive practice, and positive learner development.

The stories and voices in this booklet belong to those who took part in Premier League Primary Stars India.





7,500

Teachers and coaches trained



18

States with training



180,000

Students impacted



Premier Skills and Premier League Primary Stars supported coaches and teachers to deliver safe, inclusive and fun football experiences. In India, Premier Skills began in 2007, training community coaches to deliver

high-quality sessions. Primary Stars followed in 2019, providing tailored support to teachers to strengthen physical education in primary schools.

This investment would not have been possible without

the help and support of our incredible partners.

We would like to thank everyone who supported and took part in Premier Skills and Premier League Primary Stars in India.

Learning and cultural exchange

Learning and cultural exchange have been at the heart of the programme. Premier League community coaches have played a key role in delivering Premier League programmes in India, sharing their coaching expertise while learning alongside local coaches. For many, this was their first visit to India, and they have spoken about how inspiring it was to see participants embrace new

ideas and confidently apply them in their own sessions. Just as importantly, the exchange worked both ways – Premier League community coaches consistently reflected on how much they learned from their Indian counterparts, gaining fresh perspectives, new approaches and a deeper understanding of how football can be adapted to different communities and cultures.



// Partnering with community coaches from our Premier League clubs to help develop the skills of the next generation of Indian coaches was both a privilege and a powerful example of football's global impact. //



Adam Lea, Premier League



Transformation of educators

Premier Skills and Premier League Primary Stars supported professional growth, strengthening teachers' and coaches' confidence, pedagogical skills, and capacity to deliver engaging, child-centred football and physical education sessions.

Teachers and coaches developed the ability to create inclusive, safe, and values-driven learning environments, becoming more effective, reflective, and learner-focused facilitators beyond the life of the programme.



// *Going through this whole programme, I have developed a great confidence. It has helped me in my teaching abilities and in my personal life. My PE sessions are more organised. I have a clearer picture in my mind of how I'm going to start, how I'm going to progress, and how I'm going to end. The participants connect to me, and participation in both school and community has improved.*

//



Pushpender Solanki, Delhi



// *Participating in the British Council Premier League programme was an enriching experience. I noticed increased confidence, communication skills, and cooperation among the students. The code of conduct component also helped in promoting discipline and positive behaviour.*

//



Soma Saha, West Bengal



// Earlier when we planned a session, it was more of a specific training programme and not a holistic and inclusive programme. Now we are working on the holistic development of the child. We are involving every single child in the session, keeping in mind that it has to be an inclusive environment, it has to be a fun environment, and it has to be something from which students learn. //

 Nariender Tokas, Delhi

// My self-confidence and self-awareness have improved with better decision making and lesson planning. //

 Nasim Ara, West Bengal

Inclusive pedagogy

Premier Skills and Premier League Primary Stars strengthened inclusive pedagogy by equipping teachers and coaches with the skills to adapt lessons, promote equal participation, and foster safe, supportive learning environments. As a result, every child was better able to feel included and engage effectively in learning, with these inclusive practices continuing well beyond the programme's completion.

// *When I got the hang of using SMILES and STEPS, I started coaching in a different way. My sessions were more inclusive, there was more participation and all the students started enjoying those sessions.* //

 **Shekhar Kerkar, Goa**



// *Before training I was not able to engage all students in an activity but now I proudly say that I can handle any class without hesitation and fear.* //


 **Smita Mahapurush, Bangalore, Karnataka**

// 100% participation. Safety, getting knowledge by the game. Enjoying the game. //

 D. George Pushparaj, Trichy, Tamil Nadu



// All students are involved and enjoying the activities and improving their skills. //

 Jayanta Kumar Ping, Bhubaneswar, Odisha

Impact on young people

Premier Skills and Premier League Primary Stars had a positive influence on young people, building their confidence, teamwork, resilience, and social-emotional skills through engaging and enjoyable physical education and coaching activities. By encouraging active participation and supporting wellbeing, children developed life skills that continue to benefit them beyond the programme.



// *Before, one student was unable to take part in the activity and she used to sit in the corner. But after this training, her parents told us they could see a notable difference – she was smiling at home and participating in sports activities in school.*

//

 Sajid Jamal, West Bengal

// *This training delivers the best knowledge for children and my society.* //

 Ali Mitra, West Bengal



// *This teaching has had a broad impact on our students. If students follow the values in their daily lives it will help them develop into good human beings.* //

 Sangeeta Dutta, West Bengal



Sustainability through communities of practice

The British Council and Premier League partnership programme supported long-term sustainability through strong Communities of Practice, where trained teachers continued to share best practice, session ideas, and practical solutions with their peers. By mentoring colleagues within their schools, community groups, clubs, and using WhatsApp groups to exchange resources and experiences, teachers and coaches helped embed the programme's approaches, strengthen collective capacity, and support ongoing improvement well beyond the programme's conclusion.

// Primary teachers now come to us ... they plan together, take children out, and use these concepts in their lessons. //

 Nariender Tokas, Delhi



// *There are so many things I could share, but one thing I've truly enjoyed since becoming a part of this is learning about social values and life skills, which are essential for the next generation.* //

 **Kala Venkidusamy, Tamil Nadu**

// *I am continuing teaching using the methods taught to us and admission in my new school has also increased.* //

 **Bikram Keshari Patel, Odisha**



// *The number of participants increased and the teachers expressed that this method can be exercised for other subjects too.* //

 **Chitra Gangadharan, Bangalore**

Personal and professional transformation

The British Council and Premier League partnership supported personal and professional development by motivating educators to pursue further learning, providing information about coaching licences and clear development pathways. Through shared experiences and peer support, teachers and coaches felt inspired, more confident, and committed to strengthening their skills and practice.

// *Because of the Premier Skills and Premier League Primary Stars programmes, I understood the pathway from coach to coach educator. That knowledge gave me the confidence to pursue higher qualifications and take on new roles, and it continues to motivate me to keep improving my skills and practice.* //

 **Shekhar Kerkar, Goa**



// *Game-based learning, combined with physical education focused lesson planning, strengthened students' self-confidence and awareness.* //

 **Piyali Biswas, West Bengal**

// *Participating in the programme was an enriching experience ... I noticed increased confidence, communication skills, and cooperation among the students.* //

 **Soma Saha, West Bengal**



// *The training has developed me personally a lot, not only in my teaching abilities, but in my personal life also.* //

 **Pushpender Solanki, Delhi**

Focus on girls and social perceptions

Premier Skills and Premier League Primary Stars strengthened girls' participation in sport and physical education by creating safe, supportive learning environments and promoting equal opportunities for involvement. By challenging social perceptions and gender stereotypes, the programme led to improvements in girls' confidence, visibility and willingness to engage in physical activity both in school and beyond.



// *Yasmin's journey, from a player in Seema Puri to India's Homeless World Cup captain, is proof of how the programme can change both girls' lives and community perceptions.* //

 Sajid Jamal, West Bengal



// *I created pathways for women by ensuring 50% female participation in cascades, helping them gain licences and livelihoods.* //

 Chitra Gangadharan, Bangalore

// *One of the most positive outcomes I've experienced is seeing how football can truly transform lives, especially for girls from underserved communities. I noticed not only improvement in technical skills but also in self-confidence, discipline, and sense of leadership.* //

 Anne Aiza Khan, Delhi

// *Through the Little Girls League, I saw community perceptions shift dramatically, from just 5 girls playing in 2019 to more than 300 in 2024. Parents, once hesitant, now proudly encourage their daughters to join.* //

 Nathan D'Costa, Goa





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