LEGAXY SPORTS ACADEMY

SPOT . TRAIN . RISE



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LEGAXY SPORTS ACADEMY

LEGAXY LEARNING

Building India's most modern, athlete-led school sports ecosystem.

LegaXy integrates structured sports education into school systems to create:

MISSION

To provide children across schools with world-class, age-appropriate sports training that builds lifelong skills and opens professional pathways.

VISION

To be the most trusted school sports program, developing confident, fit, and skilled athletes who embody sportsmanship and achieve success at national and global levels.

ABOUT LEGAXY

LegaXy is a full-stack sports & entertainment organization featuring:

- LegaXy Elite – Athlete Representation & Development
- LegaXy Learning – School Sports Education Program
- LegaXy Studio – Media, Film & Digital Content Production
- LegaXy Live – Events, Tournaments & IPs

A complete ecosystem supporting schools & students.



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WHY SCHOOLS ARE EMBRACING MODERN SPORTS PROGRAMS

*Schools today are transforming sports from a routine period into a **powerful driver of student growth and school excellence.***

A modern, structured sports program enables schools to achieve:

A well-planned, outcome-based PE curriculum:

Instead of unstructured play, students experience meaningful, age-appropriate learning.

Expert coaching that elevates student performance:

Trained coaches deliver consistent, professional sessions aligned with educational frameworks.

Stronger inter-school presence & competitive teams:

Schools gain recognition through improved participation and results in tournaments.

Clear assessments and measurable student progress:

Regular reporting helps parents and school leaders track fitness, skills, discipline, and growth.

Higher parent engagement & satisfaction:

Sports events, workshops, and student achievements build strong school–parent relationships.

A thriving sports culture across the school:

Students become fitter, more confident, and more disciplined — enhancing overall school reputation.



With LEGAXY, schools unlock all these opportunities through a single, turnkey solution.

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NEP 2020 & NCF 2023 COMPLIANCE

Our program is fully aligned with:

- National Education Policy 2020
- National Curriculum Framework 2023
- CBSE Physical Education Strands (1–4)
- Fit India School Rating requirements

Schools stay academically compliant while delivering world-class sports education.

THE LEGAXY SCHOOL SPORTS EDUCATION PROGRAM

A structured, age-appropriate multi-sport curriculum for classes 1–10:

- Cricket
- Football
- Basketball
- Self Defence
- Fitness & Movement Skills
- Table Tennis
- Badminton
- Swimming



Designed by elite athletes & implemented by trained coaches.

CRICKET | FOOTBALL | BASKETBALL | PICKLEBALL | SELF-DEFENCE | CRICKET | FOOTBALL | BASKETBALL | PICK

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TWO TIER PROGRAM STRUCTURE

IN-SCHOOL CURRICULUM

IN-SCHOOL PROGRAM (ALL STUDENTS)

- 80-minute integrated sports period
- 36-week curriculum
- Multi-sport exposure cycles
- Fitness, skills & teamwork sessions
- Class management + discipline + sports values

AFTER-SCHOOL CURRICULUM

AFTER-SCHOOL COACHING

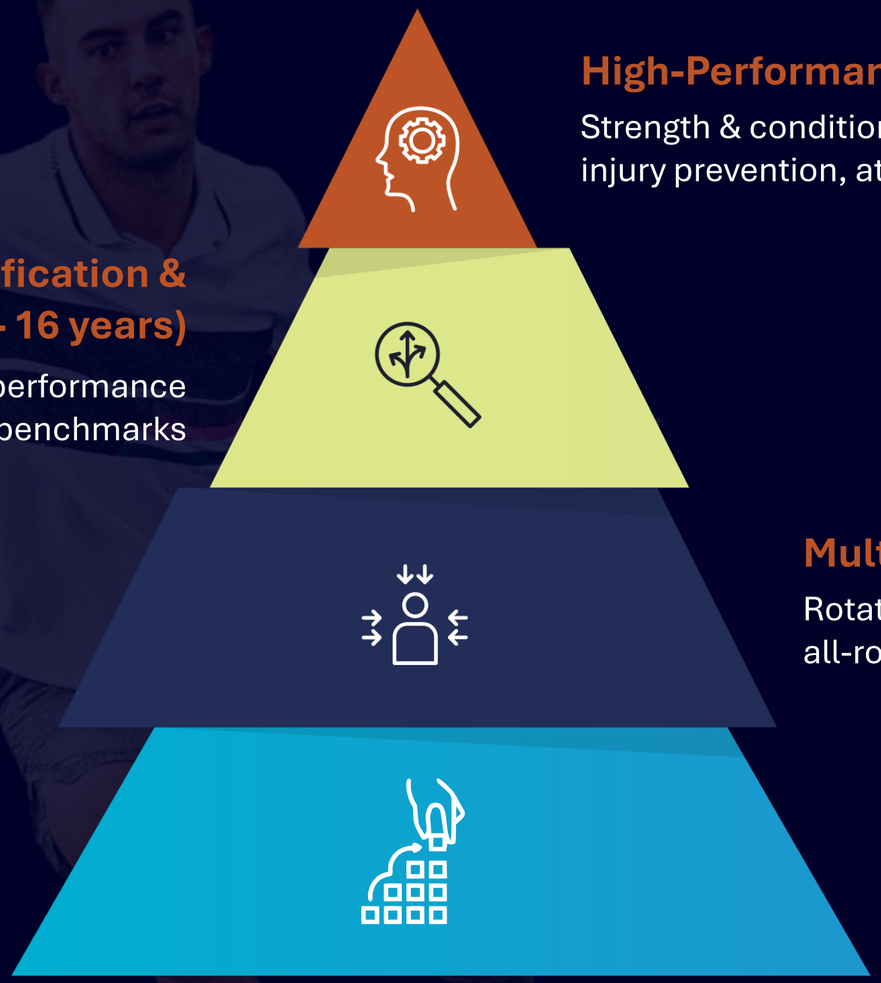
- Sport-specific advanced training
- Small batches
- Tactical + technical + S&C
- Match simulations, assessments
- Pathway to school teams & external tournaments



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AGE WISE DEVELOPMENT PATHWAY



High-Performance Track (16+ years)

Strength & conditioning, mental training, injury prevention, athlete profiling

Talent Identification & Specialization (12 – 16 years)

Sport-specific training & performance benchmarks

Multi-Sport Sampling (9 – 12 years)

Rotate across multiple sports to build all-round development

Fundamentals (6 – 9 years)

Movement skills, balance, flexibility, coordination

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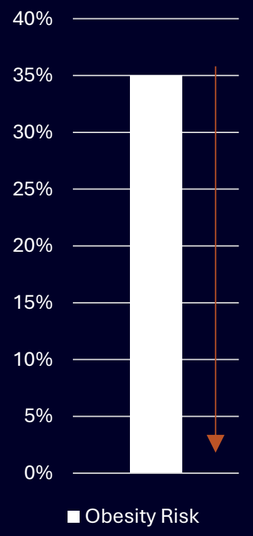
LEGAXY LEARNING

HOW REGULAR SPORTS BENEFIT STUDENTS

PHYSICAL HEALTH

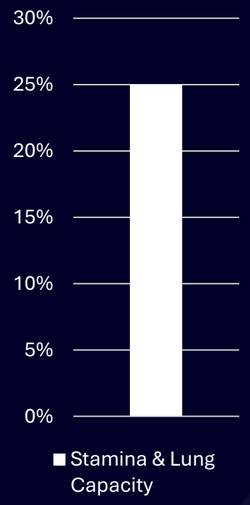
30-40%

Lower Obesity Risk



20-30%

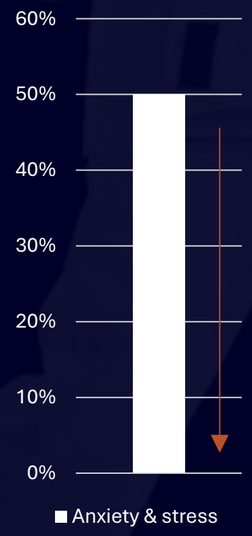
Improvement in stamina & lung capacity



MENTAL HEALTH

50%

Lower anxiety & stress



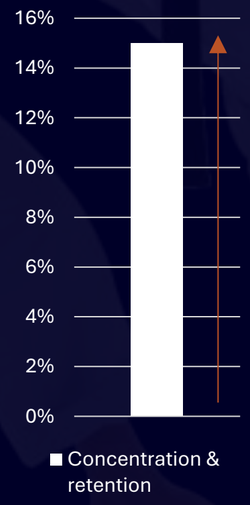
Higher confidence & emotional stability



ACADEMIC ENHANCEMENT

10-20%

Better concentration & retention



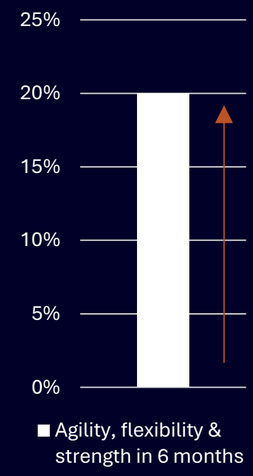
Higher classroom discipline



FITNESS BENCHMARKS

15-25%

Improvement in agility, flexibility & strength in 6 months



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PROGRAM CHARACTERISTICS

Modelled on global best practices:

- Age-appropriate structured curriculum
- Safe, inclusive & child-centric methodology
- Trained PE + sports coaches
- Sports science elements (S&C, recovery, psychology)
- Classroom management strategies
- Equipment & props provided
- Alignment with school timetable



TECHNOLOGY, MONITORING & REPORTING

LegaXy uses a data-driven system for:

- Attendance & class delivery reports
- Skill & fitness assessments
- Talent identification
- Video-based performance reviews
- Parent communication & progress dashboards
- School leadership reports

Ensures transparency, accountability & measurable results.

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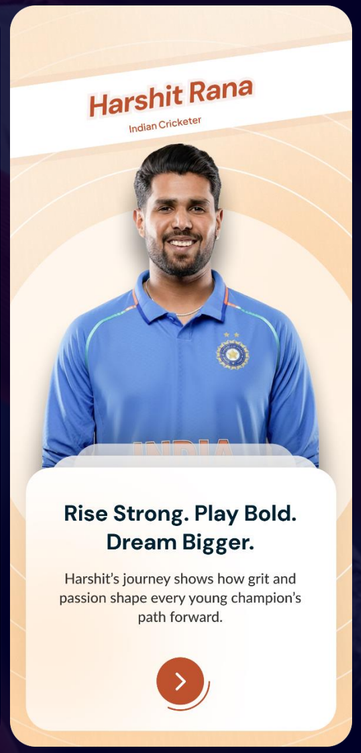
LEGAXY SPORTS ACADEMY MOBILE APP

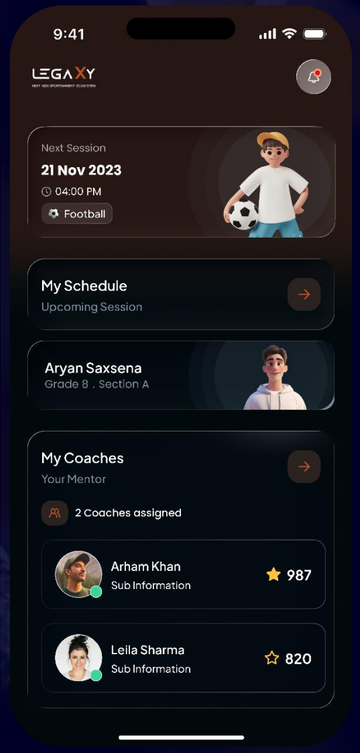
Powering a Smarter, Data-Driven Sports Learning Experience

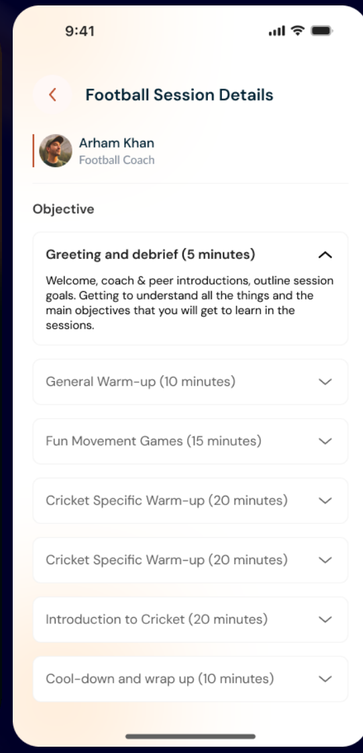
The LegaXy Sports Academy App is the technological backbone of our program—designed to enhance how students learn, practice, and grow in sports. This proprietary digital platform empowers:

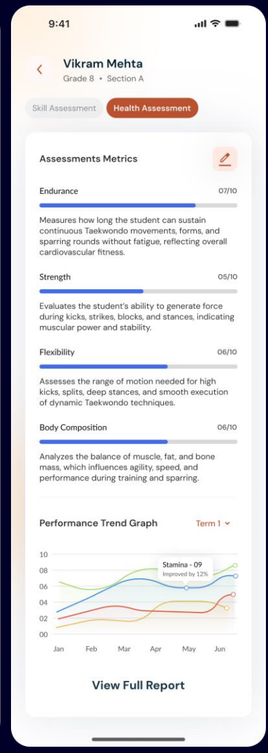
Students Coaches Parents











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SCHOOL ECOSYSTEM ENGAGEMENT
BEYOND COACHING

We build a culture, not just classes:

- **SCHOOL OLYMPICS**
- **INTER-HOUSE & INTER-SCHOOL TOURNAMENTS**
- **SPORTS QUIZ & DEBATES**
- **PARENTS PREMIER LEAGUE**
- **TEACHERS PREMIER LEAGUE**
- **5K FUN RUNS**
- **MENTAL HEALTH, NUTRITION & WELL-BEING WORKSHOPS**



These increase student excitement + parent engagement.

LEGAXY SPORTS ACADEMY

LEGAXY LEARNING

LEGAXY TRAINING BLUEPRINT



WARM-UP
(5–8 minutes)



SKILL FOCUS
(dribbling/passing/movement)



TEAM ACTIVITY
(small-sided games)



MATCH PLAY
(game-based learning)



COOL DOWN
(stretch + mindset recap)

Each session has clear objectives, measurable outcomes & safety protocols.

LESSON PLAN

Program Overview Sample

WEEK	SESSION FOCUS	OBJECTIVE	SKILLS & ACTIVITIES
Week 1	**Introduction to Basketball & Ball Familiarity**	Build comfort with the ball, understanding basic court layout	Roll the ball, toss and catch, bounce and stop, name-the-lines game
Week 2	**Stationary Dribbling & Control**	Develop basic dribbling control and coordination	Stationary dribble (low, medium, high), fun dribble games like "Dribble Freeze"
Week 3	**Moving Dribble & Directional Change**	Learn to move while dribbling, control direction	Walking dribble, zig-zag dribble, cone weave
Week 4	**Passing Basics**	Introduce chest and bounce passes with control	Wall pass, toss and catch, single & double hand pass, stationary partner passing
Week 5	**Passing Relays & Movement**	Build passing under light movement and teamwork	Passing relays, jog and pass, circle passing, dribble and pass combo
Week 6	**Rebounding Fundamentals**	Introduce rebounding with fun targets	Wall rebounding catch, rebound-and-pass, stand & jump rebound

Curriculum Sample

WEEK 8: LAYUP INTRODUCTION

A) Greeting & Brief (5 minutes)
- Welcome players and recap: "Last time, we learned how to shoot from close range."
- Today's goal: "Let's try scoring while running – we're learning the layup!"
- Explain that a layup is the easiest shot when moving fast toward the basket.

B) Dynamic Warm-Up (15 minutes)
- *Full-Court Jog & Reach (5 min)*
- *Skip & High Knees (5 min)*
- Emphasize rhythm by skipping and doing high knees halfway.
- *One-Two Step & Jump (5 min)*
- Practice layup-style "1-2 steps" followed by a small vertical jump without the ball.

C) Layup Progression Drills (30 minutes)
- *Layup Steps Without Ball (8 min)*
- Walk through the layup footwork: inside foot, outside foot, jump.
- *Layup Steps with Ball (8 min)*
- Repeat above steps, now while holding the ball.
- No shooting yet—just simulate movement and form.
- *Mini Hoop Layups (7 min)*
- Practice layups using mini hoops or lowered baskets.
- *Layup Run & Finish (7 min)*
- Start from half court, dribble forward, take layup steps, and shoot.

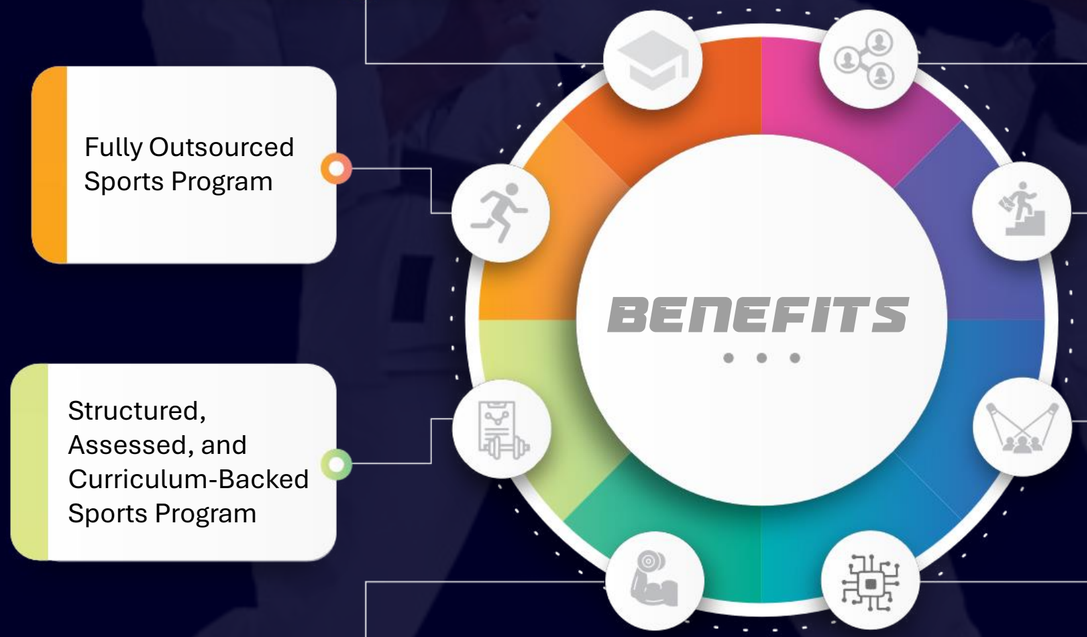
D) Play-Practice-Play Mini-Games (20 minutes)
- *"Layup Line Challenge" (10 min)*
- Players go in pairs. One dribbles and attempts a layup, the other rebounds.
- *"Score and Sprint" Relay (10 min)*
- Divide into teams. Each player completes a layup and runs back to tag the next.

E) Cool-Down & Wrap-Up (10 minutes)
- *Arm & Leg Stretch (3 min)*
- Stretch hamstrings, calves, shoulders, and wrists.

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BENEFITS FOR THE SCHOOL



- Elevated School Reputation & Branding.
- School-Athlete-Ambassador Connect
- Fully Outsourced Sports Program
- Life Skills & Career Pathways for Students
- Structured, Assessed, and Curriculum-Backed Sports Program
- Signature IP events
- Improved Student Fitness & Discipline
- Integration of Sports Science & Tech



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WE DON'T JUST COACH
WE CULTIVATE CHAMPIONS!

To Collaborate, reach out to:

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