



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

खेल प्रशिक्षक

A Sports Coach trains an athlete or a team to excel in a particular sport — teaching technique, building fitness and strength, designing strategy, and mentoring the player to become mentally strong. The coach identifies a...



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

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राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Sports Coach trains an athlete or a team to excel in a particular sport — teaching technique, building fitness and strength, designing strategy, and mentoring the player to become mentally strong. The coach identifies a player's weaknesses, plans training programmes, analyses matches, and teaches injury prevention and discipline. Kabaddi, wrestling, athletics, cricket, badminton, hockey, football or shooting — behind every champion in every sport stands a good coach. With the growth of Khelo India and government academies, coaching is becoming a respected and stable career in India.

2 At a glance

Minimum qualification	Class 12 pass + sporting record; NIS coaching diploma
Course duration	6-week certificate to 1-year diploma
Starting salary	₹15,000–22,000/month
Work mode	On-field training at academy/school/sports dept

3 What you need

INTERESTS

- A deep passion for sport and physical activity
- Interest in teaching others and seeing them improve
- Enthusiasm for team-building, strategy and competition

ABILITIES

- Physical fitness and technical understanding of the sport
- Leadership, patience and the ability to motivate
- Observing, spotting mistakes and correcting them

KEY SKILLS

- Mastery of one sport's technique, rules and skills
- Individual and team strategy and match analysis
- Injury prevention, first aid and sports-science awareness
- Discipline, time-management and communication with players
- Fitness, strength and endurance training for athletes
- Designing training programmes and season planning
- Mental and psychological mentoring of athletes

4 How to get there

- 1 Play one sport seriously and build a record at district/state/national level.
- 2 After Class 12, enrol in a Certificate or Diploma in Sports Coaching at the Netaji Subhas National Institute of Sports (NSNIS Patiala/SAI centres).
- 3 Obtain NIS coaching certification in your sport; optionally add a B.P.Ed/BPES degree.
- 4 Gain hands-on experience as an assistant coach at a school, academy or club.
- 5 Based on experience and results, rise to coach, then head coach and state/national coach.
- 6 In Rajasthan, watch for recruitments by the Youth Affairs & Sports Department, SAI and Khelo India academies.

MAIN EXAMS

- NSNIS Patiala Diploma/Certificate in Sports Coaching selection (sporting record + interview)
- B.P.Ed entrance test (Rajasthan PTET/university level)

5 Where to study**GOVERNMENT INSTITUTES**

- राजस्थान राज्य क्रीड़ा परिषद (युवा मामले एवं खेल विभाग) — Jaipur, Rajasthan (<https://yas.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/home.html>)
- शारीरिक शिक्षा विभाग, राजस्थान विश्वविद्यालय (B.P.Ed) — Jaipur, Rajasthan (<https://www.uniraj.ac.in/>)
- नेताजी सुभाष राष्ट्रीय खेल संस्थान (NSNIS) – डिप्लोमा इन स्पोर्ट्स कोचिंग — Patiala, Punjab (<https://nsnis.org/academic-courses/diploma-in-sports-coaching/>)
- भारतीय खेल प्राधिकरण (SAI) – प्रशिक्षण केंद्र — All-India network (<https://sportsauthorityofindia.nic.in/>)

- लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान (LNIPE) — Gwalior, Madhya Pradesh

PRIVATE INSTITUTES

- मणिपाल यूनिवर्सिटी जयपुर – BPES — Jaipur, Rajasthan (<https://jaipur.manipal.edu/fomca/bachelor-of-physical-education-sports.php>)
- निरवाण यूनिवर्सिटी जयपुर – BPES — Jaipur, Rajasthan (<https://www.nirwanuniversity.ac.in/ug-programmes/bpes>)
- बियानी ग्रुप ऑफ कॉलेजेस – B.P.Ed — Jaipur, Rajasthan (<https://www.biyanicolleges.org/course/bped-college-in-jaipur/>)

ONLINE

- स्किल इंडिया डिजिटल हब — Online (<https://www.skillindiadigital.gov.in/>)

FEES

The one-year NSNIS Patiala Diploma in Sports Coaching costs about ₹63,800 for Indian candidates, while the six-week certificate course is far cheaper. B.P.Ed at government physical-education colleges is relatively low-cost; BPES/B.P.Ed at private universities can cost roughly ₹40,000–1,00,000 per year.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/>)
- राजस्थान छात्रवृत्ति पोर्टल (SJE) (<https://sje.rajasthan.gov.in/>)
- खेलो इंडिया – एथलीट सहायता (SAI) (<https://kheloindia.gov.in/>)

6 What the work is like

WHERE YOU WORK

Sports academies, SAI training centres, state sports council hostels, schools and colleges, universities, sports clubs, professional teams and private coaching centres.

WORK CULTURE

Work is mainly on the field, in gyms and stadiums; long morning-evening training sessions and weekend matches/tournaments are common, with frequent tours and camps. It is an energetic, disciplined, results-driven environment where opportunities for women coaches and para-sport coaches are also growing.

WHO HIRES

- Sports Authority of India (SAI) and Khelo India academies
- Private sports academies and coaching centres
- Professional league teams and sports clubs (cricket, kabaddi, football, etc.)
- Rajasthan Youth Affairs & Sports Department / State Sports Council
- Schools, colleges and universities (physical education/sports)
- National sports federations and state sports associations

DEMAND (2026)

Thanks to Khelo India, the Target Olympic Podium Scheme and a surge in sports academies, demand for qualified, certified coaches is rising fast in India. SAI periodically recruits hundreds of coach posts, and state governments, schools, universities and private academies also hire continuously. For a coach who specialises in one sport and delivers results, it is a stable and respected career.

7 Career growth

- 1 Assistant Coach
- 2 Coach
- 3 Head Coach
- 4 State / National Coach (high-performance)

EARNINGS

Starting	₹15,000–22,000/माह
Mid level	₹25,000–45,000/माह
Senior level	₹60,000–1,12,000+/माह

Per Indeed, a sports coach in India earns about ₹2.28 lakh a year (roughly ₹19,000/month) on average; entry-level and part-time posts pay ₹10,000–18,000/month. Pay rises with experience, certification and results — SAI's 2026 coach recruitment lists senior coach posts paying up to around ₹1.12 lakh/month, and national/international team coaches earn even more.

8 The good parts · The challenges

The good parts

- Turn a beloved sport into a career and produce champions
- Stable opportunities in SAI, state departments, schools-colleges and academies
- Social respect and a positive impact on athletes' lives

The challenges

- Irregular, long hours — dawn-dusk sessions and weekend matches
- Constant pressure on results and team performance
- Entry-level pay can be limited and jobs may be contract-based

9 Real-life journeys

O. M. Nambiar

Athletics coach, mentor of P. T. Usha; Dronacharya Award winner

Othayothu Madhavan Nambiar was an unassuming athletics coach who spotted extraordinary talent in a young Kerala sprinter, P. T. Usha, and through years of gruelling training moulded her into one of the all-time greats of Asian athletics. Under his coaching Usha won a string of Asian Games and track-and-field medals and records, and famously missed an Olympic medal by 1/100th of a second at the 1984 Los Angeles Games. Nambiar received the Dronacharya Award in 1985 and the Padma Shri in 2021. His story shows how a dedicated coach can carry an athlete all the way to the world stage.

Olympics.com · <https://www.olympics.com/en/news/om-nambiar-pt-usha-coach-dies-india-athletics>

Sunil Dabas

Head coach of India's women's kabaddi team; first woman kabaddi coach to win the Dronacharya Award

From a village in Jhajjar district, Haryana, Dr. Sunil Dabas took charge of India's women's kabaddi team in 2005 and led it to seven international gold medals, including the South Asian Games, the Asian Games and the 2012 Women's Kabaddi World Cup. Holding a master's in physical education and a Ph.D. in sports psychology, Dabas became the first woman kabaddi coach to win the Dronacharya Award in 2012 and was honoured with the Padma Shri in 2014. Her journey inspires every girl who dreams of making coaching her career.

Wikipedia · https://en.wikipedia.org/wiki/Sunil_Dabas

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Professional Athlete
- Physical / Fitness Trainer
- Sports Psychologist

11 Sources & further reading

1. Rajasthan Career Guidance – Coach — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%aa%e0%a5%8d%e0%a4%b0%e0%a4%b6%e0%a4%bf%e0%a4%95%e0%a5%8d%e0%a4%b7%e0%a4%95-coach/>
2. NSNIS Patiala – Diploma in Sports Coaching — <https://nsnis.org/academic-courses/diploma-in-sports-coaching/>
3. Sports Authority of India (SAI) — <https://sportsauthorityofindia.nic.in/>
4. Indeed – Sports Coach Salary in India — <https://in.indeed.com/career/sports-coach/salaries>
5. Rajasthan Youth Affairs & Sports Department — <https://yas.rajasthan.gov.in/content/raj/sports/rajasthan-state-sports-council/en/home.html>



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