

Micro-Learning Club Coaching Drill Card #1



Week 1: 23 September 2026:

Athlete-Centred Coaching:

To focus on creating a supportive environment that fosters the athlete's experience and development. Key principles include:

- **Active Participation:** Coaches encourage athletes to engage in decision making and self-determination, promoting autonomy and responsibility.
- **Empowerment:** Coaches listen to athlete's perspectives and value their insights, fostering a sense of ownership and trust.
- **Holistic Development:** Coaches tailor training to individual needs addressing both physical and mental aspects of performance.
- **Positive Environment:** Athletes feel valued and respected, which enhances their motivation and enjoyment of the sport. This approach not only enhances performance but also builds resilience and adaptability in athletes, preparing them for long term success.

How can this work at club training:

A: Let the athlete choose the order of the repetition series i.e. a ladder- from low to high or from high to low.

B: Let the athlete choose the intensity they want to run tonight, depending on how they are feeling.

C: Let the athlete choose the starting area and what lane/s to use.

For more reading:

Read our more detailed document on Athlete-Centred Coaching in our Coaching resource section.

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Yours in Athletics

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