

Micro-Learning Club Coaching Drill Card #2



Week 2: 30 September 2026:

Communication and Feedback:

Effective communication and feedback are essential for athletes to learn and improve. Coaches should provide positive cues that encourage athletes to take ownership of their development and make necessary adjustments. Here are some key points to consider:

- **Establish trusting relationships:** Coaches should build trust with their athletes, which is fundamental to learning and development.
- **Ask permission:** Athletes are more likely to take in information if they trust the person giving the feedback.
- **Be mindful of non-verbals:** Coaches should consider their body language, facial expressions, and tone of voice when delivering feedback.
- **Avoid non-teachable moments:** Feedback should be given in moments where athletes are not in a state of flow or decision-making.
- **Use multiple feedback options:** Coaches should use a combination of prescriptive, descriptive, and questioning feedback to build awareness and problem-solving.
- **Model open communication:** Coaches should lead by example, demonstrating open communication in their interactions with athletes.
- **Provide timely and specific feedback:** Feedback should be given shortly after a performance or training session to ensure the information is fresh in the athlete's mind.

By following these guidelines, Coaches can create a positive feedback culture that enhances athlete learning and performance.

How can this work at club training:

A: Ask the athlete at the beginning of training how their day has been before discussing what is happening at the track today.

B: Speak with a supportive, caring tone when addressing your athlete's.

C: Choose an appropriate time to provide feedback. Maybe not straight after a trial.

For more reading:

Read our more detailed document on Communication and Feedback in our Coaching resource section.

Yours in Athletics

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