

Micro-Learning Club Coaching Drill Card #5



Week 5: 21 October 2026:

Managing Diverse groups:

This drill card looks at how to manage a diverse training group with mixed abilities. Consider the following strategies:

- **Create Inclusive environments:** Foster safe, welcoming, and non-judgmental environments where all participants can feel included and supported.
- **Adapt training activities:** You can modify training activities to accommodate the diverse needs of participants, ensuring that everyone can engage in the same environment.
- **Educate Coaches and Volunteers:** Provide training and resources for Coaches and Volunteers to understand and implement adaptive techniques effectively.
- **Promote self-determination:** Encourage your athletes to set their own goals and participate in activities that align with their interests and abilities.
- **Utilise resources:** Leverage existing resources and programmes that focus on diversity, equity, and inclusion in your squad to enhance participation opportunities.

These strategies can help create a more inclusive and effective athletic training environment for diverse groupings.

For more reading:

Read our more detailed document on Managing diverse groups in our Coaching resource section.

Yours in Athletics

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