

Micro-Learning Club Coaching document #5



Week 5: 21 October 2026:

Managing Diverse groups:

Coaching mixed abilities involves adapting activities to ensure all athletes can participate meaningfully while being appropriately challenged. Here are some examples to consider:

- **Use differentiated drills:** Adjust your drills to suit each athlete's abilities, offering simpler versions for beginners and more complex drills for advanced athletes.
- **Incorporate small-sided games:** These games can increase athlete involvement and can be modified to suit skill levels, adding challenges for advanced athletes.
- **Create progressions in activities:** Start with basic drills and progressively add complexity as your squad improves. This allows beginners to develop foundational skills while more advanced athletes are continuously challenged.
- **Group athletes by ability:** It may be better to split your squad into smaller groups, which can make drills more effective. However, avoid permanent ability groupings that can stigmatise beginning athletes.
- **Use the STEP model:** This model helps to modify activities by varying the Space, Task, Equipment, and People to ensure everyone can participate meaningfully.

By following these tips, Coaches can create an inclusive environment where everyone feels valued and can participate in mixed ability squads.

For more reading:

Read our drill card for more details on Managing diverse groups in our Coaching resource section.

Yours in Athletics

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