

A Successful Sports Leader

What level is my work?

Pass:

I have described the skills, qualities and responsibilities of a successful sports leader.

I have given specific examples of two selected sports leaders.

Merit:

I have explained why the skills, qualities and responsibilities make a leader successful.

I have evaluated the skills, qualities and responsibilities of two successful sports leaders.

Distinction:

I have compared and contrasted the skills, qualities and responsibilities of two successful sports leaders.

Skills required for a sports leader

Communication

Verbal Communication – Coaching points and instructions.

Needs to be clear and concise, don't overload with information!



Non-Verbal Communication – Demonstrations and Hand signals.

Why do PE teachers give demonstrations? Why do referees use hand signals?



Organisation of Equipment

Have you set up your equipment before the start of the session?

Do you have enough cones, balls bibs etc.

Is your equipment safe to use and not broken?

This way you won't waste time and students can practice more and make more progress!

If it's broken, students may hurt themselves as it isn't safe!

Knowledge

A leader needs to have knowledge of:

- The coaching points for each skill.
- Drills to teach different skills
- Rules and regulations of the game.

A PE teacher has a little bit of knowledge of lots of different sports; whereas a coach has excellent knowledge of one sport.

Why might this be?

Use of Language

The language a sports leader uses needs to be:

- Appropriate for the learner age. Using terminology that they understand.
- It needs to be professional – no swearing!
- It may change based on age, ability or behaviour of the students.

Structure



PE teachers and coaches follow this structure to maximise the progress of their students. It also gets them into a routine, so they know what to expect in each lesson/session

Target Setting

Targets inspire and motivate students to make progress, so they are more likely to achieve what the leader wants.

What progress will you make today?



In PE lessons, we have three targets in the form of a progress arrow that suit the whole class. We can't set individual targets as there are too many students and this would take too long!



A coach on the other hand may work with individual performers; they will set detailed SMART targets as they have enough time. This will allow the individual to make even more, tailored progress.

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The Qualities of a sports leader

Appearance

How should a sports leader dress?

- They need to look professional, so the learners respect them.
- They need to be able to demonstrate (can you do this in a suit?)
- It can't be revealing!

Leadership Style

Somebody's leadership style can change depending on the age, ability, behaviour and for activities that may be dangerous. The three leadership styles are:

Autocratic

- Very strict
- Makes all the decisions
- Very regimental
- Good for groups with poor behaviour/low ability/dangerous activities

Democratic

- Allows learners to make choices, but from their options.
- Generally used for older students.
- We used this leadership style when you did orienteering!

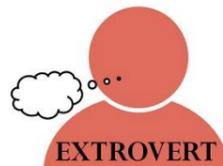
Laissez-Faire

- Very laid back
- Students take most responsibility for the lesson.
- Provide instruction and equipment, then left alone.

Personality Type

Introverts:

- Shy, quiet person
- Tend to be individual performers
- Blend into the background
- Introvert leaders are good for concentration sports.



Extraverts:

- Loud and outgoing
- Likes attention.
- More energetic and motivating, not good for sports like yoga.

Motivation

Intrinsic Motivation:

- Motivated by your own satisfaction.
- Examples are; positive feedback, clapping somebody

Extrinsic Motivation:

- Motivated by external factors.
- Examples are: Trophies, positives, certificates.



Humour

- Builds Rapport with students.
- Makes light of situations where students have failed a skill/task.
- Makes sessions more enjoyable.
- The humour must be professional and appropriate to the age/ability/behaviour of the students!



The Responsibilities of a sports leader

Equality

- Everyone is treated equal despite of gender, race or religion.
- No one should be singled out and leader should be fair to everyone.
- A PE teacher must lead a variety of sports, so it is fair for everyone.



Health and Safety

- Necessary steps are taken to ensure nobody gets hurt.
- Check that students don't have any injuries or medical problems.
- Check that working area and equipment is safe to use.



Distinction Task

"Compare and contrast the attributes of two successful sports leaders."

Compare:

- Pick two sports leaders and explain which attributes they have in common. Do they both make sure all equipment is set up before the lesson? Do they use the same leadership style?
- Explain why this makes their lesson successful.

Contrast

- Using the same two sports leaders, explain which attributes are different. Is one an introvert and the other an extrovert? Why might this be more/less successful for that leader in their activity but not the other leader?