

Leadership Roles in Sport:

Type of leader	Role
Captain:	Helps make decisions for the team/ influence and motivate those around them/ speak to the ref about on field decisions.
Manager:	Help manage the process and procedures/ tactics and strategies/ make all players feel valued/ speak to the press
Teacher:	lead and guide / ensure safety and inclusion of all/ ensure and track progress/ deliver lots of different sports/ communicate with lots of different age groups
Coaches:	can work one to one or with a large group/ guide player to minimise weaknesses and maximise strengths
Expedition leader	Responsible for the planning of the trip and ensuring safety
Role Model	Can be a positive influence on young people and their behaviour/ inspire young people to become involved in sport

Role Related Responsibilities:

Role	Explanation
Knowledge of Activity:	Need full knowledge to plan and lead effective sessions
Enthusiasm for Activity:	To help motivate participants to work as hard as the can
Knowledge of Safety:	To make sure no gets hurt during their session
Knowledge of Child Protection Issues:	If leading younger people, they are responsible to pass on info if they feel a child is getting abused
Knowledge of Basic First Aid:	They can treat any minor injuries and prevent them from getting worse

Different Leadership Styles:

Leader	Explanation
Democratic	Consult the group when making decisions/ listen to others/ respect other people’s opinions and may use them.
Autocratic	Do not value the opinion of others/ make all the decisions/ do not ask for others opinions.
Laissez-faire	Leader does not intervene/ good for when the group is working well, highly motivated and experienced/ can be slow for the team to come to decisions/ no one knows who's in charge

Personal Qualities of a leader:

Reliable	Their team can depend on them to deliver good sessions
Punctuality	On time and set up so the session runs smoothly
Confident	Being confident spreads into the participants and they will feel confident that they can learn.
Communication	Be able to communicate with the class at the correct level using the correct language.
Creativity	Come up with creative ideas to teach new and old skills which is fun.



Session plans:

Key Factor:	Purpose:
Objective	What will be learnt?
Appropriate Venue	Type Size Indoors / outdoors
Equipment Needs	Cones Balls Bibs
Supervision Needs	Additional leaders Roles
Timing of Activities	Age Experience Weather
Introduction of session	Tell them the lesson objectives
Conclusion of session	Ask questions at the end



Safety Considerations when planning:

A risk assessment showing potential hazards for the venue you're teaching in including:

- Hazards on the floor, glass, dog mess, puddles
- Equipment is not broken and is safe to use
- Students are wearing the correct kit, trainers, boots and laces tied
- No jewellery
- Other potential risks in relation to your sport. For e.g. rugby, is it full-contact or tag



Corrective Action

In order to keep participants safe during games, if accidents / incidents occur, action must be taken immediately. These include:

- Remove all hazards
- Wipe up any spillages
- Remove litter
- Remove and report faulty equipment
- Full kit checks
- Ensure jewellery is removed
- Make sure students are using correct techniques

Session plan must include:

- Warm up
- Skill activity
- Progression
- Games
- Cool down



LO3: Being able to deliver sports activity sessions safely

Communication skills

Type of communication	Characteristics
Verbal	Loud Clear Speak so that all students can hear and understand you
Non-Verbal	Use of gestures Hand signal Facial expressions
Appropriate language	Remain professional Avoid patronising Avoid demeaning the group Try to increase confidence and motivation
Technical Terms	Make sure students understand the terms being used

KEY TERM:

ADAPTABILITY – Be prepared to alter lesson plans and adapt to meet the needs of your learners



Organisation of group / Activity

Key factors must be considered when organising and delivering your lesson to ensure that it flows smoothly. These include:

- Position yourself so that you can see the whole group
- Ensure equipment is ready to use
- Make sure the group sizes are appropriate

Requirements of Safe Supervision

- Unsafe practise needs to be stopped
- Carry a mobile phone in the event of an emergency
- Rehearse the session in your head



Delivery Style

An effective but safe delivery style includes:

- Session should not drag
- Don't move on too quickly
- Try to be proactive and reactive
- Give clear demonstrations

Motivation Techniques

- Encourage to motivate performers
- Extrinsic motivators. Tangible (Touchable) rewards for example, a trophy
- Praise
- Make students aware when they are doing something well



Evaluation

Organisation of equipment /Participants

- E.g.- setting up equipment and groups before allows the session to run smoother because the participants are not stood around waiting to get started

Communication/Instructions

- E.g. - if my communication is good the participants will understand what they need to do and make good progress. If they do not understand they will not learn correctly

Session Aims

- E.g. - by telling the participants what they are learning will help them understand the session better and make good progress.

Technical Terminology

- E. g. - using the correct key words for the ability of the group will help improve their knowledge of the sport.



Evaluation

Specific Knowledge

- E.g. - having a good knowledge of the sport you are teaching will help the participants learn because you can advise them better in all situations.

Delivery

- Where you confident and relaxed so the participants would respond well to you.

Session plan/adaptions

- Did you plan for any changes that needed to be made? E.g. A group were finding the drill to easy so you adapted it to make it harder

Motivation and Enthusiasm

- Did you demonstrate what you wanted the participants to do so could see how to do it.

Demonstration

- Did you demonstrate what you wanted the participants to do so could see how to do it.



Evaluation:

Safety

- Did you follow you risk assessment and check the surface, equipment etc. So, no participant was hurt when taking part.

Control

- Did you make sure that none of the participants were messing around and stopping others form learning?

Participant inclusion and involvement

- Did you make sure all the participants were involved and included in all activities?

Fun and enjoyment

- Did the participants enjoy the session because you made it relaxed and fun?

Session structure

- Was the session planned well so the activities flowed and had a good pace to them?

