

## Guidance sheet for Project 2

### Start by introducing what the personal qualities are:

E.g. In order to be a leader in sport you need to have many personal qualities to ensure that you can deliver a lesson to a group of people. Below is a list of qualities and statements stating why I think they are important for this role.

### Punctuality

- Include being on time
- In correct uniform
- Equipment is set up and well organised
- Ensure that your attendance is good – students like consistency

### Creativity

- A good sports leader needs to know background information on all their students e.g. age, medical needs, gender of the students.
- They need to know if they have played tennis before and if so at what level.
- Depending on their experience and ability will outline the level the lesson is delivered at,
- Lesson may have to be delivered at a variety of levels due to the group being of mixed ability.
- Session MUST BE enjoyable and challenging for all taking part
- Sports leaders NEEDS to be creative if things don't work e.g. the task is too difficult or too easy.

### Communication

- Ensures that the class knows exactly what they are supposed to be doing
- Demonstrate to the class that you know what you are talking about
- Show that you are confident
- If you pitch your voice correctly the group will listen
- If you are too quiet, they may not hear everything you tell them and do the task incorrectly
- If students don't understand they may keep asking questions which slow the pace of the session and students could find the task less enjoyable

## Task 4

**Leadership Styles:** Now you have to conclude your assignment by writing about the 3 different Leadership styles (Democratic, Autocratic, Laissez-faire leadership) **PLUS** give two examples of leaders who use different approaches but who are successful e.g. Roy Hodgson and Stephen Gerrard. For this you need to answer the questions on the next page:

Here is some information about the different types of leaders -

### **Democratic**

- They consult the group when making decisions
- Listen to the viewpoint of others
- Talk to group members and respect others' opinions
- Advantages are People feel part of the decision-making process, let people feel that their opinion is valued, Makes use of good ideas from others.
- Disadvantages are it can be slow to come to a decision, confusion as to who is the leader, can undermine the leader's authority.

### **Autocratic**

- Do not value the opinion of others
- Make all the decisions
- Advantages Quick decisions can be made, everyone knows who is in charge, Leadership is clear
- Disadvantages Others can resent the leader, others do not feel that their opinion is valued, can lead to unrest as the leader may be viewed as bossy.

### **Laissez-faire**

- The leader does not intervene and allows the activity to follow its own natural course
- The leader does nothing at all
- Good for group work when all is going well
- Advantages an atmosphere of no stress or pressure, gives a chance for others who may want to lead, and lets performers get on without interruption.
- Disadvantages slow to make decisions, or none made, no-one knows who is in charge, can result in a lack of direction or purpose.