



### Skills of a leader –

**Communication-** There are 3 types of communication that will be used when coaching, these are verbal communication, non verbal communication and listening

**Activity Structure-** The activity will need to have a clear structure all throughout the session. This will ensure that everybody knows what they're doing. E.g. Warm up, skill, conditioned game and cool down

**Organisation-** All coaches must ensure they have all the correct equipment for their training, ensure they have all the correct paperwork and make sure they plan well in advance for training and tournaments.

**Knowledge-** They must have the knowledge to carry out skills, techniques and rules of the certain sport they are doing, so they can give people the accurate information they need.

### Qualities of a leader-

**Appearance-** A team leader must lead by example when taking a group of people for training

**Enthusiasm-** is having or showing intense and eager enjoyment, interest, or approval.

**Confidence-** is “a feeling or belief that you can do something well or succeed at something”

**Motivation-** Willingness for your team to do well, be positive towards your team.

**Encourage them to do well.**

**Humor-** This is where coaches use their sessions to make themselves fun and show off a good personality and create good relationships with there participants.

**Personality-** Everyone's personality is different but they can be broken into introverts and extroverts

### Responsibilities of leader-

**Professional conduct-** Sports leaders should promote participation in physical activity by providing participants with positive values, including playing within the rules of the sport.

**Health and safety-** Sports leaders have a responsibility of identifying hazards and minimizing the risk accidents to participants. It is a key requirement when planning and leading sports sessions.

**Equality-** Sports coaches deliver sessions to a range of abilities and must provide all performers with the same opportunities to develop and improve.

**Insurance-** Sports leaders must have appropriate insurance cover to participate in activity, and lead sports or physical activity sessions.

**Child protection-** Child protection is vital in any sport, it makes sure that children are working with qualified teachers and coaches and that they are in a safe environment at all times.

### Leadership style

There are 3 types of Leadership styles: Autocratic, democratic, laissez faire.

Autocratic- Straight forward instructions and they don't ask for other people's opinions. Easier for when they are dealing with a large number of groups or younger inexperienced players. An **example** of this would be a leader setting up all of the drills and having no input from the payers.

Democratic- More relaxed style. Give instructions but also ask for other people's opinions. This is used with players who have more knowledge. An **example** of this could be when completing a dribbling drill in football, the coach may ask the opinion of the players or ask if they have any suggestions of drills they would like to include in the session.

Laissez faire- Most relaxed leaderships style. The sports leader allows the group to make the decision.. This will only work if the team leader trusts the group and if they are experienced. An **example** of this would be allowing the group to lead their own pulse raises and stretches.



### The sequence of a sports session

**Introduction to the activity-** Introduce yourself to the group and go through the expected outcomes for the session.

**Warm up –** Include Mobility, Pulse raiser and stretches

**Skill development-** Focus on a particular skill for the sport e.g. passing

**Conditioned game –** A conditioned game is a competitive game that **the group will** play with a condition that they have to follow. An example of this would be if you have worked on passing then you could play a game of football but the players need to make five passes before shooting.

**Cool down –** As the end of a session you should do a light cardiovascular activity and stretches to help loosen muscles and prevent injury.

Date:	Sports activity:
Time:	Location:
Age of participants:	Ability of participants: Beginner / Intermediate
Gender of participants: (Circle as appropriate) Male	Number of participants:
Medical/specific needs of performers: N/A	Risk assessment completed (Y/N) see sheet
	Informed consent completed (Y/N)
Aim(s) of session:	
Objective(s) of session:	
Targets for performers:	
<ul style="list-style-type: none"> <li>- To successfully know which type of pass to select to be effective in keeping possession in a game situation</li> </ul>	
Expected outcomes:	
<ul style="list-style-type: none"> <li>- Develop greater success in drills and modified game using a range of passes with confidence and in the right situation</li> </ul>	

### Things to consider before a sports session

**Expected outcomes-** What do you want the group to know by the end of the session

**Resources-** What equipment will you need

**Medical needs-** Are there any health issues that you need to be aware of  
Ability level- What is the ability of your group/ are there differences in ability- plan accordingly

**Age-** How old are the participants in your group

**How many Participants you have –** Plan to have enough equipment and space.

**Space available –** Has a risk assessment been carried out on the area

Warm-up	Explain the activity and include images:	Justification:
Drill 1		
Drill 2		
Conditioned game		
Cool down		