

BTEC Sport Unit 4-Sports Leadership

Learning aim C

What makes effective team leadership?

- Communicate effectively
- Work as a team
- Help each other
- Be confident
- Be fair to all
- Optimistic
- Trust worthy
- Use rules and regulations successfully
- Keep scores accurately
- Show good knowledge
- Have passion

What type of leader am I?

Transactional	<ol style="list-style-type: none"> 1. Goal orientated 2. Uses small goals to reach final goal 3. Uses reward and punishment to gain trust
Transformational	Using the leaders own intrinsic motivation to inspire others to go further than they are capable of. A shared vision is very important.
Situational	To be effective, leadership behaviour should change from situation to situation. The same styles are unlikely to work with year 7 as with first year elite students.
Autocratic	The leader makes all the decisions
Democratic	The group members have a say in the decision making
Laissez faire	Leaders delegate decision making to the group
Paternalistic	Treats employees as their family. Expects trust, obedience and loyalty in return

How can I set effective goals?

S **Specific** - A specific goal has a much greater chance of being accomplished than a general goal. Can the goal be broken into smaller steps? Answer the 5 Ws: What, Who, When and Why? You must list your compelling reason **WHY**.

M **Measurable** - Must establish concrete criteria for measuring progress toward the attainment of each goal you set. How much? How many? How will I know when my goal is complete?

A **Achievable** - begin to figure out ways you can make them come true. You must start to develop the right attitude, abilities, skills, and financial capacity to reach them. Can the goal be tracked and accounted for?

R **Realistic** - To be realistic, a goal must represent an objective toward which you are both willing and able to work. Is it worthwhile, relevant and feasible?

T **Timely** - All goals should be grounded within a time frame..When?! Ask yourself! What can I do this week? What can I do by next month?

E **Enthusiastically** approach your goals and the results, with as much positive energy as possible. Its important to Evaluate and Reevaluate your goals regularly, with an Energetic attitude.

R **Reward** yourself for every major milestone, and Reassure yourself to stay focused.