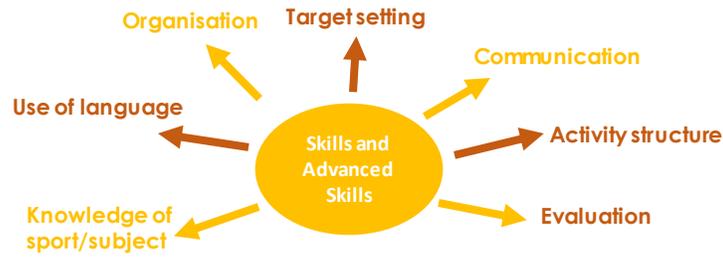


Sports Leaders: Sports coaches, fitness instructors, school/college coaches/teachers, local club coaches, national coaches, amateur coaches.



KEY: Skills and Advanced Skills



KEY: Core responsibilities and Wider Responsibilities

Leadership Styles

Autocratic – The leader makes all the decisions. They tell the performer how and what to do.

Democratic – The leader decides what is delivered in the sessions but involves the sports performers in the decision-making process. This may involve question and answer and a way of discovering opportunities to improve their own performance.

Laissez-faire – The performers are in control of the session and make the decisions. The sports leaders is then used as a mentor or figure to use when performers may need their intervention or feedback.

Communication – This can happen in different forms. Verbal – technical instructions to participants, non-verbal – facial or hand expressions and bodily gestures and listening – after asking a participant a question.

Organisation of equipment – Leaders need to know what equipment they wish to use in a session. They should make sure they have this with them and that it is all safe to use. Check should take place to ensure it all works regularly.

Knowledge of sport / subject – Sport coaches should have specific knowledge of their sport. Technical and tactical knowledge, fitness requirements of the game, how to treat basic injuries and the laws and regulations.

Professional conduct – Conduct is the way we behave. If leading a session then there is a professional manner that all sports leaders must adhere to. Leaders should encourage this throughout sessions.

Health and safety – The risks of accidents is a threat to all sport sessions. Sports leaders must minimise the risks to injuries and accidents to all participants. Using safe equipment, safe practices and trying to prevent injuries and accidents through completing a risk assessment.

Equality – Whatever a sports performers ability or differences to others, sport coaches must provide all participants with equal opportunities to develop and improve. There should be no inequality or prejudice to any participants.

Autocratic Advantages:

- Good when working with beginners.
- Control and safety.

Disadvantages:

- Isolated.
- Difficult for performers to understand things.

Democratic Advantages:

- Good for developed performers.
- Develops confidence and communication.

Disadvantages:

- Problems with lots of varied opinions.

Laissez-faire Advantages:

- Develops self-confidence.
- Increases understanding of the game played.

Disadvantages:

- Can develop bad techniques in performers.
- No structure.

Activity Structure – Sport coaches should ensure that sessions delivered have a clear and organised structure. The session should have appropriate activities for the participants and be safe and secure. Sport sessions typically follow the following format: warm-up, main body, cool-down, feedback/debrief.

Target Setting – Specific goals that the coach would like to complete in the session. These are known as aims and objectives. Individual targets may be set for some participants to make the session easier and/or more challenging. These targets can also be short-term, medium-term or long-term targets for the team or individual.

Insurance – Sports performers require appropriate insurance in order to deliver sessions. They are liable for any accidents to performers and should therefore have the appropriate protection for all involved.

Child protection – Children Act (2004) states that it is the duty of an adult looking after children to ensure they are safe at all times, this includes in sports sessions. They need to ensure children are safe and registered to play the sport safely.

Legal obligations – Sports leaders have a duty to ensure they are aware of the legislation that is put in place for their relevant sport. These are passed by the government to ensure everybody is safe.

Ethics and values – Conduct and actions that are honest, fair and responsible. Values are things we place importance on. Good sportsmanship and fair play is needed for coaches and players. Things to encourage include: friendship, equal opportunities, respect, playing in the right spirit.

Rules and regulations – When leading a session a coach must promote good rules and regulations of the sport. Encourage participants to follow the rules and regulations of the sport and make them aware of what happens when rules are broken. Also a safety aspect to teaching rules and regulations for all participants.

Use of language – Sports leaders need to be effective at communicating with participants. Through language they can develop: a rapport with participants, a high level of sport knowledge, respect from performers and solve issues in the sessions quickly and efficiently.

Evaluation – Sport leaders should be able to give participants effective feedback on their strengths and areas of improvement. They should also reflect on their own performance and evaluate their sessions to see if their delivery was good enough. They need to show honesty to improve on their delivery but also recognise what skills and qualities they are good at when delivering sport sessions.

