



The Birley Academy

A L.E.A.D. Academy

Leading Sports Activities



The Four Communication Skills



Leading Sports Activities

There are many roles working in sport that require effective and successful sports leadership, including personal training and coaching. This unit provides you with what could be your first step into sports leadership, as it could be linked to the completion of a sports leader award, for example the Junior Sports Leader Award (JSLA).

Leadership is defined as:-

Leadership is the art of motivating a group of people to act toward achieving a common goal. In a Sport setting, this can mean guiding players and participants towards a common goal, such as winning the league or getting fitter and reducing your BMI.



Attributes of a Sports leader/Coach

Skills:-

- Communication :- Can be in a variety of ways verbal, non verbal and written communication.
- Organisation of equipment :- Making sure that you have the right equipment and that it is stored safely.

Advanced skills:-

- Activity structure :- In the right order/sequence.
- Target setting:- Giving athletes specific targets to help them improve their performance. (SMART)
- Use of language:- Ensure that you use correct terminology and that you don't swear or use slang during session.
- Evaluation:- Make sure you review and reflect on the session. Good and bad points or strengths and weakness.

Qualities:-

- Appearance:- Don't wear jeans or a tight skirts to a coaching session, it doesn't look professional. Dress appropriately for a session. E.g. a tracksuit or official uniform. This should including not coming to training in dirty or smelly clothing.
- Enthusiasm:- Ensure that you are passionate and that you are happy to be coaching. If you lack enthusiasm the players or team most likely will too.

Additional qualities:-

- Leadership style: Leaders have many different styles and some have preferred styles.
- Motivation:-
- Humour:- Its good practice to use humour within a session as it makes it light hearted and fun.
- Personality:- Its important as a coach you show your personality. This is important as you are a role model.



Who are sports leaders?

- Sports Leaders (School)
- Sports coaches (IN/OUT school)
- Fitness instructors,
- School/college –Leaders
- local club (Community)
- Coaches
- National club coaches,
- Amateur coaches unqualified
- Referee
- Umpire
- Official
- Volunteers



Sports activities

Individual sports

- Cycling
- Athletics
- Tennis



Team sports

- Football
- Hockey
- Rugby

Fitness activities

- Yoga
- Zumba
- HITT
- Aqua aerobics



Responsibilities of a Sports leader/Coach



Core responsibilities

- Professional conduct: Professional conduct is really important. As a coach you shouldn't smoke at the side lines or act in a manner which can be deemed unprofessional.
- Health and safety:- Coachesshould adhere to health and safety guidelines, to protect their participants.
- Equality:- All coaches should believe and adhere to equality policy's and ensure that they are fully inclusive.

Wider responsibilities

- Insurance:- All clubs should have insurance. Players and coaches can also get individual insurance to protect against injury.
- Child protection:- All clubs should have a child protection policy. This is so that they can safeguard children and young people. Any incidents should be recorded and reported. All adults involved in the club should have a DBS.
- Legal obligations:- Clubs and coaches have legal obligations for example being qualified and holding a first aid certificate. All coaches should get a minimum of a level 1 but a level 2 is preferred.
- Ethics and Values:- Ethics and values are different at every club and each coach will have their own values. These should be respected.
- Rules and Regulations:- Coaches and clubs should stick to their rules and regulations. These are often decided by the NGB'S (National Governing Body)



Leading Sports Activities

- Demonstration of attributes (skills, advanced skills, attributes, additional qualities).
- Completion of core responsibilities: Loco parentis, coach, first aider, referee, official, developing training programme and undertaking administrative tasks.
- Completion of wider responsibilities : Role model, ambassador, mentor, annalist, friend, nutritionist.




KS4 Sports Studies



Section A: Key vocabulary	
Tier 3 Vocabulary	Definition
Governing Body	A board who set the specific rules for a sport
Official/Referee/ Umpire (n)	The person or persons in charge of the match
Communication (n)	The exchanging of information by the officials to the players and coaches
Team Sport	Physical Activity played by 2 or more people.
Individual Sport	Physical Activity played by no more than one individual.
Skill (n)	The learned ability to produce a predetermined result.
Tactic (n)	A planned strategy to achieve a specific end.
Technique (n)	The way in which you
Tier 2 Vocabulary	Definition
Describe (v)	Give a clear, straightforward description which includes all of the main points.
Explain (v)	Make your point clear by providing sufficient detail.

Section B:	
Different names for Officials	Officials come in many forms in sport depending on which sport is being played for example, umpire, referee, linesman, 4th official, judge, line judge, line umpire, goal judge, time keeper, scorer, stroke counter
Number of Officials	Each sport has a varying number of officials per game/match
Roles of the Officials	There are various roles for the officials depending which sport is being played
Rules	How the sport is played to make it fair for all participants
Regulations	How the sport will be conducted regarding equipment, surfaces size of pitch etc
Scoring System	How the sport is scored and results in a win, draw or loss. This will be different for each sport
Officials	The person/persons in charge of the game/match
Responsibilities	The duty of care the official has to the players and making the game/match fair

Section C:

<p>Majority of officials use a whistle along with arm/hand actions to show their instructions, some may use cards for warnings or removal from the game. They must have good communication skills to ensure everyone understands the decisions being made</p>
<p>What rules and regulations do you agree with for your favourite sport? If you could change any what would they be?</p>
<p>An important part of being an official is being fitness enough to be an official. Some officials will have to cover more of the pitch than some of the players in certain sports</p>