Week 1
Exploring Leadership

Understanding the Rewards, Risks, and Responsibilities of Leadership

What are we doing here?

- You are already viewed as a team captain
- We view you as a leader for your team
- Looking to make you a better athlete, student, and person



Leadership

- “Leadership is influence – nothing more nothing less.”
- “Leadership is the art of getting someone else to do something you want done because he wants to do it.”
- “Leadership is a function of knowing yourself, having a vision that is well communicated, building trust among colleagues, taking efficient action to realize your own leadership potential.”



Group Activity

- Define Leadership
- Examples of Leadership
- List a couple leaders you respect
- 5-10 Characteristics of Effective Leaders
  - Kind of people, how they treat you, communication, handling difficult situations, what motivates them
- How does it feel to work with Effective Leaders?



Rewards and Risks of Being a Leader

Rewards

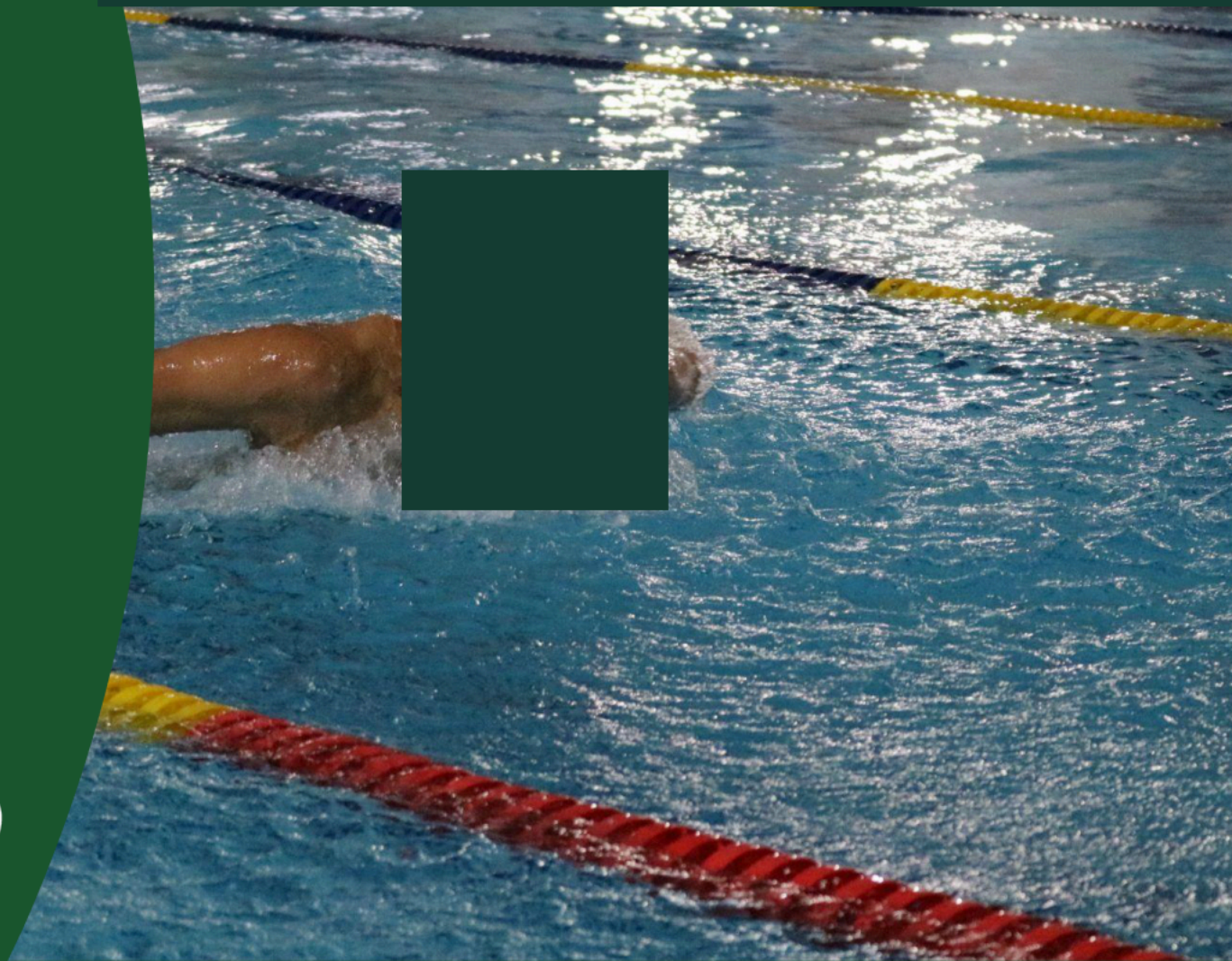
- Satisfaction from helping others
- Ability to significantly impact your team's success
- Position yourself for future leadership roles

Risks

- Constantly watched
- Trust and Respect Fragile
- Won’t always be liked
- Must deal with conflict
- You might get disappointed
- Teammates jealous
- Between a rock and Hard place

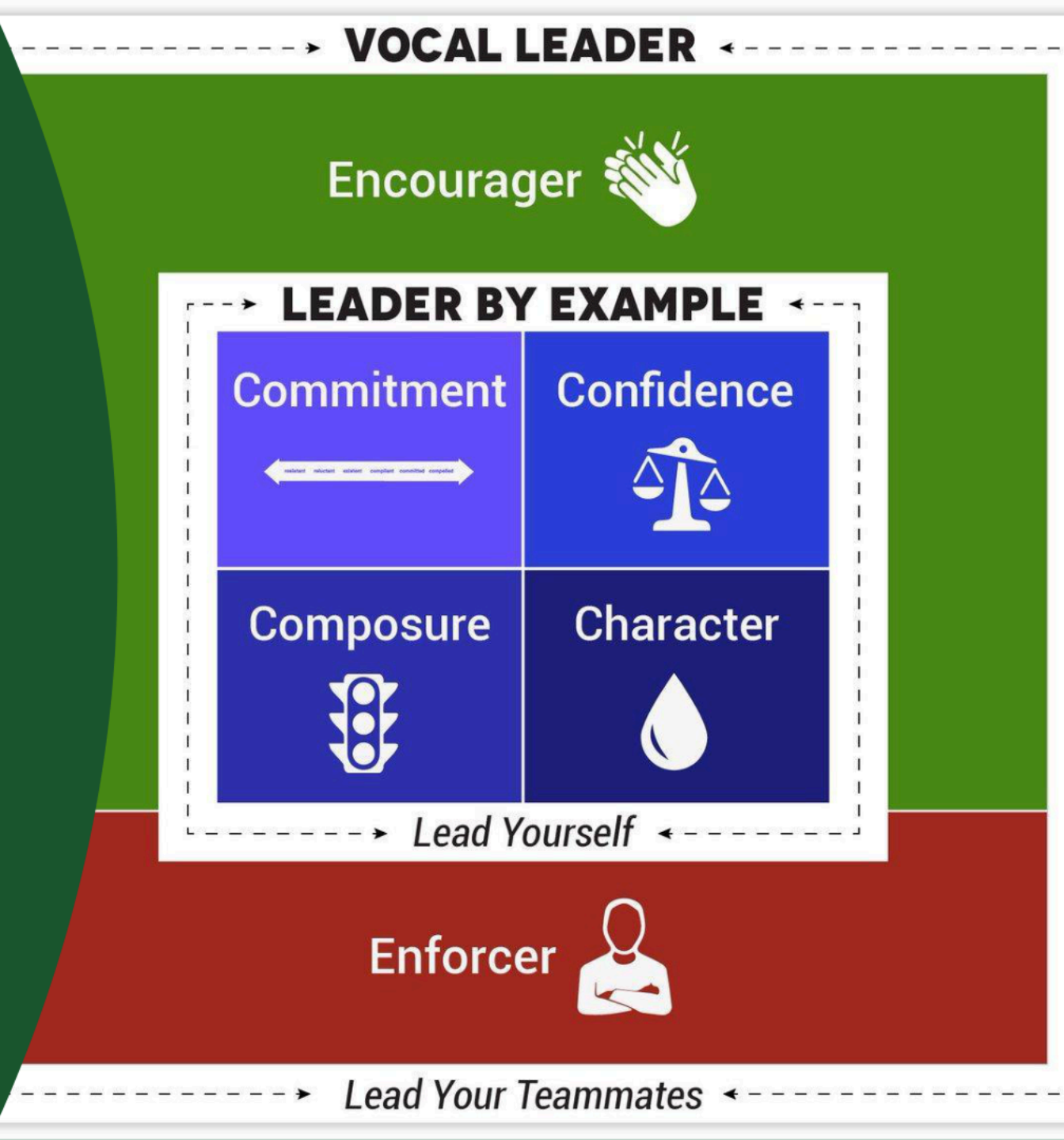
Responsibilities of Team Leadership

- Lead Drills, warm-ups, etc
- Set the mental and emotional tone for team
- Keep coaches informed about team issues
- Provide input on team decisions, when asked
- Talk with struggling teammates
- Handle minor conflicts
- Plan team activities
- Be loyal to coaches and support their decisions



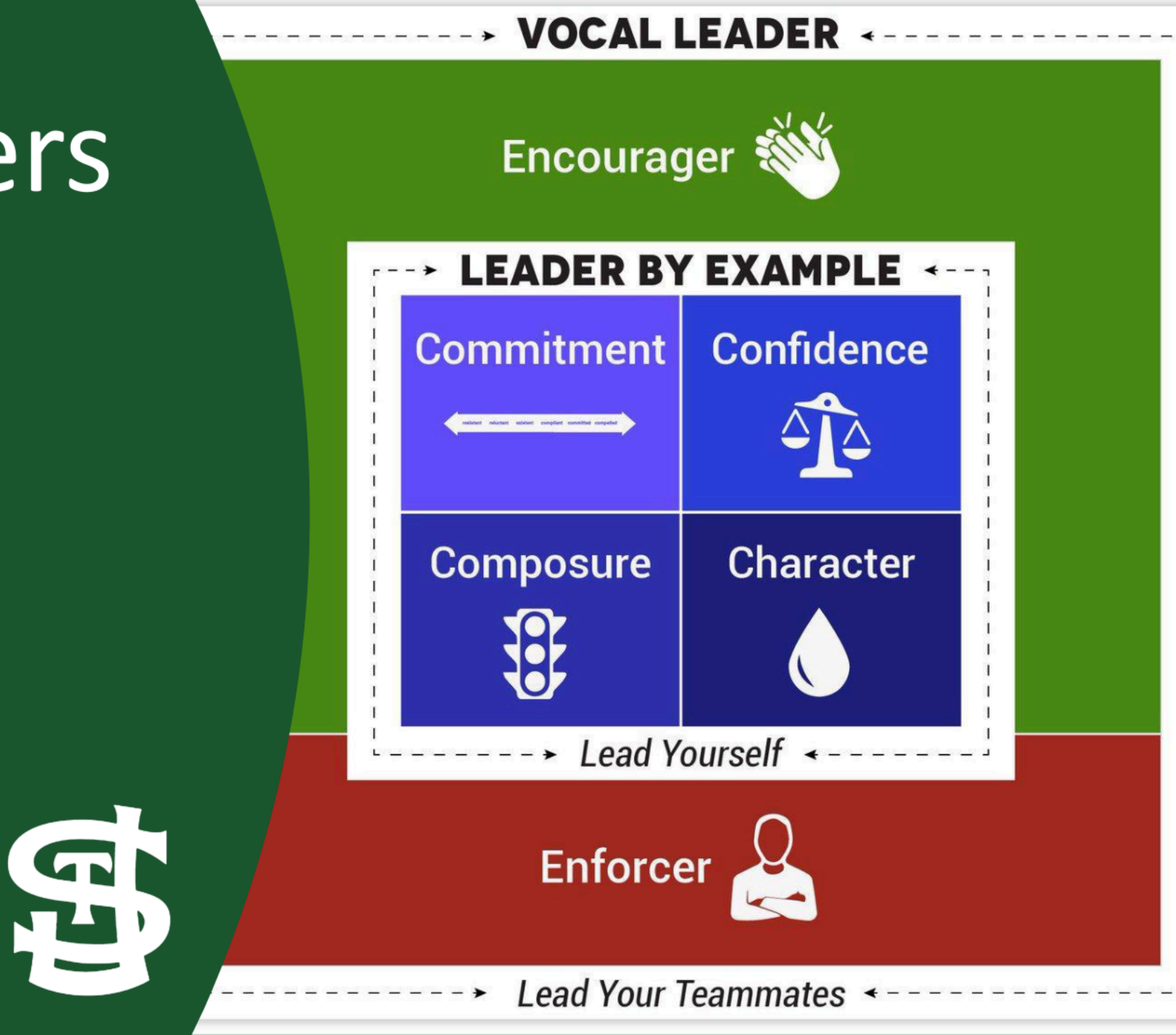
Lead by Example Leader

- Commitment
- Confidence
- Composure
- Character



Vocal Leaders

- Commitment
- Confidence
- Composure
- Character
- Encourager
  - Servant
  - Confidence Builder
  - Refocuser
  - Team Builder
- Enforcer



Exit Ticket

- What are your strengths as a leader?
  - How can you maintain these strengths?
- What areas you want to improve
  - How can you improve?

