

LEADERSHIP

Your ability to unite your team and motivate them to achieve a shared goal.

WHAT WILL YOUR COACHING CHALLENGE BE AT DIFFERENT LEVELS?

LOW

Athletes at low levels will:

- Not be the person that others look up to when things get difficult.
- Not consistently rally the team to get better every day.
- Let failure get the best of themselves and their team.
- Have a low desire to lead.
- Have a difficult time delivering tough messages to teammates.

HIGH

Athletes at high levels will:

- Instill confidence in others and be the person that others look up to when things get difficult.
- Have a strong focus on rallying the team to get better.
- Look at failure and mistakes as an opportunity for the team to learn and get better.
- Have a strong motivation to lead.
- Give necessary feedback to help their teammates improve.

HOW CAN YOU MOVE YOUR ATHLETES TO HIGH LEVELS?

Coaching Tips

- **Give Every Single Athlete Opportunities to Lead:**
 - ✓ Young athletes think that only coaches and captains are the leaders. Break this myth by setting the clear expectations that everyone needs to be a leader in their own way.
 - ✓ Acknowledge that leading can feel scary since athletes may worry what their friends will think if they speak up. Encourage your athletes to focus on what is best for the team and speak up.
 - ✓ Share examples of the different ways each person can lead, including: leader on the field, locker room leader, leader from the bench, team chemistry leader, or leader on campus.
 - ✓ Make sure that the older athletes take the responsibility to mentor and help the younger athletes feel like they are part of the team. Do not create divisions based on age.
- **Lead by Example:**
 - ✓ Your athletes are watching your every move and listening to every word. Set the example of being a positive leader in the words you use, the tone you set, and showing them great effort each day.
 - ✓ Your athletes won't care what you think until they know how much you care about them. Model this rule.
- **Create a Vision of Success and a Path to Get There:**
 - ✓ Communicate an inspirational picture of what success looks like and how you will drive the team there.
 - ✓ Give everyone a chance to share their thoughts on this vision... let them own it. This is modeling leadership.
- **Let the Team Establish the Standards of Excellence:**
 - ✓ Involve each athlete in setting team standards that describe how the team will act. This allows them to lead.

Talking Points

- Discuss different ways every athlete can lead, even if it is in small ways.
- Share examples of great teams who have a culture of "everyone leads."
- Discuss how leadership is like a muscle that must be stretched and worked out every day.
- Share examples from your team where they stepped up to be a leader (or missed the opportunity to lead).

Tools

- APP Lessons: Everyone Leads, All Star Leaders
- CORE Elements: Team Player, Coachable, Competitive Drive
- PRESSURE Elements: Self-Doubting, Attention Seeker, Stubborn, Perfectionistic

"Earn your leadership every day." – Michael Jordan, NBA Great –