

Y8

## Fit 2 Lead Knowledge Organiser

### ROLES OF LEADERS IN SPORT

A Leader in Sport can be a number of roles including **PE TEACHER, COACH, CAPTAIN, OFFICIAL & MANAGER**



A Successful sports lead must have the following **SKILLS** and **QUALITIES**

#### Skills

**Communication;** the way that they speak, instruct and give feedback appropriately to their participants, this must be done to suit the participants *Organisation;* ensuring that all equipment is prepared before their session and they have planned an appropriate and well managed session consisting of all 3 relevant elements

**Knowledge;** must know how to lead a successful session as well as knowing the rules, regulations and scoring systems for their sport or activity.

#### Qualities

**Appearance;** appropriate dress including footwear e.g. football boots for a football coach. As well as looking smart, presentable and respectable as this will ensure the participants respect what you are doing

**Enthusiasm;** demonstrate a love for their sport which is then transferred to the participants, this will increase the participation in their sport and ensure the participants are enjoying it

**Confidence;** showing their participants that they understand what is required from them and being in control of their group- they must be able to correct mistakes when they are made and can quickly and consistently make the correct decisions

**Motivation;** when players or participants are either low, losing a game or don't seem interested, a sports leaders' role is to change their attitude and ensure they are positive and enjoying the sport that they are doing

**Humour;** this must be appropriate and relevant to the situation, having the correct humour with participants will help to build a good rapport which will assist participants learning, motivation and enthusiasm

**Personality;** the personality of the sports leader must be suited to the needs of the participants, for example the manager of a Sunday league football team must be different to the coach of an 8-year-old ballet dancer, this will also assist with building good relationships.

## 3 phases of the warm up

1. **Pulse Raiser** – related to the activity.  
Cardiovascular activity to raise the heart rate.

### 2. Stretching

Static - stretches which are held for about 10-15 seconds.

Dynamic – whilst moving

3. Specific skill-related practice – E.g. In basketball practice dribbling, passing and shooting.






#### PULSE RAISER EXAMPLES

- RUNNING/ JOGGING
- HIGH KNEES
- HEEL FLICKS
- SIDE STEPS
- JUMPING JACKS
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FUN GAMES CAN BE INCLUDED IN THE WARM UP:

TAG, FOLLOW MY LEADER, USE THE LINES OF THE COURT/PITCH

Complete the following warm-up exercises. Do one exercise after another without any rest breaks.

Exercise		Reps
<b>Forward Leg Swings</b> <ul style="list-style-type: none"> <li>Stand on one leg and swing the other leg forwards and backwards.</li> <li>Try and keep your torso stable, as the movement should come from your hips.</li> </ul>		10 / leg
<b>Lateral Leg Swings</b> <ul style="list-style-type: none"> <li>Stand on one leg and swing the other leg from side to side.</li> <li>Try and keep your torso stable, as the movement should come from your hips.</li> </ul>		10 / leg
<b>Hip Circles</b> <ul style="list-style-type: none"> <li>Start with your hands on your hips and rotate your hips around in a big circle.</li> <li>Repeat the hip circles in both directions.</li> </ul>		6 / direction
<b>Diagonal Hand Crossovers</b> <ul style="list-style-type: none"> <li>Start with your top hand externally rotated and your bottom hand internally rotated.</li> <li>Cross them in front of your body as you reverse each arms rotation.</li> <li>Reverse the movement back to the start position.</li> </ul>		6 / direction
<b>Arm Circles</b> <ul style="list-style-type: none"> <li>Swing your arms around in big circles forwards and backwards.</li> <li>Start slowly and gradually increase the speed.</li> </ul>		10 / direction

**Planning your session, consider:**

**Date/Time** - The first part should be the date and time of your coaching session. This will not only remind you of when you are due to lead the session, it will also be useful when you look back over your plans and to keep a record on the development of your group.

**Aim/Objective** - This should be what you are going to focus on in the session and what you want you to achieve by the end of the session.

**Warm Up** - Different sports require different warm up techniques/methods and should include a pulse raiser, stretch and skill practice

**Basic practice** - Aim to make this gradually harder and ensure that you are delivering skills and drills safely

**Differentiation** - Consider how you can adapt any practices to suit all, by making them easier or harder.

**Health and safety** - This is included in the plans to ensure that leaders remind themselves of any health and safety needs and to protect participants from any injury. For example, on a rugby pitch, making sure the posts have post protectors on them and that the posts are safely in place to minimize risk of injury.