

# YOUTH FIRST

## COACHES LEARNING ABOUT YOUTH SPORTS THE SPORTS EDUCATION AND LEADERSHIP PROGRAM AT UNLV

### Effective Coaches and Leaders Contain Many Qualities.

<p>Leadership can be described as a process of influencing the activities of an organized group in its efforts toward goal setting and achievement. Coaches are leaders that should be role models, teachers, limit setters, counselors, and a friend. First of all, a role model is someone that can be an example for imitation or comparison. Coaches should always follow the same standards they expect each of their athletes to be. They should never let up or give in on a rule that they have set in the</p>	<p>past. Second, the coach should be a teacher, which means they are educators. Coaches teach they skills necessary to become a great athlete. According to Mark H. Anshel, a coach who is an effective teacher asks athletes how effective his teaching is, uses different methods of communication, provides feedback, and does not teach in a game, but rehearses them in practice. Third, a coach should also be a limit setter. This means that coaches have high</p>	<p>but realistic expectations of their athletes. Your young female athletes could find limit setting to be necessary in controlling certain actions they perform. Fourth, the coach should be a counselor to their athletes. This means that you as a coach are approachable anytime your athletes need your help. At all times being a counselor means that you listen and respond to the individual needs of each athlete. The last thing that an effective coach</p>	<p>and leader should be is a friend. This does not mean that the coaches should hang out everyday with their athletes. It simply means that he or she is a mentor to where their athletes can look up to and respect them. All of these things I've mentioned are important for coaches. If for some reason you do not share one of these qualities then you should probably try to install it in your coaching ways.</p>
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### Three Main Theories of Leadership Coaches Should Be Aware Of:

- Fielder's Contingency Theory - this theory says that the effectiveness of any single leader is the dependent on the type of situation.
- The Life Cycle Theory - this theory states that the development and maturity in the group are the two most significant factors.
- The Multidimensional Model - this theory states that athletes of different ages and skill levels do not have the same needs.

As a coach you should know what kind of leadership qualities you contain. Below is a survey you should take, so you can learn what kind of leader you are. Coaches of young female athletes can also give them this survey to find out if they have any leadership qualities. Circle the yes or no box if that quality represents you and explain why you chose yes or no.

TEST YOUR LEADERSHIP QUALITIES!	Yes / No	Explain why you chose yes or no and what your leadership qualities are?
1) Are all your teams and teammates aware of what the organization is trying to accomplish?	Yes No	
2) Are you and your team committed to a common goal?	Yes No	
3) Do you communicate decisions so that they are fully understood?	Yes No	
4) Are you providing model behavior for your teams and teammates?	Yes No	
5) Are goals and objectives, roles and responsibilities clear to everyone?	Yes No	
6) Are you recognizing and developing future potential in individuals?	Yes No	
7) Do you encourage open, honest discussions?	Yes No	
8) Are you motivating your teams to meet your objective?	Yes No	
9) Are you trusted and respected?	Yes No	
10) Do you encourage participation from your teams and teammates?	Yes No	

What kind of leadership style do you contain?

- Authoritative - achievement oriented, knows all the answers.
- Behaviorist - human behavior is shaped or reinforced by its consequences.
- Humanist - expressed by viewing athletes as a group and viewing the team as a group comprised of individuals who play a given sport.
- Democrat - can be viewed as one that is slow, inefficient, and confused because athletes make a lot of the decisions.

Inspirational Quote:

The only honest measure of your success is what you are doing compared to your true potential.

Paul J. Meyer