

Effectiveness of Good Leadership In Physical Education & Sports

Dr. Vasanthi Kadhiravan: I/c Department of Physical Education, University of Mumbai,
Mumbai

Leader is a person who leads a group of people, an organization, an enterprise or a nation towards some definite set of objectives.

Leadership has been defined as an activity of influencing people to strive willing in group objectives.

Concept of leadership can be viewed from two perspectives in one sense. Leader is a person who is actually leading a group and on the other hand from the organizational perspective leadership is one of the many functions required for a manager.

Types of Leadership

- **Informal leader;** the best player of the team. **Formal leader;** the officially appointed coach. Both types of leaders do affect the members and their activities, the emphasis here will be on the formal leader and their influence on the group and its performance.

➤

Leadership Qualities in the Sports Situation

- Technical knowledge along with Integrity, Honesty, Inspiration, Strong Emotion Social Skill and Technical Competence Sound Judgment Fore- sighted Intelligence Commitment, Enthusiasm
- **Thick skin,** Willingness to work hard, Lover of Sport, Administrative ability, People skills, Sense of humor
- **Defining the task**
Having the ability to identify exactly what is required to be done.
- **Planning** – making the necessary plans for the task to be carried
- **Briefing** – telling everyone what their involvement is
- **Controlling** – monitoring through the work to ensure that everything is proceeding according to plan
- **Evaluating** – having a realistic assessment of what is happening in the process and how close the successful completion of the task is
- **Motivating** – keeping everyone involves, enthusiastic and committed to fulfilling the task
- **Organizing**- ensuring that everyone is working in a planned co-ordinated way towards the end goal

Variorum, Vol.-01, Issue-II, November 2010

Setting an example – showing a commitment and enthusiasm which will encourage others to follow and so ease the functioning of the operation towards the end goal. Good health: A leader should have good health and energetic character. A good health always leads to creativity.

Positive attitude: A leader must have positive approach towards his mission goal and situation.

Leadership in Physical Education and Sports:

In physical education and sport, leadership chiefly consists of teachers, coaches, sport scientists, students leader and administrators. The physical education leadership is distinctly different from the leadership in any other field of human endeavor. It is significant that physical education leadership is built up through well developed training courses involving both theory and practice. One area where sport is often sadly lacking is that of establishing a training programme for its managers and administrators. It is important that all sports bodies seek to develop leaders and encourage personal and professional development for those individuals, who are involved in a voluntary or paid capacity. The growth of the Running Sport programme by the sports councils for volunteers, and vocational qualifications impact on the development of administrators and managers in the area of sports administration.

The importance of such initiatives cannot be overemphasized, as sport must not expect people automatically to possess leadership skills, they have to be nurtured and supported.

Dimensions of Leader Behavior in Sports

1. **Training and instruction Behavior-** Behavior of the coach at improving the performance of the athlete by emphasizing and facilitating hard and strenuous training, by instructing them in the skills techniques and tactics of sports, by classifying the relationship among the members and by structuring and coordinating the activities of the members.
2. **Democratic Behavior:-** Behavior of the coach which allows greater participation by the athletes in decisions pertaining to group goals, practice methods, and games tactics and strategies.
3. **Autocratic Behavior-** Behavior of the coach which involves independence in decision making and which stresses personal authority.
4. **Social Support Behavior-** Behavior of the coach which characterized by a concern for individual athlete, for their welfare, for positive group atmosphere, and for warm interpersonal relations with members.
5. **Rewarding (Positive feedback) :** Behavior of the coach which includes behavior providing reinforcements for an athlete by recognizing and rewarding good performance

Variorum, Vol.-01, Issue-II, November 2010

Conclusion

The leadership should not be seen as dictatorship; it is a necessity to draw everyone together to get them pulling in the same direction rather than having them working in a disjointed way or towards the objective. To be leader does not mean making all the decisions – group decision – making is preferable and promotes group responsibility and involvement. There may be some occasions when the leader has to take the final decision on their own, but, particularly in the sporting sphere, the involvement of others will be vital to gain their support – as it is most likely that strong personalities will be involved.. Sports, like other businesses, require improved leadership so that innovation can be heightened, change managed and entrepreneurship increased to make sporting organizations more effective.

To use old MAXIM

TELL ME AND I MAY REMEMBER,

SHOW ME AND I MAY SEE

INVOLVE ME AND I WILL UNDERSTAND

This type of approach is certainly the most effective leadership approach for physical education and sports.

References:-

1. Prof. A.Yobu, “*Leadership*”, Sociology of Sports, Friends Publications P.339
2. Prof. Gurbskhsh S. Sandhu, “*Leadership*”, Psychology in Sports”, P.148
3. www.psychwww.com/sports/leader.htm
4. [ezinearticles.com/? Youth-Leadership-In-Sports](http://ezinearticles.com/?Youth-Leadership-In-Sports)
5. www.athleticinsight.com/.../FootballManager.htm -
6. www.wikihow.com/Category:Sports-Leadership -
7. www.sportsleaders.org/ -