

**“Team Captains: 7 Ways to Lead Your Team”**

**Unit Study Guide**

**“7 Ways to Lead Your Team” by Bruce Brown (Proactive Coaching, LLC)**

1. Be the first to SERVE and the last to be served.
2. Be the first to LEAD BY EXAMPLE and be the last to violate team standards.
3. Be the first to be a LIFELINE OF COMMUNICATION between coach and team and be the last to withhold information.
4. Be the first to PRAISE OTHERS and be the last to brag or draw attention to yourself.
5. Be the first to PROTECT AND DEFEND and be the last to criticize.
6. Be the first to CONFRONT VIOLATIONS OF TEAM STANDARDS and be the last to ignore them.
7. Be the first to ENCOURAGE and be the last to become discouraged.

**Essential Standards:**

**PSYCH 2.4 (SOCIAL INTERACTIONS)** Discuss how an individual influences group behavior – understands role of leader.

**SLS 4.1 (CITIZENSHIP)** Student demonstrates an understanding of taking responsibility for personal actions and acting ethically (honesty, integrity).

**SLS 5.2 (GROUP PROCESS)** Student understands how individual differences affect group processes (leadership styles; personality types).

**Essential Questions:**

1. What does it look like to be a servant leader on my team?
2. What does it look like to be seen doing the right thing in your sport?
3. What should effective communication look like for team leaders?
4. What does it look like to be a selfless leader?
5. What does it look like for a team leader to protect and defend on a team?
6. What does it look like to be a courageous team leader?
7. What does it look like to be an encourager on my team?

**Key Terms:**

- A. Define the Term **AND** Explain the relationship to Sports Psychology and Sports Leadership.
- B. Provide an application of each term. This can be a picture, diagram, example or use of the term in a sentence.  
You pick.

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|--------------------------|------------------------------|
| 1. Leadership            | 15. Facilitative Leadership  |
| 2. Sports Psychology     | 16. Transactional Leadership |
| 3. Insecurity            | 17. Situational Leadership   |
| 4. Attitude              | 18. Charismatic Leadership   |
| 5. Trust                 | 19. Bureaucratic Leadership  |
| 6. Physical Leadership   | 20. Change Leadership        |
| 7. Mental Leadership     | 21. Innovative Leadership    |
| 8. Emotional Leadership  | 22. Authoritative Leadership |
| 9. Spiritual Leadership  | 23. Extrinsic Motivation     |
| 10. Teachable            | 24. Amotivation              |
| 11. Humility             | 25. Self Efficacy            |
| 12. Courage              | 26. Self Esteem              |
| 13. Intrinsic Motivation | 27. Anxiety                  |
| 14. Servant Leadership   |                              |