

## BE A LEADER

# LEADERSHIP IN SPORTS

### TIPS FOR CAREGIVERS

Leadership can be an intimidating and abstract concept. Finding ways to encourage small, everyday examples of leadership can help instill the traits of a good leader in young readers. It is important to know that there are many leadership traits, forms of leadership, and types of leaders. By helping young people identify all of the possibilities, you can help them find which types of leaders they want to be. Learning how to demonstrate the traits of a leader is a form of social and emotional learning (SEL).

#### BEFORE READING

Talk to the reader about leadership.

**Discuss:** What does leadership mean to you? Who are some leaders in your life? How do they lead?

#### AFTER READING

Talk to the reader about how he or she can practice leadership.

**Discuss:** How can you practice different types of leadership while playing sports?

#### SEL GOAL

Young readers may have a hard time seeing themselves as leaders. Lead students in a discussion about times they have been team players. Discuss the leadership traits in this book. Help them start to identify leadership traits in themselves. Have students think of times they have used these traits in sports or other activities.

### GOALS AND TOOLS

#### GROW WITH GOALS

Leadership takes practice, just like skills in sports. Next time you head down to the court, field, arena, or rink, try one of these goals.

**Goal:** Choose a way you can lead by example. Is it working hard or having a positive attitude? Pick it out ahead of time. Try to show that leadership trait 5 times during the game or practice. Where else can you show this trait?

**Goal:** Think of ways that you can show good sportsmanship! How can you be a good sport when you win? How can you be a good sport when you lose? Try doing one of these things the next time you play your sport!

**Goal:** Encourage others! Find out how your friends like to be encouraged. Maybe you could make a sign for their next match. Or you could help them practice for their next meet.

#### TRY THIS!

Pick a sports goal you hope to achieve. Maybe you want to master your free throw in basketball or throw a spiral in football. Remember these tips: Make sure your goal is specific and achievable. Then decide when you want to accomplish it. Lastly, write down your goal. Tell a teammate, coach, friend, or parent about it to help you stay focused.



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