

Y11



Y12

## Cambridge Technical Level 3

### Unit 2 - Sports coaching and activity leadership

Please complete this work and have it with you for your first lesson back at school.

If you have any questions, please email either [eflitney@themisbourne.co.uk](mailto:eflitney@themisbourne.co.uk) or [khill@themisbourne.co.uk](mailto:khill@themisbourne.co.uk)

## Context

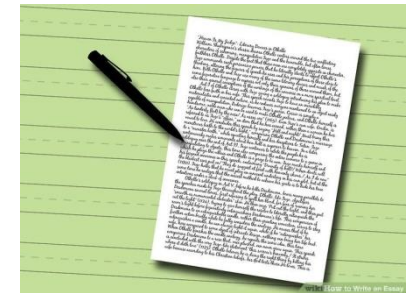
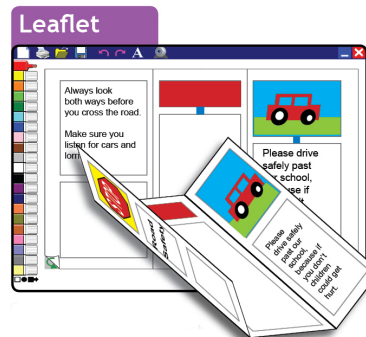
In Year 12, you will complete a mandatory unit called **Sports coaching and activity leadership**.

This bridging powerpoint will introduce you to some of the key aspects of this unit and some skills you need to achieve success.

This unit is coursework based and internally assessed and then externally moderated so all work is preparation and intended to support the transition.

**There are 7 tasks throughout this powerpoint, it is up to you how you present your research.**

**You can evidence your work in various ways.**



## **Task 1 - Key Terms-** research and produce a definition with appropriate sporting examples of the following;

- Democratic leadership
- Autocratic leadership
- Laissez faire leadership
- Group dynamics – including cohesion and social loafing.
- Steiner's model of group productivity
- Types of practice-whole, part and progressive part
- Personality- introvert and extrovert

## **Task 2** – Roles and Responsibilities comparison

Research and then describe the roles and responsibilities of a;

- sports coach
- activity leader
- PE teacher.

What are the similarities ? What are the differences?



How do all three support a health active life style?

Research (ensure you keep the links to acknowledge your sources)

Find out what the *government are doing for the target groups in society ?*

From your experience *what are schools /teachers doing?*

What is your sports centre /community doing/.?

Walking football [www.thewfa.co.uk/](http://www.thewfa.co.uk/)

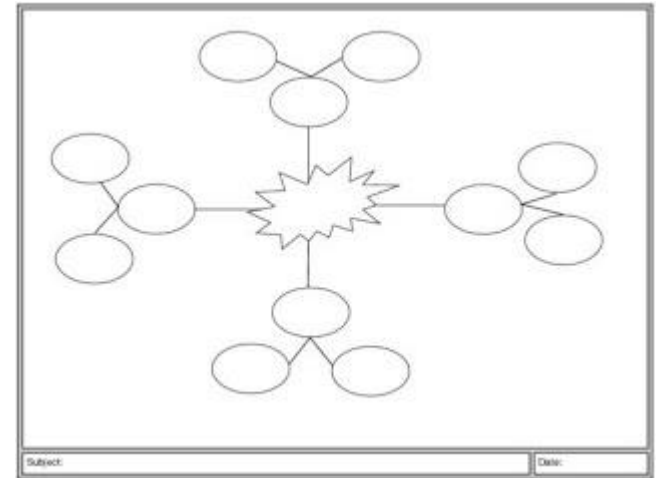
**How will you present this information?**



## Task 3 – Leadership.

Watch the video clips and make notes on leadership.

What type of leader are you?



<https://www.youtube.com/watch?v=mPckXApTw60>

## Task 4 – Personality Types

What is your personality type?

Complete an online sports personality test.

[www.myskillsprofile.com/tests/spq20](http://www.myskillsprofile.com/tests/spq20)

*(Click 'use now' and then 'start test')*

*Ensure you keep a copy of your results as we will discuss these.*

### Personality

"Combination of our traits / characteristics that make us act and behave in the way we do".

Type A personalities

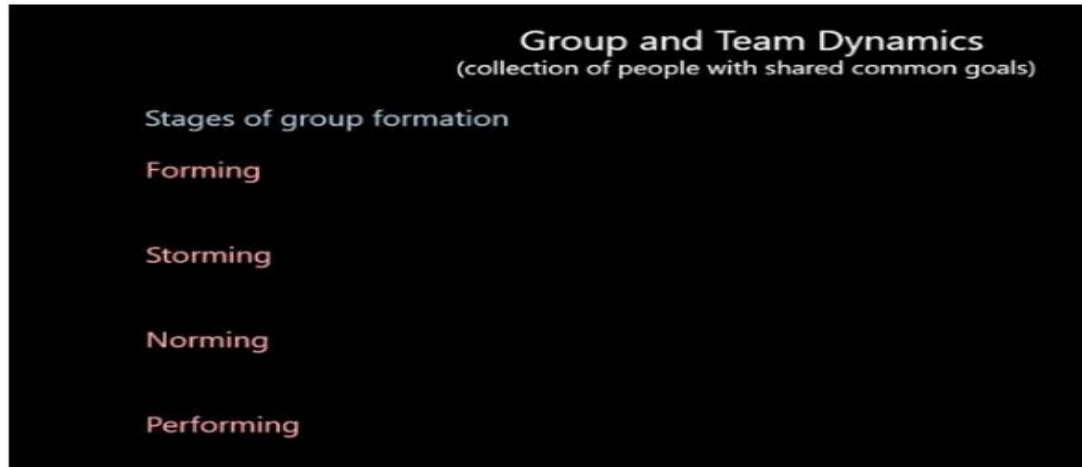
Type B personalities

<https://www.youtube.com/watch?v=XJPyTSjaE-M>

Watch the video and make notes


## Task 5 – Group Dynamics

Create a definition of group dynamics. Watch and make notes on the video below



<https://www.youtube.com/watch?v=oVlp6v6ohP4>

**Case study** - A football team had four players leave at the end of last season, including their captain. Five new players have joined the team, along with a new assistant coach. One of the new players is the son of the new assistant coach.

What effect do you think these changes could have on the team in terms of their stages of development. How could the group cohesion be affected by this change?

## TASK 6 – Types of Practice

### Practice



<https://www.youtube.com/watch?v=8iaDSyDTUiY>

Find the definition and give two advantages and two disadvantages of each practice method;

- Fixed
- Massed
- Variable
- Distributed

Again think how you might present this information..



## TASK 7 – Preparation of drills for your coaching sessions (you will deliver these throughout the course)

Coaching requires in depth your knowledge of the sport/activity if a performer is to succeed. How did you make progress in your sport?. The use of practice and drills are vital.

So, in your sport research and make a list of some key websites, books, training manuals anything that you could help you to design 6 sessions in your sport. For a beginner or year 7 student with limited experience

**Create a pack of drills** for the key skills in your sport –for example how would you coach passing, dribbling, shooting in football

Shooting in netball



Keep ball in football



Dribbling in hockey

