



SOUTHERN CONNECTICUT CONFERENCE

Leadership Training

PRESENTATION BY

**JOE CANZANELLA
TOM DYER
TOM MARCUCCI
ELIANE PIAZZA
ARLENE SALVATI
CRAIG SEMPLE**



Exploring Leadership

- What is Leadership?
- Who do you respect as leaders?
- What characteristics do effective leaders have?



Rewards of Being a Team Leader

- Satisfaction of Helping Others Succeed
- Ability to Significantly Impact Your Team's Success
- Positions You for Future Leadership Roles



Risks of Being a Team Leader

- You Will Constantly Be Watched
- Trust and Respect Are Extremely Fragile
- You Won't Always Be Liked
- Some Teammates Might Be Jealous of You
- You Must Deal With Conflict
- You Will Take the Heat When Things Go Wrong
- You Will Be Between a Rock and a Hard Place
- You Might Be Disappointed



Responsibilities of Team Leaders

- Lead Drills, warm-ups, etc.
- Set the mental and emotion tone for the team
- Keep the coaches informed about team issues
- Provide input on team decisions
- Talk with struggling teammates
- Handle conflicts within the team
- Plan team activities
- Be loyal to the coaches and support their decisions



Teammates Expectations of Leaders

- Be the spokesperson for the team
- Keep it confidential



Two Types of Leaders

Leaders By Example

- Commitment
- Confidence
- Composure
- Character

Leaders by Example

- **Commitment**

- Self-motivated
- One of hardest workers
- Competitive
- Cares passionately about the Team's success

- **Confidence**

- Believes in self on and off the field
- Wants to perform in pressure situations
- Mentally and emotionally resilient following mistakes

Leaders by Example

- **Composure**

- Able to keep emotions in check
- Controls negative emotions

- **Character**

- Does the right thing on and off the field
- Responsible, accountable, reliable
- Honest with coaches and teammates
- Treats people with respect



Vocal Leaders

- Commitment
- Confidence
- Composure
- Character
- Encourager
- Enforcer

Vocal Leader Encourager

- **Servant**
 - Willingly does the grunt work
 - Takes younger athletes under their wing
 - Listens and supports teammates
- **Confidence Builder**
 - Understands each teammate
 - Helps teammates feel good about themselves
 - Reaches out to struggling teammates and provides support and encouragement

Vocal Leader Encourager

- **Refocuser**
 - Helps teammates stay mentally focused when faced with adversity
 - Emotionally intelligent to sense the mood of the team
 - Refocuses teammates when they are down and distracted
 - Communicates a sense of optimism and hope
- **Team Builder**
 - Establishes and focuses team on a common goal
 - Helps teammates understand, accept and feel appreciated for their roles
 - Brings team together and builds team chemistry

Vocal Leader Enforcer

- **Courage to confront**
- **Holds self and teammates accountable to high standards/demanding**
- **Constructively confronts undisciplined teammates**
- **Handles conflict in a firm, fair, direct, and consistent manner**



What Kind of Leader Are You?



Scoring

- **Leader by example scoring**

- **12-44-**
 - Not a Leader by Example
- **45-52**
 - Solid Leader by Example
- **53-60**
 - Spectacular Leader by Example

- **Vocal Leader Scoring**

- **24-89-**
 - Not a Vocal Leader
- **90-104**
 - Solid Vocal Leader
- **104-120**
 - Spectacular Vocal Leader



Game Plan for Becoming a More Effective Leader

- What are your strengths as a leader?
- What should you continue doing to maintain and build upon these areas as strengths?
- What are your areas to improve as a leader?
- What are some specific actions you can take to improve these areas?



Be Yourself

- “Its important to be yourself. Many athletes make the mistake of trying too hard, and they end up not being themselves. That won’t get it done. The late thing you want is to have people say, ‘That’s really not him.’ People will see right through that. They might even think you’re putting on an act just to be named captain by the coaches.”
 - Joe Montana – SF 49ers



Table Discussion

- What is your definition of effective leadership?
- What does your coach expect from you as a leader?
- What do your teammates expect from you as a leader?
- What are the best things about being a leader?
- What are the toughest challenges about being a leader?