

Leadership: A Team Leader's Job Description

Your job as a positive team leader is to elevate the team in ways that build trust. The best team leaders do five things:

- 1 **Model the Way.** Set a positive example for your teammates in what you do and say in competition, in practice, in the locker room, in the classroom, and in the community.
- 2 **Assure Execution.** Make sure you know and execute all of your team assignments. Then, reach out and assist your teammates who need help with executing their assignments.
- 3 **Spark the Energy.** Sense when the team is losing positive energy. Use your voice and example to spark the energy - especially when the going gets tough in practice and competition.
- 4 **Promote Unity.** Help everyone feel included, valued, and respected. Don't tolerate cliques or divisive conflicts on the team. Ask for help from your coaches if you see serious conflicts arising.
- 5 **Elevate Your Teammates.** Everyone struggles now and then. Reach out to help a teammate in need - especially younger athletes and role players who don't see much playing time. It is not your job to solve their problems. But it is your job to provide encouragement and friendship.

This kind of leadership can be practiced by anyone, from the team captain to the star player to the role player on the end of the bench. This same kind of leadership is valuable not only in athletics, but in all kinds of settings. Learn these five winning practices and you will become a valued leader in athletics and beyond.