

Research on Leadership in Sport

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Abstract. A leader is usually the manager, the commander of a group or an organization, or the person in a certain position with a certain power and responsibility to exercise management functions. Leadership is the process of management by the leader over the led, an act or process of behavior in which the leader uses his power to exert influence on his subordinates in order to achieve the goals of an organization. In this paper, we study the leadership of leaders in the field of sports to accomplish the purpose of achieving the goals of sports.

Keywords: Sports; Leaders; Leadership.

1. Introduction

Now in 2022, in our society everyone wants to be the leader of their small team or any groups of peoples. But not everyone can become the leader in the team, you must have some big advantage that makes everybody trust you and believe you can be a good leader. In our society, there are many different groups or teams that include all different jobs in our world. Every group or team they all have one leader, the leader is not the only best teammate, also can let other teammates who have some big advantage be.

2. The Concept and Meaning of a Leader

A leader is a person who has been assigned to a position of authority, responsibility and accountability to accomplish the goals and objectives of the organization. A leader is the most essential and rare resource for any organization or team. The success or failure of a group has a lot to do with the leader.

As far as I can tell, there are five sections that I think are the ones I've learned the most from. Teamwork is one of the most fundamental skills that sports teach players. Players are motivated to do their best while helping others achieve a common end goal. Teamwork also requires assignment of tasks, another essential skill for leaders to succeed. In the workplace, collaborating with others and understanding how different talents can contribute to a common goal is critical. A leader is not a good leader if he can't connect his team well. Self-discipline in sport, Sports teach athletes self-discipline and self-understanding. Self-discipline allows participants to figure out how to do the right thing at the right time every time. Sports challenges each participant differently. At the same time, it allows players to reflect on the task at hand, identify their contribution to the team and improve on an individual level. Self-discipline is important for every athlete, and they face many different aspects of self-discipline, such as exercise, diet, alcohol, and women. As the leader of the team, he may not be the most self-disciplined person, but he can definitely make his teammates become a self-disciplined person. So, to become a very good athlete, self-discipline is the biggest problem. An athlete without self-discipline will never be a very good athlete. Talent can only take players so far. More important than pure talent is good sportsmanship. The leader of the team must have strong sportsmanship and a desire to win. He will fill his team with his spirit. Whenever his team falls behind or his morale is low, he will work hard with his own spirit. Reinvigorate your teammates with enthusiasm. Communication in sports, teams work towards the same goals and everything is better when each player is clear about what his role is. Effective communication skills are essential for business leaders to motivate, recognize and appreciate the great work their employees are doing. For example, when his teammates don't understand what the coach means, the team leader can clearly explain it to his teammates so that they can understand. Or when the party team is behind, teammates begin to complain about each other. At this time, the leader walks over and uses interesting

communication to resolve their grievances. Organizational and Strategic Management Skills is about Teamwork and communication cannot be effective without the latter two essential skills. In any sport, coaches and players need to work together to develop game plans and winning strategies. They also need to set goals for all possible scenarios, including practice, main season, offseason, etc. In addition to developing strategies to achieve these goals, leaders also need to develop appropriate goals.

So, let's talk about why these five parts are important in sports now. The first part is teamwork. Teamwork helps motivate participants to do their best and assist the team in achieving its ultimate goal. Teamwork also involves task delegation, something successful leaders do every day. Great leaders need team building skills to be role models and effective people. Lead Whenever people are asked why this team is so strong, the first thing that comes to mind is that their teamwork has to be strong, and then they have a great leader and a lot of great coaching staff. Teamwork is something every athlete must learn before entering a team. Every athlete has a different personality. It takes a long time to work together, and it also tests the ability of the coach. The leaders of the team are also always supervising their teammates and trying to make the team gradually stronger. An athlete who can't work as a team will not become a very good athlete. This is a recognized standard by everyone. They will measure whether an athlete has this ability, and will consider whether his effect on the team is good or bad.

Self-discipline is very important for athletes. Self-discipline can make a player a star, or a star can become an ordinary player. There are many aspects of self-discipline, such as training, personal training, diet, work and rest habits, women, alcohol... Each is a manifestation of self-discipline, and each can lead to an athlete's growth or decline. For example, there is a player named Kobe in the NBA. Everyone knows that Kobe has passed away, but his Mamba spirit will always be in our hearts. He will go to the Lakers home court every morning to practice, and he will practice every time he practices. For a long time, it later caused his wife to be very dissatisfied with him because she saw that her husband was working hard. So, she made an agreement with Kobe that as long as she stood at the free throw line and made a back shot, Kobe would immediately go home and rest. Kobe agreed to her, but when she did score, Kobe would immediately go home and rest. It is because of Kobe's daily self-discipline that he has become a great athlete, and his Mamba Mentality has been promoting young players. But not every player has a self-disciplined life. Many NBA stars like to go to nightclubs. This is a little bit of their degeneration. Many NBA stars become weaker and weaker because of women, which eventually leads to their careers finish. So, to become a very good athlete, self-discipline is the biggest problem. An athlete without self-discipline will never be a very good athlete

Talent is the first thought that defines whether an athlete is good or not. As the saying goes, talent is the lower limit of an athlete, and effort is the upper limit of an athlete. Athletic talent is the most important prerequisite for young athletes to progress in their chosen sport. This is why athletic talent can be manifested through many aspects of an athlete's athletic activity. Although hard work is important for athletes, I think talent is more important. Having a good talent is equivalent to having a good starting point, and you are already ahead of others at the starting point. For example, Giannis Antetokounmpo in the NBA bucks today, he has an extraordinary length of Achilles tendon, which makes his jumping higher than others at the beginning, but he does not stop training because he has a good talent, now he has his first NBA championship and MVP in his life. Such achievements have surpassed many other stars, so when an athlete has both talent and hard work, the athlete will definitely become a very successful athlete in the future.

Communication is a very important part of teamwork. Teams can easily accomplish coaching tasks or win games easily when they have a leader they can communicate with. Before the start of the game, the team leaders of each team will give encouragement to the team, so that the players are full of confidence before the game. When there is some misunderstanding among the players, the captain will stand up to solve the misunderstanding at the first time, so as not to make things worse. Teams that promote positive communication and respect among players increase overall motivation. A coach

who learns to communicate effectively with the athlete can give good praise or humane punishment based on the different performance of the athlete.

Last one is Organizational and Strategic Management Skills. For me I always think this ability is the most useless ability, because sometimes I think if the leader or coach don't have these skills, they still can make the team become better. But now I think I am wrong, these skills are very important, these skills can very easily know every player's performance. If your team has a strategy, you will see improvements in individual player performance. Each player will become more aware of their own goals and their place on the team as a whole. Developing a strategy will involve open dialogue and a lot of technical and tactical planning.

3. Play a Leadership Role in Sports

1. They should show their excellent sportsmanship. Spirit is the essence of sports and sports competition depends on its spirit, so it is necessary to have an excellent spirit to think of leadership. Even if the sport fails, the spirit and dignity of the effort should be there when you lose.

2. Maintain your high athletic skills in training and help those who are not well trained. This is an integral part of what makes you a leader.

3. Have the spirit of loving the team and being actively aware that you are a member of the team. Actively participate in training and competitions. Not only that, you should also let other teammates become part of the team and actively help everyone to participate in sports training and competitions.

4.- must learn to get along with teammates, so as to have a more relaxed atmosphere in the game and training, to win more respect from teammates. Also deal with the relationship between teammates, so that your team has cohesion.

5. Listen to the coach's advice and respect the coach in training. Don't feel that the coach is wrong, so talk to the coach openly and privately. It is necessary to show that what the coach does is for the good of everyone so that the team can stay strong.

4. Conclusion

In my 17 years of life, I've been a team leader once. When I was in 8th grade, I was captain of the basketball team and I became the leader of the team. I arrive at the training ground first every day and chat with the coach about today's training plan and tactics. Before the start of each game, I will ask everyone to come and form a group, and I will say a lot of words of encouragement to everyone, so that everyone will not be nervous and play easily. But there was one game where we were down in the final seconds of the game, and everyone believed I could make a game-winning shot, so they gave it to me. I was nervous but I ended up throwing out, but not in. I was so annoyed and heartbroken, I just cried and I felt sorry for everyone on the team, I betrayed their trust. Afterwards, everyone came over and patted me on the shoulder so that I wouldn't be sad. I slowly recovered, and I made up my mind to train my shooting. Then I kept going to practice every day until my next game when I made a lot of 3-pointers in the game, and everyone was so excited to stand by the court and cheer for me. At the end of the game, I finally felt that the pressure was all gone at this moment. From that moment, I felt that there were many people in the captain who had to trust me. I must be serious and do my best to keep the team winning.

During this period of study, I learned a lot of knowledge that I did not learn before, which made me understand more about sports, and made me deeply understand that it is not easy to be a team leader. Through the study of these few lessons, I not only got knowledge, but also got learning methods, which let me know how to read a material and how to extract useful information, and also let me learn how to learn a very long paper. at future, I will keep learning sport knowledge, every time i read website or do some research i will use the same way that teacher teach me and i also will used the same way to write the essay. Lastly, I very much appreciate Mr.Philip you teach me a lot of knowledge that i didn't learn before, i will keep studying to reach my dream goals .

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