

Section II: The Sport Performer

Answer ONE question from this section.

Sports Psychology

2. *Leadership* has been defined as “the behavioural process of influencing individuals and groups towards set goals” (Barrow, 1977).
- (a) Discuss the definition of leadership given above with reference to a sports group like a hockey team. *(5 marks)*
 - (b) Briefly describe different leadership styles and comment upon the extent to which such differences in style might influence the team. *(10 marks)*
 - (c) If you were the coach of a team or squad, what factors would you think about in planning, to try to ensure a successful, happy group of players? *(5 marks)*

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2. (a) a hockey team have a general goal of being successful/
winning matches/ equiv; (1 mark)
and more specific goals relating to different aspects
of their preparation leading to improved tactical/
technical performance/ equiv; (1 mark)
Therefore the role of the 'leader' is to influence team members
towards the achievement of these goals; (1 mark)

In hockey teams, leaders (manager, coach, captain) are
'appointed'; (1 mark)
but an 'emergent' (non-appointed) leader might evolve/
appear; (1 mark)
eg, a particularly charismatic or skilful member of the
team; (1 mark)

successful leadership is considered to be determined by
the interacting characteristics of; (1 mark)
the leader, the task, and the team members/ equiv;
(1 mark)

(Mark to a maximum of 5 for section a.)

- (b) The two main leadership styles may be classified as:
- autocratic
- democratic (1 mark for both styles)

Autocratic style is leader-centred;
employs the 'command' approach;
stresses personal authority of the leader;
and is highly task oriented;
(mark to a maximum of 3 marks)

Democratic style is performer-centred;
employs a co-operative approach/allows performer input
into decision-making;
sets the leader in the context of the total team
effort; (mark to a maximum of 2 marks)

Different styles can influence a team either positively
or negatively;
depending on the 'match' between the style of the
leader and the characteristics of the team members/
equiv;
and the requirements of a particular game/ competitive
context/ equiv; (mark to a maximum of 2 marks)

Successful leadership usually requires some flexibility
of style; (1 mark)
eg, autocratic style may be more appropriate
on-field/in-game than off-field in coaching/social
situations; (1 mark)

Autocratic approach more likely to be effective with
team sports/ when greater numbers of performers are
involved; (1 mark)
democratic approach more likely to be successful/
necessary in individual sports/ individual coaching
situations; (1 mark)

(mark to a maximum of 10 marks for section b.)

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Observation that both physiological and tactical demand is determined by the duration of the race in respect of energy systems; (1 mark)
irrespective of the means of propulsion; (1 mark)

Conclusion therefore that distance is a better criterion for distinguishing between the events than is means of propulsion; (1 mark)

** Allow alternative methods of expression **

Balance and cover demonstrated	(3 marks)
Comprehension/ understanding	(3 marks)
Style, expression, grammar	(3 marks)