

Captains: 7 Ways to Lead Your Team

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What prevents people from being a good leader?

- Insecurity
- Fear of rejection
- Fear of failure
- Lack of motivation
- Pride

Leaders should have standards – not rules. Don't let your teammates down.

Leaders:

Need to hold on

Will be in the spotlight

Feel hung out to dry

Do the dirty work

Sometimes feel like a target

1. Be the first to do the tough things! Be the first to lead by example and the last to violate team standards. Be the example of your team covenants.

What is your level of commitment?

1. I don't care
2. Ok . . . if that is what it takes (compliant)
3. OK . . . but – commitment with conditions (starting, if the star, get the ball)
4. Over the top (unhealthy choices to be good)
5. **I'm in**

Most people flee from commitment – strong people and strong leaders run toward it.

Leaders: Intently focuses on the team

Non-leaders: Intently focus on me, myself, and I

What is your level of commitment??? What is the overall team commitment??

2. Be the first to be a lifeline of communication

- The communication triangle – captain, coach, team
- Know why you were selected and your job description
- Be connected to all groups
- Be a better listener than talker

3. Be the first to praise others

- Lead with humility
- Spread words of praise
- Take less of the credit and more of the blame
- The good kind of pride – shared joy

Leaders: Fair to all players

Non-Leaders: Fair to those “above” them and uses those below them

4. Be the first to protect and defend and the last to be critical

- Loyalty
- Protect the inner circle

5. Be the first to confront violations of team standards and the last to ignore it

- Have the courage
- Have the integrity
- Work with the coach and the inner circle
- Have a problem solving method – the longer you wait to deal with an issue, the fewer options you have for solutions
- **It is more important to do what is RIGHT rather than what is popular**

Leader: Faces trouble – is tough and confronts because they care about the team

Non-Leader: Avoids problems

6. Be the first to encourage and the last to become discouraged

- Mental toughness
- Leaders cannot be easily discouraged, moody, unpredictable
- Recovery rituals

Leader: Sincere energy and enthusiasm – strong in the face of adversity

Non-Leader: Adversity turns them into a victim

7. Be the first to serve and the last to expect to be served

- Delegate and share leadership
- All roles have equal value
- Welcome new team members – no hazing
- Make it a privilege to serve – the longer you are in a program, the more responsibility you should assume

Leader: Helps clean up the mess – does the dirty jobs – takes rightful responsibility

Non-Leader: Presides over the mess – is above the dirty jobs – glad to let others do everything

Don't leave the season up to chance!